



## Post-Ignite Plan

The post-Ignite plan is designed as a follow-up to the 8-day Ignite Fat Burning System. This plan includes a suggested diet and exercise plan that is meant to encourage long-term weight loss and help the body achieve its ideal weight. Please see xyngular.com for exercise plan information.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Serving Size, Tips and Other Information
<b>Week 1</b>	Low Carb	Low Carb	Low Carb	High Carb	Low Carb	Low Carb	Cheat <sup>Δ</sup>	<p><sup>Δ</sup> Cheat day allows you to eat whatever you like (within reason). In order to maximize results, avoid all sugars and processed carbohydrates when possible.</p> <p>* We recommend drinking 1 gallon of water (128 oz) daily.</p> <p><sup>†</sup> Due to sugar content, fruit should not be added to the Lean Smoothie. Global Blend may be used as a fruit substitute.</p> <p><sup>‡</sup> <b>Protein, Grain, and Vegetable Guidelines:</b></p> <ul style="list-style-type: none"> <li>• Protein can include any item from the Healthy Shopping List under "Animal Products" or "Fish &amp; Seafood" (  women 4 oz;  men 4-6 oz).</li> <li>• Grains can include any item from the Healthy Shopping List under "Grains."</li> <li>• Vegetables can include any item from the Healthy Shopping List under "Vegetables" and should be steamed or eaten raw, w/ no dressings or toppings.</li> </ul> <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>• For men and women whose goal is to lose 40lbs or more, we recommend beginning with 6 oz of protein. Athletes, or those exercising vigorously, should increase serving sizes by 1/2.</li> <li>• Dosing of the individual products may vary based on individual preferences, tolerance, etc. Do not exceed recommended serving size.</li> <li>• Upon completion of day 21 of the post-ignite program you may repeat the Ignite program, repeat Days 1-21 of the post-ignite, or continue on to week 4 of the post-ignite program.</li> </ul> <p><b>Serving Size Tips:</b></p> <ul style="list-style-type: none"> <li>• 6 oz serving of protein is equal to two decks of playing cards.</li> <li>• 1/2 cup serving of raw vegetables is equivalent to a light-bulb.</li> <li>• 1/4 cup of nuts is equivalent to a small handful.</li> </ul> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  =  <p>6 oz      2 decks</p> </div> <div style="text-align: center;">  =  <p>1/2 cup      1 bulb</p> </div> <div style="text-align: center;">  =  <p>1/4 cup      small handful</p> </div> </div>
<b>Week 2</b>	Low Carb	Low Carb	Low Carb	High Carb	Low Carb	Low Carb	Cheat <sup>Δ</sup>	
<b>Week 3</b>	Low Carb	Low Carb	Low Carb	High Carb	Low Carb	Low Carb	Cheat <sup>Δ</sup>	
<b>Week 4 (optional)</b>	Med Carb	Med Carb	Med Carb	Med Carb	Med Carb	Med Carb	Cheat <sup>Δ</sup>	
	Low Carb	Med Carb	High Carb					
<b>Wake-Up</b>	8 oz water*	8 oz water	8 oz water					
<b>Breakfast</b>	Egg Whites (1/2 cup) Vegetables <sup>‡</sup> (1 cup) Global Blend and Axion	Egg Whites (1/2 cup) Steel Cut Oats (1/2 cup) Vegetables (1/2 cup) Global Blend and Axion	Egg Whites (1/2 cup) Steel Cut Oats (1 cup) Vegetables (1/2 cup) Global Blend and Axion					
<b>Morning Snack</b>	Lean Smoothie <sup>†</sup> Xyng (w/meal) Almonds, Peanuts, or Sunflower Seeds (1/4 cup; raw and unsalted)	Lean Smoothie Xyng (w/meal)	Lean Smoothie Xyng (w/meal) Almonds, Peanuts, or Sunflower Seeds (1/4 cup; raw and unsalted)					
<b>Lunch</b>	Cheat+ (30 min. prior to meal) Protein Meal <sup>‡</sup> Vegetables (1 cup) Accelerate (after meal)	Cheat+ (30 min. prior to meal) Protein Meal Grains <sup>‡</sup> (1 cup) Accelerate (after meal)	Cheat+ (30 min. prior to meal) Protein Meal Vegetables (1 1/2 cups) Grains (1 1/2 cups) Accelerate (after meal)					
<b>Afternoon Snack</b>	Lean Smoothie Accelerate (after meal) Spryng	Lean Smoothie Almonds, Peanuts, or Sunflower Seeds (1/4 cup; raw and unsalted) Accelerate (after meal) Spryng	Lean Smoothie Grains (1 cup) 1 serving of Fruit Accelerate (after meal) Spryng					
<b>Dinner</b>	Cheat+ (30 min. prior to meal) Protein Meal Vegetables (1/2 cup)	Cheat+ (30 min. prior to meal) Protein Meal Vegetables (1/2 cup)	Cheat+ (30 min. prior to meal) Protein Meal Vegetables (1/2 cup)					
<b>Before Bed</b>			Flush (w/warm drink)					



### Animal Products

- Turkey
- Chicken
- Elk
- Venison
- Liver



### Fish & Seafood Crab

- Flounder
- Grouper
- Herring
- Lobster
- Mahi Mahi
- Orange Roughy
- Oysters
- Red Snapper
- Salmon
- Sardine
- Sea Bass
- Shrimp
- Swordfish
- Tilapia
- Tuna
- Trout



### Grains

- Barley
- Brown Rice (organic)
- Buckwheat
- Cous Cous
- Oats (steel cut)
- Quinoa
- Rye



### Beans

- Azuki
- Black
- Kidney
- Lentils
- Lima
- Navy
- Pinto



### Vegetables

- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Endive
- Green Beans
- Kale
- Lettuce (romaine)
- Mushrooms (1-2 servings/wk)
- Onion
- Parsley
- Scallion
- Spinach
- Squash
- Sweet Potato
- Turnip
- Snow Peas



### Fruit

- Apple
- Peach
- Strawberry
- Watermelon (when in season)



### Oils

- Coconut
- Olive
- Sesame
- Sunflower



### Dairy (no cow dairy)

- Almond Milk
- Goat Cheese
- Goat Milk
- Rice Milk



### Drinks

- Distilled Water
- Global Blend
- Green Tea
- Xypstix
- Spryng



### Seasonings

- Cayenne Pepper
- Garlic
- Herbs
- Onions
- Pepper
- Sea Salt (in moderation)



### Sweeteners (in moderation)

- Agave
- Date Sugar
- Palatinose
- Stevia



### Other

- Balsamic Vinegar
- Nuts: Almonds, Walnuts, Peanuts (raw only)
- Seeds: Pumpkin, Sunflower, Sesame
- Natural Peanut Butter
- Natural Almond Butter