

# Ultimate System Jumpstart Meal Plan

## Day 1

Drink at least 64 oz of water

\*Recipes can be found at [xyngular.com/ultimate-resources](https://xyngular.com/ultimate-resources)

| Meal         | Serving Size | Food   | Product   | Prep Notes                          |
|--------------|--------------|--|---|-------------------------------------|
| Breakfast    | 1 scoop      | Lean shake                                   | Axion (2 Tablets)<br>Global Blend (1 oz)<br>Advanced Omega (3 Softgels) |                                     |
| Snack        | 6 oz         | 0% Greek yogurt (plain)                      | Xyng (1-2 Capsules)   |                                     |
| Lunch        | 1 serving    | Fajita spiced chicken with peppers & onions* | Cheat (2 Capsules 30 minutes before meal)<br>Trimstix (1 Stick)         | Save extra for lunch tomorrow.      |
| Snack        | 2 whole      | Hard boiled eggs                             | Accelerate (1 Tablet)   |                                     |
| Dinner       | 4 oz         | Beef chili*                                  |   |                                     |
| After Dinner |              |  | Xr2 (1-2 Tablets)<br>Probiotix (1 Stick)                                |                                     |
| 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.



# Ultimate System Jumpstart Meal Plan

## Day 2

Drink at least 64 oz of water

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| Meal         | Serving Size | Food                    | Product   | Prep Notes                          |
|--------------|--------------|-------------------------|---|-------------------------------------|
| Breakfast    | 1 scoop      | Lean shake              | Axion (2 Tablets)<br>Global Blend (1 oz)<br>Advanced Omega (3 Softgels) |                                     |
| Snack        | 5 slices     | Turkey breast           | Xyng (1-2 Capsules)   |                                     |
| Lunch        | 4 oz         | Beef chili*             | Cheat (2 Capsules 30 minutes before meal)<br>Trimstix (1 Stick)         | Use leftovers from yesterday.       |
| Snack        | 6 oz         | 0% Greek yogurt (plain) | Accelerate (1 Tablet)   |                                     |
| Dinner       | 1 serving    | Vegetable frittata*     |   |                                     |
| After Dinner |              |                         | Xr2 (1-2 Tablets)<br>Probiotix (1 Stick)                                |                                     |
| Before Bed   | 12 oz        | Warm drink              | Flush (2 Capsules)  | Herbal tea or hot water with lemon. |

# Ultimate System Jumpstart Meal Plan

## Day 3

Drink at least 64 oz of water

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| Meal         | Serving Size | Food                              | Product   | Prep Notes                          |
|--------------|--------------|-----------------------------------|---|-------------------------------------|
| Breakfast    | 1 scoop      | Lean shake                        | Axion (2 Tablets)<br>Global Blend (1 oz)<br>Advanced Omega (3 Softgels) |                                     |
| Snack        | 2 whole      | Hard boiled eggs                  | Xyng (1-2 Capsules)   |                                     |
| Lunch        | 1 serving    | Basil chicken with vegetables*    | Cheat (2 Capsules 30 minutes before meal)<br>Trimstix (1 Stick)         |                                     |
| Snack        | 1/2 cup      | 2% Cottage cheese                 | Accelerate (1 Tablet)   |                                     |
| Dinner       | 1 serving    | Moroccan-spiced salmon with kale* |   |                                     |
| After Dinner |              |                                   | Xr2 (1-2 Tablets)<br>Probiotix (1 Stick)                                |                                     |
| Before Bed   | 12 oz        | Hot drink                         | Flush (2 Capsules)  | Herbal tea or hot water with lemon. |



# Ultimate System Jumpstart Meal Plan

## Day 4

Drink at least 64 oz of water

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| Meal         | Serving Size | Food                                 | Product   | Prep Notes                          |
|--------------|--------------|--------------------------------------|---|-------------------------------------|
| Breakfast    | 1 scoop      | Lean shake                           | Axion (2 Tablets)<br>Global Blend (1 oz)<br>Advanced Omega (3 Softgels) |                                     |
| Snack        | 5 slices     | Turkey breast                        | Xyng (1-2 Capsules)   |                                     |
| Lunch        | 2 servings   | Chicken & vegetable stir-fry*        | Cheat (2 Capsules 30 minutes before meal)<br>Trimstix (1 Stick)         | Double recipe.                      |
| Snack        | 6 oz         | 0% Greek yogurt (plain)              | Accelerate (1 Tablet)   |                                     |
| Dinner       | 1 serving    | Garlic paprika shrimp with broccoli* |   |                                     |
| After Dinner |              |                                      | Xr2 (1-2 Tablets)<br>Probiotix (1 Stick)                                |                                     |
| Before Bed   | 12 oz        | Hot drink                            | Flush (2 Capsules)  | Herbal tea or hot water with lemon. |



# Ultimate System Jumpstart Meal Plan

## Day 5

Drink at least 64 oz of water

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| Meal         | Serving Size | Food   | Product   | Prep Notes                          |
|--------------|--------------|--|---|-------------------------------------|
| Breakfast    | 1 scoop      | Lean shake   | Axion (2 Tablets)<br>Global Blend (1 oz)<br>Advanced Omega (3 Softgels) |                                     |
| Snack        | 5 slices     | Turkey breast  | Xyng (1-2 Capsules)   |                                     |
| Lunch        | 1 serving    | Garlic chicken breast & zucchini salad*              | Cheat (2 Capsules 30 minutes before meal)<br>Trimstix (1 Stick)         |                                     |
| Snack        | 6 oz         | 0% Greek yogurt (plain)                              | Accelerate (1 Tablet)   |                                     |
| Dinner       | 1 serving    | Grilled snapper with red onion escabeche & scallions |   |                                     |
| After Dinner |              |  | Xr2 (1-2 Tablets)<br>Probiotix (1 Stick)                                |                                     |
| Before Bed   | 12 oz        | Hot drink  | Flush (2 Capsules)  | Herbal tea or hot water with lemon. |

# Ultimate System Jumpstart Meal Plan

## Day 6

Drink at least 64 oz of water

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| Meal         | Serving Size | Food   | Product   | Prep Notes                          |
|--------------|--------------|--|---|-------------------------------------|
| Breakfast    | 1 scoop      | Lean shake                                   | Axion (2 Tablets)<br>Global Blend (1 oz)<br>Advanced Omega (3 Softgels) |                                     |
| Snack        | 1/2 cup      | 2% Cottage cheese                            | Xyng (1-2 Capsules)   |                                     |
| Lunch        | 2 servings   | Chicken salad*                               | Cheat (2 Capsules 30 minutes before meal)<br>Trimstix (1 Stick)         |                                     |
| Snack        | 5 slices     | Turkey breast                                | Accelerate (1 Tablet)   |                                     |
| Dinner       | 1 serving    | Fajita spiced chicken with peppers & onions* |   |                                     |
| After Dinner |              |  | Xr2 (1-2 Tablets)<br>Probiotix (1 Stick)                                |                                     |
| Before Bed   | 12 oz        | Hot drink                                    | Flush (2 Capsules)  | Herbal tea or hot water with lemon. |



# Ultimate System Jumpstart Meal Plan

## Day 7

Drink at least 64 oz of water

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| Meal         | Serving Size                  | Food                                     | Product   | Prep Notes                          |
|--------------|-------------------------------|--|---|-------------------------------------|
| Breakfast    | 1 scoop                       | Lean shake                               | Axion (2 Tablets)<br>Global Blend (1 oz)<br>Advanced Omega (3 Softgels) |                                     |
| Snack        | 5 slices                      | Turkey breast                            | Xyng (1-2 Capsules)   |                                     |
| Lunch        | 1 serving<br><br>1 ½ servings | Chicken salad*<br><br>Sauteed zucchini*  | Cheat (2 Capsules 30 minutes before meal)<br>Trimstix (1 Stick)         |                                     |
| Snack        | 6 oz                          | 0% Greek yogurt (plain)                  | Accelerate (1 Tablet)   |                                     |
| Dinner       | 1 serving                     | Green salad with seared tuna & balsamic* |   |                                     |
| After Dinner |                               |  | Xr2 (1-2 Tablets)<br>Probiotix (1 Stick)                                |                                     |
| Before Bed   | 12 oz                         | Hot drink                                | Flush (2 Capsules)  | Herbal tea or hot water with lemon. |

# Ultimate System Jumpstart Meal Plan

## Day 8

Drink at least 64 oz of water

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| Meal         | Serving Size | Food   | Product   | Prep Notes                          |
|--------------|--------------|--|---|-------------------------------------|
| Breakfast    | 1 scoop      | Lean shake   | Axion (2 Tablets)<br>Global Blend (1 oz)<br>Advanced Omega (3 Softgels) |                                     |
| Snack        | 5 slices     | Turkey breast                                      | Xyng (1-2 Capsules)   |                                     |
| Lunch        | 1 serving    | Turkey taco lettuce wraps*                         | Cheat (2 Capsules 30 minutes before meal)<br>Trimstix (1 Stick)         |                                     |
| Snack        | 6 oz         | 0% Greek yogurt (plain)                            | Accelerate (1 Tablet)   |                                     |
| Dinner       | 1 serving    | Zucchini noodles with kale pesto & chicken breast* |   |                                     |
| After Dinner |              |  | Xr2 (1-2 Tablets)<br>Probiotix (1 Stick)                                |                                     |
| Before Bed   | 12 oz        | Hot drink  | Flush (2 Capsules)  | Herbal tea or hot water with lemon. |