

 xyngular.  


# 8-Day

*Jumpstart*

RENEW. REFRESH. RESET.



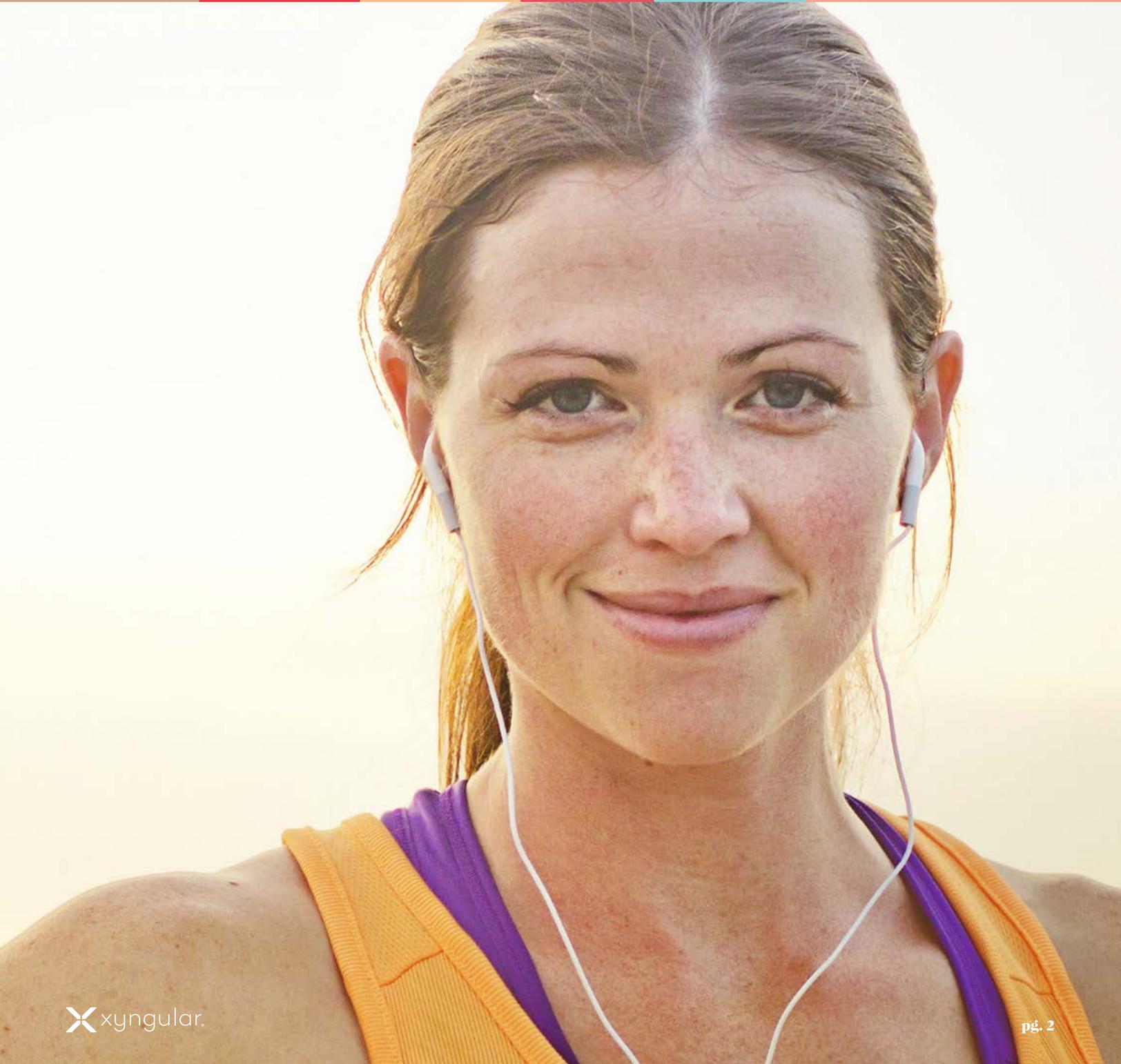
# You Got This!

Get ready for a rapid reset that will kickstart your weight loss goals.

This guide will walk you through the next eight days, including your structured meal plan and supplement schedule. Follow this simple program and you WILL see results.

Set your intentions now and stay focused on your goals. Jumpstart your transformation today!

*Head to [xyngular.com/jumpstart](https://xyngular.com/jumpstart) and begin today!*



# Basics to Get Started

The standalone 8-Day Jumpstart is designed to drive rapid weight loss with proven products, a delicious meal plan, and simple daily schedule structured to reinforce healthy habits.

Before we dive in, let's cover our top four tips for Jumpstart success:

## 1 Eat To Lose

It may seem counterintuitive, but to lose weight you need to eat. Your fired-up metabolism requires fuel. To fuel it consistently, you need food every three hours. Keep going strong with our high-protein snack recommendations. Find a full list of snacks on your Jumpstart Foods list.

## 2 When in Doubt, Drink More Water

Most people don't drink enough water. Hydration is one of the most important parts of the Jumpstart and your overall health. If you want to see results on this program, you need to get comfortable drinking a substantial amount of water every day—a habit that will hopefully carry over long after this program has finished.

How much water should you be drinking?

Take your current body weight in pounds and divide it in half—that's the number of ounces you should shoot for.

For example, if you weigh 170 lbs you should drink at least 85 oz. of water daily.

# Basics to Get Started

## 3 Don't Snack and Snooze

Nighttime snacking can be a big problem. It's mindless eating that adds up quickly. For this program we recommend you stop eating two hours before bedtime.

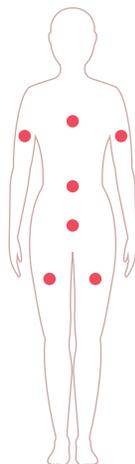
This will help you cut down on any unnecessary snacking and let your metabolism get to work.

## 4 Measured Success

Weigh-ins aren't the only way to track your success.

Taking "Before" photos and noting your measurements at the beginning of your 8-Day Jumpstart will track the progress you'll make.

Check out the chart below and see how you can put your tape measure to work.



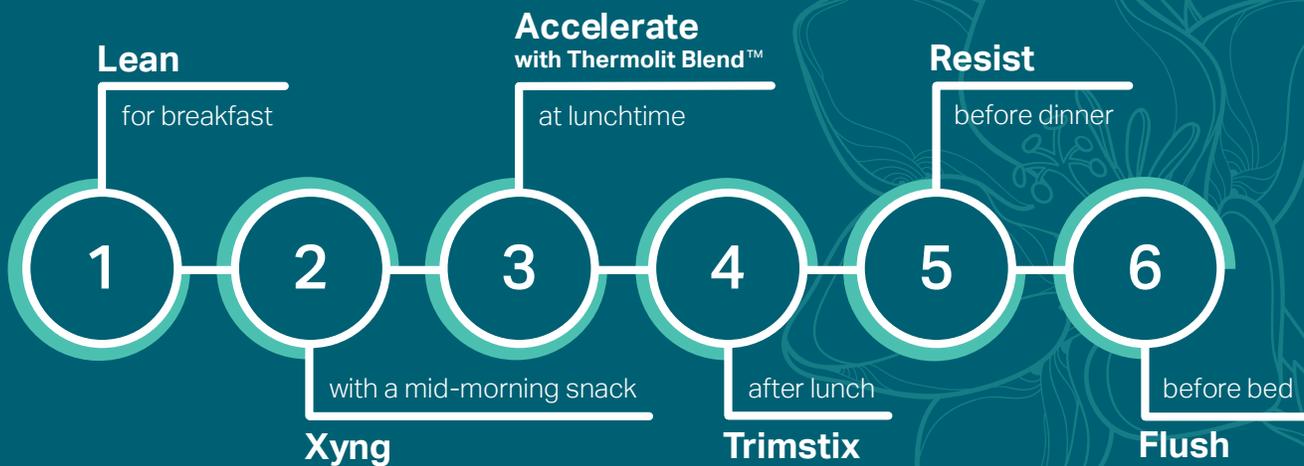
- **Chest:** Measure the circumference of the widest part of your chest by placing the tape measure under your armpits.
- **Right and left arm:** Measure the circumference of your upper arm, above your elbow, at the highest point of each bicep.
- **Waist:** Wrap the tape measure around your back and adjust to the narrowest part of your abdomen.
- **Hips:** Wrap the tape measure around the widest part of your hips, parallel to the floor.
- **Right and left thigh:** Measure the circumference of your upper leg, above your knee, at the largest part of your thigh.

Share your *Before* and *Becoming* photos in the private standalone 8-Day Jumpstart Facebook group for a chance to win weekly giveaways.

# Product Schedule

Consistency is key to getting the most out of your products. Do your best to take your Xyngular products the same time every day based off the recommended schedule below.

**Pro Tip:** Set an alarm schedule on your phone to remember to take your supplements on time! All supplements in your standalone 8-Day Jumpstart are conveniently packaged for your busy lifestyle. Toss them in your bag and go!



## 1 LEAN

Boost your protein intake, reduce cravings, and aid lean muscle development with this delicious shake filled with amino acids, vitamins, minerals, and digestive enzymes.\*

## 2 XYNG

Boost your energy levels, support your metabolism, and aid your appetite control with this energizing blend of ginseng and green tea.\*

## 3 ACCELERATE WITH THERMOLIT BLEND™

Get ready to burn fat, support your metabolism, and suppress your appetite with this stimulant-free thermogenic with the exclusive Thermolit Blend™.\*

## 4 TRIMSTIX

Curb your unwanted cravings, boost energy, and support healthy weight loss when you drink this delicious 10-calorie single-serving mix.\*

## 5 RESIST

Fight hunger and support healthy weight loss with this quick and effective appetite control wild cherry-flavored chew.\*

## 6 FLUSH

Enjoy a gentle cleanse that removes toxins and improves digestion and nutrient absorption through a plant-based formula of fenugreek, cinnamon, and cloves.\*

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

# Nutrition & Meal Planning

Fueling your body with nutrient-rich foods is key to boosting your metabolism and losing weight. With a focus on high protein, low-carb recipes, the standalone 8-Day Jumpstart will keep your metabolism sky-high.

During your 8-Day Jumpstart you'll limit your carbohydrates, fat, and sugar intake. Choose Jumpstart-approved high-protein recipes to structure your day. Use the 8-Day Jumpstart meal planning template on the next page, or apps like Loselt or MyFitnessPal to make this easy.

- Access Xyngular's Jumpstart-approved recipes [here](#).
- Each Jumpstart-approved recipe includes serving size and caloric information.
- You are free to use other recipes, provided they stick within the guidelines of our approved foods list outlined below!
- You are not required to track your macronutrients (protein/carbs/fats), though we do recommend sticking to a low-carb approach for optimal weight loss and results. All of the recipes found at the link above are structured to be low carb.



# Meal Planning Template

Feel free to use this 8-Day Jumpstart meal planning template to build your own meal plan and prepare for the week ahead.

## 8-Day Jumpstart

## Meal Planner

	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER
DAILY MINIMUM	Lean Shake	Approved Snack	4-6 oz. lean protein 1-2 C vegetables 1 serving healthy fat	Approved Snack	4-6 oz. lean protein 1-2 C vegetables 1 serving healthy fat
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					
DAY 6					
DAY 7					
DAY 8					

# Day At A Glance

Here is an example Jumpstart day.

Breakfast	Lean shake
Mid-Morning Snack	High-protein snack (example: celery and 2 Tbs. natural peanut butter)
Lunch	4-6 oz. lean protein, 1-2 C vegetables, 1 serving healthy fats (example: eggplant salad)
Mid-Afternoon Snack	High-protein snack (example: 1/4 C pumpkin seeds)
Dinner	4-6 oz. lean protein, 1-2 C vegetables, 1 serving healthy fats (example: fajita spiced chicken)

Want a full sample 8-Day breakdown? Find a breakdown for each day of your 8-Days at [xyngular.com/jumpstart](http://xyngular.com/jumpstart)

# Portion Control

Whether you're out on the town or cooking in the kitchen, all you need for portion control are your hands. Use this guide as an easy reference for a single serving of protein, vegetables, and more.

Fist - 1 Cup

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1-2 C of Vegetables



Palm - 3 oz.

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4-6 oz. of Lean Protein



Handful - 1/4 Cup

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1/4 C of Snacks



Thumb - 1 Tbsp.

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1 T of Healthy Fats



# 8-Day Jumpstart Foods List

*This list may not have every approved food, but eating foods on this list is a safe bet for your next 8 days.*

## Lean Proteins 4-6 oz.

Beef ( <i>lean cuts</i> )	Lobster	Swordfish
Chicken	Oysters	Tilapia
Ground Chicken ( <i>lean</i> )	Red Snapper	Tofu
Chicken Sausage	Salmon	Tuna
Eggs	Sardine	Turkey
Elk	Scallops	Ground Turkey ( <i>lean</i> )
Flounder	Sea Bass	Turkey Bacon
Herring	Shrimp	Turkey Sausage

## Vegetables 1-2 Cups

Alfalfa Sprouts	Chili Peppers	Leeks
Artichokes	Chives	Mustard Greens
Arugula	Cilantro	Okra
Asparagus	Collard Greens	Onion
Avocado	Cucumbers	Radishes
Bell Peppers	Dill Pickles ( <i>low sodium</i> )	Romaine Lettuce
Bok Choy	Eggplant	Scallion
Broccoli	Endive	Spinach
Brussels Sprouts	Fennel	Turmeric
Cabbage	Garlic	Turnips
Cauliflower	Ginger	Watercress
Celery	Green Beans	Zucchini
Chicory	Kale	

## Healthy Fats 1 Tbs.

Almonds ( <i>unsalted</i> )	Natural Almond Butter	Pumpkin Seeds ( <i>unsalted</i> )
Avocado ( <i>1/4 fruit</i> )	Natural Peanut Butter	Sesame Oil
Avocado Oil	Olive Oil	Sunflower Oil
Coconut Oil	Peanuts ( <i>unsalted</i> )	Walnuts ( <i>unsalted</i> )
Macadamia Nuts ( <i>unsalted</i> )	Pecans ( <i>unsalted</i> )	

# 8-Day Jumpstart Foods List

*This list may not have every approved food, but eating foods on this list is a safe bet for your next 8 days.*

## Drinks 8 oz.

Black Coffee (*monitor caffeine intake*)

Black Tea (*monitor caffeine intake*)

Sparkling Water (*flavored and unflavored*)

Unsweetened Almond Milk

Unsweetened Cashew Milk

Unsweetened Coconut Milk

## Condiments

Apple Cider Vinegar

Avocado Oil Cooking Spray

Balsamic Vinegar

Coconut Oil Cooking Spray

Dijon Mustard

Dry Seasonings & Spices

Hot Sauce (*low sodium*)

Lemon Juice

Lime Juice

Olive Oil Cooking Spray

Red Wine Vinegar

White Wine Vinegar

## Approved Snacks 1/4 Cup

Almonds (*unsalted*)

Avocado

Dill Pickle (*low sodium*)

Edamame

Hard-Boiled Eggs

Hummus

Macadamia Nuts (*unsalted*)

Peanuts (*unsalted*)

Pecans (*unsalted*)

Pumpkin Seeds (*unsalted*)

Turkey Breast

Walnuts (*unsalted*)

## Foods to Avoid

Alcohol

Dairy

Processed Foods

Soda (*including diet soda*)

High-Sodium Foods

*Ex: Pork (bacon, sausage, salami)*

High-Sugar Foods

*Ex: Fruit (just for 8 days, you can do it!)*

# What's Next?

You've completed your 8-Day Jumpstart with great success, so what's next? Here's what to expect.

## SUBMIT YOUR RESULTS:

Take your weight, measurements, and a "Becoming" photo and share your amazing results with our private [Standalone 8-Day Jumpstart Facebook](#) group. Submit your results and be entered to win a prize!

We're ready to help you make the most of this Post-Jumpstart life and guide you towards healthy choices that will keep you on track with your goals.

## 1 Your Post-Jumpstart Plan

Now that you have the fundamentals of portion size and meal planning down, it's time to add in some variety and find a Post-Jumpstart plan. We offer two different Post-Jumpstart meal plans designed to drive weight loss: Low Carb and Keto. See the outline of each program at [xyngular.com/resources](https://xyngular.com/resources) and pick which one will work best for you.

## 2 Continued Product Support

If a Xyngular System isn't in your Post-Jumpstart plans, you can still use Xyngular products to support ongoing weight loss, appetite control, and any efforts to improve your overall health. Login at [myaccount.xyngular.com](https://myaccount.xyngular.com) to select the Xyngular products best fit your goals.

*\*We highly recommend taking a break from Flush for the next 10 days and starting Probiotix to ensure your gut is in tip top shape.*

## 3 Subscribe and Earn

A Xyngular subscription makes your health a priority by consistently getting you products to stay on track. This monthly service helps you earn FREE products while you're focused on losing the weight and improving your health. Pause at any time and deliver around your schedule. With no minimum purchase, there's nothing to lose (except extra pounds, of course).

Set up your subscription by logging into your Xyngular account and selecting "**Manage My Subscription**".



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