Ignite System Low-Carb Meal Plan

The Ignite System Low-Carb Meal Plan is designed to support healthy weight loss. We have higher calorie plans available 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

Meal	Serving Size	Food	Product	Prep Notes
Breakfast	2 whole 1/2 cup 1 cup	Eggs Prepared oats Strawberries	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	1. Prepare eggs any style. 2. Prepare Prepared oats as directed.
Snack	1 cup	2% Cottage cheese	Xyng (1-2 Capsules)	
Lunch	1 serving 2 cups	Turkey taco lettuce wraps* Green salad	Cheat (2 Capsules 30 minutes before meal)	Use arugula or kale for green salad.
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	
Dinner	1 serving 1 cup (about 10 spears)	Fajita spiced chicken with peppers & onions* Asparagus		1. Steam asparagus.
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.

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Day 2

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 serving 1 slice 1 cup	Asian style omelet* Whole wheat toast Blackberries	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	
Snack	2 whole	Hard boiled eggs	Xyng (1-2 Capsules)	
Lunch	1 serving 1 cup	Vegetable frittata* Broccoli	Cheat (2 Capsules 30 minutes before meal)	Steam broccoli.
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	
Dinner	1 serving 2 cups	Steak chimichurri with tomato salad* Green beans		Steam green beans.
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	1 serving 1/2 cup 1 cup	Vegetable frittata* Prepared oats Raspberries	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	Prepare Prepared oats as directed.
Snack	5 slices	Turkey breast	Xyng (1-2 Capsules)	
Lunch	1 serving 1 cup (about 15 small)	Basil chicken* Carrots	Cheat (2 Capsules 30 minutes before meal)	
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	
Dinner	1 serving 1 cup 1 cup	Moroccan-spiced salmon with kale* Broccoli Cauliflower		Steam broccoli & cauliflower.
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 4

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	2 whole 1/2 cup 1 cup	Eggs Prepared oats Strawberries	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	1. Prepare eggs any style. 2. Prepare Prepared oats as directed.
Snack	1 cup	2% Cottage cheese	Xyng (1-2 Capsules)	
Lunch	2 servings	Chicken & vegetable stir-fry*	Cheat (2 Capsules 30 minutes before meal)	
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	
Dinner	1 serving 1 cup (about 10 spears)	Garlic paprika shrimp with broccoli* Asparagus		Steam asparagus.
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 5

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	6 oz 1 slice 1 cup	0% Greek yogurt (plain) Whole wheat toast Raspberries	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	
Snack	2 whole	Hard boiled eggs	Xyng (1-2 Capsules)	
Lunch	1 serving 1 serving	Garlic chicken breast* Zucchini salad*	Cheat (2 Capsules 30 minutes before meal)	
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	
Dinner	1 serving 1 cups	Grilled snapper with red onion & scallions* Spinach		Serve fish over fresh spinach leaves.
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 6

Drink at least 64 oz of water

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Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 serving 1/2 cup 1 cup	Vegetable frittata* Prepared oats Raspberries	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	Prepare Prepared oats as directed.
Snack	1 cup	2% Cottage cheese	Xyng (1-2 Capsules)	
Lunch	2 servings 1/2 cup	Chicken salad* Broccoli	Cheat (2 Capsules 30 minutes before meal)	Steam broccoli.
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	
Dinner	1 serving	Zucchini noodles with kale pesto & chicken breast*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.

Ignite System Low-Carb Meal Plan

Day 7

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 serving 1 slice 1 cup	Asian style omelet* Whole wheat toast Blackberries	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	
Snack	2 whole	Hard boiled eggs	Xyng (1-2 Capsules)	
Lunch	1 serving 1 serving	Garlic chicken breast* Zucchini salad*	Cheat (2 Capsules 30 minutes before meal)	
Snack	1 scoop	Lean shake	Accelerate (1 Tablet)	
Dinner	1 serving	Green salad with seared tuna & balsamic*		
After Dinner			Xr2 (1-2 Tablets)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.

One cheat meal is allowed every 7 days (see xyngular.com/ignite-resources for guidelines).
The higher calorie version of this meal plan can be found at xyngular.com/ignite-resources

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