

# Ultimate System Low-Carb Meal Plan

The Ultimate System Low-Carb 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	1 cup	2% Cottage cheese	Xyng (1-2 Capsules)	
Lunch	1 serving  2 cups	Turkey taco lettuce wraps*  Green salad	Cheat (2 Capsules 30 minutes before meal) Trimstix (1 Stick)	
Snack	1 scoop	Lean shake	Accelerate (1-2 Tablets)	
Dinner	1 serving  1 cup (about 10 spears)	Fajita spiced chicken with peppers & onions*  Asparagus		Steam asparagus.
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 Low-Carb 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	2 whole	Hard boiled eggs	Xyng (1-2 Capsules)	
Lunch	1 serving  1 cup	Vegetable frittata*  Broccoli	Cheat (2 Capsules 30 minutes before meal) Trimstix (1 Stick)	Steam broccoli.
Snack	1 scoop	Lean shake	Accelerate (1-2 Tablets)	
Dinner	1 serving  1 cup	Steak Chimichurri & Tomato Salad*  Green Beans		Steam green beans.
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 Low-Carb 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	5 slices	Turkey breast	Xyng (1-2 Capsules)	
Lunch	1 serving  1 cup (about 15)	Basil chicken & vegetables*  Baby carrots	Cheat (2 Capsules 30 minutes before meal) Trimstix (1 Stick)	Steam carrots.
Snack	1 scoop	Lean shake	Accelerate (1-2 Tablets)	
Dinner	1 serving  1 cup 1 cup	Moroccan-Spiced Salmon with kale*  Broccoli Cauliflower		Steam broccoli & cauliflower.
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 Low-Carb 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 cup	2% Cottage cheese	Xyng (1-2 Capsules)	
Lunch	2 servings	Chicken & vegetable stir-fry*	Cheat (2 Capsules 30 minutes before ) Trimstix (1 Stick)	
Snack	1 scoop	Lean shake	Accelerate (1-2 Tablets)	
Dinner	1 serving  1 cup (about 10 spears)	Garlic paprika shrimp with broccoli*  Asparagus		Steam asparagus.
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 Low-Carb 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	2 whole	Hard boiled eggs	Xyng (1-2 Capsules)	
Lunch	1 serving  1 serving	Garlic chicken breast*  Zucchini salad*	Cheat (2 Capsules 30 minutes before meal) Trimstix (1 Stick)	
Snack	1 scoop	Lean shake	Accelerate (1-2 Tablets)	
Dinner	1 serving	Grilled snapper with red onion & scallions*		
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 Low-Carb 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	1 cup	2% Cottage cheese	Xyng (1-2 Capsules)	
Lunch	2 servings  1/2 cup	Chicken salad*  Broccoli	Cheat (2 Capsules 30 minutes before meal) Trimstix (1 Stick)	Steam broccoli.
Snack	1 scoop	Lean shake	Accelerate (1-2 Tablets)	
Dinner	1 serving	Zucchini noodles with kale pesto & chicken breast*		
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 Low-Carb 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	2 whole	Hard boiled eggs	Xyng (1-2 Capsules)	
Lunch	1 serving  1 serving	Garlic chicken breast*  Zucchini salad*	Cheat (2 Capsules 30 minutes before meal) Trimstix (1 Stick)	
Snack	1 scoop	Lean shake	Accelerate (1-2 Tablets)	
Dinner	1 serving	Green salad with seared tuna & balsamic*		
After Dinner			Xr2 (1-2 Tablets) Probiotix (1 Stick)	
Before Bed	12 oz	Warm Drink	Flush (2 Capsules)	Herbal tea or warm water with lemon.

One cheat meal is allowed every 7 days (see [xyngular.com/ultimate-resources](http://xyngular.com/ultimate-resources) for guidelines).

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