

OVERVIEW Post-Ignite Plan



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. Please see xyngular.com for exercise plan information.

CARB CYCLE	Day 1							Day 2							Day 3							Day 4							Day 5							Day 6							Day 7						
	Wk 1	Low	High	Low	Low	High	Low	Cheat	Wk 2	Low	Low	High	Low	Low	High	Cheat	Wk 3	Low	Low	Low	High	Low	High	Cheat	Wk 4	Med	Med	Med	Med	Med	Med	Cheat																	
	LOW CARB							MED CARB							HIGH CARB																																		
Wake up	~8 oz. Water*							~8 oz. Water*							~8 oz. Water*																																		
Breakfast	~Egg Whites (1/2 cup) ~Vegetables+ (1 cup) ~2 Axion w/8 oz Water** ~1 oz. Global Blend							~Egg Whites (1/2 cup) ~Steel Cut Oats (1/2 cup) ~Vegetables+ (1/2 cup) ~2 Axion w/8 oz Water* ~1 oz. Global Blend							~Egg Whites (1/2 cup) ~Steel Cut Oats (1 cup) ~Vegetables+ (1/2 cup) ~2 Axion w/8 oz Water* ~1 oz. Global Blend																																		
AM Snack	~Lean Shake** ~1-2 Xyng+ (w/ssnack & Water*) ~Almonds, Peanuts, or Sunflower Seeds (1/4 cup; raw, unsalted)							~Lean Shake** ~1 Xyng+ (w/shake) ~8 oz. Water*							~Lean Shake** ~1 Xyng+ (w/snack) w/8 oz. Water* ~Almonds, Peanuts, or Sunflower Seeds (1/4 cup; raw, unsalted)																																		
1/2 hr. b-4 Lunch	~1-2 Cheat+ w/8 oz. Water*							~1-2 Cheat+ w/8 oz. Water*							~1-2 Cheat+ w/8 oz. Water*																																		
Lunch	~4-6 oz. Protein Meal+ ~Vegetables+ (1 cup) ~8 oz. Water* ~1-2 Accelerate (optional after lunch) w/8 oz. Water*							~4-6 oz. Protein Meal+ ~Grains+ (1 cup) ~8 oz. Water* ~1-2 Accelerate (optional after lunch) w/8 oz. Water*							~4-6 oz. Protein Meal+ ~Vegetables+ (1 1/2 cups) ~Grains+ (1 1/2 cups) ~8 oz. Water* ~1-2 Accelerate (optional after lunch) w/8 oz. Water*																																		
PM Snack	~Lean Shake** ~1-2 Accelerate w/ 8 oz. Water* (after snack)							~Lean Shake** ~ Almonds, Peanuts, or Sunflower Seeds (1/4 cup; raw and unsalted) ~1-2 Accelerate w/ 8 oz. Water*							~Lean Shake** ~Grains+ (1 cup) ~1 serving Fruit ~1-2 Accelerate w/ 8 oz. Water* (after snack)																																		
1/2 hr. b-4 Dinner	~1-2 Cheat+ w/8 oz. Water*							~1-2 Cheat+ w/8 oz. Water*							~1-2 Cheat+ w/8 oz. Water*																																		
Dinner	~4-6 oz. Protein Meal+ ~Vegetables+ (1/2 cup) ~8 oz. Water*							~4-6 oz. Protein Meal+ ~Vegetables+ (1/2 cup) ~8 oz. Water*							~4-6 oz. Protein Meal+ ~Vegetables+ (1/2 cup) ~8 oz. Water*																																		
b-4 Bed	~2 Flush w/ warm drink							~2 Flush w/ warm drink							~2 Flush w/ warm drink																																		

* **Drink one gallon of water**, (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. Continue supplements on this 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** For instant energy take first thing in morning w/ empty stomach; for mood and weight loss take as indicated on schedule.

+ **Protein, Grains, & Green Vegetables:**
 ~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."
 ~Vegetables can include any item from the Healthy Shopping List under "Vegetables" and should be steamed or eaten raw, w/no dressings or toppings

Note: For men and women whose goal is to lose 40 lbs. or more, we recommend beginning with 6 oz. of protein. Athletes, or those exercising vigorously, should increase serving sizes by 1/2.

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.

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 diet or exercise regimen.

WEEK 1 Post-Ignite Plan



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. Please see xyngular.com for exercise plan information.

	Day 1, 3, 4, 6 LOW CARB	Day 2, 5 HIGH CARB	Day 7
Wake up	~8 oz. Water*	~8 oz. Water*	CHEAT DAY
Breakfast	~Egg Whites (1/2 cup) ~Vegetables+ (1 cup) ~2 Axion w/8 oz Water* ~1 oz. Global Blend	~Egg Whites (1/2 cup) ~Steel Cut Oats (1 cup) ~Vegetables+ (1/2 cup) ~2 Axion w/8 oz Water* ~1 oz. Global Blend	
Morning Snack	~Lean Shake** ~1-2 Xyng† w/8 oz. Water* ~Almonds, Peanuts, or Sunflower Seeds (1/4 cup; raw and unsalted)	~Lean Shake** ~1-2 Xyng† w/8 oz. Water* ~Almonds, Peanuts, or Sunflower Seeds (1/4 cup; raw and unsalted)	Continue taking supplements
1/2 hr. b-4 Lunch	~1-2 Cheat+ w/8 oz. Water*	~1-2 Cheat+ w/8 oz. Water*	
Lunch	~4-6 oz. Protein Meal+ ~Vegetables+ (1 cup) ~8 oz. Water* ~1-2 Accelerate (after lunch) w/8 oz. Water*	~4-6 oz. Protein Meal+ ~Vegetables+ (1 1/2 cups) ~Grains+ (1 1/2 cups) ~8 oz. Water* ~1-2 Accelerate (after lunch) w/8 oz. Water*	
Afternoon Snack	~Lean Shake** ~1-2 Accelerate (optional, after shake) w/ 8 oz. Water*	~Lean Shake** ~Grains+ (1 cup) w/ 8 oz. Water* ~1 serving Fruit ~1-2 Accelerate (opt; after snack)	CHEAT DAY
1/2 hr. b-4 Dinner	~1-2 Cheat+ w/8 oz. Water*	~1-2 Cheat+ w/8 oz. Water*	
Dinner	~4-6 oz. Protein Meal+ ~Vegetables+ (1/2 cup) ~8 oz. Water*	~4-6 oz. Protein Meal+ ~Vegetables+ (1/2 cup) ~8 oz. Water*	
Before Bed	~2 Flush w/ warm drink	~2 Flush w/ warm drink	

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 ~1/4 cup of nuts = small handful.

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WEEK 2 Post-Ignite Plan



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	Day 1, 2, 4, 5 LOW CARB	Day 3, 6 HIGH CARB	Day 7
Wake up	~8 oz. Water*	~8 oz. Water*	CHEAT DAY
Breakfast	~Egg Whites (1/2 cup) ~Vegetables+ (1 cup) ~2 Axion w/8 oz Water* ~1 oz. Global Blend	~Egg Whites (1/2 cup) ~Steel Cut Oats (1 cup) ~Vegetables+ (1/2 cup) ~2 Axion w/8 oz Water* ~1 oz. Global Blend	
Morning Snack	~Lean Shake** ~1-2 Xyng† w/8 oz. Water* ~Almonds, Peanuts, or Sunflower Seeds (1/4 cup; raw and unsalted)	~Lean Shake** ~1-2 Xyng† w/8 oz. Water* ~Almonds, Peanuts, or Sunflower Seeds (1/4 cup; raw and unsalted)	Continue taking supplements
1/2 hr. b-4 Lunch	~1-2 Cheat+ w/8 oz. Water*	~1-2 Cheat+ w/8 oz. Water*	
Lunch	~4-6 oz. Protein Meal+ ~Vegetables+ (1 cup) ~8 oz. Water* ~1-2 Accelerate (after lunch) w/8 oz. Water*	~4-6 oz. Protein Meal+ ~Vegetables+ (1 1/2 cups) ~Grains+ (1 1/2 cups) ~8 oz. Water* ~1-2 Accelerate (after lunch) w/8 oz. Water*	
Afternoon Snack	~Lean Shake** ~1-2 Accelerate (optional, after shake) w/ 8 oz. Water*	~Lean Shake** ~Grains+ (1 cup) w/ 8 oz. Water* ~1 serving Fruit ~1-2 Accelerate (opt; after snack)	CHEAT DAY
1/2 hr. b-4 Dinner	~1-2 Cheat+ w/8 oz. Water*	~1-2 Cheat+ w/8 oz. Water*	
Dinner	~4-6 oz. Protein Meal+ ~Vegetables+ (1/2 cup) ~8 oz. Water*	~4-6 oz. Protein Meal+ ~Vegetables+ (1/2 cup) ~8 oz. Water*	
Before Bed	~2 Flush w/ warm drink	~2 Flush w/ warm drink	

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WEEK 3 Post-Ignite Plan



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	Day 1, 2, 3, 5 LOW CARB	Day 4, 6 HIGH CARB	Day 7
Wake up	~8 oz. Water*	~8 oz. Water*	CHEAT DAY
Breakfast	~Egg Whites (1/2 cup) ~Vegetables+ (1 cup) ~2 Axion w/8 oz Water* ~1 oz. Global Blend	~Egg Whites (1/2 cup) ~Steel Cut Oats (1 cup) ~Vegetables+ (1/2 cup) ~2 Axion w/8 oz Water* ~1 oz. Global Blend	
Morning Snack	~Lean Shake** ~1-2 Xyng† w/8 oz. Water* ~Almonds, Peanuts, or Sunflower Seeds (1/4 cup; raw and unsalted)	~Lean Shake** ~1-2 Xyng† w/8 oz. Water* ~Almonds, Peanuts, or Sunflower Seeds (1/4 cup; raw and unsalted)	Continue taking supplements
1/2 hr. b-4 Lunch	~1-2 Cheat+ w/8 oz. Water*	~1-2 Cheat+ w/8 oz. Water*	
Lunch	~4-6 oz. Protein Meal+ ~Vegetables+ (1 cup) ~8 oz. Water* ~1-2 Accelerate (after lunch) w/8 oz. Water*	~4-6 oz. Protein Meal+ ~Vegetables+ (1 1/2 cups) ~Grains+ (1 1/2 cups) ~8 oz. Water* ~1-2 Accelerate (after lunch) w/8 oz. Water*	CHEAT DAY
Afternoon Snack	~Lean Shake** ~1-2 Accelerate (optional, after shake) w/ 8 oz. Water*	~Lean Shake** ~Grains+ (1 cup) w/ 8 oz. Water* ~1 serving Fruit ~1-2 Accelerate (opt; after snack)	
1/2 hr. b-4 Dinner	~1-2 Cheat+ w/8 oz. Water*	~1-2 Cheat+ w/8 oz. Water*	CHEAT DAY
Dinner	~4-6 oz. Protein Meal+ ~Vegetables+ (1/2 cup) ~8 oz. Water*	~4-6 oz. Protein Meal+ ~Vegetables+ (1/2 cup) ~8 oz. Water*	
Before Bed	~2 Flush w/ warm drink	~2 Flush w/ warm drink	

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Day 1, 2, 3, 4, 5, 6 MED CARB		Day 7
Wake up	~8 oz. Water*	CHEAT DAY
Breakfast	~Egg Whites (1/2 cup) ~Steel Cut Oats (1/2 cup) ~Vegetables+ (1/2 cup) ~2 Axion w/8 oz Water* ~1 oz. Global Blend	
Morning Snack	~Lean Shake** ~1 Xyng† (w/shake) ~8 oz. Water*	Continue taking supplements
1/2 hr. b-4 Lunch	~1-2 Cheat+ w/8 oz. Water*	
Lunch	~4-6 oz. Protein Meal+ ~Grains+ (1 cup) ~8 oz. Water* ~1-2 Accelerate (after lunch) w/8 oz. Water*	
Afternoon Snack	~Lean Shake** ~ Almonds, Peanuts, or Sunflower Seeds (1/4 cup; raw and unsalted) ~1-2 Accelerate w/ 8 oz. Water* (after snack)	
1/2 hr. b-4 Dinner	~1-2 Cheat+ w/8 oz. Water*	CHEAT DAY
Dinner	~4-6 oz. Protein Meal+ ~Vegetables+ (1/2 cup) ~8 oz. Water*	
Before Bed	~2 Flush w/ warm drink	

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