

ignite days 9-30

You just completed your first 8-day Ignite, you're feeling great, and you're on your way to a healthier you! So what's next? Director of Product, Peter Griscom, has put together this guide to help bridge the gap between the 8-day program and the Transformation Kit of your choice. Following Ignite days 9 - 30 will help you establish a healthy lifestyle and guide you through the process of your first Ignite Kit to your first Autoship order.

Daily Schedule:

Days	9 & 10	11 - 15	16 - 20	21 - 25	26 - 30
Meal 1	Product: 2 Axion Lean Shake (1 scoop) ^Δ	Product: 2 Axion, 1oz Global Blend, 1-2 Xyng 1 serving protein, 1 serving vegetables	Product: 2 Axion, 1oz Global Blend, 1-2 Xyng 1 serving protein, 1 serving fruit	Product: 2 Axion, 1oz Global Blend, 1-2 Xyng 1 serving protein, 1 serving vegetables	Product: 2 Axion, 1oz Global Blend, 1-2 Xyng 1 serving protein, 1 serving fruit
Meal 2	Product: 2 Accelerate Free Meal	1 serving protein, 1 serving vegetables	1 serving protein, 1-2 servings vegetables	1 serving protein, 1 serving vegetables	1 serving protein, 1-2 servings vegetables
Meal 3	Product: 2 Cheat + Free Meal	Product: 2 Cheat + 1 serving protein, 1 serving grains	Product: 2 Accelerate 1 serving protein, 1-2 servings vegetables	Product: 2 Cheat + 1 serving protein, 1 serving grains	Product: 2 Accelerate 1 serving protein, 1-2 servings vegetables
Meal 4	Product: 2 Accelerate Free Meal	1 serving protein, 1 serving vegetables	1 serving protein, 1-2 servings vegetables	1 serving protein, 1 serving vegetables	1 serving protein, 1-2 servings vegetables
Meal 5	Product: 2 Cheat +, Xr2 [†] Free Meal	Product: 2 Xr2 [†] Lean Shake (1 scoop) ^Δ	Product: 2 Xr2 [†] , 2 Flush** 1 serving protein, 1-2 servings vegetables	Product: 2 Xr2 [†] Lean Shake (1 scoop) ^Δ	Product: 2 Xr2 [†] , 2 Flush** 1 serving protein, 1-2 servings vegetables

Tips and Other Information

* We recommend continuing to drink 1 gallon of water (128 oz) daily during days 9-30.

** Use flush only as needed.

^Δ Shakes may include additions such as unsweetened almond milk, berries, bananas or other fruit.

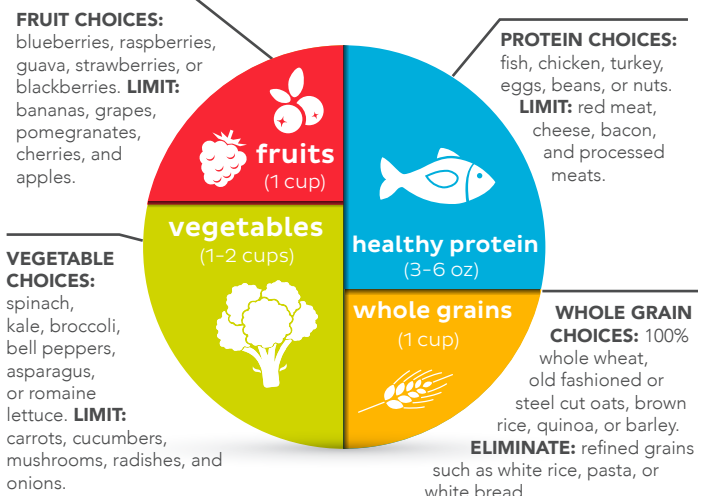
[†] UTK[®] ONLY - Use Xr2 with dinner.

NOTE: UTK[®] ONLY - While exercising 3-5 times per week during days 9-30, use one serving of Lean and one serving of Xypstix 30 minutes prior to exercise. Use one serving of Spryng throughout your workout. Use one serving of Xypstix with one scoop of Lean within an hour after exercise.

^{*} UTK refers to the Xyngular Ultimate Transformation Kit.

Serving Guide

Xyngular Healthy Plate



Serving Size Tips

- 3 oz fish = 1 palm
- 1 cup grains or vegetables = 1 fist

Use healthy oils (olive, coconut, canola) for cooking and on salads.

Drink water, tea, coffee, Spryng or Xypstix. Limit dairy, juice, soda, and sports drinks.