

# Innov8tive Ignite Plan



## Guide to Achieving Success

Our science based supplements combined with a restricted calorie nutrition plan, can help your body become more efficient at converting stored fat to energy. There is not a single product that can automatically make you lose or keep off fat.

To achieve success, a holistic approach is **RECOMMENDED**:

1. **Anti-inflammatory nutrition plan**
2. **Appropriate body motion (exercise)**
3. **Nutritional support**
4. **Behavioral changes (reduced stress, and proper sleep)**

Our Innov8tive Ignite system and anti inflammation nutrition plan help promote long-lasting lifestyle changes and results.



## Before You Start

- Consult with your health care provider before changing your nutrition plan and exercise routine, and before using Innov8tive products as with any dietary supplement product.
- **Weigh in** — It is recommended to weigh in the morning on the same scale (weight chart is included in this guide)
- Take measurements & determine **BMI** — Record chest/bust, arms, thighs, and abdomen measurements before beginning the program and weekly thereafter until your desired goal is reached. Determine your **BMI (Body Mass Index)** by using the calculation below. (Measurement charts are included on page 6 of this guide)



A healthy and optimal weight can be calculated by your BMI (Body Mass Index). Divide weight in pounds by height in inches squared and multiply by 703.

### STEP 1

Multiply your height in inches by itself.  
(height in inches) **X** (height in inches)

### STEP 2

Divide your weight in pounds by your step #1 result.  
(weight in pounds) **÷** (step #1 result)

### STEP 3

Multiply your result from step #2  
by a conversion rate of 703.  
(step #2 result) **X** 703 = BMI

**BMI Normal weight\*** = 21.00-24.99

**BMI Overweight** >25

**BMI Obese** > 30

**BMI Underweight** <18.5

\*According to the CDC. Learn more [here](#).

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

innov8tive  
NUTRITION

# Innov8tive Ignite Plan



## Day 1 and 2 (Phase 1)

### Use your products

Use 1 of each Ignite patches each every day.  
Take Optim8 daily to optimize digestive health.  
Take Ignite Coffee one to two times daily.

Begin with your products on Day 1 and continue throughout the challenge.

### Watch your calories

The goal is to consume no more than **5,000 calories each day for two consecutive days**. Eat throughout the day — it is important to “graze” rather than eat 3 large meals. Failure to follow these guidelines, may greatly hinder your overall results as your body needs these reserve calories for the next phase in order to not fall into starvation mode and create a miserable experience with excess hunger.

### What to expect

During this step, the average person will gain a few pounds. Do not be alarmed — these are needed to offset the changes in food consumption that occurs in Phase 2.

### Approved foods

(remember fat load, not sugar/junk food load)

Cheese, eggs, bacon, ribs, steak, nuts, nut butters, avocados/guacamole, olives, dressings, mayonnaise, cold pressed virgin oils. (Complete approved food list at the back of this guide.)



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

innov8tive  
NUTRITION

# Innov8tive Ignite Plan



## Days 3 through 30 (Phase 2)




### Calorie Intake

During this phase, you will begin a **restricted-calorie** nutrition plan in combination with the Ignite 2 patch system. The nutrition plan contains specific blends, amounts and ratios of low glycemic, nutrient dense and anti-inflammatory foods. Approximately **850-900** calories (2 lbs.) of food are recommended. Consuming more than the recommended amount of food will likely decrease your desired results.

### Use Your Products

Use the Innov8tive Nutrition products daily.

### Consume the following balance of food

	<b>Protein</b> <b>8 oz</b> a day
	<b>Vegetables</b> <b>4 cups</b> a day
	<b>Fruits</b> <b>2 servings</b> a day

### Stay Hydrated

During this step, it is recommended that you drink at least **100 ounces of water per day**.

You are welcome to consume coffee, tea, water, etc. If you use cream or sugar then a no-calorie cream or sugar substitute should be used. (We recommend a stevia-based sugar substitute).

### Exercise Recommendations

Light or minimal exercise, such as 20 minutes of leisurely walking — remember your calories are limited and the nutritional support is what is maintaining the additional needs for your body. Do not engage in more vigorous exercise. There are simply not enough calories consumed during this phase to support more aggressive activity.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

innov8tive  
NUTRITION

# Innov8tive Ignite Plan



## Sample Menu

### Breakfast

2 oz. of protein  
2 oz. of fresh fruit  
Coffee or Tea

### Lunch

2 oz. of lean protein  
(chicken, beef 93/7, fish, pork) vary your meats each day  
4 oz. of low glycemic fresh vegetables (no corn or potatoes)  
2 oz. of fresh fruit  
Whole grains (less than 100 calories)

### Dinner

4 oz. of lean meat  
4 oz. of low glycemic vegetables  
4 oz. of fresh fruit  
Whole grains (less than 100 calories)

## Dining Out Guide

Remember preparing food ahead of time will help you stick to your nutrition plan, but if you are going to eat out please follow these ordering guidelines:

**Applebees:** Grilled chicken Caesar salad, no cheese and dressing on the side

Napa chicken and Portobello, no cheese, and instead of potatoes substitute steamed broccoli

**Arbys:** Roast turkey farmhouse salad, dressing on the side

Arby's ham and swiss melt, light cheese

**Buffalo Wild Wings:** 4 naked tenders with a side salad, no cheese. All sauces on the side. Apple wedges

**Burger King:** Tender grill chicken sandwich and side garden salad, dressing on the side

Veggie Burger (only eat top or bottom half of bun)

**Kentucky Fried Chicken:** Snack size kfc famous bowl and a side salad, dressing on the side

Kentucky grilled chicken breast and a side salad, dressing on the side

**McDonalds:** Artisan grilled chicken sandwich, no sauces, only ½ bun, feel free to add extra veggies, May add apple wedges as a side

Grilled chicken salad- no cheese or croutons, dressing on the side

**Taco Bell:** Fresco burrito supreme (light or no beans) or two fresco chicken soft tacos or cantina power bowl-chicken or steak — no guacamole, sour cream, or ranch sauce. May have apple wedges on the side.

**Panda Express:** Kung Pao Chicken OR Broccoli chicken OR mushroom chicken OR broccoli beef OR Mongolian beef. May add 1-2 sides mixes vegetables

**Steak and Shake:** Grilled chicken sandwich, no mayo, may have extra lettuce tomatoes and onions

**Subway:** Grilled chicken over spinach salad, unlimited veggies (except olives), low fat dressing on the side. 6 inch turkey wrap, unlimited veggies (except olives), may have vinegar and mustard

**Wendy's:** Grilled chicken salad, no cheese or croutons, dressing on the side

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

innov8tive  
NUTRITION



## Maintenance (Phase 3)

Once you have reached your goal weight you will begin the maintenance phase. You have now changed your eating habits and helped your body reestablish a new BMI (Body Mass Index) and BMR (Basal Metabolic Rate). During this time, you will increase your caloric intake to match your BMR, which is the number of calories you burn in 24 hours with no activity. If you have moderate exercise, we recommend you add those calories back in using protein.

For **women**, generally **1100–1500** calories a day is needed for maintenance

**BMR** (Basal Metabolic Rate) calculation for women:

$$655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$$

For **men**, generally **1500–1800** calories per day is needed

**BMR** (Basal Metabolic Rate) calculation for men:

$$66 + (6.25 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$$

## Sample Maintenance Meals

### WOMEN

#### Breakfast

2 eggs  
4oz fruit  
1 piece whole grain toast (optional)

#### Lunch

6 oz. of lean meat  
6 oz. of low starch vegetables  
6 oz. of fresh fruit  
2 pieces of melba toast

#### Dinner

6-7 oz. of lean meat  
6-7 oz. of low starch vegetables  
oz. of fresh fruit  
2 pieces of melba toast

### MEN

#### Breakfast

2-3 eggs  
1 cup fruit  
1 piece of whole grain (optional)

#### Lunch

7 oz. lean meat  
7 oz. of low starch vegetables  
7 oz. fresh fruit

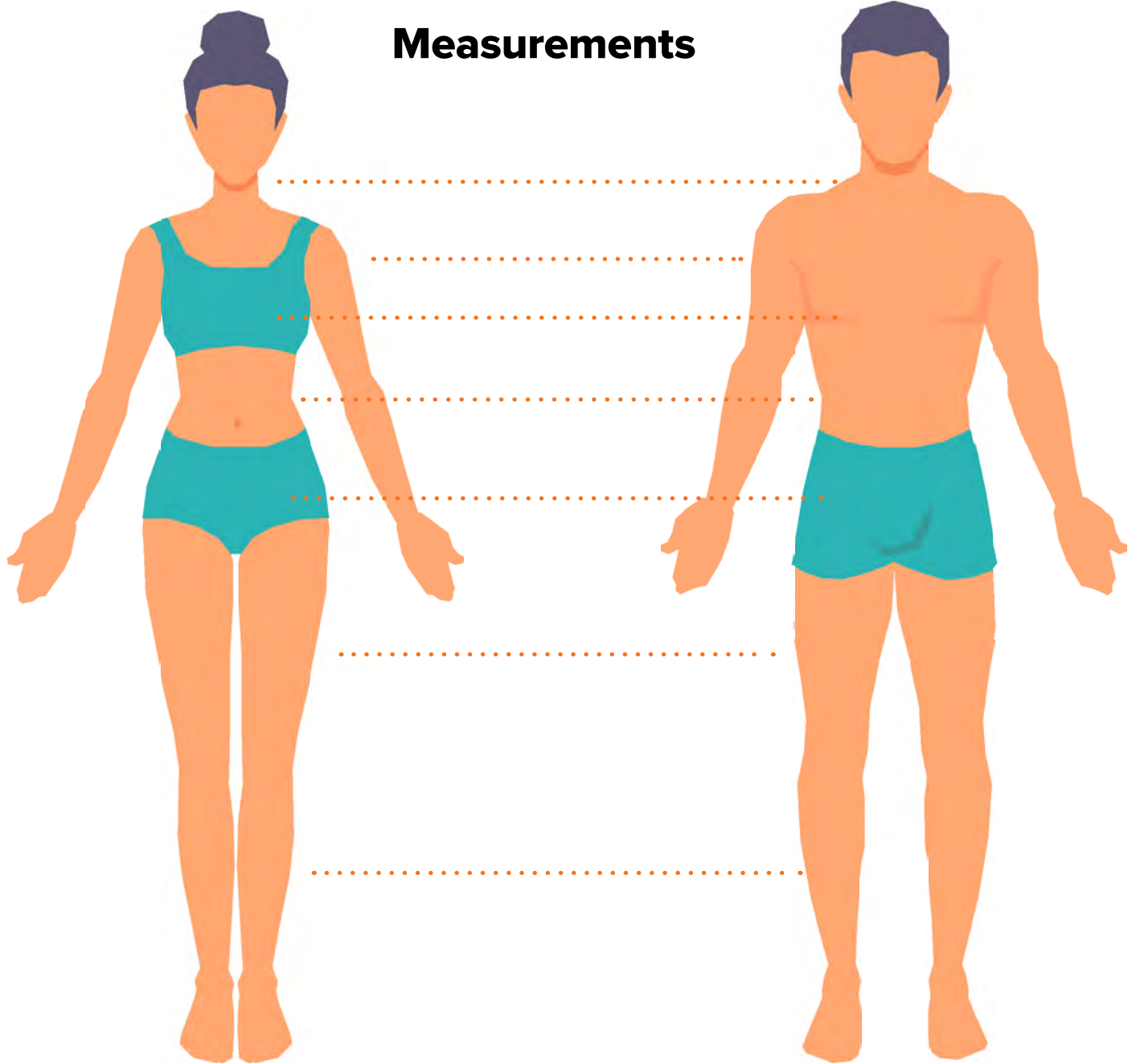
#### Dinner

7-8 oz. of lean meat  
7-8 oz. of low starch vegetables  
6-7 oz. of fresh fruit

These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.



## Measurements



NECK • UPPER ARM • CHEST • WAIST • HIPS • THIGH • CALF

# Innov8tive Ignite *Plan*



## Daily Weight Chart

Starting Weight

Ending Weight

Difference

1 \_\_\_\_\_

16 \_\_\_\_\_

2 \_\_\_\_\_

17 \_\_\_\_\_

3 \_\_\_\_\_

18 \_\_\_\_\_

4 \_\_\_\_\_

19 \_\_\_\_\_

5 \_\_\_\_\_

20 \_\_\_\_\_

6 \_\_\_\_\_

21 \_\_\_\_\_

7 \_\_\_\_\_

22 \_\_\_\_\_

8 \_\_\_\_\_

23 \_\_\_\_\_

9 \_\_\_\_\_

24 \_\_\_\_\_

10 \_\_\_\_\_

25 \_\_\_\_\_

11 \_\_\_\_\_

26 \_\_\_\_\_

12 \_\_\_\_\_

27 \_\_\_\_\_

13 \_\_\_\_\_

28 \_\_\_\_\_

14 \_\_\_\_\_

29 \_\_\_\_\_

15 \_\_\_\_\_

30 \_\_\_\_\_

# Innov8tive Ignite Plan



## Approved Foods

### Fats

*(2 tablespoons)*

Almonds  
Almond butter  
Avocado  
Avocado oil  
Cashews  
Coconut oil  
Flaxseed  
Olives  
Olive oil  
Pumpkin seeds  
Sesame seeds  
Sunflower seeds  
Walnuts

### Lean Proteins

*3-4 oz (deck of cards)*

Eggs (3 eggs or 4 whites)  
Chicken  
Turkey  
Beef (grass fed)  
Venison  
Lamb  
Cod  
Halibut  
Salmon  
Tuna (steak or 1 can in water)  
Whitefish (snapper, shellfish)

### Spices

*(unlimited)*

Basil  
Cayenne  
Cilantro  
Cloves  
Parsley  
Cinnamon  
Cumin  
Dill  
Ginger  
Mint  
Mustard seed  
Oregano  
Rosemary  
Thyme  
Turmeric

### Liquids

*(unlimited)*

Water  
Water  
WATER!!  
Coffee  
Tea (unsweet)  
NO SODA (even diet,  
these use unhealthy sugar  
substitutes)

### Vegetables

*(½ cup chopped,  
1 cup leafy greens)*

Alfalfa sprouts  
Asparagus  
Beets  
Bell peppers  
Bok Choy  
Broccoli  
Brussel Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collard Greens.  
Cucumber  
Eggplant  
Garlic  
Green Beans  
Kale  
Lettuce  
Leeks  
Mushrooms  
Mustard Greens  
Onion  
Parsnips  
Peas  
Pumpkin  
Spinach  
Squash  
Swiss Chard  
Tomatoes  
Zucchini

These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.





## Approved Foods

### Fruits

1 medium size fruit, ½ cup

Apples	Limes
Apricots	Mangoes
Bananas	Nectarines
Blueberries	Oranges
Cantaloupe	Papaya
Cherries	Peaches
Cranberries	Pears
Currants	Pineapples
Dates	Plums
Grapefruit	Pomegranate
Grapes	Prunes
Honeydew	Raisins
Kiwifruit	Rhubarb
Lemons	Strawberries

### Grains/Carbs

½ cup cooked, ¼ cup uncooked

- Baked potato
- Red potato
- Sweet potato
- Barley
- Brown rice
- Buckwheat
- Millet
- Oats
- Quinoa
- Rye
- Beans

### If you can't read it, **DON'T EAT IT!**

That means it's processed — even foods labeled “sugar free, fat free, gluten free” have preservatives and additives that can cause inflammation.

Drinks should be limited to water, unsweetened tea, or unsweetened coffee. Milk should be avoided, if milk is a must, please use almond milk.

Diet sodas should be avoided as they contain artificial sweeteners that can cause inflammation.

### Cut the **C.R.A.P.**

- C**arbonated drinks
- R**efined sugars
- A**rtificial ingredients
- P**rocessed foods

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Innov8tive Ignite *Plan*



## Additional Tips

**Plateau days** — Consistency is the key. Fat loss plateaus are not a reason to be discouraged or to discontinue the program. That is why the program is designed to last for 42 days per cycle. The brain may send a message to the body that it is in a starvation mode and will counterbalance this with a change in metabolism or fat breakdown. This is often referred to as a “set point”. Our goal is to reach a new “set point” during Cycle and then continue it on a as needed basis.

### **Possible symptoms that may be experienced while on a calorie restricted nutrition plan:**

**Hunger** — Allow for an extra piece of fruit to curb the appetite.

**Dizziness or Shakiness** — This can be often contributed to blood sugar changes. A pinch of salt on the tongue 15 minutes apart for up to one to two hours helps alleviate this.

**Constipation** — While not consuming a lot of calories can change the bulk enough in your diet, increasing your water intake or fiber consumption can help.

**Loss of appetite** — Some may lose their appetite using Ignite but should be reminded to consume a minimum of the recommended calories so they will not find themselves in a stall phase with their results.

**Headaches or Fatigue** — This is seen at times from withdrawal from a toxic, inflammatory, or high sugar diet and tends to dissipate on its own.

Discontinue and/or consult your physician if you feel this is persistent.

These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

innov8tive  
NUTRITION