



It's all about living a healthy lifestyle. We don't do diets.

Wake-up: 1 Xyng + 2 Axion

Breakfast: Lean shake + 1 ounce Super Fruit Global Blend

Mid-morning snack: small protein snack if needed {Use Cheat}

Lunch: 500-600 calories {Use Cheat}

After lunch: 2 Accelerate

Dinner: Protein + veggies ONLY {Use Cheat}

1 hr before bed: 2 Flush

Follow these tips:

- Drink Xypstix as desired
- Drink 1/2 body weight in ounces of water every day
- Keep taking the supplements
- Cut off carbs and sugars at 2 pm {including whole grains & fruit}
- Be done eating for the day by 7 pm
- Sleep and exercise are essential to a healthy metabolism
- Eat a protein dense breakfast, eat your largest meal at lunch, and then enjoy a protein and veggie only dinner. It's even better to eat five small meals a day. In following that plan, adjust portion sizes accordingly.
- If you would rather eat breakfast, substitute a Lean shake for one of your other meals
- If you need a small snack between meals, eat lean protein only {use Cheat}
- Follow this plan 6 out of 7 days a week for a great lifestyle change. Have one free day.
- If you have fallen off the wagon or have gotten off track, do a mini course correction or an 8 day challenge and then get right back on this plan