

IGNITE Fat Burning System



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

+ **Protein, Grains, & Green Vegetables:**
Please see healthy shopping guide for protein, grain and vegetable options.
~Protein: women 3 oz.; men 4-6 oz.
~Grains: women 1/2 cup; men 1 cup
~Vegetables : women and men 1/2 cup
Vegetable 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.

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.

Suggested Cardio Workout:
Day 1: 20 mn. walk/Jog, fast pace
Day 2, 5, 7, 8: Off
Day 3: 20 mn. Walk/Jog, comfortable pace
Day 4 & 6: Walk 3 mn, Run 1 mn., repeat 5Xs

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.