

# IGNITE Planner

Day 1 Deep Cleanse/Detox/Protein-Only Day		Day 2 Deep Cleanse/Detox/Protein-Only Day	
XYNG 1 <sup>st</sup> thing on empty stomach (wait 30-60 min)	<b>Waking</b>	XYNG 1 <sup>st</sup> thing on empty stomach (wait 30-60 min.)	<b>Waking</b>
LEAN Shake w/water or low-fat milk	<b>Breakfast</b>	LEAN Shake w/water or low-fat milk	<b>Breakfast</b>
2 – 4 oz turkey, lean fish, or steak	<b>Mid AM</b>	2 – 4 oz turkey, lean fish, or steak	<b>Mid AM</b>
LEAN Shake w/water, skim, or low-fat milk	<b>Lunch</b>	LEAN Shake w/water, skim, or low-fat milk	<b>Lunch</b>
2 Accelerate caps	<b>1:00 PM</b>	2 Accelerate caps	<b>1:00 PM</b>
1 XYNG if needed for appetite suppression	<b>Early PM</b>	1 XYNG if needed for appetite suppression	<b>Early PM</b>
2 – 5 oz turkey, lean fish, or steak	<b>Mid PM</b>	2 – 5 oz turkey, lean fish, or steak	<b>Mid PM</b>
LEAN Shake w/water & Global Blend (at any one)	<b>Dinner</b>	LEAN Shake w/water & Global Blend (at any one)	<b>Dinner</b>
2 FLUSH w/warm water, tea, or hot beverage	<b>Bedtime</b>	2 FLUSH w/warm water, tea, or hot beverage	<b>Bedtime</b>
Day 3 Eating Day		Day 4 Deep Cleanse/Detox/Protein-Only Day	
XYNG 1 <sup>st</sup> thing on empty stomach (wait 30-60 min)	<b>Waking</b>	XYNG 1 <sup>st</sup> thing on empty stomach (wait 30-60 min.)	<b>Waking</b>
LEAN Shake w/4 – 6 oz Global Blend	<b>Breakfast</b>	LEAN Shake w/water or low-fat milk	<b>Breakfast</b>
Turkey or low-fat cheese	<b>Mid AM</b>	Low carb jerky	<b>Mid AM</b>
500 cal hi protein hi fiber meal w/CHEAT	<b>Lunch</b>	LEAN Shake w/water or low-fat milk	<b>Lunch</b>
2 Accelerate caps	<b>1 PM</b>	2 Accelerate caps	<b>1 PM</b>
	<b>Early PM</b>	1 XYNG if needed for appetite suppression	<b>Early PM</b>
	<b>Mid PM</b>	2 – 5 oz turkey, lean fish, or steak	<b>Mid PM</b>
Protein-only meal (chicken, fish, steak, turkey, etc.)	<b>Dinner</b>	LEAN Shake w/water & Global Blend (at any one)	<b>Dinner</b>
2 FLUSH w/warm water, tea, or hot beverage	<b>Bedtime</b>	2 FLUSH w/warm water, tea, or hot beverage	<b>Bedtime</b>
Day 5 Eating Day		Day 6 Deep Cleanse/Detox/Protein-Only Day	
XYNG 1 <sup>st</sup> thing on empty stomach (wait 30-60 min)	<b>Waking</b>	XYNG 1 <sup>st</sup> thing on empty stomach (wait 30-60 min.)	<b>Waking</b>
LEAN Shake w/4 – 6 oz Global Blend	<b>Breakfast</b>	LEAN Shake w/water or low-fat milk	<b>Breakfast</b>
Turkey or low-fat cheese	<b>Mid AM</b>	Turkey, lean fish, or steak	<b>Mid AM</b>
500 cal hi protein hi fiber meal w/ CHEAT	<b>Lunch</b>	LEAN Shake w/water, skim, or low-fat milk	<b>Lunch</b>
2 Accelerate caps	<b>1 PM</b>	2 Accelerate caps	<b>1 PM</b>
	<b>Early PM</b>	1 XYNG if needed for appetite suppression	<b>Early PM</b>
	<b>Mid PM</b>	2 – 5 oz turkey, lean fish, or steak	<b>Mid PM</b>
Protein-only meal (chicken, fish, steak, turkey, etc.)	<b>Dinner</b>	LEAN Shake w/water & Global Blend (at any one)	<b>Dinner</b>
2 FLUSH w/warm water, tea, or hot beverage	<b>Bedtime</b>	2 FLUSH w/warm water, tea, or hot beverage	<b>Bedtime</b>
Day 7 Eating Day		Day 8 Deep Cleanse/Detox/Protein-Only Day	
XYNG 1 <sup>st</sup> thing on empty stomach (wait 30-60 min)	<b>Waking</b>	XYNG 1 <sup>st</sup> thing on empty stomach (wait 30-60 min)	<b>Waking</b>
LEAN Shake w/4 – 6 oz Global Blend	<b>Breakfast</b>	LEAN Shake w/water, skim, or low-fat milk	<b>Breakfast</b>
Turkey or low-fat cheese	<b>Mid AM</b>	Low carb jerky	<b>Mid AM</b>
500 cal hi protein hi fiber meal w/ CHEAT	<b>Lunch</b>	LEAN Shake w/water or low-fat milk	<b>Lunch</b>
2 Accelerate caps	<b>1 PM</b>	2 Accelerate caps	<b>1 PM</b>
	<b>Early PM</b>	1 XYNG if needed for appetite suppression	<b>Early PM</b>
	<b>Mid PM</b>	2 – 5 oz turkey, lean fish, or steak	<b>Mid PM</b>
Protein-only meal (chicken, fish, steak, turkey, etc.)	<b>Dinner</b>	LEAN Shake w/water & Global Blend (at any one)	<b>Dinner</b>
2 FLUSH w/warm water, tea, or hot beverage	<b>Bedtime</b>	2 FLUSH w/warm water, tea, or hot beverage	<b>Bedtime</b>

**NOTE:** On Eating Days, avoid all white foods (white bread, white rice, white flour, etc. And avoid all fast food.  
**VERY IMPORTANT:** Every day drink half your body weight in water. If you weigh 150 pounds, drink 75 oz.