

# Ultimate System Low-Carb 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 ( <b>Drink at least 64 oz of water a day.</b> )
Breakfast	<b>Meal:</b> 6 oz lean protein, 2 serving of healthy fats, 1/2 cup grains, 1 cup fruit <b>Products:</b> Axion (2 Tablets), Global Blend (1 Oz), Advanced Omega (3 Softgels)
Mid-Morning Snack	<b>Meal:</b> High protein snack <b>Product:</b> Xyng (1-2 Capsules)
Lunch	<b>Meal:</b> 6 oz lean protein, 3 cups vegetables, 2 serving of healthy fats <b>Products:</b> Cheat (2 Capsules, 30 minutes prior to your meal), Trimstix (1 Stick)
Afternoon Snack	<b>Meal:</b> Lean shake (1 Scoop) <b>Product:</b> Accelerate (1 Tablet)
Dinner	<b>Meal:</b> 6-8 oz lean protein, 3 cups vegetables, 2 serving of healthy fats <b>Products:</b> Xr2 (1-2 Tablets after dinner), Probiotix (1 Stick after dinner)
Before Bed	12 oz water <b>Product:</b> Flush (2 Capsules with hot drink)

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

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 low-carb approved foods, recipes, and a 7-day sample meal plan visit [xyngular.com/ultimate-resources](http://xyngular.com/ultimate-resources)

## Lean Proteins

Chicken breast  
Eggs  
Turkey breast  
Turkey bacon  
Tuna  
Tofu  
Fish  
Shellfish  
Beef (lean cuts)  
Lean meal (2 scoops)

## Grains

Steel cut oats (1/2 cup)  
Brown rice (1/2 cup)  
Barley (1/2 cup)  
Quinoa (1/2 cup)  
Whole Wheat Bread  
(1 Slice)

## 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)  
Walnuts (3/4 cup)  
Macadamia nuts (1/2 cup)

## Fruit

Blackberries (1 cup)  
Blueberries (1 cup)  
Raspberries (1 cup)  
Strawberries (1 cup)  
Orange (1 medium size)

## 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 cup)  
0% Greek yogurt  
(1 cup)  
Hard boiled eggs  
(3 whole eggs)  
Turkey breast  
(5 slices)  
Lean shake  
(1 scoop)

## 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