

Ultimate System Low-Carb Meal Plan

Wake-Up	8 oz water
Breakfast	Meal: Lean Meal 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: Lean shake (1 Scoop) Product: Accelerate (1-2 Tablets)
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)
<ul style="list-style-type: none"> • One cheat meal is allowed every 7 days. (See xyngular.com/ultimate-resources for guidelines.) • Drink at least 64 oz of water a day. • 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. 	

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

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

- **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 low-carb resources and food suggestions visit xyngular.com/ultimate-resources