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

Higher Calorie Meal Plan	
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
Mid-Morning Snack	<b>Meal:</b> High fat snack, 1 cup celery or cucumber <b>Product:</b> Xyng (1-2 Capsules)
Lunch	<b>Meal:</b> 6 oz fatty protein, 2 cups vegetables, 3 serving of healthy fats
Afternoon Snack	<b>Meal:</b> Lean shake (1 Scoop)
Dinner	<b>Meal:</b> 6 oz fatty protein, 2 cups vegetables, 2 serving of healthy fats <b>Products:</b> Cheat (2 Capsules, 30 minutes prior to your meal)
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/core-resources](http://xyngular.com/core-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 Xygnular 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