

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 D2 D3 D4 D5 D6 D7								Day 1 D2 D3 D4 D5 D6 D7							
	Weeks 1,2,3	Low	Low	Low	High	Low	Low	Cheat [^]	Week 4 ^{optional}	Med	Med	Med	Med	Med	Med	Cheat [^]
	LOW CARB				MED CARB				HIGH CARB							
Wake up	<input type="checkbox"/> 8 oz. Water*				<input type="checkbox"/> 8 oz. Water*				<input type="checkbox"/> 8 oz. Water*							
Breakfast	<input type="checkbox"/> Egg Whites (1/2 cup) <input type="checkbox"/> Vegetables+ (1 cup) <input type="checkbox"/> 2 Axion w/8 oz Water* <input type="checkbox"/> 1 oz. Global Blend				<input type="checkbox"/> Egg Whites (1/2 cup) <input type="checkbox"/> Steel Cut Oats (1/2 cup) <input type="checkbox"/> Vegetables+ (1/2 cup) <input type="checkbox"/> 2 Axion w/8 oz Water* <input type="checkbox"/> 1 oz. Global Blend				<input type="checkbox"/> Egg Whites (1/2 cup) <input type="checkbox"/> Steel Cut Oats (1 cup) <input type="checkbox"/> Vegetables+ (1/2 cup) <input type="checkbox"/> 2 Axion w/8 oz Water* <input type="checkbox"/> 1 oz. Global Blend							
AM Snack	<input type="checkbox"/> Lean Shake** <input type="checkbox"/> 1 ^{or2} Xyng [†] (w/snack & Water*) <input type="checkbox"/> Almonds, Peanuts, or Sunflower Seeds (1/4 cup; raw, unsalted)				<input type="checkbox"/> Lean Shake** <input type="checkbox"/> 1 ^{or2} Xyng [†] (w/shake) <input type="checkbox"/> 8 oz. Water*				<input type="checkbox"/> Lean Shake** <input type="checkbox"/> 1 ^{or2} Xyng [†] (w/snack & Water*) <input type="checkbox"/> Almonds, Peanuts, or Sunflower Seeds (1/4 cup; raw, unsalted)							
1/2 hr. b-4 Lunch	<input type="checkbox"/> 1 ^{or2} Cheat+ w/8 oz. Water*				<input type="checkbox"/> 1 ^{or2} Cheat+ w/8 oz. Water*				<input type="checkbox"/> 1 ^{or2} Cheat+ w/8 oz. Water*							
Lunch	<input type="checkbox"/> 4-6 oz. Protein Meal+ <input type="checkbox"/> Vegetables+ (1 cup) <input type="checkbox"/> 8 oz. Water* <input type="checkbox"/> 1 ^{or2} Accelerate (after lunch) w/8 oz. Water*				<input type="checkbox"/> 4-6 oz. Protein Meal+ <input type="checkbox"/> Grains+ (1 cup) <input type="checkbox"/> 8 oz. Water* <input type="checkbox"/> 1 ^{or2} Accelerate (after lunch) w/8 oz. Water*				<input type="checkbox"/> 4-6 oz. Protein Meal+ <input type="checkbox"/> Vegetables+ (1 1/2 cups) <input type="checkbox"/> Grains+ (1 1/2 cups) <input type="checkbox"/> 8 oz. Water* <input type="checkbox"/> 1 ^{or2} Accelerate (after lunch) w/8 oz. Water*							
PM Snack	<input type="checkbox"/> Lean Shake** <input type="checkbox"/> 1 ^{or2} Accelerate w/ 8 oz. Water* (after snack) <input type="checkbox"/> Spryng				<input type="checkbox"/> Lean Shake** <input type="checkbox"/> Almonds/Peanuts/Sunflower Seeds (1/4 cup; raw and unsalted) <input type="checkbox"/> 1 ^{or2} Accelerate (after snack) <input type="checkbox"/> Spryng				<input type="checkbox"/> Lean Shake** <input type="checkbox"/> Grains+ (1 cup) <input type="checkbox"/> 1 serving Fruit <input type="checkbox"/> 1 ^{or2} Accelerate (after snack) <input type="checkbox"/> Spryng							
1/2 hr. b-4 Dinner	<input type="checkbox"/> 1-2 Cheat+ w/8 oz. Water*				<input type="checkbox"/> 1 ^{or2} Cheat+ w/8 oz. Water*				<input type="checkbox"/> 1 ^{or2} Cheat+ w/8 oz. Water*							
Dinner	<input type="checkbox"/> 4-6 oz. Protein Meal+ <input type="checkbox"/> Vegetables+ (1/2 cup) <input type="checkbox"/> 8 oz. Water*				<input type="checkbox"/> 4-6 oz. Protein Meal+ <input type="checkbox"/> Vegetables+ (1/2 cup) <input type="checkbox"/> 8 oz. Water*				<input type="checkbox"/> 4-6 oz. Protein Meal+ <input type="checkbox"/> Vegetables+ (1/2 cup) <input type="checkbox"/> 8 oz. Water*							
b-4 Bed									<input type="checkbox"/> 2 Flush w/ warm drink							

* **Water** 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** For instant energy take first thing in morning w/ empty stomach; for mood and weight loss take as indicated on schedule.

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 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

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.

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.

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.

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 1,2,3 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.

	LOW CARB (Days 1, 2, 3, 5, 6)	HIGH CARB (Day 4)	Day 7
Wake up	<input type="checkbox"/> 8 oz. Water*	<input type="checkbox"/> 8 oz. Water*	CHEAT DAY
Breakfast	<input type="checkbox"/> Egg Whites (1/2 cup) <input type="checkbox"/> Vegetables+ (1 cup) <input type="checkbox"/> 2 Axion w/8 oz Water* <input type="checkbox"/> 1 oz. Global Blend	<input type="checkbox"/> Egg Whites (1/2 cup) <input type="checkbox"/> Steel Cut Oats (1 cup) <input type="checkbox"/> Vegetables+ (1/2 cup) <input type="checkbox"/> 2 Axion w/8 oz Water* <input type="checkbox"/> 1 oz. Global Blend	
Morning Snack	<input type="checkbox"/> Lean Shake** <input type="checkbox"/> 1 ^{or2} Xyng [†] (w/snack & Water*) <input type="checkbox"/> Almonds, Peanuts, or Sunflower Seeds (1/4 cup; raw, unsalted)	<input type="checkbox"/> Lean Shake** <input type="checkbox"/> 1 ^{or2} Xyng [†] (w/snack & Water*) <input type="checkbox"/> Almonds, Peanuts, or Sunflower Seeds (1/4 cup; raw, unsalted)	CHEAT DAY
1/2 hr. b-4 Lunch	<input type="checkbox"/> 1 ^{or2} Cheat+ w/8 oz. Water*	<input type="checkbox"/> 1 ^{or2} Cheat+ w/8 oz. Water*	
Lunch	<input type="checkbox"/> 4-6 oz. Protein Meal+ <input type="checkbox"/> Vegetables+ (1 cup) <input type="checkbox"/> 8 oz. Water* <input type="checkbox"/> 1 ^{or2} Accelerate (after lunch) w/8 oz. Water*	<input type="checkbox"/> 4-6 oz. Protein Meal+ <input type="checkbox"/> Vegetables+ (1 1/2 cups) <input type="checkbox"/> Grains+ (1 1/2 cups) <input type="checkbox"/> 8 oz. Water* <input type="checkbox"/> 1 ^{or2} Accelerate (after lunch) w/8 oz. Water*	CHEAT DAY
Afternoon Snack	<input type="checkbox"/> Lean Shake** <input type="checkbox"/> 1 ^{or2} Accelerate w/ 8 oz. Water* (after snack) <input type="checkbox"/> Spryng	<input type="checkbox"/> Lean Shake** <input type="checkbox"/> Grains+ (1 cup) <input type="checkbox"/> 1 serving Fruit <input type="checkbox"/> 1 ^{or2} Accelerate (after snack) <input type="checkbox"/> Spryng	
1/2 hr. b-4 Dinner	<input type="checkbox"/> 1-2 Cheat+ w/8 oz. Water*	<input type="checkbox"/> 1 ^{or2} Cheat+ w/8 oz. Water*	CHEAT DAY
Dinner	<input type="checkbox"/> 4-6 oz. Protein Meal+ <input type="checkbox"/> Vegetables+ (1/2 cup) <input type="checkbox"/> 8 oz. Water*	<input type="checkbox"/> 4-6 oz. Protein Meal+ <input type="checkbox"/> Vegetables+ (1/2 cup) <input type="checkbox"/> 8 oz. Water*	
Before Bed		<input type="checkbox"/> 2 Flush w/ warm drink	CHEAT DAY

* **Water** 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** For instant energy take first thing in morning w/ empty stomach; for mood and weight loss take as indicated on schedule.

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 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

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.

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.

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.

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.

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.

	MED CARB (Days 1, 2, 3, 4, 5, 6)	Day 7
Wake up	<input type="checkbox"/> 8 oz. Water*	CHEAT DAY
Breakfast	<input type="checkbox"/> Egg Whites (1/2 cup) <input type="checkbox"/> Steel Cut Oats (1/2 cup) <input type="checkbox"/> Vegetables+ (1/2 cup) <input type="checkbox"/> 2 Axion w/8 oz Water* <input type="checkbox"/> 1 oz. Global Blend	
Morning Snack	<input type="checkbox"/> Lean Shake** <input type="checkbox"/> 1 ^{or2} Xyng [†] (w/shake) <input type="checkbox"/> 8 oz. Water*	CHEAT DAY
1/2 hr. b-4 Lunch	<input type="checkbox"/> 1 ^{or2} Cheat+ w/8 oz. Water*	CHEAT DAY
Lunch	<input type="checkbox"/> 4-6 oz. Protein Meal+ <input type="checkbox"/> Grains+ (1 cup) <input type="checkbox"/> 8 oz. Water* <input type="checkbox"/> 1 ^{or2} Accelerate (after lunch) w/8 oz. Water*	CHEAT DAY
Afternoon Snack	<input type="checkbox"/> Lean Shake** <input type="checkbox"/> Almonds/Peanuts/Sunflower Seeds (1/4 cup; raw and unsalted) <input type="checkbox"/> 1 ^{or2} Accelerate (after snack) w/8 oz. Water* <input type="checkbox"/> Spryng	CHEAT DAY
1/2 hr. b-4 Dinner	<input type="checkbox"/> 1 ^{or2} Cheat+ w/8 oz. Water*	CHEAT DAY
Dinner	<input type="checkbox"/> 4-6 oz. Protein Meal+ <input type="checkbox"/> Vegetables+ (1/2 cup) <input type="checkbox"/> 8 oz. Water*	CHEAT DAY
Before Bed		CHEAT DAY

* **Water** 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** For instant energy take first thing in morning w/ empty stomach; for mood and weight loss take as indicated on schedule.

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 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

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.

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.

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.

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.

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 D2 D3 D4 D5 D6 D7								Day 1 D2 D3 D4 D5 D6 D7							
	Weeks 1,2,3	Low	Low	Low	High	Low	Low	Cheat [^]	Week 4 ^{optional}	Low	Low	Low	High	Low	Low	Cheat [^]
	LOW CARB								HIGH CARB							
Wake up	<input type="checkbox"/> 12 oz. Water* with Spryng								<input type="checkbox"/> 12 oz. Water* with Spryng							
Breakfast	<input type="checkbox"/> 1 serving Fruit <input type="checkbox"/> Lean Shake** <input type="checkbox"/> 2 Axion w/8 oz Water* <input type="checkbox"/> 1 oz. Global Blend								<input type="checkbox"/> Egg Whites (1 cup) <input type="checkbox"/> Steel Cut Oats (1 cup) <input type="checkbox"/> 2 Axion w/8 oz Water* <input type="checkbox"/> 1 oz. Global Blend							
AM Snack	<input type="checkbox"/> Protein Meal w/ Green Vegetables <input type="checkbox"/> 8 oz. Water*								<input type="checkbox"/> Protein Meal w/ Green Vegetables <input type="checkbox"/> 8 oz. Water* <input type="checkbox"/> 1 ^{or2} Xyng [†] (w/snack & Water*)							
Lunch	<input type="checkbox"/> Lean Shake** <input type="checkbox"/> 4-6 oz. Protein Meal+ <input type="checkbox"/> 8 oz. Water* <input type="checkbox"/> 1 ^{or2} Accelerate (after lunch) w/8 oz. Water*								<input type="checkbox"/> 4-6 oz. Protein Meal+ with Grains+ <input type="checkbox"/> 8 oz. Water* <input type="checkbox"/> 1 ^{or2} Accelerate (after lunch) w/8 oz. Water*							
PM Snack	<input type="checkbox"/> Lean Shake** <input type="checkbox"/> 8 oz. Water*								<input type="checkbox"/> Lean Shake** <input type="checkbox"/> 1/4 cup Almonds, Peanuts, or Sunflower Seed (raw and unsalted) <input type="checkbox"/> 1 ^{or2} Accelerate (after snack) w/ 8 oz. Water							
1/2 hr. b-4 Dinner	<input type="checkbox"/> 1-2 Cheat+ w/8 oz. Water*															
Dinner	<input type="checkbox"/> Lean Shake** <input type="checkbox"/> 4-6 oz. Protein Meal w/ Green Vegetables <input type="checkbox"/> 8 oz. Water*								<input type="checkbox"/> 4-6 oz. Protein Meal+ with Grains+ <input type="checkbox"/> 8 oz. Water*							
b-4 Bed	<input type="checkbox"/> 12 oz. Water*								<input type="checkbox"/> 2 Flush w/ warm drink							

* **Water** 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** For instant energy take first thing in morning w/ empty stomach; for mood and weight loss take as indicated on schedule.

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

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.

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.

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

WEEK 1,2,3 (4) Post-Ignite



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.

	LOW CARB (Days 1, 2, 3, 5, 6)	HIGH CARB (Day 4)	Day 7
Wake up	<input type="checkbox"/> 12 oz. Water* with Spryng	<input type="checkbox"/> 12 oz. Water* with Spryng	CHEAT DAY
Breakfast	<input type="checkbox"/> 1 serving Fruit <input type="checkbox"/> Lean Shake** <input type="checkbox"/> 2 Axion w/8 oz Water* <input type="checkbox"/> 1 oz. Global Blend	<input type="checkbox"/> Egg Whites (1 cup) <input type="checkbox"/> Steel Cut Oats (1 cup) <input type="checkbox"/> 2 Axion w/8 oz Water* <input type="checkbox"/> 1 oz. Global Blend	
Morning Snack	<input type="checkbox"/> Protein Meal w/ Green Vegetables <input type="checkbox"/> 8 oz. Water*	<input type="checkbox"/> Protein Meal w/ Green Vegetables <input type="checkbox"/> 8 oz. Water* <input type="checkbox"/> 1 ^{or} 2 Xyng [†] (w/snack & Water*)	
1/2 hr. b-4 Lunch			
Lunch	<input type="checkbox"/> Lean Shake** <input type="checkbox"/> 4-6 oz. Protein Meal+ <input type="checkbox"/> 8 oz. Water* <input type="checkbox"/> 1 ^{or} 2 Accelerate (after lunch) w/8 oz. Water*	<input type="checkbox"/> 4-6 oz. Protein Meal+ with Grains+ <input type="checkbox"/> 8 oz. Water* <input type="checkbox"/> 1 ^{or} 2 Accelerate (after lunch) w/8 oz. Water*	
Afternoon Snack	<input type="checkbox"/> Lean Shake** <input type="checkbox"/> 8 oz. Water*	<input type="checkbox"/> Lean Shake** <input type="checkbox"/> 1/4 cup Almonds, Peanuts, or Sunflower Seed <input type="checkbox"/> 1 ^{or} 2 Accelerate (after snack) w/ 8 oz. Water	
1/2 hr. b-4 Dinner	<input type="checkbox"/> 1 ⁻² Cheat+ w/8 oz. Water*		
Dinner	<input type="checkbox"/> Lean Shake** <input type="checkbox"/> 4-6 oz. Protein Meal w/ Green Vegetables	<input type="checkbox"/> 4-6 oz. Protein Meal+ with Grains+ <input type="checkbox"/> 8 oz. Water*	
Before Bed	<input type="checkbox"/> 12 oz. Water*	<input type="checkbox"/> 2 Flush w/ warm drink	

* **Water** 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** For instant energy take first thing in morning w/ empty stomach; for mood and weight loss take as indicated on schedule.

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

- 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.

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.