

# Core System Low-Carb Meal Plan

Wake-Up	8 oz water
Breakfast	<b>Meal:</b> 4-6 oz lean protein, 1 cup fruit, 1/2 cup (prepared) oats
Mid-Morning Snack	<b>Meal:</b> High protein snack <b>Product:</b> Xyng (1-2 Capsules)
Lunch	<b>Meal:</b> 4-6 oz lean protein, 2 cups vegetables, 1 serving of healthy fats
Afternoon Snack	<b>Meal:</b> Lean shake (1 Scoop)
Dinner	<b>Meal:</b> 4-6 oz lean 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)

- One cheat meal is allowed every 7 days. (See [xyngular.com/core-resources](http://xyngular.com/core-resources) for guidelines.)
- Drink at least 64 oz of water a day.
- 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 Low-Carb Meal Plan and then take a break of 8 days. After your break, you can do mini-cleanses every Saturday and Sunday.

## Lean Proteins

Chicken Breast  
Eggs  
Turkey Breast  
Tuna  
Tofu  
Elk  
Fish  
Shellfish  
Beef (lean cuts)

## Grains

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

## Healthy Fats

Coconut Oil (1T)  
Olive Oil (1T)  
Sesame Oil (1T)  
Sunflower Oil (1T)  
Avocado (1/4 fruit)  
Natural Almond Butter (2T)  
Almonds (1/4 cup)  
Macadamia nuts (1/4 cup)

## Fruit

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

## Vegetables

Arugula  
Asparagus  
Bell Peppers  
Broccoli  
Brussels sprouts  
Cauliflower  
Celery  
Green Beans  
Kale  
Romaine Lettuce  
Onions  
Spinach  
Zucchini

## High Protein Snacks

2% Cottage Cheese (1/2 cup)  
0% Greek Yogurt (6 oz)  
Hard Boiled Eggs (2 whole eggs)  
Turkey Breast (3-5 slices)  
Lean Shake (1 scoop)

## 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 Xygnular 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