

# Ignite System Jumpstart Meal Plan

## Day 1

Drink at least 64 oz of water

\*Recipes can be found at [xyngular.com/ignite-resources](https://xyngular.com/ignite-resources)

Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 scoop	Lean shake	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	
Snack	6 oz	0% Greek yogurt (plain)	Xyng (1 Capsule)	
Lunch	1 serving	Fajita spiced chicken with peppers & onions*	Cheat (2 Capsules 30 minutes before meal)	Save extra for lunch tomorrow.
Snack	2 whole	Hard boiled eggs	Accelerate (1 Tablet)	
Dinner	4 oz	Beef chili*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.

*Xyng* - We recommend starting with 1 Xyng capsule taken with food and gradually working up to 2 capsules on an empty stomach.

*Cheat* - Always take Cheat with at least 8 oz of water.

*Flush* - Take Flush daily as part of the 8-day Jumpstart and then take an equal break of 8 days. After your break, you can do mini-cleanses every Saturday and Sunday.

# Ignite System Jumpstart Meal Plan

## Day 2

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 scoop	Lean shake	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	
Snack	5 slices	Turkey breast	Xyng (1 Capsule)	
Lunch	4 oz	Beef chili*	Cheat (2 Capsules 30 minutes before meal)	Use leftovers from yesterday.
Snack	6 oz	0% Greek yogurt (plain)	Accelerate (1 Tablet)	
Dinner	1 serving	Vegetable frittata*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.

# Ignite System Jumpstart Meal Plan

## Day 3

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 scoop	Lean shake	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	
Snack	2 whole	Hard boiled eggs	Xyng (1 Capsule)	
Lunch	1 serving	Basil chicken with vegetables*	Cheat (2 Capsules 30 minutes before meal)	
Snack	1/2 cup	2% Cottage cheese	Accelerate (1 Tablet)	
Dinner	1 serving	Moroccan-spiced salmon with kale*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Hot drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.

# Ignite System Jumpstart Meal Plan

## Day 4

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 scoop	Lean shake	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	
Snack	5 slices	Turkey breast	Xyng (1 Capsule)	
Lunch	2 servings	Chicken & vegetable stir-fry*	Cheat (2 Capsules 30 minutes before meal)	Double recipe.
Snack	6 oz	0% Greek yogurt (plain)	Accelerate (1 Tablet)	
Dinner	1 serving	Garlic paprika shrimp with broccoli*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Hot drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.

# Ignite System Jumpstart Meal Plan

## Day 5

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 scoop	Lean shake	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	
Snack	5 slices	Turkey breast	Xyng (1 Capsule)	
Lunch	1 serving	Garlic chicken breast & zucchini salad*	Cheat (2 Capsules 30 minutes before meal)	
Snack	6 oz	0% Greek yogurt (plain)	Accelerate (1 Tablet)	
Dinner	1 serving	Grilled snapper with red onion escabeche & scallions		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Hot drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.

# Ignite System Jumpstart Meal Plan

## Day 6

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 scoop	Lean shake	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	
Snack	1/2 cup	2% Cottage cheese	Xyng (1 Capsule)	
Lunch	2 servings	Chicken salad*	Cheat (2 Capsules 30 minutes before meal)	
Snack	5 slices	Turkey breast	Accelerate (1 Tablet)	
Dinner	1 serving	Fajita spiced chicken with peppers & onions*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Hot drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.

# Ignite System Jumpstart Meal Plan

## Day 7

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 scoop	Lean shake	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	
Snack	5 slices	Turkey breast	Xyng (1 Capsule)	
Lunch	1 serving  1 ½ servings	Chicken salad*  Sauteed zucchini*	Cheat (2 Capsules 30 minutes before meal)	
Snack	6 oz	0% Greek yogurt (plain)	Accelerate (1 Tablet)	
Dinner	1 serving	Green salad with seared tuna & balsamic*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Hot drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.

# Ignite System Jumpstart Meal Plan

## Day 8

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 scoop	Lean shake	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	
Snack	5 slices	Turkey breast	Xyng (1 Capsule)	
Lunch	1 serving	Turkey taco lettuce wraps*	Cheat (2 Capsules 30 minutes before meal)	
Snack	6 oz	0% Greek yogurt (plain)	Accelerate (1 Tablet)	
Dinner	1 serving	Zucchini noodles with kale pesto & chicken breast*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Hot drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.