

# ⌚ 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 more weight to lose.

## Day 1

Drink at least 64 oz of water

\*Recipes can be found at [xyngular.com/core-resources](http://xyngular.com/core-resources)

Meal	Serving Size	Food	Product	Prep Notes
Breakfast	5 (2 whole, 3 whites)	Eggs		1. Prepare eggs any style.
	1/2 cup	Prepared oats		2. Prepare Prepared oats as directed.
	1 cup	Strawberries		
Snack	1 cup	2% Cottage cheese	Xyng (1-2 Capsules)	
Lunch	1 serving	Turkey taco lettuce wraps*		1. Serve salad with turkey taco lettuce wraps.
	2 cups	Green salad		2. Use arugula or kale for salad.
Snack	1 scoop	Lean shake		
Dinner	1 serving	Zucchini noodles with kale pesto & chicken breast*	Cheat (2 capsules 30 minutes before meal)	Steam asparagus.
	1 cup (about 10 spears)	Asparagus		
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or warm 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 Low-Carb Meal Plan and then take a break of 8 days. After your break, you can do mini-cleanses every Saturday and Sunday.

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## Day 2

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	2 scoops	Lean shake		Prepare Prepared oats as directed.
	1 cup	Raspberries		
	1/2 cup	Prepared oats		
Snack	2 (whole)	Hard boiled eggs	Xyng (1-2 Capsules)	
Lunch	1 serving	Vegetable frittata*		1. Steam broccoli. 2. Prepare turkey bacon in skillet. 3. Use arugula or kale for salad.
	1 cup	Broccoli		
	1 serving	Turkey bacon		
	1 cup	Green salad		
Snack	6 oz	0% Greek yogurt (plain)		
	3 Slices	Turkey breast		
Dinner	1 serving	Steak chimichurri with tomato salad*	Cheat (2 capsules 30 minutes before meal)	Steam green beans.
	2 cups	Green beans		
Before Bed	12 oz	Warm Drink	Flush (2 Capsules)	Herbal tea or warm water with lemon.

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## Day 3

Drink at least 64 oz of water

\*Recipes can be found at [xyngular.com/core-resources](http://xyngular.com/core-resources)

Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 serving	Asian style omelet*		Prepare turkey bacon using skillet.
	1 slice	Whole wheat toast		
	1/2 cup	Strawberries		
	1 serving	Turkey bacon		
Snack	5 slices	Turkey breast	Xyng (1-2 Capsules)	
	1 ¼ cup	2% Cottage cheese		
	1/2 cup	Strawberries		
Lunch	1 serving	Basil chicken*		
	1 cup (about 15 small)	Baby carrots		
	1 cup	Cucumbers		
Snack	1 scoop	Lean shake		
Dinner	1 serving	Moroccan-spiced salmon with kale*	Cheat (2 capsules 30 minutes before meal)	Steam broccoli & cauliflower.
	1 cup	Broccoli		
	1 cup	Cauliflower		
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or warm water with lemon.

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## Day 4

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 serving	Vegetable frittata*		Prepare Prepared oats as directed.
	1/2 cup	Prepared oats		
	1 cup	Blueberries		
	1 serving	Turkey Bacon		
Snack	1 ¼ cup	2% Cottage cheese	Xyng (1-2 Capsules)	
	1 cup	Cucumber		
Lunch	2 servings	Chicken & vegetable stir-fry*		Use arugula or kale for salad.
	1 cup	Green salad		
Snack	1 scoop	Lean shake		
Dinner	1 serving	Garlic paprika shrimp with broccoli*	Cheat (2 capsules 30 minutes before meal)	Steam asparagus.
	1 cup (about 10 spears)	Asparagus		
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or warm water with lemon.

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## Day 5

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	2 scoops	Lean shake		Prepare Prepared oats as directed.
	1/2 cup	Prepared oats		
	1/2 cup	Raspberries		
Snack	2 (whole)	Hard boiled eggs	Xyng (1-2 Capsules)	
	1/2 cup	Raspberries		
Lunch	1 serving	Garlic chicken breast & salad zucchini*		
Snack	6 oz	0% Greek yogurt (plain)		
Dinner	1 serving	Grilled snapper with red onion & scallions*	Cheat (2 capsules 30 minutes before meal)	Serve fish over fresh spinach leaves.
	2 cups	Spinach		
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or warm water with lemon.

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## Day 6

Drink at least 64 oz of water

\*Recipes can be found at [xyngular.com/core-resources](http://xyngular.com/core-resources)

Meal	Serving Size	Food	Product	Prep Notes
Breakfast	6 oz	0% Greek yogurt (plain)		Prepare eggs as desired.
	1 slice	Whole wheat		
	1/2 cup	Blueberries		
	2 (whole)	Eggs		
Snack	1 cup (not packed)	2% Cottage cheese	Xyng (1-2 Capsules)	
	1/2 cup	Blueberries		
Lunch	1 serving	Fajita spiced chicken with peppers & onions*		Steam broccoli.
	1/2 cup	Broccoli		
Snack	1 scoop	Lean shake		
Dinner	1 serving	Zucchini noodles with kale pesto & chicken*	Cheat (2 capsules 30 minutes before meal)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or warm water with lemon.

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## Day 7

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 serving	Vegetable frittata*		Prepare Prepared oats as directed.
	1/2 cup	Prepared oats		
	1/2 cup	Berries		
	1 serving	Turkey bacon		
Snack	2 whole	Hard boiled eggs	Xyng (1-2 Capsules)	Eat alone or with 3 sticks of celery.
	1/2 cup	Berries		
Lunch	1 serving	Garlic paprika shrimp with broccoli*		
	2 servings	Sautéed zucchini*		
Snack	1 scoop	Lean shake		
Dinner	1 serving	Green salad with seared tuna & balsamic*	Cheat (2 capsules 30 minutes before meal)	Steam asparagus.
	1 cup (about 10 spears)	Asparagus		
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or warm water with lemon.

One cheat meal is allowed every 7 days (see [xyngular.com/core-resources](http://xyngular.com/core-resources) for guidelines).

The higher calorie version of this meal plan can be found at [xyngular.com/ultimate-resources](http://xyngular.com/ultimate-resources)