

Ultimate System Keto Meal Plan (Higher Calorie)

The Higher Calorie Meal Plan is for men, those who are very active, or those who have 40 pounds or more to lose.

Wake-Up	8 oz water (Drink at least 64 oz of water a day.)
Breakfast	Meal: 6 oz fatty protein, 2 cups vegetables, 3 serving of healthy fats Products: Axion (2 Tablets), Global Blend (1 Oz), Advanced Omega (3 Softgels)
Mid-Morning Snack	Meal: High fat snack, 1 cup celery or cucumber Product: Xyng (1-2 Capsules)
Lunch	Meal: 6 oz fatty protein, 2 cups vegetables, 3 serving of healthy fats Products: Cheat (2 Capsules, 30 minutes prior to your meal), Trimstix (1 Stick)
Afternoon Snack	Meal: Lean shake (1 Scoop) Product: Accelerate (1-2 Tablets)
Dinner	Meal: 6 oz fatty protein, 2 cups vegetables, 2 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)

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.

For keto approved foods, recipes, and a 7-day sample meal plan visit xyngular.com/ultimate-resources

Fatty Proteins

Bacon (avoid added sugar)
Beef
Poultry (dark meat)
Eggs
Fish
Lamb
Pork (avoid added sugar)
Sausage (avoid added sugar)
Shellfish

Healthy Fats

Coconut oil (2T)
Olive oil (2T)
Sesame oil (2T)
Sunflower oil (2T)
Avocado (1/2 fruit)
Pumpkin seeds (1/2 cup)
Almonds (1/2 cup)
Butter/ghee (2T)
MCT oil (2 T)
Cheese (1 oz)
Macadamia nuts (1/3 cup)

Vegetables

Arugula
Asparagus
Bell Peppers
Broccoli
Brussels sprouts
Cauliflower
Celery
Green Beans
Kale
Romaine Lettuce
Onions
Spinach
Zucchini

High Fat Snacks

Almond butter (3 T)
Walnuts (3/4 cup)
String cheese (1 stick)
Lean shake (1 scoop)
Macadamia nuts (1/3 cup)

Lean “shake it up” ideas

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

- Chocolate: 1 T 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