



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
Week 1	Low Carb	Low Carb	Low Carb	High Carb	Low Carb	Low Carb	Cheat ^Δ	<p>^Δ 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>[†] Due to sugar content, fruit should not be added to the Lean Smoothie. Global Blend may be used as a fruit substitute.</p> <p>[‡] Protein, Grain, and Vegetable Guidelines:</p> <ul style="list-style-type: none"> • Protein can include any item from the Healthy Shopping List under "Animal Products" or "Fish & Seafood" (women 4 oz; men 4-6 oz). • Grains can include any item from the Healthy Shopping List under "Grains." • Vegetables can include any item from the Healthy Shopping List under "Vegetables" and should be steamed or eaten raw, w/ no dressings or toppings. <p>Notes:</p> <ul style="list-style-type: none"> • 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. • Dosing of the individual products may vary based on individual preferences, tolerance, etc. Do not exceed recommended serving size. • 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. <p>Serving Size Tips:</p> <ul style="list-style-type: none"> • 6 oz serving of protein is equal to two decks of playing cards. • 1/2 cup serving of raw vegetables is equivalent to a light-bulb. • 1/4 cup of nuts is equivalent to a small handful.
Week 2	Low Carb	Low Carb	Low Carb	High Carb	Low Carb	Low Carb	Cheat ^Δ	
Week 3	Low Carb	Low Carb	Low Carb	High Carb	Low Carb	Low Carb	Cheat ^Δ	
Week 4 (optional)	Med Carb	Med Carb	Med Carb	Med Carb	Med Carb	Med Carb	Cheat ^Δ	
	Low Carb		Med Carb		High Carb			
Wake-Up	8 oz water*		8 oz water		8 oz water			
Breakfast	Egg Whites (1/2 cup) Vegetables [‡] (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			
Morning Snack	Lean Smoothie [†] 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)			
Lunch	Cheat+ (30 min. prior to meal) Protein Meal [‡] Vegetables (1 cup) Accelerate (after meal)		Cheat+ (30 min. prior to meal) Protein Meal Grains [‡] (1 cup) Accelerate (after meal)		Cheat+ (30 min. prior to meal) Protein Meal Vegetables (1 ½ cups) Grains (1 ½ cups) Accelerate (after meal)			
Afternoon Snack	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			
Dinner	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)			
Before Bed					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