

XYNGULAR IGNITE

F A T B U R N I N G S Y S T E M

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
FIRST THING IN THE MORNING	1 XYNG	1 XYNG	1 XYNG	1 XYNG	1 XYNG	1 XYNG	1 XYNG	1 XYNG
30 MINUTES LATER	LEAN SHAKE, 2 AXION, 1 OZ GLOBAL BLEND JUICE	LEAN SHAKE, 2 AXION, 1 OZ GLOBAL BLEND JUICE	LEAN SHAKE, 2 AXION, 1 OZ GLOBAL BLEND JUICE	LEAN SHAKE, 2 AXION, 1 OZ GLOBAL BLEND JUICE	LEAN SHAKE, 2 AXION, 1 OZ GLOBAL BLEND JUICE	LEAN SHAKE, 2 AXION, 1 OZ GLOBAL BLEND JUICE	LEAN SHAKE, 2 AXION, 1 OZ GLOBAL BLEND JUICE	LEAN SHAKE, 2 AXION, 1 OZ GLOBAL BLEND JUICE
MID MORNING SNACK	4-6 OZ PROTEIN	4-6 OZ PROTEIN	4-6 OZ PROTEIN w/ Dark Green Veggies	4-6 OZ PROTEIN w/ Dark Green Veggies	4-6 OZ PROTEIN w/ Dark Green Veggies	4-6 OZ PROTEIN w/ Dark Green Veggies	4-6 OZ PROTEIN w/Dark Green Veggies	4-6 OZ PROTEIN w/ Dark Green Veggies
LUNCH	LEAN SHAKE	LEAN SHAKE	500-CALORIE LUNCH	LEAN SHAKE	500-CALORIE LUNCH s	LEAN SHAKE	500-CALORIE LUNCH	LEAN SHAKE
1:00PM	ACCELERATE	ACCELERATE	ACCELERATE	ACCELERATE	ACCELERATE	ACCELERATE	ACCELERATE	ACCELERATE
2:00 P.M. (IF NEEDED)	1 XYNG	1 XYNG	1 XYNG	1 XYNG	1 XYNG	1 XYNG	1 XYNG	1 XYNG
MID AFTERNOON SNACK	4-6 OZ PROTEIN	4-6 OZ PROTEIN	--	4-6 OZ PROTEIN w/ Dark Green Veggies	---	4-6 OZ PROTEIN w/ Dark Green Veggies	---	4-6 OZ PROTEIN w/ Dark Green Veggies
DINNER	LEAN SHAKE	LEAN SHAKE	PROTEIN ONLY w/ Dark Green Veggies	LEAN SHAKE	PROTEIN ONLY w/ Dark Green Veggies	LEAN SHAKE	PROTEIN ONLY w/ Dark Green Veggies	LEAN SHAKE
BEFORE GOING TO BED	FLUSH	FLUSH	FLUSH	FLUSH	FLUSH	FLUSH	FLUSH	FLUSH

WATER - DRINK 1/2 YOUR BODY WEIGHT IN OUNCES PER DAY or 1 GALLON. TAKE CHEAT+ BEFORE YOUR MEALS OR USE CHEAT FOOD SPRINKLE ON ALL SOLID FOODS.