

# IGNITE Fat Burning System



	Day 1, 2, 4, 6, 8	Day 3, 5, 7
<b>Wake up</b>	~12 oz. Water*	~12 oz. Water*
<b>Breakfast</b>	~Oats (1 Cup) ~Lean Shake** ~2 Axion w/8 oz Water* ~1 oz. Global Blend	~Oats (1 Cup) ~Egg Whites (1 Cup) ~2 Axion w/8 oz Water* ~1 oz. Global Blend
<b>Morning Snack</b>	~3-6 oz. Protein Meal+ w/ Green Vegetables ~8 oz. Water*	~3-6 oz. Protein Meal+ w/ Green Vegetables ~1 Xyng† (w/snack) w/8 oz. Water*
<b>Lunch</b>	~Lean Shake** ~8 oz. Water* ~1/4 cup Almonds, Peanuts, or Sunflower Seeds (raw, unsalted) ~1-2 Accelerate (after meal) w/8 oz. Water*	~3-6 oz. Protein Meal+ w/ Grains w/8 oz. Water* ~1-2 Accelerate (after meal) w/8 oz. Water*
<b>1/2 hr. b-4 Snack</b>	~1-2 Cheat+ w/8 oz. Water*	
<b>Afternoon Snack</b>	~3-6 oz. Protein Meal+	~1 Lean Shake** w/8 oz. Water* ~1/4 cup Almonds, Peanuts, or Sunflower Seeds (raw and unsalted) w/ 8 oz. Water*
<b>Dinner</b>	~1 Lean Shake** w/8 oz. Water* ~1/4 cup Almonds, Peanuts, or Sunflower Seeds (raw, unsalted)	~3-6 oz. Protein Meal+ w/ Green Vegetables w/8 oz. Water*
<b>Before Bed</b>	~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.

\*\* **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.

**Endurance Athletes/Other Athletes:** Endurance athletes, take Accelerate and Spryng pre-workout. Other athletes, take 1-2 Xyng and Spryng 30 minutes pre-workout. (Spryng is included in the Ultimate Transformation Kit or available for individual purchase)

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

- ~Protein: women 4-6 oz.; men 6-8 oz.
- ~Grains: women 1/2 cup; men 1 cup
- ~Vegetables should be steamed or eaten raw, w/ no dressings or toppings.
- women and men 1 cup

**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.

Cardio, weight training, pilates, yoga, etc. are suggested to increase the effectiveness of the Ignite System. It is always best practice to consult a physician prior to beginning any diet or exercise regimen.