

8-day Ignite Tracker



independent distributor

Use the Healthy Shopping Guide to help you prepare for your 8-day Ignite. Track your meals. Contact your Xyngular coach with questions.

Day 1

Wake up 12 oz. Water* (H₂O)

Breakfast Lean Shake** 1 Cup Oats
 1 oz. Global Blend 2 Axion w/8 oz H₂O*

AM Snack 12 oz. Water* (H₂O)
 3-6 oz. Protein Meal+ Green Vegetables+

my snack: _____

Lunch Lean Shake** 8 oz. H₂O*
 1/4 cup Nuts+

my lunch: _____
 1-2 Accelerate (after meal) w/ 8 oz. H₂O*

1/2 hr. before Snack 1-2 Cheat+ 8 oz. H₂O*

PM Snack 3-6 oz. Protein Meal+ 8 oz. H₂O*

my snack: _____

Dinner 1 Lean Shake** 8 oz. H₂O*
 1/4 cup Nuts+

my dinner: _____

Before Bed 2 Flush w/ warm drink

Day 2

Wake up 12 oz. Water* (H₂O)

Breakfast Lean Shake** 1 Cup Oats
 1 oz. Global Blend 2 Axion w/8 oz H₂O*

AM Snack 12 oz. Water* (H₂O)
 3-6 oz. Protein Meal+ Green Vegetables+

my snack: _____

Lunch Lean Shake** 8 oz. H₂O*
 1/4 cup Nuts+

my lunch: _____
 1-2 Accelerate (after meal) w/ 8 oz. H₂O*

1/2 hr. before Snack 1-2 Cheat+ 8 oz. H₂O*

PM Snack 3-6 oz. Protein Meal+ 8 oz. H₂O*

my snack: _____

Dinner 1 Lean Shake** 8 oz. H₂O*
 1/4 cup Nuts+

my dinner: _____

Before Bed 2 Flush w/ warm drink

Day 3

Wake up 8 oz. H₂O*

Breakfast 1 cup Egg Whites 1 cup Oats
 1 oz. Global Blend 2 Axion w/8 oz H₂O*

AM Snack 8 oz. H₂O* with Xyng[†] See note below
 3-6 oz. Protein Meal+ Green Vegetables+

my snack: _____

Lunch Protein Meal+ Grains+ H₂O*

my lunch: _____
 1-2 Accelerate (after meal) w/ 8 oz. H₂O*

PM Snack Lean Shake** 8 oz. H₂O*
 1/4 cup Nuts+

my snack: _____

Dinner 8 oz. H₂O*
 3-6 oz. Protein Meal+ Green Vegetables+

my dinner: _____

Before Bed 2 Flush w/ warm drink

Day 4

Wake up 12 oz. Water* (H₂O)

Breakfast Lean Shake** 1 Cup Oats
 1 oz. Global Blend 2 Axion w/8 oz H₂O*

AM Snack 12 oz. Water* (H₂O)
 3-6 oz. Protein Meal+ Green Vegetables+

my snack: _____

Lunch Lean Shake** 8 oz. H₂O*
 1/4 cup Nuts+

my lunch: _____
 1-2 Accelerate (after meal) w/ 8 oz. H₂O*

1/2 hr. before Snack 1-2 Cheat+ 8 oz. H₂O*

PM Snack 3-6 oz. Protein Meal+ 8 oz. H₂O*

my snack: _____

Dinner 1 Lean Shake** 8 oz. H₂O*
 1/4 cup Nuts+

my dinner: _____

Before Bed 2 Flush w/ warm drink

Day 5

Wake up 8 oz. H₂O* Xyng[†] See note below

Breakfast 1 cup Egg Whites 1 cup Oats
 1 oz. Global Blend 2 Axion w/8 oz H₂O*

AM Snack 8 oz. H₂O* [with Xyng[†] See note below]
 3-6 oz. Protein Meal+ Green Vegetables+

my snack: _____

Lunch Protein Meal+ Grains+ H₂O*

my lunch: _____
 1-2 Accelerate (after meal) w/ 8 oz. H₂O*

PM Snack Lean Shake** 8 oz. H₂O*
 1/4 cup Nuts+

my snack: _____

Dinner 8 oz. H₂O*
 3-6 oz. Protein Meal+ Green Vegetables+

my dinner: _____

Before Bed 2 Flush w/ warm drink

Day 6

Wake up 12 oz. Water* (H₂O)

Breakfast Lean Shake** 1 Cup Oats
 1 oz. Global Blend 2 Axion w/8 oz H₂O*

AM Snack 12 oz. Water* (H₂O)
 3-6 oz. Protein Meal+ Green Vegetables+

my snack: _____

Lunch Lean Shake** 8 oz. H₂O*
 1/4 cup Nuts+

my lunch: _____
 1-2 Accelerate (after meal) w/ 8 oz. H₂O*

1/2 hr. before Snack 1-2 Cheat+ 8 oz. H₂O*

PM Snack 3-6 oz. Protein Meal+ 8 oz. H₂O*

my snack: _____

Dinner 1 Lean Shake** 8 oz. H₂O*
 1/4 cup Nuts+

my dinner: _____

Before Bed 2 Flush w/ warm drink

Day 7

Wake up 8 oz. H₂O* Xyng[†] See note below

Breakfast 1 cup Egg Whites 1 cup Oats
 1 oz. Global Blend 2 Axion w/8 oz H₂O*

AM Snack 8 oz. H₂O* [with Xyng[†] See note below]
 3-6 oz. Protein Meal+ Green Vegetables+

my snack: _____

Lunch Protein Meal+ Grains+ H₂O*

my lunch: _____
 1-2 Accelerate (after meal) w/ 8 oz. H₂O*

PM Snack Lean Shake** 8 oz. H₂O*
 1/4 cup Nuts+

my snack: _____

Dinner 8 oz. H₂O*
 3-6 oz. Protein Meal+ Green Vegetables+

my dinner: _____

Before Bed 2 Flush w/ warm drink

Day 8

Wake up 12 oz. Water* (H₂O)

Breakfast Lean Shake** 1 Cup Oats
 1 oz. Global Blend 2 Axion w/8 oz H₂O*

AM Snack 12 oz. Water* (H₂O)
 3-6 oz. Protein Meal+ Green Vegetables+

my snack: _____

Lunch Lean Shake** 8 oz. H₂O*
 1/4 cup Nuts+

my lunch: _____
 1-2 Accelerate (after meal) w/ 8 oz. H₂O*

1/2 hr. before Snack 1-2 Cheat+ 8 oz. H₂O*

PM Snack 3-6 oz. Protein Meal+ 8 oz. H₂O*

my snack: _____

Dinner 1 Lean Shake** 8 oz. H₂O*
 1/4 cup Nuts+

my dinner: _____

Before Bed 2 Flush w/ warm drink

IMPORTANT NOTES

- * **Drink one gallon of water (H₂O)**, (128 oz.) daily. Add water in addition to the suggested times throughout the day.
- ** **Lean Shake** 8 oz. of water w/ 1 scoop Lean. Due to sugar content, fruit should not be added to the Lean. Global Blend or Xypstix may be used as a fruit substitute.
- † **Xyng** Start with 1 capsule WITH food! Wait 30-45 minutes to determine if a 2nd capsule is needed. Assess tolerance and proceed from there. If you feel you can advance, try 1 capsule on an empty stomach. Proceed to 2 capsules on empty stomach if tolerated and needed.

- + **Protein, Grains, Green Vegetables, & Nuts:**
 Please see healthy shopping guide for protein, grain and vegetable options.
 ~Protein: women 4-6 oz.; men 6-8 oz.
 ~Grains: women 1/2 cup; men 1 cup
 ~Vegetables: women and men 1 cup; steamed or raw w/ no dressings/toppings
 ~Nuts: Almonds, Peanuts, or Sunflower Seeds; raw, unsalted

If Hungry: Increase protein intake first, vegetables second.

- Pre-Workout:** Whichever meal falls before your workout, add 1 serving of grains.
- Post-Workout:** Whichever meal falls post workout, add 1 serving of approved fruit and 1 scoop of Lean. Consume Spryng immediately post-workout
- Serving Size Tips:**
 ~6 oz. serving of protein = 2 decks of cards.
 ~1/2 cup serving raw vegetables = 1 light-bulb.
 ~1/4 cup of nuts = small handful.

It is always best practice to consult a physician prior to beginning any FOOD/WATER or exercise regimen.

VEGETARIAN

8-day Ignite Tracker



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Track your meals.
Contact your Xyngular coach with questions.

Day 1

Wake up 16 oz. Water* (H₂O) 1 Spryng**
Breakfast Lean Shake** 1 cup steel cut oats
 1 oz. Global Blend 2 Axion w/8 oz H₂O*
AM Snack 3-6 oz. Protein Meal+ Green Vegetables+
 my snack: _____
Lunch Lean Shake** 8 oz. H₂O*
 1/4 cup Nuts+
 1-2 Accelerate (after shake) w/8 oz. H₂O*
1/2 hr. before Snack 1-2 Cheat+ 8 oz. H₂O*
PM Snack 8 oz H₂O
 3-6 oz. Protein Meal+
 my snack: _____
Dinner 1 Lean Shake** 8 oz. H₂O*
Before Bed 2 Flush w/ warm drink
Optional Cardio: 20 mn. walk/jog at a fast pace

Day 2

Wake up 16 oz. Water* (H₂O) 1 Spryng**
Breakfast Lean Shake** 1 cup steel cut oats
 1 oz. Global Blend 2 Axion w/8 oz H₂O*
AM Snack 3-6 oz. Protein Meal+ Green Vegetables+
 my snack: _____
Lunch Lean Shake** 8 oz. H₂O*
 1/4 cup Nuts+
 1-2 Accelerate (after shake) w/8 oz. H₂O*
1/2 hr. before Snack 1-2 Cheat+ 8 oz. H₂O*
PM Snack 8 oz H₂O
 3-6 oz. Protein Meal+
 my snack: _____
Dinner 1 Lean Shake** 8 oz. H₂O*
Before Bed 2 Flush w/ warm drink
Optional Cardio: Day Off

Day 3

Wake up 16 oz. H₂O* 1 Spryng**
Breakfast 1 oz. Global Blend 2 Axion w/8 oz H₂O*
 1 cup steel cut oats Protein Meal+
AM Snack 8 oz. H₂O* Xyng† See note below
 3-6 oz. Protein Meal+ Green Vegetables+
 my snack: _____
1/2 hr. before Lunch 1-2 Cheat+ 8 oz. H₂O*
Lunch 3-6 oz. Protein Meal+ 8 oz. H₂O*
 1/2 cup cooked grains+
 my lunch: _____
 1-2 Accelerate (after meal) w/8 oz. H₂O*
PM Snack Lean Shake** 8 oz. H₂O*
 1/4 cup Nuts+
 my snack: _____
Dinner 8 oz. H₂O*
 3-6 oz. Protein Meal+ Green Vegetables+
 my snack: _____
Before Bed 2 Flush w/ warm drink
Optional Cardio: 20 mn. walk/jog at comfortable pace

Day 4

Wake up 16 oz. Water* (H₂O) 1 Spryng**
Breakfast Lean Shake** 1 cup steel cut oats
 1 oz. Global Blend 2 Axion w/8 oz H₂O*
AM Snack 3-6 oz. Protein Meal+ Green Vegetables+
 my snack: _____
Lunch Lean Shake** 8 oz. H₂O*
 1/4 cup Nuts+
 1-2 Accelerate (after shake) w/8 oz. H₂O*
1/2 hr. before Snack 1-2 Cheat+ 8 oz. H₂O*
PM Snack 8 oz H₂O
 3-6 oz. Protein Meal+
 my snack: _____
Dinner 1 Lean Shake** 8 oz. H₂O*
Before Bed 2 Flush w/ warm drink
Optional Cardio: Walk 3 mn, Run 1 mn, Repeat 5 times

Day 5

Wake up 16 oz. H₂O* Xyng† See note below
 1 Spryng**
Breakfast 1 oz. Global Blend 2 Axion w/8 oz H₂O*
 1 cup steel cut oats Protein Meal+
AM Snack 8 oz. H₂O* [with Xyng† See note below]
 3-6 oz. Protein Meal+ Green Vegetables+
 my snack: _____
1/2 hr. before Lunch 1-2 Cheat+ 8 oz. H₂O*
Lunch 3-6 oz. Protein Meal+ 8 oz. H₂O*
 1/2 cup cooked grains+
 my lunch: _____
 1-2 Accelerate (after meal) w/8 oz. H₂O*
PM Snack Lean Shake** 8 oz. H₂O*
 1/4 cup Nuts+
 my snack: _____
Dinner 8 oz. H₂O*
 3-6 oz. Protein Meal+ Green Vegetables+
 my dinner: _____
Before Bed 2 Flush w/ warm drink
Optional Cardio: Day Off

Day 6

Wake up 16 oz. Water* (H₂O) 1 Spryng**
Breakfast Lean Shake** 1 cup steel cut oats
 1 oz. Global Blend 2 Axion w/8 oz H₂O*
AM Snack 3-6 oz. Protein Meal+ Green Vegetables+
 my snack: _____
Lunch Lean Shake** 8 oz. H₂O*
 1/4 cup Nuts+
 1-2 Accelerate (after shake) w/8 oz. H₂O*
1/2 hr. before Snack 1-2 Cheat+ 8 oz. H₂O*
PM Snack 8 oz H₂O
 3-6 oz. Protein Meal+
 my snack: _____
Dinner 1 Lean Shake** 8 oz. H₂O*
Before Bed 2 Flush w/ warm drink
Optional Cardio: Walk 3 mn, Run 1 mn, Repeat 5 times

Day 7

Wake up 16 oz. H₂O* Xyng† See note below
 1 Spryng**
Breakfast 1 oz. Global Blend 2 Axion w/8 oz H₂O*
 1 cup steel cut oats Protein Meal+
AM Snack 8 oz. H₂O* [with Xyng† See note below]
 3-6 oz. Protein Meal+ Green Vegetables+
 my snack: _____
1/2 hr. before Lunch 1-2 Cheat+ 8 oz. H₂O*
Lunch 3-6 oz. Protein Meal+ 8 oz. H₂O*
 1/2 cup cooked grains+
 my lunch: _____
 1-2 Accelerate (after meal) w/8 oz. H₂O*
PM Snack Lean Shake** 8 oz. H₂O*
 1/4 cup Nuts+
 my snack: _____
Dinner 8 oz. H₂O*
 3-6 oz. Protein Meal+ Green Vegetables+
 my dinner: _____
Before Bed 2 Flush w/ warm drink
Optional Cardio: Day Off

Day 8

Wake up 16 oz. Water* (H₂O) 1 Spryng**
Breakfast Lean Shake** 1 cup steel cut oats
 1 oz. Global Blend 2 Axion w/8 oz H₂O*
AM Snack 3-6 oz. Protein Meal+ Green Vegetables+
 my snack: _____
Lunch Lean Shake** 8 oz. H₂O*
 1/4 cup Nuts+
 1-2 Accelerate (after shake) w/8 oz. H₂O*
1/2 hr. before Snack 1-2 Cheat+ 8 oz. H₂O*
PM Snack 8 oz H₂O
 3-6 oz. Protein Meal+
 my snack: _____
Dinner 1 Lean Shake** 8 oz. H₂O*
Before Bed 2 Flush w/ warm drink
Optional Cardio: Day Off

IMPORTANT NOTES

- * **Drink one gallon of water (H₂O)**, (128 oz.) daily. Add water in addition to the suggested times throughout the day.
- ** **Lean Shake** 8 oz. of water w/ 1 scoop Lean. Due to sugar content, fruit should not be added to the Lean. Global Blend or Xypstix may be used as a fruit substitute.
- † **Xyng** Start with 1 capsule WITH food! Wait 30-45 minutes to determine if a 2nd capsule is needed. Assess tolerance and proceed from there. If you feel you can advance, try 1 capsule on an empty stomach. Proceed to 2 capsules on empty stomach if tolerated and needed.
- ** **Spryng** not included in the Ignite Kit, but may be taken in the morning or anytime.

- + **Protein, Grains, Green Vegetables, & Nuts:**
 ~ Protein can include the following: Tofu (women 1 cup, men 1.5 cups), Tempeh (women & men max 1 cup), Lentils/Beans (women 1 cup, men 1.5 cups), Chickpeas (women 1 cup, men 1.5 cups), Veggie Burger (women 1 patty, men 1.5 patties)
 ~ Oils can be used to cook with or as an addition to vegetables.
 ~ Nuts: Almonds, Peanuts, Sunflower Seeds; raw, unsalted.
 2 Tbsp Peanut Butter or Almond Butter can be used to replace Nuts where listed.
 ~ Grain measurements are post cooking.
 ~ Vegetable serving is 1-2 cups depending on hunger level for both men and women.
Note: For men and women whose goal is to lose 40 lbs. or more — 6 oz. of protein.

- Serving Size Tips:**
 ~6 oz. serving of protein = 2 decks of cards.
 ~1/2 cup serving raw vegetables = 1 light-bulb.
 ~1/4 cup of nuts = small handful.
- Exercise during 8-day Ignite**
 Cardio, weight training, pilates, yoga, etc. are suggested to increase the effectiveness of the Ignite System. The intensity of any exercise should be limited during the 8 day Ignite cycle, due to calorie depletion. It is always best practice to consult a physician prior to beginning any FOOD/WATER or exercise regimen.

8-day Ignite Tracker



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Day 1

Wake up 16 oz. H₂O * w/1 Spryng**

Breakfast 1 oz. Global Blend 2 Axion w/8 oz H₂O*
 1 cup cooked steel cut oats
 Lean Shake** OR 3 oz. Protein* for Vegans

my breakfast: _____

AM Snack 8 oz. H₂O Xyng[†] See note below
 Protein Meal[†] ½ cup Green Vegetables*

my snack: _____

Lunch 8 oz. H₂O* ¼ cup Nuts*
 Lean Shake** OR 3 oz. Protein* for Vegans

my lunch: _____
 1-2 Accelerate (after lunch) w/8 oz. H₂O*

1/2 hr. before Snack 1-2 Cheat+ 8 oz. H₂O*

PM Snack Protein Meal[†] 8 oz. H₂O*

my snack: _____

Dinner Lean Shake** OR 3 oz. Protein* for Vegans
 8 oz. H₂O*

my dinner: _____

Before Bed 2 Flush w/ warm drink

Optional Cardio: 20 mn. walk/jog at a fast pace

Day 2

Wake up 16 oz. H₂O * w/1 Spryng** Xyng[†] See note below

Breakfast 1 oz. Global Blend 2 Axion w/8 oz H₂O*
 1 cup cooked steel cut oats
 Lean Shake** OR 3 oz. Protein* for Vegans

my breakfast: _____

AM Snack 8 oz. H₂O Xyng[†] See note below
 Protein Meal[†] ½ cup Green Vegetables*

my snack: _____

Lunch 8 oz. H₂O* ¼ cup Nuts*
 Lean Shake** OR 3 oz. Protein* for Vegans

my lunch: _____
 1-2 Accelerate (after lunch) w/8 oz. H₂O*

1/2 hr. before Snack 1-2 Cheat+ 8 oz. H₂O*

PM Snack Protein Meal[†] 8 oz. H₂O*

my snack: _____

Dinner Lean Shake** OR 3 oz. Protein* for Vegans
 8 oz. H₂O*

my dinner: _____

Before Bed 2 Flush w/ warm drink

Optional Cardio: Day Off

Day 3

Wake up 16 oz. H₂O* w/1 Spryng** Xyng[†] See note below

Breakfast 1 oz. Global Blend 2 Axion w/8 oz H₂O*
 1 cup steel cut oats Protein* for Vegans

my breakfast: _____

AM Snack 8 oz. H₂O* Xyng[†] See note
 Protein Meal[†] ½ cup Green Vegetables*

my snack: _____

1/2 hr. before Lunch 1-2 Cheat+ 8 oz. H₂O*

Lunch Protein Meal[†] 8 oz. H₂O*
 1/2 cup cooked grains*

my lunch: _____
 1-2 Accelerate (after meal) w/8 oz. H₂O*

PM Snack 1/4 cup Nuts* 8 oz. H₂O* w/ Xypstix**
 Lean Shake** OR 3 oz. Protein* for Vegans

my snack: _____

Dinner 8 oz. H₂O* Protein Meal[†] ½ cup Green Vegetables*

my dinner: _____

Before Bed 2 Flush w/ warm drink

Optional Cardio: 20 mn. walk/jog at comfortable pace

Day 4

Wake up 16 oz. H₂O * w/1 Spryng** Xyng[†] See note below

Breakfast 1 oz. Global Blend 2 Axion w/8 oz H₂O*
 1 cup cooked steel cut oats
 Lean Shake** OR 3 oz. Protein* for Vegans

my breakfast: _____

AM Snack 8 oz. H₂O Xyng[†] See note below
 Protein Meal[†] ½ cup Green Vegetables*

my snack: _____

Lunch 8 oz. H₂O* ¼ cup Nuts*
 Lean Shake** OR 3 oz. Protein* for Vegans

my lunch: _____
 1-2 Accelerate (after lunch) w/8 oz. H₂O*

1/2 hr. before Snack 1-2 Cheat+ 8 oz. H₂O*

PM Snack Protein Meal[†] 8 oz. H₂O*

my snack: _____

Dinner Lean Shake** OR 3 oz. Protein* for Vegans
 8 oz. H₂O*

my dinner: _____

Before Bed 2 Flush w/ warm drink

Optional Cardio: Walk 3 mn, Run 1 mn, Repeat 5 times

Day 5

Wake up 16 oz. H₂O* w/1 Spryng** Xyng[†] See note below

Breakfast 1 oz. Global Blend 2 Axion w/8 oz H₂O*
 1 cup steel cut oats Protein* for Vegans

my breakfast: _____

AM Snack 8 oz. H₂O* Xyng[†] See note
 Protein Meal[†] ½ cup Green Vegetables*

my snack: _____

1/2 hr. before Lunch 1-2 Cheat+ 8 oz. H₂O*

Lunch Protein Meal[†] 8 oz. H₂O*
 1/2 cup cooked grains*

my lunch: _____
 1-2 Accelerate (after meal) w/8 oz. H₂O*

PM Snack 1/4 cup Nuts* 8 oz. H₂O* w/ Xypstix**
 Lean Shake** OR 3 oz. Protein* for Vegans

my snack: _____

Dinner 8 oz. H₂O* Protein Meal[†] ½ cup Green Vegetables*

my dinner: _____

Before Bed 2 Flush w/ warm drink

Optional Cardio: Day Off

Day 6

Wake up 16 oz. H₂O * w/1 Spryng** Xyng[†] See note below

Breakfast 1 oz. Global Blend 2 Axion w/8 oz H₂O*
 1 cup cooked steel cut oats
 Lean Shake** OR 3 oz. Protein* for Vegans

my breakfast: _____

AM Snack 8 oz. H₂O Xyng[†] See note below
 Protein Meal[†] ½ cup Green Vegetables*

my snack: _____

Lunch 8 oz. H₂O* ¼ cup Nuts*
 Lean Shake** OR 3 oz. Protein* for Vegans

my lunch: _____
 1-2 Accelerate (after lunch) w/8 oz. H₂O*

1/2 hr. before Snack 1-2 Cheat+ 8 oz. H₂O*

PM Snack Protein Meal[†] 8 oz. H₂O*

my snack: _____

Dinner Lean Shake** OR 3 oz. Protein* for Vegans
 8 oz. H₂O*

my dinner: _____

Before Bed 2 Flush w/ warm drink

Optional Cardio: Walk 3 mn, Run 1 mn, Repeat 5 times

Day 7

Wake up 16 oz. H₂O* w/1 Spryng** Xyng[†] See note below

Breakfast 1 oz. Global Blend 2 Axion w/8 oz H₂O*
 1 cup steel cut oats Protein* for Vegans

my breakfast: _____

AM Snack 8 oz. H₂O* Xyng[†] See note
 Protein Meal[†] ½ cup Green Vegetables*

my snack: _____

1/2 hr. before Lunch 1-2 Cheat+ 8 oz. H₂O*

Lunch Protein Meal[†] 8 oz. H₂O*
 1/2 cup cooked grains*

my lunch: _____
 1-2 Accelerate (after meal) w/8 oz. H₂O*

PM Snack 1/4 cup Nuts* 8 oz. H₂O* w/ Xypstix**
 Lean Shake** OR 3 oz. Protein* for Vegans

my snack: _____

Dinner 8 oz. H₂O* Protein Meal[†] ½ cup Green Vegetables*

my dinner: _____

Before Bed 2 Flush w/ warm drink

Optional Cardio: Day Off

Day 8

Wake up 16 oz. H₂O * w/1 Spryng** Xyng[†] See note below

Breakfast 1 oz. Global Blend 2 Axion w/8 oz H₂O*
 1 cup cooked steel cut oats
 Lean Shake** OR 3 oz. Protein* for Vegans

my breakfast: _____

AM Snack 8 oz. H₂O Xyng[†] See note below
 Protein Meal[†] ½ cup Green Vegetables*

my snack: _____

Lunch 8 oz. H₂O* ¼ cup Nuts*
 Lean Shake** OR 3 oz. Protein* for Vegans

my lunch: _____
 1-2 Accelerate (after lunch) w/8 oz. H₂O*

1/2 hr. before Snack 1-2 Cheat+ 8 oz. H₂O*

PM Snack Protein Meal[†] 8 oz. H₂O*

my snack: _____

Dinner Lean Shake** OR 3 oz. Protein* for Vegans
 8 oz. H₂O*

my dinner: _____

Before Bed 2 Flush w/ warm drink

Optional Cardio: Day Off

IMPORTANT NOTES

* **Drink one gallon of water (H₂O)** (128 oz.) daily. Add water in addition to the suggested times throughout the day.

** **Lean Shake** 8 oz. of H₂O w/ 1 scoop Lean. Due to sugar content, fruit should not be added to the Lean. Global Blend or Xypstix may be used as a fruit substitute.

† **Xyng** Start with 1 capsule WITH food! Wait 30-45 minutes to determine if a 2nd capsule is needed. Assess tolerance and proceed from there. If you feel you can advance, try 1 capsule on an empty stomach. Proceed to 2 capsules on empty stomach if tolerated and needed.

** **Spryng** and **Xypstix** not included in the Ignite Kit but may be taken as shown or anytime.

* **Protein, Grains, Green Vegetables, & Nuts:**

- Protein can include the following: Tofu (women 1 cup, men 1.5 cups), Tempeh (women/men max 1 cup), Lentils/Beans (women 1 cup, men 1.5 cups), Chickpeas (women 1 cup, men 1.5 cups), Veggie Burger (women 1 patty, men 1.5 patties)
- Nuts: Almonds, Peanuts, Sunflower Seeds; raw, unsalted.
- 2 Tbsp Peanut Butter or Almond Butter can be used to replace Nuts where listed.
- Grains can include brown rice, cous cous, quinoa, rye, barley, or steel cut oats (women 1/2 cup; men 1 cup).
- When "green vegetables" are called for, you may have ½ cup. It is allowed to have 1 or 2 cups if you are still hungry. Choices are kale, broccoli or spinach. They should be eaten raw or steamed. No dressings. Oils can be used to cook with or as an addition to vegetables.

Note: Dry spices (without oil or sugars) are allowed.

Serving Size Tips:

- ~6 oz. serving of protein = 2 decks of cards.
- ~1/2 cup serving raw vegetables = 1 light-bulb.
- ~1/4 cup of nuts = small handful.

Exercise during 8-day Ignite

Cardio, weight training, pilates, yoga, etc. are suggested to increase the effectiveness of the Ignite System. The intensity of any exercise should be limited during the 8 day Ignite cycle, due to calorie depletion. It is always best practice to consult a physician prior to beginning any FOOD/WATER or exercise regimen.

STANDARD

Post Ignite Tracker



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The post-Ignite plan is designed as a follow-up to the 8-day Ignite Fat Burning System. This plan includes a suggested diet and exercise plan that is meant to encourage long-term weight loss and help the body achieve its ideal weight.

Track your intake.

Contact your Xyngular coach with questions.

WEEKS 1, 2, 3

Day 1: Low Carb Day

- Wake up** 8 oz. Water (H₂O)*
- Breakfast** ½ cup Egg Whites 1 oz. Global Blend
 1 cup Vegetables* 2 Axion w/ H₂O
 Xyng[†] See note below
- AM Snack** Lean Shake** ¼ cup Nuts* w/ H₂O*
- 1/2 hr. before Lunch** 1-2 Cheat+ w/8 oz. H₂O*
- Lunch** 4-6 oz. Protein Meal[†] 1 cup Vegetables*
 8 oz. H₂O* 1^{or2} Accelerate after lunch
- my lunch: _____
- PM Snack** Lean Shake** Spryng
 1^{or2} Accelerate after snack w/ 8 oz. H₂O
- 1/2 hr. before Dinner** 1-2 Cheat+ w/8 oz. H₂O*
- Dinner** 4-6 oz. Protein Meal[†] ½ cup Vegetables*
- my dinner: _____
- Before Bed** 8 oz. H₂O*

Day 2: Low Carb Day

- Wake up** 8 oz. H₂O* Xyng[†] See note below
- Breakfast** ½ cup Egg Whites 1 oz. Global Blend
 1 cup Vegetables* 2 Axion w/ H₂O
 [Xyng[†] See note below]
- AM Snack** Lean Shake** ¼ cup Nuts* w/ H₂O*
- 1/2 hr. before Lunch** 1-2 Cheat+ w/8 oz. H₂O*
- Lunch** 4-6 oz. Protein Meal[†] 1 cup Vegetables*
 8 oz. H₂O* 1^{or2} Accelerate after lunch
- my lunch: _____
- PM Snack** Lean Shake** Spryng
 1^{or2} Accelerate after snack w/ 8 oz. H₂O
- 1/2 hr. before Dinner** 1-2 Cheat+ w/8 oz. H₂O*
- Dinner** 4-6 oz. Protein Meal[†] ½ cup Vegetables*
- my dinner: _____
- Before Bed** 8 oz. H₂O*

Day 3: Low Carb Day

- Wake up** 8 oz. H₂O* Xyng[†] See note below
- Breakfast** ½ cup Egg Whites 1 oz. Global Blend
 1 cup Vegetables* 2 Axion w/ H₂O
 [Xyng[†] See note below]
- AM Snack** Lean Shake** ¼ cup Nuts* w/ H₂O*
- 1/2 hr. before Lunch** 1-2 Cheat+ w/8 oz. H₂O*
- Lunch** 4-6 oz. Protein Meal[†] 1 cup Vegetables*
 8 oz. H₂O* 1^{or2} Accelerate after lunch
- my lunch: _____
- PM Snack** Lean Shake** Spryng
 1^{or2} Accelerate after snack w/ 8 oz. H₂O
- 1/2 hr. before Dinner** 1-2 Cheat+ w/8 oz. H₂O*
- Dinner** 4-6 oz. Protein Meal[†] ½ cup Vegetables*
- my dinner: _____
- Before Bed** 8 oz. H₂O*

Day 4: High Carb Day

- Wake up** 8 oz. H₂O* Xyng[†] See note below
- Breakfast** ½ cup Egg Whites 1 cup Steel Cut Oats
 ½ cup Vegetables* 2 Axion w/ H₂O
 1 oz. Global Blend [Xyng[†] See note below]
- AM Snack** Lean Shake** ¼ cup Nuts* 8 oz. H₂O*
- 1/2 hr. before Lunch** 1-2 Cheat+ w/8 oz. H₂O*
- Lunch** 4-6 oz. Protein Meal[†] 8 oz. H₂O*
 1 ½ cup Vegetables* 1 ½ cup Grains*
 1^{or2} Accelerate after lunch w/ 8 oz. H₂O
- my lunch: _____
- PM Snack** Lean Shake** 1 cup Grains*
 Spryng 1 Serving Fruit
 1^{or2} Accelerate after snack w/ 8 oz. H₂O
- 1/2 hr. before Dinner** 1-2 Cheat+ w/8 oz. H₂O*
- Dinner** 4-6 oz. Protein Meal[†] ½ cup Vegetables*
- my dinner: _____
- Before Bed** 2 Flush w/ warm drink

Day 5: Low Carb Day

- Wake up** 8 oz. H₂O* Xyng[†] See note below
- Breakfast** ½ cup Egg Whites 1 oz. Global Blend
 1 cup Vegetables* 2 Axion w/ H₂O
 [Xyng[†] See note below]
- AM Snack** Lean Shake** ¼ cup Nuts*
- 1/2 hr. before Lunch** 1-2 Cheat+ w/8 oz. H₂O*
- Lunch** 4-6 oz. Protein Meal[†] 1 cup Vegetables*
 8 oz. H₂O* 1^{or2} Accelerate after lunch
- my lunch: _____
- PM Snack** Lean Shake** Spryng
 1^{or2} Accelerate after snack w/ 8 oz. H₂O
- 1/2 hr. before Dinner** 1-2 Cheat+ w/8 oz. H₂O*
- Dinner** 4-6 oz. Protein Meal[†] ½ cup Vegetables*
- my dinner: _____
- Before Bed** 8 oz. H₂O*

Day 6: Low Carb Day

- Wake up** 8 oz. H₂O* Xyng[†] See note below
- Breakfast** ½ cup Egg Whites 1 oz. Global Blend
 1 cup Vegetables* 2 Axion w/ H₂O
 [Xyng[†] See note below]
- AM Snack** Lean Shake** ¼ cup Nuts*
 8 oz. H₂O*
- 1/2 hr. before Lunch** 1-2 Cheat+ w/8 oz. H₂O*
- Lunch** 4-6 oz. Protein Meal[†] 1 cup Vegetables*
 8 oz. H₂O* 1^{or2} Accelerate after lunch
- my lunch: _____
- PM Snack** Lean Shake** Spryng
 1^{or2} Accelerate after snack w/ 8 oz. H₂O
- 1/2 hr. before Dinner** 1-2 Cheat+ w/8 oz. H₂O*
- Dinner** 4-6 oz. Protein Meal[†] ½ cup Vegetables*
- my dinner: _____
- Before Bed** 8 oz. H₂O*

Day 7: Cheat Day

Eat whatever you like (within reason). To maximize results, avoid all sugars and processed carbohydrates when possible

Upon completion of day 21 of the the Post-Ignite program, you may repeat the 8-day Ignite Program, repeat days 1-21 of the Post-Ignite, or continue on to week 4 of the Post-Ignite Program.

WEEK 4: Optional

Days 1-6: Med. Carb Day

- Wake up** 8 oz. H₂O* Xyng[†] See note below
- Breakfast** ½ cup Egg Whites ½ cup Steel Cut Oats
 ½ cup Vegetables* 2 Axion w/ H₂O
 1 oz. Global Blend [Xyng[†] See note below]
- AM Snack** Lean Shake** 8 oz. H₂O*
- 1/2 hr. before Lunch** 1-2 Cheat+ w/8 oz. H₂O*
- Lunch** 4-6 oz. Protein Meal[†] 1 cup Grains* w/ H₂O
 1^{or2} Accelerate after lunch with 8 oz. H₂O
- my lunch: _____
- PM Snack** Lean Shake** ¼ cup Nuts* w/ H₂O
 1^{or2} Accelerate after snack w/ 8 oz. H₂O
 Spryng
- 1/2 hr. before Dinner** 1-2 Cheat+ w/8 oz. H₂O*
- Dinner** 4-6 oz. Protein Meal[†] ½ cup Vegetables*
- my dinner: _____
- Before Bed** 8 oz. H₂O*

Day 7: Cheat Day

Eat whatever you like (within reason). To maximize results, avoid all sugars and processed carbohydrates when possible

IMPORTANT NOTES

* **Drink one gallon of water (H₂O)**, (128 oz.) daily. Add water in addition to the suggested times throughout the day.
Men/women wanting lose 40 lbs. or more, beginning with 6 oz. of protein.
**** Lean Shake** 8 oz. of water w/ 1 scoop Lean. Due to sugar content, fruit should not be added to the Lean. Global Blend, Xypstix, or Spryng may be used as a fruit substitute.

† Xyng Start with 1 capsule WITH food! Wait 30-45 minutes to determine if a 2nd capsule is needed. Assess tolerance and proceed from there. If you feel you can advance, try 1 capsule on an empty stomach. Proceed to 2 capsules on empty stomach if tolerated and needed.
Flush may be used as needed not exceeding the recommended serving size. Sensitive individuals may find it best to use only on high carb days.

Athletes/those exercising vigorously, increase serving sizes by 1/2.
Dosage of individual products may vary based on individual preferences, tolerance, etc. and will determine how long each supplement lasts. Do not exceed recommended serving size.
Serving Size Tips: ~6 oz. serving of protein = 2 decks of cards.
 ~1/2 cup serving raw vegetables = 1 light-bulb.
 ~1/4 cup of nuts = small handful.

*** Protein, Grains, Green Vegetables, & Nuts:**
 ~ Protein can include any item from the Healthy Shopping List under "Animal Products" or "Fish & Seafood" (women 4 oz; men 4-6 oz).
 ~ Grains can include any item from the Healthy Shopping List under "Grains." (women ½-1 cup; men 1- 1 ½ cup.)
 ~ Vegetables can include any item from the Healthy Shopping List under "Vegetables" and should be steamed or raw, w/no dressings /toppings
 ~ Nuts: Almonds, Peanuts, Sunflower Seeds; raw, unsalted



Post Ignite Tracker

The post-Ignite plan is designed as a follow-up to the 8-day Ignite Fat Burning System. This plan includes a suggested diet and exercise plan that is meant to encourage long-term weight loss and help the body achieve its ideal weight.

Track your intake.

Contact your Xyngular coach with questions.

WEEKS 1, 2, 3, (4 optional)

Day 1: Low Carb Day

Wake up 12 oz. Water (H₂O)* Spryng*

Breakfast 1 serving Fruit Lean Shake**
 1 oz. Global Blend 2 Axion w/ H₂O
 Xyng[†] See note

AM Snack Protein Meal[†] Vegetables[†]
 8 oz. H₂O*
 my snack: _____

Lunch Lean Shake** 4-6 oz. Protein Meal[†]
 8 oz. H₂O*
 my lunch: _____
 1^{or}2 Accelerate after snack w/ 8 oz. H₂O

PM Snack Lean Shake** 8 oz. H₂O*

1/2 hr. before Dinner 1-2 Cheat+ w/8 oz. H₂O*

Dinner Lean Shake** 8 oz. H₂O*
 4-6 oz. Protein Meal[†] Green Vegetables[†]

my dinner: _____

Before Bed 12 oz H₂O*

Day 2: Low Carb Day

Wake up 12 oz. H₂O* Spryng*

Breakfast 1 serving Fruit Lean Shake**
 1 oz. Global Blend 2 Axion w/ H₂O
 Xyng[†] See note

AM Snack Protein Meal[†] Vegetables[†]
 8 oz. H₂O*
 my snack: _____

Lunch Lean Shake** 4-6 oz. Protein Meal[†]
 8 oz. H₂O*
 my lunch: _____
 1^{or}2 Accelerate after snack w/ 8 oz. H₂O

PM Snack Lean Shake** 8 oz. H₂O*

1/2 hr. before Dinner 1-2 Cheat+ w/8 oz. H₂O*

Dinner Lean Shake** 8 oz. H₂O*
 4-6 oz. Protein Meal[†] Green Vegetables[†]

my dinner: _____

Before Bed 12 oz H₂O*

Day 3: Low Carb Day

Wake up 12 oz. H₂O* Spryng*

Breakfast 1 serving Fruit Lean Shake**
 1 oz. Global Blend 2 Axion w/ H₂O
 Xyng[†] See note

AM Snack Protein Meal[†] Vegetables[†]
 8 oz. H₂O*
 my snack: _____

Lunch Lean Shake** 4-6 oz. Protein Meal[†]
 8 oz. H₂O*
 my lunch: _____
 1^{or}2 Accelerate after snack w/ 8 oz. H₂O

PM Snack Lean Shake** 8 oz. H₂O*

1/2 hr. before Dinner 1-2 Cheat+ w/8 oz. H₂O*

Dinner Lean Shake** 8 oz. H₂O*
 4-6 oz. Protein Meal[†] Green Vegetables[†]

my dinner: _____

Before Bed 12 oz H₂O*

Day 4: High Carb Day

Wake up 12 oz. H₂O* Spryng*
 Xyng[†] See note

Breakfast 1 cup Egg Whites 1 cup Steel Cut Oats
 2 Axion w/ H₂O 1 oz. Global Blend
 [Xyng[†] See note] 8 oz. H₂O*

AM Snack Protein Meal[†] Vegetables[†]
 8 oz. H₂O*
 my snack: _____

Lunch 4-6 oz Protein Meal[†] Grains[†]
 8 oz. H₂O*
 my lunch: _____
 1^{or}2 Accelerate after lunch w/ 8 oz. H₂O

PM Snack Lean Shake** ¼ cup Nuts[†]
 8 oz. H₂O*

Dinner 4-6 oz Protein Meal[†] Grains[†]
 8 oz. H₂O*

my dinner: _____

Before Bed 2 Flush w/ warm drink

Day 5: Low Carb Day

Wake up 12 oz. H₂O* Spryng*

Breakfast 1 serving Fruit Lean Shake**
 1 oz. Global Blend 2 Axion w/ H₂O
 Xyng[†] See note

AM Snack Protein Meal[†] Vegetables[†]
 8 oz. H₂O*
 my snack: _____

Lunch Lean Shake** 4-6 oz. Protein Meal[†]
 8 oz. H₂O*
 my lunch: _____
 1^{or}2 Accelerate after snack w/ 8 oz. H₂O

PM Snack Lean Shake** 8 oz. H₂O*

1/2 hr. before Dinner 1-2 Cheat+ w/8 oz. H₂O*

Dinner Lean Shake** 8 oz. H₂O*
 4-6 oz. Protein Meal[†] Green Vegetables[†]

my dinner: _____

Before Bed 12 oz H₂O*

Day 6: Low Carb Day

Wake up 12 oz. H₂O* Spryng*

Breakfast 1 serving Fruit Lean Shake**
 1 oz. Global Blend 2 Axion w/ H₂O
 Xyng[†] See note

AM Snack Protein Meal[†] Vegetables[†]
 8 oz. H₂O*
 my snack: _____

Lunch Lean Shake** 4-6 oz. Protein Meal[†]
 8 oz. H₂O*
 my lunch: _____
 1^{or}2 Accelerate after snack w/ 8 oz. H₂O

PM Snack Lean Shake** 8 oz. H₂O*

1/2 hr. before Dinner 1-2 Cheat+ w/8 oz. H₂O*

Dinner Lean Shake** 8 oz. H₂O*
 4-6 oz. Protein Meal[†] Green Vegetables[†]

my dinner: _____

Before Bed 12 oz H₂O*

Day 7: Cheat Day

Eat whatever you like (within reason). To maximize results, avoid all sugars and processed carbohydrates when possible.

IMPORTANT NOTES

- Whichever meal falls before your workout, add 1 serving of grains.
- Whichever meal falls post workout add 1 or 1 serving of approved fruit and 1 scoop of Lean.
- If hungry, increase protein intake first, vegetables second.
- For endurance athletes, take Accelerate + Spryng pre-workout. For other athletes, take 1-2 Xyng + Spryng 30 minutes pre-workout.
- Consume Spryng immediately post-workout.

* **Water (H₂O)** We recommended drinking a gallon (128 oz.) daily. Add water in addition to the suggested times throughout the day.

† **Cheat Day** allows you to eat whatever you like (within reason). In order to maximize results, avoid all sugars and processed carbohydrates when possible

** **Lean Shake** 8 oz. of water w/ 1 scoop Lean. Due to sugar content, fruit should not be added to the Lean. Global Blend, Xypstix, or Spryng may be used as a fruit substitute.

† **Xyng** Start with 1 capsule WITH FOOD! Wait 30-45 minutes to determine if a 2nd capsule is needed. Assess tolerance and proceed from there. If you feel you can advance, try 1 capsule on an empty stomach in morning. Proceed to 2 capsules in morning on empty stomach if tolerated and needed.

Flush may be used as needed not exceeding the recommended serving size. Sensitive individuals may find it best to use only on high carb days.

+ Protein, Grains, & Green Vegetables:

- ~ **Protein** can include any item from the Healthy Shopping List under "Animal Products" or "Fish & Seafood" (women 4-6 oz; men 6-8 oz).
- ~ **Grains** can include any item from the Healthy Shopping List under "Grains." (women 1/2 - 1 cup; men 1-1 1/2 cup)
- ~ **Vegetables** can include any item from the Healthy Shopping List under "Vegetables" and should be steamed or eaten raw, w/no dressings or toppings

Dosage of the individual products may vary based on individual preferences, tolerance, etc. and will determine how long each supplement lasts. Do not exceed the recommended serving size.

Serving Size Tips:

- ~6 oz. serving of protein = 2 decks of cards.
- ~1/2 cup serving raw vegetables = 1 light-bulb.
- ~1/4 cup of nuts = small handful.

Ignite your Life!