



# Core System Keto Meal Plan

Wake-Up	8 oz water
Breakfast	<b>Meal:</b> 4-6 oz fatty protein, 1 cup vegetables, 2 servings healthy fats
Mid-Morning Snack	<b>Meal:</b> High fat snack <b>Product:</b> Xyng (1-2 Capsules)
Lunch	<b>Meal:</b> 4 oz fatty protein, 2 cups vegetables, 2 servings of healthy fats
Afternoon Snack	<b>Meal:</b> Lean shake (1 Scoop)
Dinner	<b>Meal:</b> 4 oz fatty protein, 2 cups vegetables, 1 serving of healthy fats <b>Product:</b> Cheat (2 Capsules, 30 minutes prior to your meal)
Before Bed	12 oz water <b>Product:</b> Flush (2 Capsules with hot drink)
<ul style="list-style-type: none"> <li>• Drink at least 64 oz of water a day.</li> <li>• Xyng - We recommend starting with 1 Xyng capsule taken with food and gradually working up to 2 capsules on an empty stomach.</li> <li>• Cheat - Always take Cheat with at least 8 oz of water.</li> <li>• Flush - Take Flush daily as part of the Keto Meal Plan and then take a break of 8 days. After your break, you can do mini-cleanses every Saturday and Sunday.</li> </ul>	

## Fatty Proteins

Fish  
Shellfish  
Eggs  
Beef  
Pork (watch out for added sugars)  
Poultry (dark meat)  
Lamb  
Bacon/Sausage (avoid sugar and fillers)  
Nut Butter (3T)

## Healthy Fats

Coconut Oil (1T)  
Olive Oil (1T)  
Avocado Oil (1T)  
Butter/Ghee (1T)  
MCT Oil (1T)  
Avocado (1/4 fruit)

## Vegetables

Spinach  
Mushrooms  
Green Peppers  
Green Beans  
Romaine Lettuce  
Cabbage  
Cauliflower  
Broccoli

## High Fat Snacks

Almond Butter (3T)  
Macadamia Nuts (1/4 cup)  
String Cheese (1 stick)  
Walnuts (1/2 cup - halves)  
Lean Shake (1 scoop)

## Lean “shake it up” ideas

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

- **Chocolate:** 1T 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