

Core System Keto Meal Plan

The Core System Keto Meal Plan is designed to support healthy weight loss. We have higher calorie plans available for men, those who are very active, or those who have more weight to lose.

Day 1

Drink at least 64 oz of water

*Recipes can be found at xyngular.com/core-resources

Meal	Serving Size	Food	Product	Prep Notes
Breakfast	2 whole	Eggs		1. Cook eggs in butter.
	1 T	Butter		2. Sauté kale in the leftover butter.
	1/4	Avocado		3. Top eggs & kale with sliced avocado.
	1 cup	Kale		
Snack	3 T	Almond butter	Xyng (1-2 Capsules)	Eat alone or with 3 sticks of celery.
Lunch	4 oz	Chicken thigh		1. Top salad with chicken thigh meat & sliced avocado.
	2 cups	Green salad		2. Use arugula or kale for salad.
	1/4	Avocado		
Snack	1 scoop	Lean shake		Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Moroccan-spiced salmon with kale*	Cheat (2 capsules 30 minutes before meal)	
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 your Keto Meal Plan and then take a break of 8 days. After your break, you can do mini-cleanses every Saturday and Sunday.



Core System Keto Meal Plan

Day 2

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	6 oz	Turkey sausage (links or patties)		1. Cook sausage.
	1/2	Avocado		2. Sauté spinach in same pan in the leftover fat.
	1 cup	Spinach		3. Plate sausage & spinach. Top with sliced avocado.
Snack	1/4 cup	Macadamia nuts	Xyng (1-2 Capsules)	
Lunch	4 oz	Turkey bacon		1. Crisp turkey bacon.
	2 cups	Green salad		2. Top salad with turkey bacon. 3. Use arugula or kale for salad.
Snack	1 scoop	Lean shake		Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Zucchini noodles with kale pesto & chicken thigh*	Cheat (2 capsules 30 minutes before meal)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.



Core System Keto Meal Plan

Day 3

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	4–6 oz	Turkey sausage (links or patties)		1. Cook sausage.
	2 oz	Cheese		2. Top sausage with cheese.
	1 cup	Veggies		3. Top salad with sausage & cheese.
Snack	1/4 cup	Macadamia nuts	Xyng (1-2 Capsules)	
Lunch	4 oz	Steak		1. Grill, pan fry, or broil steak.
	1/2 cups (about 6 spears)	Asparagus		2. Steam or grill asparagus. Top with butter.
	1 T	Butter		3. Use arugula or kale for salad.
	1 1/2 C	Green salad		
Snack	1 scoop	Lean shake		Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Sumac & thyme chicken thighs with roasted Brussels sprouts*	Cheat (2 capsules 30 minutes before meal)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.



Core System Keto Meal Plan

Day 4

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	2 whole 2 T 1 cup	Eggs Butter Spinach		1. Cook eggs in butter or hard boil. 2. Sauté spinach in the leftover butter.
Snack	1 stick	String cheese	Xyng (1-2 Capsules)	
Lunch	4 oz 1 T 1/3 cup 1/2 cup (about 6 spears) 1 1/2 cup	Salmon Olive Oil Walnuts Asparagus Green salad		1. Roast walnuts in dry pan on medium until toasty. 2. Pan fry salmon with olive oil. 3. Steam or grill asparagus. Top with butter. 4. Use arugula or kale for salad. 5. Serve over green salad.
Snack	1 scoop	Lean shake		Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving 2 cups	Avocado chicken salad* Veggies	Cheat (2 capsules 30 minutes before meal)	Serve avocado chicken salad over salad greens.
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.



Core System Keto Meal Plan

Day 5

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	4-6 oz 1/2 1 cup	Turkey Bacon Avocado Bell Pepper		1. Crisp turkey bacon in microwave or in pan. 2. Crumble turkey bacon & serve over avocado peppers on the side.
Snack	1/4 cup	Macadamia nuts	Xyng (1-2 Capsules)	
Lunch	4 oz 1/2 2 cups	Sardines Avocado Green salad		1. Top salad greens with fish & avocado. 2. Use arugula or kale for salad.
Snack	1 scoop	Lean shake		Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Fajita spiced chicken with peppers & onions*	Cheat (2 capsules 30 minutes before meal)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.



Core System Keto Meal Plan

Day 6

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 serving 3 T 1 cup	Vegetable frittata* Almond butter Celery		Top celery with almond butter.
Snack	2 oz (about 14 halves)	Walnuts	Xyng (1-2 Capsules)	
Lunch	1 serving 2 cups	Garlic chicken breast* Roasted cauliflower*		
Snack	1 scoop	Lean shake		Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Garlic paprika shrimp with broccoli*	Cheat (2 capsules 30 minutes before meal)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon water.



Core System Keto Meal Plan

Day 7

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	2 whole	Eggs		1. Cook eggs in butter.
	1 T	Butter		2. Sauté kale in the leftover butter.
	1/4	Avocado		3. Plate eggs & kale.
	1 cup	Kale		Top with sliced avocado.
Snack	3 T	Almond butter	Xyng (1-2 Capsules)	Eat alone or with 3 sticks of celery.
Lunch	1 thigh	Chicken thigh		1. Roast, broil, or grill chicken thigh.
	1 Serving	Baba ganoush*		2. Serve chicken with baba ganoush.
Snack	1 scoop	Lean shake		Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Moroccan-spiced salmon with kale*	Cheat (2 capsules 30 minutes before meal)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon water.

The higher calorie version of this meal plan can be found at xyngular.com/core-resources