



# Ignite System Keto 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/ignite-resources](http://xyngular.com/ignite-resources)

Meal	Serving Size	Food	Product	Prep Notes
Breakfast	2 whole	Eggs	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	1. Cook eggs in butter. Melt Cheese over top.  2. Sauté kale in the leftover butter.  3. Plate eggs, cheese & kale. Top with avocado.
	1 T	Butter		
	1/2	Avocado		
	1 cup	Kale		
	1 oz	Cheese		
Snack	3 T	Almond butter	Xyng (1-2 Capsules)	Eat alone or with 3 sticks of celery.
Lunch	4 oz	Chicken thigh	Cheat (2 Capsules 30 minutes before meal)	Top salad with chicken thigh meat & sliced avocado.  2. Use arugula or kale for green salad.
	2 cups	Green salad		
	3/4	Avocado		
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Moroccan-spiced salmon with kale*		
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 Keto Meal Plan (Higher Calorie)

## Day 2

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	6 oz 1/2 1 cup	Turkey Sausage (links or patties) Avocado Spinach	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	1. Cook sausage. 2. Sauté spinach in the leftover fat. 3. Plate sausage & spinach. Top with sliced avocado.
Snack	1/3 cup	Macadamia nuts	Xyng (1-2 Capsules)	
Lunch	4 oz 2 cups	Turkey bacon Green salad	Cheat (2 Capsules 30 minutes before meal)	1. Crisp turkey bacon in microwave or in a frying pan. 2. Top salad with turkey bacon. 3. Use arugula or kale for green salad.
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Zucchini noodles with kale pesto & chicken thigh*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.



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## Day 3

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	6 oz	Turkey Sausage (links or patties)	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	<ol style="list-style-type: none"> <li>1. Cook breakfast sausage.</li> <li>2. Top sausage with cheese. Allow to melt.</li> <li>3. Plate sausage &amp; melted cheese over salad greens.</li> </ol>
	2 1/2 oz	Cheese		
	1 cup	Veggies		
Snack	3 T	Almond butter	Xyng (1-2 Capsules)	Eat alone or with 3 sticks of celery.
Lunch	4 oz	Steak	Cheat (2 Capsules 30 minutes before meal)	<ol style="list-style-type: none"> <li>1. Grill, pan fry, or broil steak.</li> <li>2. Steam or grill asparagus. Top with butter.</li> <li>3. Use arugula or kale for green salad.</li> </ol>
	1/2 cups (about 6 spears)	Asparagus		
	1 1/2 T	Butter		
	1 1/2 cup	Green salad		
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Sumac & thyme chicken thighs with roasted Brussels sprouts*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon water.



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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	3 (whole) 2 T 1 cup	Eggs Butter Spinach	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	1. Cook eggs in butter or hard boil.  2. Sauté spinach in leftover butter.  3. Plate eggs & spinach.
Snack	1 stick	String Cheese	Xyng (1-2 Capsules)	
Lunch	4 oz 1 T 1/3 cup 1/2 cup (about 6 spears) 1 1/2 cup	Salmon Olive oil Walnuts Asparagus Green salad	Cheat (2 Capsules 30 minutes before meal)	1. Roast walnuts in dry pan on medium until toasty.  2. Pan fry salmon with olive oil.  3. Steam or grill asparagus. Top with butter.  4. Use arugula or kale for green salad.
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving  2 cups 1/2 cup	Avocado chicken salad* Veggies Cucumber		Mix together cucumber, oil, & vinegar. Serve on the side.
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon water.



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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	6 oz	Turkey bacon	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	1. Crisp turkey bacon in microwave or in pan.  2. Crumble turkey bacon & serve over avocado with peppers on the side.
	1/2	Avocado		
	1 cup	Bell pepper		
Snack	3/4 cup	Macadamia nuts	Xyng (1-2 Capsules)	
Lunch	4 oz	Sardines	Cheat (2 Capsules 30 minutes before meal)	1. Top green salad with fish & avocado.  2. Use arugula or kale for green salad.
	1/2	Avocado		
	2 cups	Green salad		
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Fajita spiced chicken with peppers & onions*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon water.



# Ignite System Keto Meal Plan (Higher Calorie)

## Day 6

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 serving	Vegetable frittata*	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	Top celery with almond butter.
	4 T	Almond butter		
	1 cup	Celery		
Snack	2 1/2 oz (about 14 halves)	Walnuts	Xyng (1-2 Capsules)	
Lunch	1 serving	Garlic chicken breast*	Cheat (2 Capsules 30 minutes before meal)	
	2 cups	Roasted cauliflower*		
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Garlic paprika shrimp with broccoli*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon water.



# Ignite System Keto Meal Plan (Higher Calorie)

## Day 7

\*Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	2 whole 1 T 1/4 1 cup 1 oz	Eggs Butter Avocado Kale Cheese	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	1. Cook eggs in butter. Melt cheese over top.  2. Sauté kale in leftover butter.  3. Plate eggs, cheese, & kale. Top with sliced avocado.
Snack	3 T	Almond butter	Xyng (1-2 Capsules)	Eat alone or with 3 sticks of celery.
Lunch	4 oz 1/2 2 cups	Chicken thigh or leg Avocado Green salad	Cheat (2 Capsules 30 minutes before meal)	1. Roast, broil, or grill chicken thigh or leg.  2.. Top salad with chicken.  3. Use arugula or kale for green salad.
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Moroccan-spiced salmon with kale*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon water.