Ultimate System 8-Day Jumpstart Meal Plan

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Products</th>
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<tbody>
<tr>
<td>Wake-Up</td>
<td>8 oz water</td>
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</table>
| Breakfast    | **Meal:** Lean shake (1 Scoop)  
**Products:** Axion (2 Tablets), Global Blend 1 (Oz), Advanced Omega (3 Softgels) |
| Mid-Morning Snack | **Meal:** High protein snack  
**Product:** Xyng (1-2 Capsules) |
| Lunch        | **Meal:** 4-6 oz lean protein, 2 cups vegetables, 1 serving of healthy fats  
**Products:** Cheat (2 Capsules, 30 minutes prior to your meal), Trimstix (1 Stick) |
| Afternoon Snack | **Meal:** High protein snack  
**Product:** Accelerate (1 Tablet) |
| Dinner       | **Meal:** 4-6 oz lean protein, 2 cups vegetables, 1 serving of healthy fats  
**Products:** Xr2 (1-2 Tablets after dinner), Probiotix (1 Stick after dinner) |
| Before Bed   | 12 oz water                 | **Product:** Flush (2 Capsules with hot drink) |

- **Lean Proteins**
  - Chicken Breast
  - Eggs
  - Turkey Breast
  - Tuna
  - Tofu
  - Elk
  - Fish
  - Shellfish
  - Beef (lean cuts)

- **Healthy Fats**
  - Coconut Oil (1T)
  - Olive Oil (1T)
  - Sesame Oil (1T)
  - Sunflower Oil (1T)
  - Avocado (1/4 fruit)
  - Natural Almond Butter (2T)
  - Almonds (1/4 cup)
  - Macadamia nuts (1/4 cup)

- **Vegetables**
  - Arugula
  - Asparagus
  - Bell Peppers
  - Broccoli
  - Brussels sprouts
  - Cauliflower
  - Celery
  - Green beans
  - Kale
  - Romaine lettuce
  - Onions
  - Spinach
  - Zucchini

- **High Protein Snacks**
  - 2% Cottage Cheese (1/2 cup)
  - 0% Greek Yogurt (6 oz)
  - Hard Boiled Eggs (2 whole eggs)
  - Turkey Breast (3-5 slices)
  - Lean Shake (1 scoop)

- **Lean “shake it up” ideas**
  - **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

For more 8-day jumpstart resources and food suggestions visit xyngular.com/ultimate-resources