

Innov8tive Ignite *Plan*



GUIDE FOR SUCCESS

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 of products and 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](#).

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Let's go!

Use your products

Good: Get the “Dynamic Duo Bundle” that includes **Ignite Coffee** and **Energy** drink mix each day. Take Ignite 1 hour prior or 2 hours after meals. Take Energy whenever you need a boost. You can also get **Ignite Capsules** if coffee isn't your thing.

Better: Get the “Ignite Your Results Bundle” that includes **Optim8** daily to optimize digestive health, and **Energy** to give you the hydration and vitamins you need to stay energized.

Best: Get the “Fab 5 Bundle” that includes **Complete Vitamin Patches** to ensure you are getting all your vitamins and minerals, and the **Sleep Formula Patches** for quality sleep which has been linked to successful weight management.



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Be Careful with Calories

Calorie Intake

During this phase, you will begin a **restricted-calorie** nutrition plan in combination with the Ignite product 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.

Consume the following balance of food

	Protein 8 oz a day
	Vegetables 4 cups a day
	Fruits 2 servings 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. In you need cream in your coffee use unsweetened almond, coconut or oat milk. Use Stevia only for sweetener.

NO creamer should be used with the Ignite Coffee.

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.

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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)
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:

1. Opt for lettuce wrapped or bunless burgers.

2. Order grilled versus fried meats.

3. Order steamed vegetables and side salads instead of french fries.

4. Omit cheese and extra sauces or dressings.

5. Half a baked potato with 1 teaspoon of butter is a better option than french fries.

6. Order salads with the dressing on the side.

7. Get a To Go box and immediately box up half of your meal to take home.

8. Order water with lemon as your beverage. If you must drink alcohol, stick with only alcohols mixed with soda water, lemon or lime. Red wine should be limited to 3 to 4 ounces. Beer should be a low carb option.

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Approved Foods

Fats

(2 tablespoons) per day

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

Lean Proteins

8 oz total per day. No more than 4 oz per meal

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!!
Flavored water weened with Stevia only
Coffee
Tea (unsweet)
NO SODA (even diet, these use unhealthy sugar substitutes)

Vegetables

8 oz total per day. No more than 4 oz per meal

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

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Approved Foods

Fruits

2 Fruit servings per day or 8 oz total

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

Up to 2 servings per day.
No more than 100 calories
per serving

½ cup cooked, ¼ cup uncooked

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

Sweeteners: Stevia is always best. Monk Fruit is a good alternative. Stay away from artificial sweeteners and those that are “blends”.

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 unsweetened almond, coconut or oat 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

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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 _____

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Maintenance

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.

The goal is to eat enough to maintain your desired weight.

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 (after you have achieved your desired weight)

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
1 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. fruit

Dinner

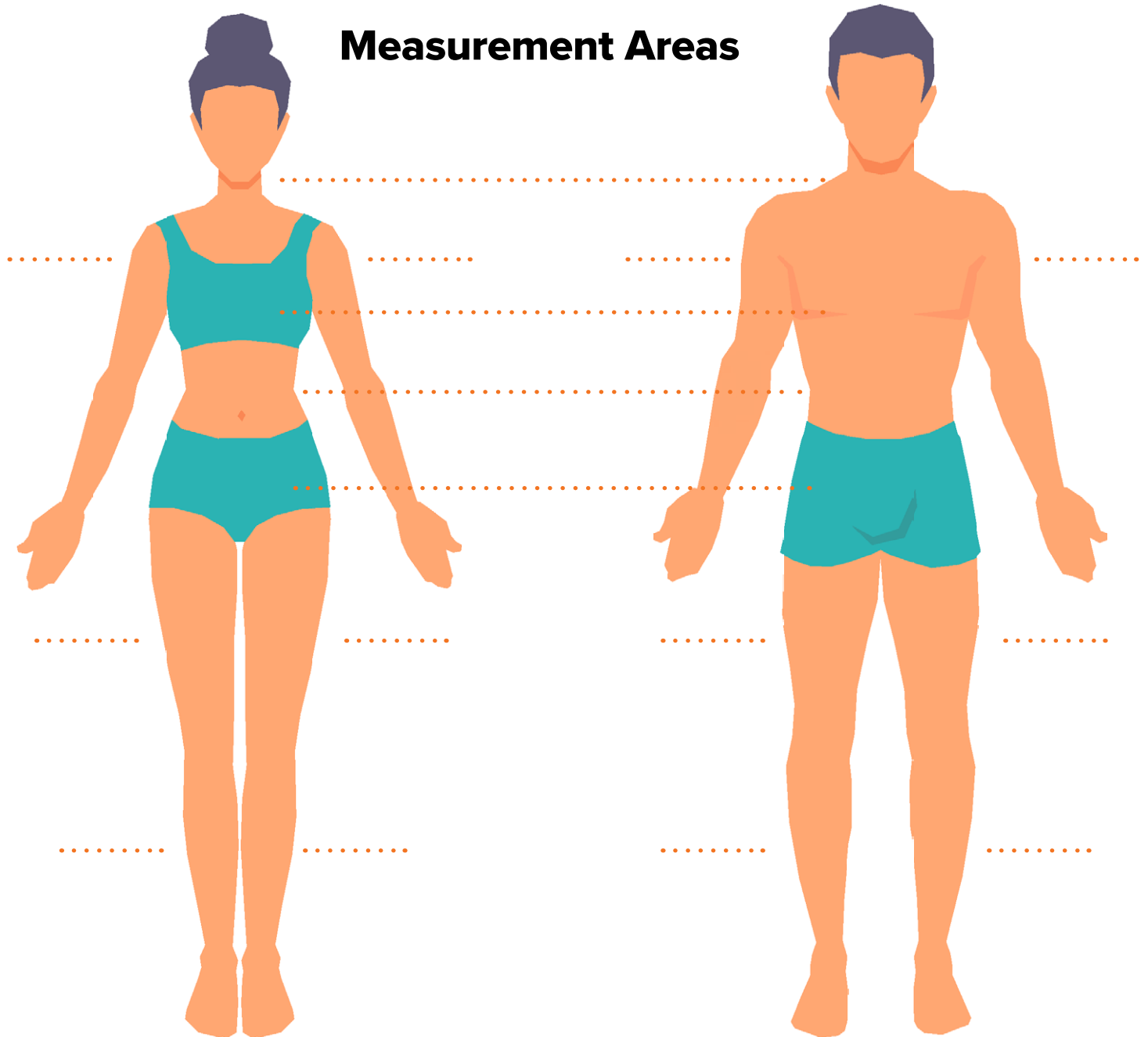
7-8 oz. of lean meat
7-8 oz. of low starch vegetables
6-7 oz. of fresh fruit

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Measurement Areas



NECK • UPPER ARMS (R/L) • CHEST • WAIST • HIPS • THIGHS (R/L) • CALVES (R/L)



Measurements Chart

	Week 1	Week 2	Week 3	Week 4
Neck				
Right Upper Arm				
Left Upper Arm				
Chest (above breast)				
Waist (at belly button)				
Hips				
Right Thigh				
Left Thigh				
Right Calf				
Left Calf				
Total Inches Lost				

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Additional Tips

Plateau days — Consistency is the key. Fat loss plateaus are not a reason to be discouraged or to discontinue the program. 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” 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.

Before and After Photos — This is REALLY important. As your body gradually changes, it's sometimes hard to realize just how much progress you are making! Take a BEFORE photo from several angles, front, back and profile. After 30 days take the same photo in the SAME clothes to see how you are transforming. Repeat at 60 and 90 days or whenever you meet your weight goal.

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