

# IGNITE Fat Burning System



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Take w/ Breakfast	1 Xyng 2 Axion 1 oz Global Blend	1 Xyng 2 Axion 1 oz Global Blend	1 Xyng 2 Axion 1 oz Global Blend	1 Xyng 2 Axion 1 oz Global Blend	1 Xyng 2 Axion 1 oz Global Blend	1 Xyng 2 Axion 1 oz Global Blend	1 Xyng 2 Axion 1 oz Global Blend	1 Xyng 2 Axion 1 oz Global Blend
Breakfast	Lean Shake	Lean Shake	Lean Shake	Lean Shake	Lean Shake	Lean Shake	Lean Shake	Lean Shake
Mid-Morning Snack	4-6 oz Protein *Use Cheat	4-6 oz Protein *Use Cheat	4-6 oz Protein *Use Cheat	4-6 oz Protein *Use Cheat	4-6 oz Protein *Use Cheat	4-6 oz Protein *Use Cheat	4-6 oz Protein *Use Cheat	4-6 oz Protein *Use Cheat
Lunch	Lean Shake	Lean Shake	500 Calorie Lunch *Use Cheat	Lean Shake	500 Calorie Lunch *Use Cheat	Lean Shake	500 Calorie Lunch *Use Cheat	Lean Shake
1:00 PM	2 Accelerate	2 Accelerate	2 Accelerate	2 Accelerate	2 Accelerate	2 Accelerate	2 Accelerate	2 Accelerate
2:00 PM (if needed)	1 Xyng (if needed)	1 Xyng (if needed)	1 Xyng (if needed)	1 Xyng (if needed)	1 Xyng (if needed)	1 Xyng (if needed)	1 Xyng (if needed)	1 Xyng (if needed)
Mid-Afternoon Snack	4-6 oz Protein *Use Cheat	4-6 oz Protein *Use Cheat	—	4-6 oz Protein *Use Cheat	—	4-6 oz Protein *Use Cheat	—	4-6 oz Protein *Use Cheat
Dinner	Lean Shake	Lean Shake	Unlimited Protein *Use Cheat	Lean Shake	Unlimited Protein *Use Cheat	Lean Shake	Unlimited Protein *Use Cheat	Lean Shake
Before Bed	2 Flush	2 Flush	2 Flush	2 Flush	2 Flush	2 Flush	2 Flush	2 Flush

**Drink half your body weight in ounces of water or 1 gallon per day. Use Xypstix as desired.**

These statements have not been evaluated by the FDA and not intended to diagnose, treat or cure any disease. Please consult your doctor before adding any nutritional supplements to your diet or beginning any exercise program.

# IGNITE Fat Burning System

WITH GREENS



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Take w/ Breakfast	1 Xyng 2 Axion 1 oz Global Blend	1 Xyng 2 Axion 1 oz Global Blend	1 Xyng 2 Axion 1 oz Global Blend	1 Xyng 2 Axion 1 oz Global Blend	1 Xyng 2 Axion 1 oz Global Blend	1 Xyng 2 Axion 1 oz Global Blend	1 Xyng 2 Axion 1 oz Global Blend	1 Xyng 2 Axion 1 oz Global Blend
Breakfast	Lean Shake	Lean Shake	Lean Shake	Lean Shake	Lean Shake	Lean Shake	Lean Shake	Lean Shake
Mid-Morning Snack	4-6 oz Protein *Use Cheat	4-6 oz Protein *Use Cheat	4-6 oz Protein w/ Dk Green Veggies *Use Cheat	4-6 oz Protein w/ Dk Green Veggies *Use Cheat	4-6 oz Protein w/ Dk Green Veggies *Use Cheat	4-6 oz Protein w/ Dk Green Veggies *Use Cheat	4-6 oz Protein w/ Dk Green Veggies *Use Cheat	4-6 oz Protein w/ Dk Green Veggies *Use Cheat
Lunch	Lean Shake	Lean Shake	500 Calorie Lunch *Use Cheat	Lean Shake	500 Calorie Lunch *Use Cheat	Lean Shake	500 Calorie Lunch *Use Cheat	Lean Shake
1:00 PM	2 Accelerate	2 Accelerate	2 Accelerate	2 Accelerate	2 Accelerate	2 Accelerate	2 Accelerate	2 Accelerate
2:00 PM (if needed)	1 Xyng (if needed)	1 Xyng (if needed)	1 Xyng (if needed)	1 Xyng (if needed)	1 Xyng (if needed)	1 Xyng (if needed)	1 Xyng (if needed)	1 Xyng (if needed)
Mid-Afternoon Snack	4-6 oz Protein *Use Cheat	4-6 oz Protein *Use Cheat	—	4-6 oz Protein w/ Dk Green Veggies *Use Cheat	—	4-6 oz Protein w/ Dk Green Veggies *Use Cheat	—	4-6 oz Protein w/ Dk Green Veggies *Use Cheat
Dinner	Lean Shake	Lean Shake	4-6 oz Protein w/ Dk Green Veggies *Use Cheat	Lean Shake	4-6 oz Protein w/ Dk Green Veggies *Use Cheat	Lean Shake	4-6 oz Protein w/ Dk Green Veggies *Use Cheat	Lean Shake
Before Bed	2 Flush	2 Flush	2 Flush	2 Flush	2 Flush	2 Flush	2 Flush	2 Flush

Drink half your body weight in ounces of water or 1 gallon per day. Use Xypstix as desired.

These statements have not been evaluated by the FDA and not intended to diagnose, treat or cure any disease. Please consult your doctor before adding any nutritional supplements to your diet or beginning any exercise program.