

# Core System Low-Carb Meal Plan

The Core System Low-Carb 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](http://xyngular.com/core-resources)

Meal	Serving Size	Food	Product	Prep Notes
Breakfast	2 whole	Eggs		1. Prepare eggs any style.
	1/2 cup	Prepared oats		2. Prepare Prepared oats as directed (add Stevia & cinnamon for flavor).
	1 cup	Strawberries		
Snack	1 cup	2% Cottage cheese	Xyng (1-2 Capsules)	
Lunch	1 serving	Turkey taco lettuce wraps*		1. Serve salad as a side to turkey taco lettuce wraps.
	2 cups	Green salad		2. Use arugula or kale for salad.
Snack	1 scoop	Lean shake		
Dinner	1 serving	Fajita spiced chicken with peppers & onions*	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 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 Low-Carb Meal Plan and then take a break of 8 days. After your break, you can do mini-cleanses every Saturday and Sunday.

# 🕒 Core System Low-Carb Meal Plan

## Day 2

Drink at least 64 oz of water

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

Meal	Serving Size	Food	Product	Prep Notes
Breakfast	6 oz	0% Greek yogurt (plain)		1. Prepare Prepared oats as directed.
	1/2 cup	Prepared oats		2. Divide blackberries. Use half to top yogurt & half to top Prepared oats.
	1 cup	Blackberries		
Snack	2 whole	Hard boiled eggs	Xyng (1-2 Capsules)	
Lunch	1 serving	Vegetable frittata*		Steam broccoli.
	1 cup	Broccoli		
Snack	1 scoop	Lean shake		
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 hot water with lemon.

# Core System Low-Carb Meal Plan

## 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*		
	1 slice	Whole wheat toast		
	1 medium	Orange		
Snack	5 slices	Turkey breast	Xyng (1-2 Capsules)	
Lunch	1 serving	Basil chicken*		
	1 cup (about 15 small)	Carrots		
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 hot water with lemon.

# Core System Low-Carb Meal Plan

## 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		
Snack	1 cup	2% Cottage cheese	Xyng (1-2 Capsules)	
Lunch	2 servings	Chicken & vegetable stir-fry*		
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 hot water with lemon.

# Core System Low-Carb Meal Plan

## Day 5

Drink at least 64 oz of water

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

# Core System Low-Carb Meal Plan

## Day 6

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	6 oz	0% Greek yogurt (plain)		
	1 slice	Whole wheat toast		
	1 medium	Orange		
Snack	1 cup	2% Cottage cheese	Xyng (1-2 Capsules)	
Lunch	2 servings	Chicken salad*		Steam broccoli.
	1/2 cup	Broccoli		
Snack	1 scoop	Lean shake		
Dinner	1 serving	Zucchini noodles with kale pesto & chicken breast*	Cheat (2 Capsules 30 minutes before meal)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	

# Core System Low-Carb Meal Plan

## Day 7

Drink at least 64 oz of water

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

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	Blackberries		
Snack	2 whole	Hard boiled eggs	Xyng (1-2 Capsules)	Eat alone or with 3 sticks of celery.
Lunch	1 serving	Garlic chicken breast*		
	1 serving	Zucchini salad*		
Snack	1 scoop	Lean shake		
Dinner	1 serving	Green salad with seared tuna & balsamic*	Cheat (2 Capsules 30 minutes before meal)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.

One cheat meal is allowed every 7 days (see [xyngular.com/core-resources](https://xyngular.com/core-resources) for guidelines).  
The higher calorie version of this meal plan can be found at [xyngular.com/core-resources](https://xyngular.com/core-resources)