

# Ultimate System Low-Carb Meal Plan

Wake-Up	8 oz water
Breakfast	<b>Meal:</b> Lean Meal shake (1 Scoop) <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> 4-6 oz lean protein, 2 cups vegetables, 1 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> 4-6 oz lean protein, 2 cups vegetables, 1 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.)
- 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](http://xyngular.com/ultimate-resources)