

# Ignite System Keto Meal Plan (Higher Calorie)

The Higher Calorie Meal Plan is for men, those who are very active, or those who have 40 pounds or more to lose.

Wake-Up	8 oz water <b>(Drink at least 64 oz of water a day.)</b>
Breakfast	<b>Meal:</b> 6 oz fatty protein, 2 cups vegetables, 3 serving of healthy fats, 1/2 cup grains, 1 cup fruit <b>Products:</b> Axion (2 Tablets), Global Blend (1 Oz), Advanced Omega (3 Softgels)
Mid-Morning Snack	<b>Meal:</b> High fat snack, 1 cup celery or cucumber <b>Product:</b> Xyng (1 Capsule)
Lunch	<b>Meal:</b> 6 oz fatty protein, 2 cups vegetables, 3 serving of healthy fats <b>Products:</b> Cheat (2 Capsules, 30 minutes prior to your meal)
Afternoon Snack	<b>Meal:</b> Lean shake (1 Scoop) <b>Product:</b> Accelerate (1-2 Tablets)
Dinner	<b>Meal:</b> 6 oz fatty protein, 2 cups vegetables, 2 serving of healthy fats <b>Products:</b> Xr2 (1-2 Tablets after dinner)
Before Bed	12 oz water <b>Product:</b> Flush (2 Capsules with hot drink)

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.

For keto approved foods, recipes, and a 7-day sample meal plan visit [xyngular.com/ignite-resources](http://xyngular.com/ignite-resources)

## Fatty Proteins

Bacon (avoid added sugar)  
Beef  
Poultry (dark meat)  
Eggs  
Fish  
Lamb  
Pork (avoid added sugar)  
Sausage (avoid added sugar)  
Shellfish

## Healthy Fats

Coconut oil (2T)  
Olive oil (2T)  
Sesame oil (2T)  
Sunflower oil (2T)  
Avocado (1/2 fruit)  
Pumpkin seeds (1/2 cup)  
Almonds (1/2 cup)  
Butter/ghee (2T)  
MCT oil (2 T)  
Cheese (1 oz)  
Macadamia nuts (1/3 cup)

## Vegetables

Arugula  
Asparagus  
Bell Peppers  
Broccoli  
Brussels sprouts  
Cauliflower  
Celery  
Green Beans  
Kale  
Romaine Lettuce  
Onions  
Spinach  
Zucchini

## High Fat Snacks

Almond butter (3 T)  
Walnuts (3/4 cup)  
String cheese (1 stick)  
Lean shake (1 scoop)  
Macadamia nuts (1/3 cup)

## Lean “shake it up” ideas

Mix 1 scoop Lean with 8 ounces of water, or unsweetened almond, rice, or coconut milk. Choose an option below and shake well in a Xyngular shaker bottle or add ice and blend to make a smoothie.

- Chocolate: 1 T of unsweetened baking cocoa
- Coffee: 1T instant coffee crystals
- Mocha: combine coffee crystals and baking cocoa
- Spice: cinnamon, nutmeg, cloves, or other favorites
- Fruity: add Global Blend/Xypstix