

Core System Low-Carb 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 (Drink at least 64 oz of water a day.)
Breakfast	Meal: 6 oz lean protein, 2 cups vegetables, 2 serving of healthy fats, 1/2 cup grains, 1 cup fruit
Mid-Morning Snack	Meal: High protein snack, 1 cup celery or cucumber Product: Xyng (1-2 Capsules)
Lunch	Meal: 6 oz lean protein, 3 cups vegetables, 2 serving of healthy fats
Afternoon Snack	Meal: Lean shake (1 Scoop)
Dinner	Meal: 6-8 oz lean protein, 3 cups vegetables, 2 serving of healthy fats Products: Cheat (2 Capsules, 30 minutes prior to your meal)
Before Bed	12 oz water Product: Flush (2 Capsules with hot drink)

One cheat meal is allowed every 7 days. (See xyngular.com/ultimate-resources for guidelines.)

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 low-carb approved foods, recipes, and a 7-day sample meal plan visit xyngular.com/ultimate-resources

Lean Proteins

Chicken breast
Eggs
Turkey breast
Turkey bacon
Tuna
Tofu
Fish
Shellfish
Beef (lean cuts)

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)
Walnuts (3/4 cup)
Macadamia nuts (1/2 cup)

Vegetables

Arugula
Asparagus
Bell Peppers
Broccoli
Brussels sprouts
Cauliflower
Celery
Green beans
Kale
Romaine lettuce
Onions
Spinach
Zucchini

High Protein Snacks

2% Cottage cheese (1 cup)
0% Greek yogurt (1 cup)
Hard boiled eggs (3 whole eggs)
Turkey breast (5 slices)
Lean shake (1 scoop)

Grains

Steel cut oats (1/2 cup)
Brown rice (1/2 cup)
Barley (1/2 cup)
Quinoa (1/2 cup)
Whole Wheat Bread (1 Slice)

Fruit

Blackberries (1 cup)
Blueberries (1 cup)
Raspberries (1 cup)
Strawberries (1 cup)
Orange (1 medium size)

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