

Ignite Meal Plans

Drink at least 64 oz of water each day.



Independent Distributor

8-DAY JUMPSTART MEAL PLAN	
Wake up	~8 oz water
Breakfast	~Lean Shake ~2 Axion w/ Water ~1 oz. Global Blend ~3 Advanced Omega
Morning Snack	~High Protein Snack ~1-2 Xyng*
1/2 hr. b-4 Lunch	~2 Cheat* w/ Water
Lunch	~4-6 oz. Lean Protein Meal ~2 cups Vegetables ~1 serving Healthy Fats
Afternoon Snack	~High Protein Snack ~2 Accelerate
Dinner	~4-6 oz. Lean Protein Meal ~2 cups Vegetables ~1 serving Healthy Fats ~2 Xr2
Before Bed	~2 Flush w/ hot drink

POST-JUMPSTART LOW CARB MEAL PLAN	
Wake up	~8 oz water
Breakfast	~4-6 oz Lean Protein ~1 cup Fruit ~1 cup (prepared) Oats ~2 Axion w/ Water ~1 oz. Global Blend ~3 Advanced Omega
Morning Snack	~High protein snack ~1-2 Xyng*
1/2 hr. b-4 Lunch	~2 Cheat* w/ Water
Lunch	~4-6 oz. Lean Protein Meal ~2 cups Vegetables ~1 serving Healthy Fats
Afternoon Snack	~Lean shake ~2 Accelerate
Dinner	~4-6 oz. Lean Protein Meal ~2 cups Vegetables ~1 serving Healthy Fats ~2 Xr2 after dinner
Before Bed	~2 Flush* w/ hot drink

POST-JUMPSTART KETO MEAL PLAN	
Wake up	~8 oz water
Breakfast	~4-6 oz Fatty Protein ~1 cup Vegetables ~2 servings Healthy Fats ~2 Axion w/ Water ~1 oz. Global Blend ~3 Advanced Omega
Morning Snack	~High Fat Snack ~1-2 Xyng*
1/2 hr. b-4 Lunch	~2 Cheat* w/ Water
Lunch	~4 oz Fatty Protein ~2 cups Vegetables ~2 servings Healthy Fats
Afternoon Snack	~Lean Shake ~2 Accelerate
Dinner	~4 oz Fatty Protein Meal ~2 cups Vegetables ~1 serving Healthy Fats ~2 Xr2 after dinner
Before Bed	~2 Flush* w/ hot drink

NOTES*

Starting with 1 Xyng capsule with food, gradually work up to 2 capsules on an empty stomach.

Take Flush daily as part of the 8-day jumpstart; then take an 8 day break. Then, take every Saturday and Sunday as a mini cleanse.

Always take Cheat with at least 8oz of water.

Contact your coach with questions.

Products: Lean, Axion, Global Blend, Advanced Omega, Xyng, Cheat, Accelerate, Xr2, Flush

Lean Proteins

Jumpstart and Low Carb

Chicken Breast Eggs
Turkey Breast Tuna
Tofu Elk
Fish Shellfish
Natural Almond Butter (2T)
Beef (lean cuts)

High Protein Snacks

Jumpstart and Low Carb

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)

Fatty Proteins

Keto

Fish Shellfish
Eggs Beef
Pork[^] Lamb
Poultry (dark meat)
Bacon/Sausage[^]
Nut Butter (3T)
[^] Avoid Sugars/Fillers

Vegetables

Jumpstart and Low Carb

Asparagus Bell Peppers
Broccoli Brussels Sprouts
Cabbage Cauliflower
Celery Green Beans
Kale Romaine Lettuce
Onion Spinach
Squash

Healthy Fats

Keto

Spinach
Mushrooms
Green Peppers
Green Beans
Romain Lettuce
Cabbage
Cauliflower
Broccoli

Jumpstart/Low Carb Keto

Coconut Oil (1T) Coconut Oil (1T)
Olive Oil (1T) Olive Oil (1T)
Sesame Oil (1T) Butter/Gee (1T)
Sunflower Oil (1T) MTC Oil (1T)
Avocado (1/4 fruit) Avocado (1/4 fruit)
Avocado Oil (1T)

High Fat Snacks

Keto

Almond Butter (3T)
Macadamia Nuts (1/4 cup)
String Cheese (1 stick)
Walnuts (1/2 cup - halves)
Lean Shake (1 scoop)

See approved food lists for more food options

Lean Smoothie

- Mix 1 scoop of Lean with 8 oz. water, almond milk, rice milk, or coconut milk. Add-in options in shaker or with ice in blender:
- Chocolate - 1T 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

Ultimate Meal Plans

Drink at least 64 oz of water each day.



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8-DAY JUMPSTART MEAL PLAN	
Wake up	~8 oz water
Breakfast	~Lean Shake ~2 Axion w/ Water ~1 oz. Global Blend ~3 Advanced Omega
Morning Snack	~High Protein Snack ~1-2 Xyng*
1/2 hr. b-4 Lunch	~2 Cheat* w/ Water
Lunch	~4-6 oz. Lean Protein Meal ~2 cups Vegetables ~1 serving Healthy Fat ~1 Trimstix w/ water
Afternoon Snack	~High Protein Snack ~2 Accelerate
Dinner	~4-6 oz. Lean Protein Meal ~2 cups Vegetables ~1 serving Healthy Fat ~2 Xr2 after dinner ~1 Probiotix stick after dinner
Before Bed	~2 Flush* w/ hot drink

POST-JUMPSTART LOW CARB MEAL	
Wake up	~8 oz water
Breakfast	~Lean Meal Shake ~2 Axion w/ Water ~1 oz. Global Blend ~3 Advanced Omega
Morning Snack	~High protein snack ~1-2 Xyng*
1/2 hr. b-4 Lunch	~2 Cheat* w/ Water
Lunch	~4-6 oz. Lean Protein Meal ~2 cups Vegetables ~1 serving Healthy Fat ~1 Trimstix w/ water
Afternoon Snack	~Lean shake ~2 Accelerate
Dinner	~4-6 oz. Lean Protein Meal ~2 cups Vegetables ~1 serving Healthy Fat ~2 Xr2 afer dinner ~1 Probiotix stick after dinner
Before Bed	~2 Flush* w/ hot drink
**One cheat meal is allowed every 7th day.	

POST-JUMPSTART KETO MEAL PLAN	
Wake up	~8 oz water
Breakfast	~Lean Meal Shake ~2 Axion w/ Water ~1 oz. Global Blend ~3 Advanced Omega
Morning Snack	~High Fat Snack ~1-2 Xyng*
1/2 hr. b-4 Lunch	~2 Cheat* w/ Water
Lunch	~4 oz Fatty Protein ~2 cup Vegetables ~2 servings Healthy Fats ~1 Trimstix w/ water
Afternoon Snack	~Lean Meal Shake ~2 Accelerate
Dinner	~4 oz Fatty Protein ~2 cups Vegetables ~1 serving Healthy Fat ~2 Xr2 afer dinner ~1 Probiotix stick after dinner
Before Bed	~2 Flush* with hot drink

NOTES*

Starting with 1 **Xyng** capsule with food, gradually work up to 2 capsules on an empty stomach.

Take **Flush** daily as part of the 8-day jumpstart; then take an 8 day break. Then, take every Saturday and Sunday as a mini cleanse.

Always take **Cheat** with at least 8oz of water.

Contact your coach w/ questions.

Lean Proteins

Jumpstart and Low Carb

Chicken Breast Eggs
Turkey Breast Tuna
Tofu Elk
Fish Shellfish
Natural Almond Butter (2T)
Beef (lean cuts)

High Protein Snacks

Jumpstart and Low Carb

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)

Fatty Proteins

Keto

Fish Shellfish
Eggs Beef
Pork[^] Lamb
Poultry (dark meat)
Bacon/Sausage[^]
Nut Butter (3T)
[^] Avoid Sugars/Fillers
[^]

Vegetables

Jumpstart and Low Carb

Asparagus Bell Peppers
Broccoli Brussels Sprouts
Cabbage Cauliflower
Celery Green Beans
Kale Romaine Lettuce
Onion Spinach
Squash

Healthy Fats

Jumpstart/Low Carb Keto

Spinach
Mushrooms
Green Peppers
Green Beans
Romain Lettuce
Cabbage
Cauliflower
Broccoli

High Fat Snacks

Keto

Coconut Oil (1T)
Olive Oil (1T)
Sesame Oil (1T)
Sunflower Oil (1T)
Avocado (1/4 fruit)
Coconut Oil (1T)
Olive Oil (1T)
Butter/Gee (1T)
MTC Oil (1T)
Avocado (1/4 fruit)
Avocado Oil (1T)
Almond Butter (3T)
Macadamia Nuts (1/4 cup)
String Cheese (1 stick)
Walnuts (1/2 cup - halves)
Lean Shake (1 scoop)

See approved food lists for more food options

Lean Smoothie

- Mix 1 scoop of Lean with 8 oz. water, almond milk, rice milk, or coconut milk. Add-in options in shaker or with ice in blender:
- Chocolate - 1T 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

Core Meal Plans *Drink at least 64 oz of water each day.*



Independent Distributor

CORE LOW CARB MEAL PLAN	
Wake up	~8 oz water
Breakfast	~4-6 oz Lean Protein ~1 cup Fruit ~1 cup (prepared) Oats
Morning Snack	~High protein snack ~2 Xyng
Lunch	~4-6 oz. Lean Protein Meal ~ 2 cups Vegetables ~1 serving Healthy Fats
Afternoon Snack	~Lean shake
1/2 hr. b-4 Lunch	~2 Cheat w/ Water
Dinner	~4-6 oz. Lean Protein Meal ~ 2 cups Vegetables ~1 serving Healthy Fats
Before Bed	~1-2 Flush* w/ 12 oz. water

CORE KETO MEAL PLAN	
Wake up	~8 oz water
Breakfast	~4-6 oz Fatty Protein ~1 cup Vegetables ~ 2 servings Healthy Fats
Morning Snack	~High Fat Snack ~2 Xyng
Lunch	~4 oz Fatty Protein ~ 2 cups Vegetables ~2 servings Healthy Fats
Afternoon Snack	~Lean Shake
1/2 hr. b-4 Lunch	~2 Cheat w/ Water
Dinner	~4-6 oz. Fatty Protein Meal ~ 2 cups Vegetables ~1 serving Healthy Fats
Before Bed	~1-2 Flush* w/ 12 oz. water

NOTES*

Starting with 1 **Xyng** capsule with food, gradually work up to 2 capsules on an empty stomach.

Take **Flush** daily as part of the 8-day jumpstart; then take an 8 day break. Then, take every Saturday and Sunday as a mini cleanse.

Always take **Cheat** with at least 8oz of water.

Contact your coach w/ questions.

CORE KETO APPROVED FOODS

Fatty Proteins

4 oz. per meal

Beef Steak	Eggs
Elk	Flounder
Grouper	Herring
Lamb	Liver
Lobster	Mahi Mahi
Orange Roughy	Oysters
Red Snapper	Salmon
Sardine	Scallops
Sea Bass	Shrimp
Swordfish	Tilapia
Tofu	Tuna
Turkey	Turkey
Bacon	Turkey Sausage
Pork (avoid added sugar)	
Bacon/Sausage (avoid sugar)	

Vegetables

2 cups. per meal

Artichokes	Arugula
Asparagus	Beets
Bell Peppers	Bok Choy
Brussels Sprouts	Broccoli
Cabbage	Carrots
Cauliflower	Celeriac
Celery	Cilantro
Chicory	Chili Peppers
Collard Greens	Chives
Cucumbers	Eggplant
Endive	Fennel
Ginger	Green Beans
Kale	Leeks
Lettuce (Romaine)	Okra
Mustard Greens	Mushrooms
Onion	Parsnip
Scallion	Snow Peas
Spinach	Squash
Turmeric	Turnips
Watercress	Zucchini

Healthy Fats

2 serving per meal

Coconut Oil (1T)
Olive Oil (1T)
Avocado Oil (1T)
Butter/Ghee (1T)
MCT Oil (1T)
Avocado (1/4 fruit)

High Fat Snacks

1 serving per snack

Almond Butter (3T)
Macadamia Nuts (1/4 cup)
String Cheese (1 stick)
Walnuts (1/2 cup - halves)
Lean Shake

Other

White Wine Vinegar
Red Wine Vinegar
Balsamic Vinegar
Lime Juice
Lemon Juice

Lean Smoothie

Mix 1 scoop of Lean with 8 oz. water, almond milk, rice milk, or coconut milk.

Add-in options in shaker or with ice in blender:

- Chocolate: 1T 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

CORE LOW CARB APPROVED FOODS

Lean Proteins

4-6 oz. per meal

Chicken Breast	Elk
Flounder	Grouper
Herring	Liver
Lobster	Mahi Mahi
Orange Roughy	Oysters
Red Snapper	Salmon
Sardine	Scallops
Sea Bass	Shrimp
Swordfish	Tilapia
Tofu	Tuna
Turkey Bacon	Turkey
Turkey Sausage	Venison

Vegetables

2 cups. per meal

Arugula	Asparagus	Beets
Bell Peppers	Bok Choy	Broccoli
Brussels Sprouts	Cabbage	Carrots
Cauliflower	Celeriac	Celery
Chili Peppers	Cilantro	Chicory
Collard Greens	Cauliflower	Chives
Cucumbers	Eggplant	Endive
Green Beans	Fennel	Ginger
Lettuce (Romaine)	Kale	Leeks
Mustard Greens	Mushrooms	Okra
Onion	Parsnip	Scallion
Snap Peas	Snow Peas	Spinach
Squash	Turmeric	Turnips

Fruits

1/2 cup/day

Blueberries	Blackberries
Raspberries	Strawberries

High Protein Snack

1 serving/snack

2% Cottage Cheese (1/2 cup)
0% Fat Greek Yogurt Plain (6 oz)
Sliced Turkey Breast (3-5 slices)
Lean Shake (1 Scoop)
Hard Boiled Eggs (2 whole)
Cheese (2 oz.)

Healthy Fats

1 serving/meal

Coconut Oil (1T)
Olive Oil (1T)
Sesame Oil (1T)
Sunflower Oil (1T)
Avocado (1/4 fruit)
Pumpom Seeds (1/4 cup)

Other

Balsamic Vinegar
White Wine Vinegar
Red Wine Vinegar
Lime Juice
Lemon Juice

Grains

<u>1 serving/day:</u> Sprouted Bread (1 slice)	Steel Cut Oats (1/2 cup)
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