

Ignite System Jumpstart Meal Plan

Day 1

Drink at least 64 oz of water

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

| Meal | Serving Size | Food | Product | Prep Notes |
|--------------|--------------|--|---|-------------------------------------|
| Breakfast | 1 scoop | Lean shake | Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels) | |
| Snack | 6 oz | 0% Greek yogurt (plain) | Xyng (1-2 Capsules) | |
| Lunch | 1 serving | Fajita spiced chicken with peppers & onions* | Cheat (2 Capsules 30 minutes before meal) | Save extra for lunch tomorrow. |
| Snack | 2 whole | Hard boiled eggs | Accelerate (1 Tablet) | |
| Dinner | 4 oz | Beef chili* | | |
| After Dinner | | | Xr2 (1-2 Tablets) | |
| 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 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.

Ignite System Jumpstart Meal Plan

Day 2

Drink at least 64 oz of water

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| Meal | Serving Size | Food | Product | Prep Notes |
|--------------|--------------|-------------------------|---|-------------------------------------|
| Breakfast | 1 scoop | Lean shake | Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels) | |
| Snack | 5 slices | Turkey breast | Xyng (1-2 Capsules) | |
| Lunch | 4 oz | Beef chili* | Cheat (2 Capsules 30 minutes before meal) | Use leftovers from yesterday. |
| Snack | 6 oz | 0% Greek yogurt (plain) | Accelerate (1 Tablet) | |
| Dinner | 1 serving | Vegetable frittata* | | |
| After Dinner | | | Xr2 (1-2 Tablets) | |
| Before Bed | 12 oz | Warm drink | Flush (2 Capsules) | Herbal tea or hot water with lemon. |

Ignite System Jumpstart Meal Plan

Day 3

Drink at least 64 oz of water

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| Meal | Serving Size | Food | Product | Prep Notes |
|--------------|--------------|-----------------------------------|---|-------------------------------------|
| Breakfast | 1 scoop | Lean shake | Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels) | |
| Snack | 2 whole | Hard boiled eggs | Xyng (1-2 Capsules) | |
| Lunch | 1 serving | Basil chicken with vegetables* | Cheat (2 Capsules 30 minutes before meal) | |
| Snack | 1/2 cup | 2% Cottage cheese | Accelerate (1 Tablet) | |
| Dinner | 1 serving | Moroccan-spiced salmon with kale* | | |
| After Dinner | | | Xr2 (1-2 Tablets) | |
| Before Bed | 12 oz | Hot drink | Flush (2 Capsules) | Herbal tea or hot water with lemon. |



Ignite System Jumpstart Meal Plan

Day 4

Drink at least 64 oz of water

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| Meal | Serving Size | Food | Product | Prep Notes |
|--------------|--------------|--------------------------------------|---|-------------------------------------|
| Breakfast | 1 scoop | Lean shake | Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels) | |
| Snack | 5 slices | Turkey breast | Xyng (1-2 Capsules) | |
| Lunch | 2 servings | Chicken & vegetable stir-fry* | Cheat (2 Capsules 30 minutes before meal) | Double recipe. |
| Snack | 6 oz | 0% Greek yogurt (plain) | Accelerate (1 Tablet) | |
| Dinner | 1 serving | Garlic paprika shrimp with broccoli* | | |
| After Dinner | | | Xr2 (1-2 Tablets) | |
| Before Bed | 12 oz | Hot drink | Flush (2 Capsules) | Herbal tea or hot water with lemon. |

Ignite System Jumpstart Meal Plan

Day 5

Drink at least 64 oz of water

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| Meal | Serving Size | Food | Product | Prep Notes |
|--------------|--------------|--|---|-------------------------------------|
| Breakfast | 1 scoop | Lean shake | Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels) | |
| Snack | 5 slices | Turkey breast | Xyng (1-2 Capsules) | |
| Lunch | 1 serving | Garlic chicken breast & zucchini salad* | Cheat (2 Capsules 30 minutes before meal) | |
| Snack | 6 oz | 0% Greek yogurt (plain) | Accelerate (1 Tablet) | |
| Dinner | 1 serving | Grilled snapper with red onion escabeche & scallions | | |
| After Dinner | | | Xr2 (1-2 Tablets) | |
| Before Bed | 12 oz | Hot drink | Flush (2 Capsules) | Herbal tea or hot water with lemon. |

Ignite System Jumpstart Meal Plan

Day 6

Drink at least 64 oz of water

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| Meal | Serving Size | Food | Product | Prep Notes |
|--------------|--------------|--|---|-------------------------------------|
| Breakfast | 1 scoop | Lean shake | Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels) | |
| Snack | 1/2 cup | 2% Cottage cheese | Xyng (1-2 Capsules) | |
| Lunch | 2 servings | Chicken salad* | Cheat (2 Capsules 30 minutes before meal) | |
| Snack | 5 slices | Turkey breast | Accelerate (1 Tablet) | |
| Dinner | 1 serving | Fajita spiced chicken with peppers & onions* | | |
| After Dinner | | | Xr2 (1-2 Tablets) | |
| Before Bed | 12 oz | Hot drink | Flush (2 Capsules) | Herbal tea or hot water with lemon. |



Ignite System Jumpstart Meal Plan

Day 7

Drink at least 64 oz of water

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| Meal | Serving Size | Food | Product | Prep Notes |
|--------------|--------------|--|---|-------------------------------------|
| Breakfast | 1 scoop | Lean shake | Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels) | |
| Snack | 5 slices | Turkey breast | Xyng (1-2 Capsules) | |
| Lunch | 1 serving | Chicken salad* | Cheat (2 Capsules 30 minutes before meal) | |
| | 1 ½ servings | Sauteed zucchini* | | |
| Snack | 6 oz | 0% Greek yogurt (plain) | Accelerate (1 Tablet) | |
| Dinner | 1 serving | Green salad with seared tuna & balsamic* | | |
| After Dinner | | | Xr2 (1-2 Tablets) | |
| Before Bed | 12 oz | Hot drink | Flush (2 Capsules) | Herbal tea or hot water with lemon. |

Ignite System Jumpstart Meal Plan

Day 8

Drink at least 64 oz of water

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| Meal | Serving Size | Food | Product | Prep Notes |
|--------------|--------------|--|---|-------------------------------------|
| Breakfast | 1 scoop | Lean shake | Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels) | |
| Snack | 5 slices | Turkey breast | Xyng (1-2 Capsules) | |
| Lunch | 1 serving | Turkey taco lettuce wraps* | Cheat (2 Capsules 30 minutes before meal) | |
| Snack | 6 oz | 0% Greek yogurt (plain) | Accelerate (1 Tablet) | |
| Dinner | 1 serving | Zucchini noodles with kale pesto & chicken breast* | | |
| After Dinner | | | Xr2 (1-2 Tablets) | |
| Before Bed | 12 oz | Hot drink | Flush (2 Capsules) | Herbal tea or hot water with lemon. |