

8 Day Ignite Fat Burning System

Have questions? Please contact MINDY HOPP at 630-638-4677 or
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DAY 1 & 2, 4, 6, 8 PROTEIN DAYS	DAY 3,5,7 EATING DAYS	IMPORTANT!
<p>Upon waking take 1 XYNG with an 8 oz. glass of water Wait 20 minutes <u>Breakfast</u> Drink LEAN Shake 1 scoop with 8 oz. water/skim milk Take 1 to 4 ounces of XYNGULAR SUPER FRUIT GLOBAL BLEND Take 1 or 2 ACCELERATE(optional) Take 2 Axion (if purchased)</p>	<p>Upon waking take 1 XYNG with an 8 oz. glass of water Wait 20 minutes <u>Breakfast</u> Drink LEAN Shake 1 scoop with 8 oz. water/skim milk Take 1 to 4 ounces of XYNGULAR SUPER FRUIT GLOBAL BLEND Take 1 or 2 ACCELERATE(optional) Take 2 Axion (if purchased)</p>	<ol style="list-style-type: none"> Before beginning take all of your measurements and take before pictures. Buy all necessary food ahead of time. Get in to the habit of drinking 8 oz. of water upon waking. Drink ½ of your body weight in ounces of water per day. DO NOT add fruit to your LEAN shake. To maximize results, use only water or skim milk or other low calorie liquid when making your shakes. On eating days, eat your carbs early in the day so your body uses them for energy, take protein later in the day and use CHEAT on all food. Be sure to drink a minimum of 8 oz. of water whenever you eat. Weigh yourself daily and take measurements weekly. When you take ACCELERATE or use CHEAT it is important to drink 8 oz. of water. If you are hungry, eat more protein.
<p><u>Mid – Morning Snack</u> Lean Protein with Veggies 4-6 oz. protein minimum (or to satisfy hunger see #9) Examples: turkey, lean fish, steak Use CHEAT on protein and drink 8 oz. of water with your food.</p>	<p><u>Mid – Morning Snack</u> Lean Protein with Veggies 4-6 oz. protein minimum (or to satisfy hunger see #9) Examples: turkey, lean fish, steak Use CHEAT on protein and drink 8 oz. of water with your food.</p>	
<p><u>Lunch</u> Drink LEAN Shake 1 scoop with 8 oz. water/skim milk Take 2 ACCELERATE (Maximum of 2)</p>	<p><u>Lunch</u> Eat a healthy MEAL of 500 calories with <u>high protein</u>, complex carbs and a piece of fruit. Use CHEAT on whatever you eat. Take 2 ACCELERATE (Maximum of 2)</p>	
<p>1 XYNG only if needed in the early afternoon for energy and as an appetite suppressant</p>	<p>1 XYNG only if needed in the early afternoon for energy and as an appetite suppressant</p>	
<p><u>Mid – Afternoon Snack</u> Lean Protein with Veggies 4-6 oz. protein minimum (or to satisfy hunger see #9) Examples: turkey, lean fish, steak Use CHEAT on protein and drink 8 oz. of water with your food.</p>	<p><u>Mid – Afternoon Snack</u> Lean Protein with Veggies 4-6 oz. protein minimum (or to satisfy hunger see #9) Examples: turkey, lean fish, steak Use CHEAT on protein and drink 8 oz. of water with your food.</p>	
<p><u>Dinner</u> Drink LEAN Shake 1 scoop with 8 oz. water/skim milk (If you want to, you can take another 1 to 2 oz. of XYNGULAR SUPER FRUIT GLOBAL BLEND, or you can just take your Global Juice in the morning.)</p>	<p><u>Dinner</u> PROTEIN ONLY 4-6 oz. protein minimum (or to satisfy hunger see #9) Examples: turkey, lean fish, steak Use CHEAT on protein and drink 8 oz. of water with your food.</p>	
<p><u>Before Bed</u> 2 FLUSH capsules with warm water, herbal tea or other calorie free hot drink.</p>	<p><u>Before Bed</u> 2 FLUSH capsules with warm water, herbal tea or other calorie free hot drink.</p>	