

Xyngular.[®]
Body Transformation
Meal Plan: Days 9-29



†Consult with your doctor before making any dietary changes or beginning a new exercise program. Those with special dietary requirements should make adjustments to the program as needed. These are intended as a guide only.

Body Transformation Meal Plan - Day 9

BEFORE BREAKFAST	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME
One (1) XYNG Capsule	<p>Oatmeal w/Lean</p> <ul style="list-style-type: none"> - Add 1 scoop of Lean to cooked steel cut oatmeal - 1/2 sliced banana <p>- One (1) XypStix Packet - Two (2) Axion Tablets</p> <p>Calories: 270 Carbs: 43 Protein: 15 Fat: 4</p>	<p>Cottage Cheese and Fruit</p> <ul style="list-style-type: none"> - 1 cup non-fat cottage cheese - 1/2 cup of fruit <p>- One (1) Accelerate Capsule</p> <p>Calories: 190 Carbs: 20 Protein: 28 Fat: 0</p>	<p>Tuna Cup</p> <ul style="list-style-type: none"> - 1 can albacore tuna in water - Diced cilantro, jalapeno and onions to taste - 2 tbsp. heart healthy mayo* <p>- One (1) XypStix Packet</p> <p>Calories: 230 Carbs: 7 Protein: 40 Fat: 4</p>	<p>Lean Shake and Veggies</p> <ul style="list-style-type: none"> - Add 2 scoops of Lean to 8 oz of almond or skim milk - Green veggies of your choice <p>- One (1) Accelerate Capsule</p> <p>Calories: 180 Carbs: 15 Protein: 21 Fat: 2</p>	<p>Chicken Salad</p> <ul style="list-style-type: none"> - 3 oz baked skinless chicken breast - Mixed spring greens - 1/2 cup black beans (optional) - Sliced tomato, cucumber, or green pepper - Vinaigrette <p>- One (1) XypStix Packet</p> <p>Calories: 300 Carbs: 30 Protein: 36 Fat: 3</p>	Two (2) Flush capsules (taken with a warm beverage)

*Heart healthy mayo consists of 8 oz plain non-fat Greek yogurt and 1 small ripe avocado blended together

Body Transformation Meal Plan - Day 10

BEFORE BREAKFAST	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME
One (1) XYNG Capsule	<p>Breakfast Smoothie w/ Lean</p> <ul style="list-style-type: none"> - 2 scoops of Lean - 1/2 large banana - One (1) XypStix Packet - 6-8 oz almond or skim milk <p>Dir: Blend & Enjoy</p> <p>- Two (2) Axion Tablets</p> <p>Calories: 225 Carbs: 29 Protein: 21 Fat: 3</p>	<p>Wheat Crackers w/ Hummus</p> <ul style="list-style-type: none"> - Approx. 15 wheat crackers - 2 tbsp. hummus <p>- One (1) Accelerate Capsule</p> <p>Calories: 180 Carbs: 25 Protein: 6 Fat: 6</p>	<p>Chicken Bowl</p> <ul style="list-style-type: none"> - 3 oz baked chicken breast - 1/2 cup brown rice, cooked - 1/2 cup black beans - 2 tbsp. salsa <p>- One (1) XypStix Packet</p> <p>Calories: 380 Carbs: 47 Protein: 38 Fat: 4</p>	<p>Almonds or Walnuts</p> <ul style="list-style-type: none"> - Handful (~25) of almonds or walnuts <p>- One (1) Accelerate Capsule</p> <p>Calories: 180 Carbs: 5 Protein: 8 Fat: 15</p>	<p>Salmon and Steamed Veggies</p> <ul style="list-style-type: none"> - 3 oz wild salmon - Unlimited steamed veggies <p>- One (1) XypStix Packet</p> <p>Calories: 280 Carbs: 11 Protein: 25 Fat: 15</p>	Two (2) Flush capsules (taken with a warm beverage)

Body Transformation Meal Plan - Day 11

BEFORE BREAKFAST	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME
One (1) XYNG Capsule	<p>3 Egg Omelet</p> <ul style="list-style-type: none"> - 1 whole egg - 2 egg whites - 1/2 cup mixed veggies - 2 tbsp. salsa - Wheat toast or 1/2 wheat bagel w/1 tsp. almond butter <p>- One (1) XypStix Packet - Two (2) Axion Tablets</p> <p>Calories: 320 Carbs: 28 Protein: 18 Fat: 15</p>	<p>Wheat Bread or Bagel w/ Almond Butter</p> <ul style="list-style-type: none"> - 1 slice wheat bread or 1/2 wheat bagel - 1 tbsp. almond butter or natural peanut butter <p>- One (1) Accelerate Capsule</p> <p>Calories: 210 Carbs: 23 Protein: 6 Fat: 10</p>	<p>Chicken Kabob w/Brown Rice</p> <ul style="list-style-type: none"> - 3 oz baked chicken breast - Assorted veggies - 1/2 cup brown rice or quinoa - Serving of broccoli or side salad w/vinaigrette <p>- One (1) XypStix Packet</p> <p>Calories: 300 Carbs: 31 Protein: 32 Fat: 5</p>	<p>Lean Shake and Veggies</p> <ul style="list-style-type: none"> - Add 2 scoops of Lean to 8 oz of almond or skim milk - Green veggies of your choice <p>- One (1) Accelerate Capsule</p> <p>Calories: 180 Carbs: 15 Protein: 21 Fat: 2</p>	<p>Steak & Steamed Veggies (or lean ground beef patty)</p> <ul style="list-style-type: none"> - 3 oz top sirloin - Unlimited steamed veggies <p>- One (1) XypStix Packet</p> <p>Calories: 280 Carbs: 16 Protein: 36 Fat: 8</p>	Two (2) Flush capsules (taken with a warm beverage)

Body Transformation Meal Plan - Day 12

BEFORE BREAKFAST	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME
One (1) XYNG Capsule	<p>Bagel w/Cream Cheese & Lean</p> <ul style="list-style-type: none"> - 1/2 wheat bagel - 2 tbsp. low-fat whipped cream cheese - 1 medium apple <p>- 1 scoop of Lean w/8 oz water - One (1) XypStix Packet - Two (2) Axion Tablets</p> <p>Calories: 290 Carbs: 41 Protein: 18 Fat: 6</p>	<p>Lean Protein Pudding (6 ser.)</p> <ul style="list-style-type: none"> - 1 pack of sugar free/fat free pudding mix. Follow directions on package (use almond or skim milk) - 6 scoops of lean <p>- One (1) Accelerate Capsule</p> <p>Calories: Carbs: Protein: Fat:</p>	<p>Chicken Salad</p> <ul style="list-style-type: none"> - 3 oz baked skinless chicken breast - Mixed spring greens - 1/2 cup black beans (optional) - Sliced tomato, cucumber, or green pepper - Vinaigrette <p>- One (1) XypStix Packet</p> <p>Calories: 300 Carbs: 30 Protein: 36 Fat: 3</p>	<p>Oranges, Apples, or Almonds</p> <ul style="list-style-type: none"> - Orange/apple slices or almonds (approx. 14 pieces) <p>- One (1) Accelerate Capsule</p> <p>Calories: 230 Carbs: 17 Protein: 7 Fat: 15</p>	<p>Quinoa Black Bean Salad</p> <ul style="list-style-type: none"> - 1/2 cup quinoa cooked - 1/2 cup black beans low sod. - 1 tsp. extra virgin olive oil - 1 tsp. chopped cilantro - 1 tbsp. onion diced - 2 tbsp. diced tomato - 2 romaine lettuce leaves <p>Dir: Mix together and eat</p> <p>- One (1) XypStix Packet</p> <p>Calories: 330 Carbs: 24 Protein: 36 Fat: 10</p>	Two (2) Flush capsules (taken with a warm beverage)

Body Transformation Meal Plan - Day 13

BEFORE BREAKFAST	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME
<p>One (1) XYNG Capsule</p>	<p>Oatmeal w/Berries</p> <ul style="list-style-type: none"> - 1 cup cooked steel cut oatmeal - 1/2 cup mixed berries - 3 egg whites <p>- One (1) XypStix Packet - Two (2) Axion Tablets</p> <p>Calories: 250 Carbs: 30 Protein: 17 Fat: 2</p>	<p>Peanut Butter Cup Lean Shake</p> <ul style="list-style-type: none"> - 2 scoops of Lean - 1 tbsp. natural unsalted peanut butter - 1 packet fat free cocoa mix - 12 oz water - 2-3 ice cubes <p>- One (1) Accelerate Capsule</p> <p>Calories: 240 Carbs: 13 Protein: 7 Fat: 8</p>	<p>Veggie Burger</p> <ul style="list-style-type: none"> - 1 whole wheat bun - 1 gargen burger - 1 tbsp. dijon mustard - 1 slice tomato spinach leaves <p>- One (1) XypStix Packet</p> <p>Calories: 330 Carbs: 45 Protein: 10 Fat: 5</p>	<p>Oranges, Apples, or Almonds</p> <ul style="list-style-type: none"> - Orange/apple slices or almonds (approx. 14 pieces) <p>- One (1) Accelerate Capsule</p> <p>Calories: 230 Carbs: 17 Protein: 7 Fat: 15</p>	<p>Chicken Broccoli Quinoa</p> <ul style="list-style-type: none"> - 1 baked chicken breast - 1 cup broccoli - 1/2 cup quinoa <p>- One (1) XypStix Packet</p> <p>Calories: 280 Carbs: 30 Protein: 27 Fat: 5</p>	<p>Two (2) Flush capsules (taken with a warm beverage)</p>

Body Transformation Meal Plan - Day 14

BEFORE BREAKFAST	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME
<p>One (1) XYNG Capsule</p>	<p>Burrito</p> <ul style="list-style-type: none"> - 1 whole wheat tortilla - 2 egg whites & 1 whole egg (scrambled) - 1 oz mozzarella (part skim) - 2 tbsp. salsa or hot sauce - 1 piece of fruit <p>- One (1) XypStix Packet - Two (2) Axion Tablets</p> <p>Calories: 320 Carbs: 33 Protein: 16 Fat: 14</p>	<p>Wheat Bread/Peanut Butter/Apple</p> <ul style="list-style-type: none"> - 1 slice wheat bread - 1 tbsp. natural peanut or almond butter - 1 apple <p>- One (1) Accelerate Capsule</p> <p>Calories: 290 Carbs: 37 Protein: 8 Fat: 10</p>	<p>Turkey Sandwich on Wheat Pita Bread</p> <ul style="list-style-type: none"> - 3 oz low salt turkey - 1 wheat pita - 1 tbsp. dijon mustard - 2 slices tomato spinach leaves - 1 banana <p>- One (1) XypStix Packet</p> <p>Calories: 300 Carbs: 45 Protein: 30 Fat: 0</p>	<p>Lean Protein Pudding (6 ser.)</p> <ul style="list-style-type: none"> - 1 pack of sugar free/fat free pudding mix. Follow directions on package (use almond or skim milk) - 6 scoops of lean <p>- One (1) Accelerate Capsule</p> <p>Calories: Carbs: Protein: Fat:</p>	<p>Chicken Salad</p> <ul style="list-style-type: none"> - 3 oz baked skinless chicken breast - Mixed spring greens - 1/2 cup black beans (optional) - Sliced tomato, cucumber, or green pepper - Vinaigrette <p>- One (1) XypStix Packet</p> <p>Calories: 300 Carbs: 30 Protein: 36 Fat: 3</p>	<p>Two (2) Flush capsules (taken with a warm beverage)</p>

Body Transformation Meal Plan - Day 15

BEFORE BREAKFAST	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME
<p>One (1) XYNG Capsule</p>	<p>Cereal and Fruit</p> <ul style="list-style-type: none"> - 1 cup multi grain cheerios - 6 oz skim or almond milk - 1/2 large banana sliced <p>- One (1) XypStix Packet - Two (2) Axion Tablets</p> <p>Calories: 290 Carbs: 52 Protein: 12 Fat: 1</p>	<p>Dark Chocolate Peanut Butter Squares</p> <ul style="list-style-type: none"> - 4 pieces dark chocolate - 1 tsp. natural unsalted peanut butter <p>- One (1) Accelerate Capsule</p> <p>Calories: 210 Carbs: 18 Protein: 4 Fat: 14</p>	<p>Salmon Salad</p> <ul style="list-style-type: none"> - 3 oz baked salmon (use canned wild salmon if needed) - Low salt seasoning - 2 cups of mixed greens - Light vinaigrette - 1 whole wheat dinner roll <p>- One (1) XypStix Packet</p> <p>Calories: 330 Carbs: 26 Protein: 28 Fat: 13</p>	<p>Turkey Lettuce Wrap</p> <ul style="list-style-type: none"> - 3 oz low salt turkey - 1 romaine lettuce leaf <p>- One (1) Accelerate Capsule</p> <p>Calories: 150 Carbs: 3 Protein: 34 Fat: 0</p>	<p>Chicken Roll-Up</p> <ul style="list-style-type: none"> - 1 chicken breast - 1/2 can of low-fat chili - 1 oz slim jack cheese - 1/2 cup black beans - 1 cup broccoli <p>Dir: Roll cheese & chili inside chicken, and stick w/toothpick. Bake for 30 min @350</p> <p>- One (1) XypStix Packet</p> <p>Calories: 350 Carbs: 27 Protein: 41 Fat: 7</p>	<p>Two (2) Flush capsules (taken with a warm beverage)</p>

Body Transformation Meal Plan - Day 16

BEFORE BREAKFAST	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME
<p>One (1) XYNG Capsule</p>	<p>Breakfast Sandwich</p> <ul style="list-style-type: none"> - 1 whole wheat english muffin - 2 scrambled egg whites - 1 slice canadian bacon - 1 slice mozzarella (part skim) <p>- One (1) XypStix Packet - Two (2) Axion Tablets</p> <p>Calories: 285 Carbs: 30 Protein: 23 Fat: 7</p>	<p>Apples and Peanut Butter</p> <ul style="list-style-type: none"> - 1 1/2 tbsp. natural peanut or almond butter - 1 sliced apple <p>- One (1) Accelerate Capsule</p> <p>Calories: 290 Carbs: 37 Protein: 8 Fat: 10</p>	<p>Chicken Soft Tacos</p> <ul style="list-style-type: none"> - 2 wheat tortillas - 3 oz baked chicken (shredded) - 1 oz shredded mozzarella (part skim) - Shredded romaine lettuce - Diced tomato - 2 tbsp. salsa <p>- One (1) XypStix Packet</p> <p>Calories: 360 Carbs: 24 Protein: 41 Fat: 11</p>	<p>Low Fat Greek Yogurt w/ Fruit</p> <ul style="list-style-type: none"> - 1 cup low-fat Greek yogurt - Add fruit as desired <p>- One (1) Accelerate Capsule</p> <p>Calories: 160 Carbs: 24 Protein: 13 Fat: 2</p>	<p>Turkey Salad</p> <ul style="list-style-type: none"> - 3 oz baked turkey breast - 2 cups mixed greens - 1 small diced tomato - Add cabbage, celery, mushroom, etc. (optional) - Grated parmesan cheese - 2 tbsp. light vinaigrette <p>- One (1) XypStix Packet</p> <p>Calories: 320 Carbs: 15 Protein: 28 Fat: 11</p>	<p>Two (2) Flush capsules (taken with a warm beverage)</p>

Body Transformation Meal Plan - Day 17

BEFORE BREAKFAST	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME
One (1) XYNG Capsule	<p>Poached Egg on Toast & Fruit</p> <ul style="list-style-type: none"> - 1 egg poached - 1 slice wheat toast - 1/2 grapefruit <p>- One (1) XypStix Packet - Two (2) Axion Tablets</p> <p>Calories: 200 Carbs: 25 Protein: 11 Fat: 6</p>	<p>Almonds or Walnuts</p> <ul style="list-style-type: none"> - Handful (-25) of almonds or walnuts <p>- One (1) Accelerate Capsule</p> <p>Calories: 180 Carbs: 5 Protein: 8 Fat: 15</p>	<p>Turkey Burger</p> <ul style="list-style-type: none"> - 1 wheat bun - 3 oz extra lean turkey patty - 1 tsp. dijon mustard - 1 slice mozzarella (part skim) - Lettuce - Tomato - Onion <p>- One (1) XypStix Packet</p> <p>Calories: 310 Carbs: 22 Protein: 35 Fat: 9</p>	<p>Egg Whites & Fruit</p> <ul style="list-style-type: none"> - 3 hard boiled eggs (whites only) - 1 piece fruit (except banana) <p>- One (1) Accelerate Capsule</p> <p>Calories: 120 Carbs: 16 Protein: 12 Fat: 0</p>	<p>Baked Tilapia</p> <ul style="list-style-type: none"> - 4 oz tilapia fillet - 2-3 tbsp. mango salsa* - Asparagus spears <p>- One (1) XypStix Packet</p> <p>Calories: 225 Carbs: 20 Protein: 32 Fat: 3</p>	Two (2) Flush capsules (taken with a warm beverage)

*Mango salsa includes: 1 ripe diced mango, 1 small red onion chopped, 1 small cucumber chopped, 1 jalapeno minced, 3 tbsp. cilantro leaves chopped, 3 tbsp. lime juice, salt and pepper. Mix all ingredients together.

Body Transformation Meal Plan - Day 18

BEFORE BREAKFAST	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME
One (1) XYNG Capsule	<p>French Toast</p> <ul style="list-style-type: none"> - 2 slices of wheat bread - 2 egg whites - 4 oz skim milk - 1 tsp. vanilla extract - 1/2 tsp. cinnamon <p>- One (1) XypStix Packet - Two (2) Axion Tablets</p> <p>Calories: 350 Carbs: 57 Protein: 28 Fat: 4</p>	<p>Pina Colada Lean Smoothie</p> <ul style="list-style-type: none"> - 12 oz coconut water - 2 scoops of Lean - 1/4 cup unsweetened canned pineapple - 3-4 ice cubes <p>- One (1) Accelerate Capsule</p> <p>Calories: 290 Carbs: 37 Protein: 8 Fat: 10</p>	<p>Chicken Spinach Apple Salad</p> <ul style="list-style-type: none"> - 3 oz baked skinless chicken diced - 2 cups of spinach - 1 diced red apple - 1/2 oz shredded mozzarella (part skim) - 2 tbsp. light vinaigrette <p>- One (1) XypStix Packet</p> <p>Calories: 330 Carbs: 24 Protein: 36 Fat: 10</p>	<p>Celery & Almond Butter</p> <ul style="list-style-type: none"> - 3-4 6" celery sticks - 2 tbsp. unsalted natural almond butter <p>- One (1) Accelerate Capsule</p> <p>Calories: 210 Carbs: 9 Protein: 5 Fat: 19</p>	<p>Baked Pork Tenderloin</p> <ul style="list-style-type: none"> - 4 oz pork tenderloin - Low sodium seasoning - 1 cup steamed broccoli <p>- One (1) XypStix Packet</p> <p>Calories: 240 Carbs: 10 Protein: 36 Fat: 5</p>	Two (2) Flush capsules (taken with a warm beverage)

Body Transformation Meal Plan - Day 19

BEFORE BREAKFAST	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME
One (1) XYNG Capsule	<p>Orangesicle Protein Oatmeal</p> <ul style="list-style-type: none"> - 1/4 cup uncooked oatmeal - 1 scoop of Lean - 1 tbsp. frozen orange juice concentrate (unsweetened) <p>Dir: Cook oatmeal as per directions, add juice and Lean</p> <ul style="list-style-type: none"> - One (1) XypStix Packet - Two (2) Axion Tablets <p>Calories: 350 Carbs: 57 Protein: 28 Fat: 4</p>	<p>Apple and Almond Butter</p> <ul style="list-style-type: none"> - 1 apple - 1 tbsp. almond butter <p>- One (1) Accelerate Capsule</p> <p>Calories: 160 Carbs: 18 Protein: 3 Fat: 9</p>	<p>Taco Salad</p> <ul style="list-style-type: none"> - 3 oz lean ground turkey - Chili powder or taco season. - 2 cups shredded romaine lettuce - 3 tbsp. diced tomato - 2-3 tbsp. diced red onion - 2 tbsp. lowfat cheddar cheese - 2tbsp. salsa or hot sauce <p>- One (1) XypStix Packet</p> <p>Calories: 270 Carbs: 13 Protein: 33 Fat: 9</p>	<p>Tuna Stuffed Celery</p> <ul style="list-style-type: none"> - 3-4 celery sticks - Albacore tuna in water - Heart healthy mayo* - 8oz nonfat plain Greek yogurt - 1 small ripe avocado <p>Dir: blend together, add tuna</p> <p>- One (1) Accelerate Capsule</p> <p>Calories: 220 Carbs: 7 Protein: 38 Fat: 4</p>	<p>Steak Kabobs</p> <ul style="list-style-type: none"> - 3 oz top sirloin (remove fat) - Assorted veggies - 1/2 sweet potato - 1 cup steamed broccoli <p>Dir: Grill all ingredients in foil, brush with steak sauce and add 2-3 ice cubes to keep from sticking to foil</p> <p>- One (1) XypStix Packet</p> <p>Calories: 270 Carbs: 24 Protein: 39 Fat: 7</p>	Two (2) Flush capsules (taken with a warm beverage)

*Heart healthy mayo consists of 8 oz plain non-fat Greek yogurt and 1 small ripe avocado blended together

Body Transformation Meal Plan - Day 20

BEFORE BREAKFAST	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME
One (1) XYNG Capsule	<p>Banana Lean Shake</p> <ul style="list-style-type: none"> - 1/2 sliced frozen banana (take peel off and slice before freezing) - 2 scoops of Lean - 2 shots of Global Blend - 8 oz of water* <p>Dir: blend together and serve *add 90 calories for skim milk</p> <ul style="list-style-type: none"> - Two (2) Axion Tablets <p>Calories: 170 Carbs: 22 Protein: 20 Fat: 0</p>	<p>Trail Mix</p> <ul style="list-style-type: none"> - Handful of raw almonds & cashews - carob chips <p>Dir: mix together and eat</p> <p>- One (1) Accelerate Capsule</p> <p>Calories: 230 Carbs: 9 Protein: 10 Fat: 17</p>	<p>Quinoa Black Bean Salad</p> <ul style="list-style-type: none"> - 1/2 cup quinoa cooked - 1/2 cup black beans low sod. - 1 tsp. extra virgin olive oil - 1 tsp. chopped cilantro - 1 tbsp. onion diced - 2 tbsp. diced tomato - 2 romaine lettuce leaves <p>Dir: Mix together and eat</p> <p>- One (1) XypStix Packet</p> <p>Calories: 330 Carbs: 24 Protein: 36 Fat: 10</p>	<p>Turkey and Cheese</p> <ul style="list-style-type: none"> - 2 oz low salt deli turkey - 1 oz mozzarella - Add mustard to taste <p>Dir: roll up and eat</p> <p>- One (1) Accelerate Capsule</p> <p>Calories: 140 Carbs: 2 Protein: 19 Fat: 6</p>	<p>Turkey Burger</p> <ul style="list-style-type: none"> - 1 wheat bun - 3 oz extra lean turkey patty - 1 tsp. dijon mustard - 1 slice mozzarella (part skim) - Lettuce - Tomato - Onion <p>- One (1) XypStix Packet</p> <p>Calories: 310 Carbs: 22 Protein: 35 Fat: 9</p>	Two (2) Flush capsules (taken with a warm beverage)

Body Transformation Meal Plan - Day 21

BEFORE BREAKFAST	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME
<p>One (1) XYNG Capsule</p>	<p>Oatmeal w/Lean</p> <ul style="list-style-type: none"> - Add 1 scoop of Lean to cooked steel cut oatmeal - 1/2 sliced banana <p>- One (1) XypStix Packet</p> <p>- Two (2) Axion Tablets</p> <p>Calories: 270 Carbs: 43 Protein: 15 Fat: 4</p>	<p>Wheat Crackers w/ Hummus</p> <ul style="list-style-type: none"> - Approx. 15 wheat crackers - 2 tbsp. hummus <p>- One (1) Accelerate Capsule</p> <p>Calories: 180 Carbs: 25 Protein: 6 Fat: 6</p>	<p>Chicken Kabob w/Brown Rice</p> <ul style="list-style-type: none"> - 3 oz baked chicken breast - Assorted veggies - 1/2 cup brown rice or quinoa - Serving of broccoli or side salad w/vinaigrette <p>- One (1) XypStix Packet</p> <p>Calories: 300 Carbs: 31 Protein: 32 Fat: 5</p>	<p>Oranges, Apples, or Almonds</p> <ul style="list-style-type: none"> - Orange/apple slices or almonds (approx. 14 pieces) <p>- One (1) Accelerate Capsule</p> <p>Calories: 230 Carbs: 17 Protein: 7 Fat: 15</p>	<p>Chicken Broccoli Quinoa</p> <ul style="list-style-type: none"> - 1 baked chicken breast - 1 cup broccoli - 1/2 cup quinoa <p>- One (1) XypStix Packet</p> <p>Calories: 280 Carbs: 30 Protein: 27 Fat: 5</p>	<p>Two (2) Flush capsules (taken with a warm beverage)</p>

Body Transformation Meal Plan - Day 22

BEFORE BREAKFAST	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME
<p>One (1) XYNG Capsule</p>	<p>Breakfast Smoothie w/ Lean</p> <ul style="list-style-type: none"> - 2 scoops of Lean - 1/2 large banana - One (1) XypStix Packet - 6-8 oz almond or skim milk <p>Dir: Blend & Enjoy</p> <p>- Two (2) Axion Tablets</p> <p>Calories: 225 Carbs: 29 Protein: 21 Fat: 3</p>	<p>Cottage Cheese and Fruit</p> <ul style="list-style-type: none"> - 1 cup non-fat cottage cheese - 1/2 cup of fruit <p>- One (1) Accelerate Capsule</p> <p>Calories: 190 Carbs: 20 Protein: 28 Fat: 0</p>	<p>Chicken Bowl</p> <ul style="list-style-type: none"> - 3 oz baked chicken breast - 1/2 cup brown rice, cooked - 1/2 cup black beans - 2 tbsp. salsa <p>- One (1) XypStix Packet</p> <p>Calories: 380 Carbs: 47 Protein: 38 Fat: 4</p>	<p>Turkey and Cheese</p> <ul style="list-style-type: none"> - 2 oz low salt deli turkey - 1 oz mozzarella - Add mustard to taste <p>Dir: roll up and eat</p> <p>- One (1) Accelerate Capsule</p> <p>Calories: 140 Carbs: 2 Protein: 19 Fat: 6</p>	<p>Chicken Salad</p> <ul style="list-style-type: none"> - 3 oz baked skinless chicken breast - Mixed spring greens - 1/2 cup black beans (optional) - Sliced tomato, cucumber, or green pepper - Vinaigrette <p>- One (1) XypStix Packet</p> <p>Calories: 300 Carbs: 30 Protein: 36 Fat: 3</p>	<p>Two (2) Flush capsules (taken with a warm beverage)</p>

Body Transformation Meal Plan - Day 23

BEFORE BREAKFAST	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME
<p>One (1) XYNG Capsule</p>	<p>Oatmeal w/Berries</p> <ul style="list-style-type: none"> - 1 cup cooked steel cut oatmeal - 1/2 cup mixed berries - 3 egg whites <p>- One (1) XypStix Packet - Two (2) Axion Tablets</p> <p>Calories: 250 Carbs: 30 Protein: 17 Fat: 2</p>	<p>Lean Protein Pudding (6 ser.)</p> <ul style="list-style-type: none"> - 1 pack of sugar free/fat free pudding mix. Follow directions on package (use almond or skim milk) - 6 scoops of lean <p>- One (1) Accelerate Capsule</p> <p>Calories: Carbs: Protein: Fat:</p>	<p>Veggie Burger</p> <ul style="list-style-type: none"> - 1 whole wheat bun - 1 gargen burger - 1 tbsp. dijon mustard - 1 slice tomato spinach leaves <p>- One (1) XypStix Packet</p> <p>Calories: 330 Carbs: 45 Protein: 10 Fat: 5</p>	<p>Apples and Peanut Butter</p> <ul style="list-style-type: none"> - 1 1/2 tbsp. natural peanut or almond butter - 1 sliced apple <p>- One (1) Accelerate Capsule</p> <p>Calories: 290 Carbs: 37 Protein: 8 Fat: 10</p>	<p>Steak & Steamed Veggies (or lean ground beef patty)</p> <ul style="list-style-type: none"> - 3 oz top sirloin - Unlimited steamed veggies <p>- One (1) XypStix Packet</p> <p>Calories: 280 Carbs: 16 Protein: 36 Fat: 8</p>	<p>Two (2) Flush capsules (taken with a warm beverage)</p>

Body Transformation Meal Plan - Day 24

BEFORE BREAKFAST	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME
<p>One (1) XYNG Capsule</p>	<p>Bagel w/Cream Cheese & Lean</p> <ul style="list-style-type: none"> - 1/2 wheat bagel - 2 tbsp. low-fat whipped cream cheese - 1 medium apple <p>- 1 scoop of Lean w/8 oz water - One (1) XypStix Packet - Two (2) Axion Tablets</p> <p>Calories: 290 Carbs: 41 Protein: 18 Fat: 6</p>	<p>Peanut Butter Cup Lean Shake</p> <ul style="list-style-type: none"> - 2 scoops of Lean - 1 tbsp. natural unsalted peanut butter - 1 packet fat free cocoa mix - 12 oz water - 2-3 ice cubes <p>- One (1) Accelerate Capsule</p> <p>Calories: 240 Carbs: 13 Protein: 7 Fat: 8</p>	<p>Turkey Sandwich on Wheat Pita</p> <ul style="list-style-type: none"> - 3 oz low salt turkey - 1 wheat pita - 1 tbsp. dijon mustard - 2 slices tomato spinach leaves - 1 banana <p>- One (1) XypStix Packet</p> <p>Calories: 300 Carbs: 45 Protein: 30 Fat: 0</p>	<p>Oranges, Apples, or Almonds</p> <ul style="list-style-type: none"> - Orange/apple slices or almonds (approx. 14 pieces) <p>- One (1) Accelerate Capsule</p> <p>Calories: 230 Carbs: 17 Protein: 7 Fat: 15</p>	<p>Chicken Salad</p> <ul style="list-style-type: none"> - 3 oz baked skinless chicken breast - Mixed spring greens - 1/2 cup black beans (optional) - Sliced tomato, cucumber, or green pepper - Vinaigrette <p>- One (1) XypStix Packet</p> <p>Calories: 300 Carbs: 30 Protein: 36 Fat: 3</p>	<p>Two (2) Flush capsules (taken with a warm beverage)</p>

Body Transformation Meal Plan - Day 25

BEFORE BREAKFAST	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME
<p>One (1) XYNG Capsule</p>	<p>Oatmeal w/Lean</p> <ul style="list-style-type: none"> - Add 1 scoop of Lean to cooked steel cut oatmeal - 1/2 sliced banana <p>- One (1) XypStix Packet - Two (2) Axion Tablets</p> <p>Calories: 270 Carbs: 43 Protein: 15 Fat: 4</p>	<p>Cottage Cheese and Fruit</p> <ul style="list-style-type: none"> - 1 cup non-fat cottage cheese - 1/2 cup of fruit <p>- One (1) Accelerate Capsule</p> <p>Calories: 190 Carbs: 20 Protein: 28 Fat: 0</p>	<p>Tuna Cup</p> <ul style="list-style-type: none"> - 1 can albacore tuna in water - Diced cilantro, jalapeno and onions to taste - 2 tbsp. heart healthy mayo* <p>- One (1) XypStix Packet</p> <p>Calories: 230 Carbs: 7 Protein: 40 Fat: 4</p>	<p>Lean Shake and Veggies</p> <ul style="list-style-type: none"> - Add 2 scoops of Lean to 8 oz of almond or skim milk - Green veggies of your choice <p>- One (1) Accelerate Capsule</p> <p>Calories: 180 Carbs: 15 Protein: 21 Fat: 2</p>	<p>Steak & Steamed Veggies (or lean ground beef patty)</p> <ul style="list-style-type: none"> - 3 oz top sirloin - Unlimited steamed veggies <p>- One (1) XypStix Packet</p> <p>Calories: 280 Carbs: 16 Protein: 36 Fat: 8</p>	<p>Two (2) Flush capsules (taken with a warm beverage)</p>

*Heart healthy mayo consists of 8 oz plain non-fat Greek yogurt and 1 small ripe avocado blended together

Body Transformation Meal Plan - Day 26

BEFORE BREAKFAST	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME
<p>One (1) XYNG Capsule</p>	<p>3 Egg Omelet</p> <ul style="list-style-type: none"> - 1 whole egg - 2 egg whites - 1/2 cup mixed veggies - 2 tbsp. salsa - Wheat toast or 1/2 wheat bagel w/1 tsp. almond butter <p>- One (1) XypStix Packet - Two (2) Axion Tablets</p> <p>Calories: 320 Carbs: 28 Protein: 18 Fat: 15</p>	<p>Pina Colada Lean Smoothie</p> <ul style="list-style-type: none"> - 12 oz coconut water - 2 scoops of Lean - 1/4 cup unsweetened canned pineapple - 3-4 ice cubes <p>- One (1) Accelerate Capsule</p> <p>Calories: 290 Carbs: 37 Protein: 8 Fat: 10</p>	<p>Chicken Spinach Apple Salad</p> <ul style="list-style-type: none"> - 3 oz baked skinless chicken diced - 2 cups of spinach - 1 diced red apple - 1/2 oz shredded mozzarella (part skim) - 2 tbsp. light vinaigrette <p>- One (1) XypStix Packet</p> <p>Calories: 330 Carbs: 24 Protein: 36 Fat: 10</p>	<p>Celery & Almond Butter</p> <ul style="list-style-type: none"> - 3-4 6" celery sticks - 2 tbsp. unsalted natural almond butter <p>- One (1) Accelerate Capsule</p> <p>Calories: 210 Carbs: 9 Protein: 5 Fat: 19</p>	<p>Turkey Burger</p> <ul style="list-style-type: none"> - 1 wheat bun - 3 oz extra lean turkey patty - 1 tsp. dijon mustard - 1 slice mozzarella (part skim) - Lettuce - Tomato - Onion <p>- One (1) XypStix Packet</p> <p>Calories: 310 Carbs: 22 Protein: 35 Fat: 9</p>	<p>Two (2) Flush capsules (taken with a warm beverage)</p>

Body Transformation Meal Plan - Day 27

BEFORE BREAKFAST	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME
One (1) XYNG Capsule	<p>Banana Lean Shake</p> <ul style="list-style-type: none"> - 1/2 sliced frozen banana (take peel off and slice before freezing) - 2 scoops of Lean - 2 shots of Global Blend - 8 oz of water* <p>Dir: blend together and serve *add 90 calories for skim milk</p> <p>- Two (2) Axion Tablets</p> <p>Calories: 170 Carbs: 22 Protein: 20 Fat: 0</p>	<p>Wheat Bread or Bagel w/ Almond Butter</p> <ul style="list-style-type: none"> - 1 slice wheat bread or 1/2 wheat bagel - 1 tbsp. almond butter or natural peanut butter <p>- One (1) Accelerate Capsule</p> <p>Calories: 210 Carbs: 23 Protein: 6 Fat: 10</p>	<p>Chicken Kabob w/Brown Rice</p> <ul style="list-style-type: none"> - 3 oz baked chicken breast - Assorted veggies - 1/2 cup brown rice or quinoa - Serving of broccoli or side salad w/vinaigrette <p>- One (1) XypStix Packet</p> <p>Calories: 300 Carbs: 31 Protein: 32 Fat: 5</p>	<p>Lean Shake and Veggies</p> <ul style="list-style-type: none"> - Add 2 scoops of Lean to 8 oz of almond or skim milk - Green veggies of your choice <p>- One (1) Accelerate Capsule</p> <p>Calories: 180 Carbs: 15 Protein: 21 Fat: 2</p>	<p>Salmon and Steamed Veggies</p> <ul style="list-style-type: none"> - 3 oz wild salmon - Unlimited steamed veggies <p>- One (1) XypStix Packet</p> <p>Calories: 280 Carbs: 11 Protein: 25 Fat: 15</p>	Two (2) Flush capsules (taken with a warm beverage)

Body Transformation Meal Plan - Day 28

BEFORE BREAKFAST	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME
One (1) XYNG Capsule	<p>Orangesicle Protein Oatmeal</p> <ul style="list-style-type: none"> - 1/4 cup uncooked oatmeal - 1 scoop of Lean - 1 tbsp. frozen orange juice concentrate (unsweetened) <p>Dir: Cook oatmeal as per directions, add juice and Lean</p> <p>- One (1) XypStix Packet</p> <p>- Two (2) Axion Tablets</p> <p>Calories: 350 Carbs: 57 Protein: 28 Fat: 4</p>	<p>Dark Chocolate Peanut Butter Squares</p> <ul style="list-style-type: none"> - 4 pieces dark chocolate - 1 tsp. natural unsalted peanut butter <p>- One (1) Accelerate Capsule</p> <p>Calories: 210 Carbs: 18 Protein: 4 Fat: 14</p>	<p>Salmon Salad</p> <ul style="list-style-type: none"> - 3 oz baked salmon (use canned wild salmon if needed) - Low salt seasoning - 2 cups of mixed greens - Light vinaigrette - 1 whole wheat dinner roll <p>- One (1) XypStix Packet</p> <p>Calories: 330 Carbs: 26 Protein: 28 Fat: 13</p>	<p>Turkey Lettuce Wrap</p> <ul style="list-style-type: none"> - 3 oz low salt turkey - 1 romaine lettuce leaf <p>- One (1) Accelerate Capsule</p> <p>Calories: 150 Carbs: 3 Protein: 34 Fat: 0</p>	<p>Chicken Roll-Up</p> <ul style="list-style-type: none"> - 1 chicken breast - 1/2 can of low-fat chili - 1 oz slim jack cheese - 1/2 cup black beans - 1 cup broccoli <p>Dir: Roll cheese & chili inside chicken, and stick w/toothpick. Bake for 30 min @350</p> <p>- One (1) XypStix Packet</p> <p>Calories: 350 Carbs: 27 Protein: 41 Fat: 7</p>	Two (2) Flush capsules (taken with a warm beverage)

Body Transformation Meal Plan - Day 29

BEFORE BREAKFAST	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	BEDTIME
<p>One (1) XYNG Capsule</p>	<p>Breakfast Sandwich</p> <ul style="list-style-type: none"> - 1 whole wheat english muffin - 2 scrambled egg whites - 1 slice canadian bacon - 1 slice mozzarella (part skim) <p>- One (1) XypStix Packet - Two (2) Axion Tablets</p> <p>Calories: 285 Carbs: 30 Protein: 23 Fat: 7</p>	<p>Almonds or Walnuts</p> <ul style="list-style-type: none"> - Handful (-25) of almonds or walnuts <p>- One (1) Accelerate Capsule</p> <p>Calories: 180 Carbs: 5 Protein: 8 Fat: 15</p>	<p>Turkey Burger</p> <ul style="list-style-type: none"> - 1 wheat bun - 3 oz extra lean turkey patty - 1 tsp. dijon mustard - 1 slice mozzarella (part skim) - Lettuce - Tomato - Onion <p>- One (1) XypStix Packet</p> <p>Calories: 310 Carbs: 22 Protein: 35 Fat: 9</p>	<p>Egg Whites & Fruit</p> <ul style="list-style-type: none"> - 3 hard boiled eggs (whites only) - 1 piece fruit (except banana) <p>- One (1) Accelerate Capsule</p> <p>Calories: 120 Carbs: 16 Protein: 12 Fat: 0</p>	<p>Turkey Salad</p> <ul style="list-style-type: none"> - 3 oz baked turkey breast - 2 cups mixed greens - 1 small diced tomato - Add cabbage, celery, mushroom, etc. (optional) - Grated parmesan cheese - 2 tbsp. light vinaigrette <p>- One (1) XypStix Packet</p> <p>Calories: 320 Carbs: 15 Protein: 28 Fat: 11</p>	<p>Two (2) Flush capsules (taken with a warm beverage)</p>