

# Ultimate System Keto Meal Plan

Appx. 1,350 calories. The Ultimate System Keto 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/ultimate-resources](http://xyngular.com/ultimate-resources)

Meal	Serving Size	Food	Product	Prep Notes
Breakfast	1 scoop	Lean Meal shake	Axion (2 Tablets) Global Blend (1 oz) Advanced Omega (3 Softgels)	
Snack	3 T	Almond butter	Xyng (1-2 Capsules)	Eat alone or with 3 sticks of celery.
Lunch	4 oz  2 cups  1/4	Chicken thigh  Green salad  Avocado	Cheat (2 Capsules 30 minutes before meal) Trimstix (1 Stick)	Top salad with chicken thigh meat & sliced avocado.
Snack	1 scoop	Lean shake	Accelerate (1-2 Tablets)	Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Moroccan-spiced salmon with kale*		
After Dinner			Xr2 (1-2 Tablets) 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 Keto 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) Global Blend (1 oz) Advanced Omega (3 Softgels)	
Snack	1/4 cup	Macadamia nuts	Xyng (1-2 Capsules)	
Lunch	4 oz  2 cups	Turkey bacon  Green salad	Cheat (2 Capsules 30 minutes before meal) Trimstix (1 Stick)	1. Crisp turkey bacon in microwave or in a frying pan.  2. Top salad with turkey bacon.
Snack	1 scoop	Lean shake	Accelerate (1-2 Tablets)	Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Zucchini noodles with kale pesto & chicken thighs*		
After Dinner			Xr2 (1-2 Tablets) Probiotix (1 Stick)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.



# Ultimate System Keto 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) Global Blend (1 oz) Advanced Omega (3 Softgels)	
Snack	1/4 cup	Macadamia nuts	Xyng (1-2 Capsules)	
Lunch	4 oz  1/2 cups (about 6 spears)  1 T  1 1/2 Cups	Steak  Asparagus  Butter  Green salad	Cheat (2 Capsules 30 minutes before meal) Trimstix (1 Stick)	1. Grill, pan fry, or broil steak.  2. Steam or grill asparagus. Top with butter.
Snack	1 scoop	Lean shake	Accelerate (1-2 Tablets)	Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Sumac & thyme chicken thighs with roasted Brussels sprouts*		
After Dinner			Xr2 (1-2 Tablets) Probiotix (1 Stick)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.

# Ultimate System Keto 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) Global Blend (1 oz) Advanced Omega (3 Softgels)	
Snack	1 stick	String cheese	Xyng (1-2 Capsules)	
Lunch	4 oz 1 T 1/3 cup 1/2 cup (about 6 spears) 1 1/2 cup	Salmon Olive oil Walnuts Asparagus Green salad	Cheat (2 Capsules 30 minutes before meal) Trimstix (1 Stick)	1. Roast walnuts in dry pan on medium until toasty.  2. Pan fry salmon with olive oil.  3. Steam or grill asparagus. Top with butter.  4. Serve over green salad.
Snack	1 scoop	Lean shake	Accelerate (1-2 Tablets)	Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving 2 cups	Avocado chicken salad* Green salad		Serve avocado chicken salad over green salad.
After Dinner			Xr2 (1-2 Tablets) Probiotix (1 Stick)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.



# Ultimate System Keto 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) Global Blend (1 oz) Advanced Omega (3 Softgels)	
Snack	1/4 cup	Macadamia nuts	Xyng (1-2 Capsules)	
Lunch	4 oz 1/2 2 cups	Sardines Avocado Green salad	Cheat (2 Capsules 30 minutes before meal) Trimstix (1 Stick)	Top green salad with sardines & avocado.
Snack	1 scoop	Lean shake	Accelerate (1-2 Tablets)	Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Fajita spiced chicken with peppers & onions*		
After Dinner			Xr2 (1-2 Tablets) Probiotix (1 Stick)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.



# Ultimate System Keto 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) Global Blend (1 oz) Advanced Omega (3 Softgels)	
Snack	2 oz (about 14 halves)	Walnuts	Xyng (1-2 Capsules)	
Lunch	1 serving  2 cups	Garlic chicken breast*  Roasted cauliflower*	Cheat (2 Capsules 30 minutes before meal) Trimstix (1 Stick)	
Snack	1 scoop	Lean shake	Accelerate (1-2 Tablets)	Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Garlic paprika shrimp with broccoli*		
After Dinner			Xr2 (1-2 Tablets) Probiotix (1 Stick)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.

# Ultimate System Keto 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) Global Blend (1 oz) Advanced Omega (3 Softgels)	
Snack	3 T	Almond butter	Xyng (1-2 Capsules)	
Lunch	1 Serving  1 Serving	Chicken Thigh  Baba ganoush*	Cheat (2 Capsules 30 minutes before meal) Trimstix (1 Stick)	1. Roast, broil, or grill chicken thigh.  2. Serve chicken with baba ganoush.
Snack	1 scoop	Lean shake	Accelerate (1-2 Tablets)	Mix with 8 oz water or unsweetened almond milk.
Dinner	1 serving	Moroccan-spiced salmon with kale*		
After Dinner			Xr2 (1-2 Tablets) Probiotix (1 Stick)	
Before Bed	12 oz	Warm drink	Flush (2 Capsules)	Herbal tea or hot water with lemon.

The higher calorie version of this meal plan can be found at [xyngular.com/ultimate-resources](https://xyngular.com/ultimate-resources)