

Keto Guidelines

Wake-Up	8 oz water
Breakfast	Meal: 4-6 oz fatty protein, 1 cup vegetables, 2 servings healthy fats Products: 2 Axion, 1 oz Global Blend, 3 Advanced Omega
Mid-Morning Snack	Meal: High fat snack Product: 1-2 Xyng
Lunch	Meal: 4 oz fatty protein, 2 cups vegetables, 2 serving of healthy fats Product: 2 Cheat (<i>take 30 minutes prior to your meal</i>)
Afternoon Snack	Meal: 1 scoop Lean shake Product: 1 Accelerate
Dinner	Meal: 4 oz fatty protein, 2 cups vegetables, 1 serving of healthy fats Product: 1-2 Xr2 after dinner
Before Bed	12 oz water Product: 2 Flush (<i>see product overview on page 7 for usage</i>)

- Drink **at least** 64 oz of water a day.
- 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.
- 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

Lean “shake it up” ideas

Mix 1 scoop Lean with 8 ounces water or unsweetened almond, rice, or coconut milk. Choose an option below and shake well in Xyngular shaker bottle or add ice and blend to make a smoothie.

- **Chocolate:** 1T 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

Keto Meal Plan

This is your journey so you can create your own meal plan by using the guidelines above or visit xyngular.com/ignite-resources for a meal plan and recipes designed for the Keto Ignite System.

Breakfast

Veggie frittata, almond butter

Lunch

Garlic chicken, cauliflower

Dinner

Garlic paprika shrimp & broccoli

