

# Low-Carb Guidelines

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

- One cheat meal is allowed each week. (See [xyngular.com/ignite-resources](http://xyngular.com/ignite-resources) for guidelines.)
- 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

## Low-Carb 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](http://xyngular.com/ignite-resources) for a meal plan and recipes designed for the Low-Carb Ignite System.

### Breakfast

Asian style omelet, toast, fruit

### Lunch

Vegetable frittata, broccoli

### Dinner

Steak chimichurri, tomato salad, green beans

