

STEP #2: (Option 1) LIFESTYLE CALORIE ZIG ZAG**WAKE UP:**

1 Xyng

1 cap of Global Blend (or 1 Accelerate if you don't have Xyng or juice)

30 MIN-1 HOUR LATER/BREAKFAST:

Lean shake (mixed any way...fruit/coffee/whatever...see Lean recipe sheet)

LUNCH:

6 oz of lean protein and as many veggies as you'd like. USE CHEAT. (If you are going to have any carbs/sugars do it now....but try not to do it very often if at all)

RIGHT AFTER LUNCH:

Take 1-2 2 Accelerate (if you took Xyng in am)

Or 1 Accelerate (if you don't have Xyng in the morn and already took 1 accelerate in am)

2-4PM SNACK:

All protein small snack. USE CHEAT. Or drink a lean smoothie if you are going to eat lean proteins/veggies at dinner.

Snack ideas: yogurt, handful of nuts, 2 hard boiled eggs, any lean protein--see list on 8 day challenge sheet

DINNER:

(choose 1) Either a Lean shake with whatever you want mixed in -or- another 6 oz lean protein and veggies...no carbs and sugars at night! (at least 5 or 6 days of the week)

1 HR BEFORE BED:

2 Flush with 1 glass of room temp/warm liquid

Zig Zag Plan

Go to freedieting.com. Click on Daily Calorie Needs under the Calculators link on the left-hand side. Enter you height, weight, age and exercise values then click on Advanced Settings. You'll see a link that says zig-zag caloric cycle. Make sure that's selected then hit Calculate. A chart will appear with calorie values assigned to each day of the week. If you are in weight loss mode you will use the caloric cycle labeled Fat Loss. If you are in maintenance mode select Maintenance. Getting too many calories or too FEW calories will do the exact same thing...it will cause the body to hold on to the calories rather than release them. Get enough calories and make sure a lot of them are LEAN proteins! The zig zag plan gives you a lot of freedom with the food choices you make. For example, if know you'll be going out for a big dinner with friends flip flop your highest calorie day with another day so that you can ENJOY your meal!!!