



Ultimate System Keto Meal Plan

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

| 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 Tablet) | 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 Meal 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 | Turkey bacon | Cheat (2 Capsules 30 minutes before meal) Trimstix (1 Stick) | 1. Crisp turkey bacon in microwave or in a frying pan. |
| | 2 cups | Green salad | | 2. Top salad with turkey bacon. |
| Snack | 1 scoop | Lean shake | Accelerate (1 Tablet) | 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 Meal 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 Tablet) | 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 Meal 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 Tablet) | 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 Meal 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 Tablet) | 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 Meal 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 Tablet) | 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 Meal 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 Tablet) | 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