

The background is a solid teal color. Overlaid on this are several diagonal, trapezoidal cutouts showing different food items. In the top right, there's a blurred image of a red bell pepper and a green bell pepper. Below that, on the left, is a close-up of green leafy vegetables. In the center, there's a dish with roasted vegetables including red and yellow bell peppers and mushrooms. At the bottom left, there's a close-up of a salad with green leafy vegetables, a slice of white cheese, and a piece of dark meat. At the bottom right, there's a dish featuring a large, roasted, golden-brown vegetable (possibly a squash or eggplant) alongside other vegetables like red bell pepper and green beans.

# Nutrition Guide

Expect more. Get more.

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# It's time to expect more.

At Xyngular we've helped hundreds of thousands of people lose weight because it's what we do, and we do it really well. But weight loss is just the beginning, it's time to expect more.

Our support tools and community are here to simplify the journey and guide you through a sustainable path to better health. Whether you're here for weight loss, digestive support, more energy, or just a genuine desire to improve your overall health, Xyngular can help.

This Nutrition Guide will walk you through the next 30 days and beyond to make your Xyngular journey a success. The foundation for a healthier, stronger, happier you starts here!

## #eXpectMore



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# Tips for Success

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

## 1. Products That Work

Even if you have a bad day, Xyngular products keep you on track. Xyngular products have made the difference for hundreds of thousands of people for a reason. It's important you take them the same time every day to optimize their effects. Check out your product timeline at [xyngular.com/xresources](https://xyngular.com/xresources).





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## 2. 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. Eat three meals and two snacks each day while taking your Xyngular products.

## 3. Drink More Water

Most people don't drink enough water. Hydration is an important part of using your Xyngular products and boosting your overall health. To see results, get comfortable drinking a substantial amount of water every day.

### How much water should you drink?

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

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

## 4. Don't Snack & Snooze

Nighttime snacking can be a big problem, and mindless eating 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.

# 8-Day Jumpstart

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The first eight days of your kit make up your 8-Day Jumpstart. Stay on track with your specific product timeline, and follow the 8-Day Jumpstart nutrition guidelines.

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 **here**, or apps like Lose It or My Fitness Pal to make it easy.

- Access delicious 8-Day Jumpstart recipes by clicking **here**.
- Each Jumpstart recipe includes serving size and caloric information.
- You are free to use other recipes, provided they stick within the guidelines.





## 8-Day Jumpstart

# Day at a Glance

Here's 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,  
and 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,  
and 1 serving healthy fats  
**Example:** Fajita spiced chicken

**Pro Tip:** Each day of your 8-Day Jumpstart is already planned out!  
Find a daily schedule at [xyngular.com/jumpstart](https://xyngular.com/jumpstart).



## 8-Day Jumpstart

# Foods We Love

Focus on high-protein, vegetables, and healthy fat options! Check this list for foods we love on your 8-Day Jumpstart.

### Lean Proteins 4-6 oz

Beef (lean cuts)	Protein Powder (Xyngular Lean)	Turkey Bacon (2 slices)
Chicken	Shellfish	Turkey Sausage (2 links)
Chicken Sausage (2 links)	Tofu	
Eggs	Tuna	
Fish	Turkey	

### Non-Starchy Vegetables 1-2 C

Alfalfa Sprouts	Celery	Mustard Greens
Artichokes	Chili Peppers	Okra
Arugula	Collard Greens	Onion
Asparagus	Cucumbers	Radishes
Bell Peppers	Eggplant	Scallion
Broccoli	Green Beans	Spinach
Brussels Sprouts	Kale	Turnips
Cabbage	Leeks	Watercress
Carrots	Lettuce	Zucchini
Cauliflower	Mushrooms	

### Healthy Fats 1 Tbs (unless otherwise specified)

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



## Drinks 8 oz

Black Coffee\*

Black Tea\*

Infused Water

**Ex:** Lemon, lime, mint,  
ginger, cucumber

Sparkling Water (flavored  
and unflavored)

Unsweetened Almond Milk

Unsweetened Cashew Milk

Unsweetened Coconut Milk

*\*Monitor caffeine intake.*

## Condiments

Apple Cider Vinegar

Balsamic Vinegar

Dijon Mustard

Hot Sauce (low sodium)

Mayonnaise

Lemon Juice

Lime Juice

Red Wine Vinegar

Seasonings & Spices

(fresh and dried)

White Wine Vinegar

## Snacks 1/4 C

Almonds (unsalted)

Avocado

Dill Pickle (low sodium)

Edamame

Eggs

Grilled Chicken

Hummus

Kale Chips

Macadamia Nuts (unsalted)

Peanuts (unsalted)

Peanut Butter and Celery

Pecans (unsalted)

Pumpkin Seeds (unsalted)

Sunflower Seeds (unsalted)

Turkey Breast

Vegetables

Walnuts (unsalted)

**Pro Tip:** Mix up your daily snacks and try something new every day.

## Foods to Avoid

Alcohol

Baked Goods

Dairy

Fried Foods

Fruit

High-Fat Foods

**Ex:** Deli meat, margarine

High-Sodium Foods

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

Pasta

Pre-Packaged Foods

Soda (including diet soda)

Sugar-Sweetened Beverages

Vegetable Juice

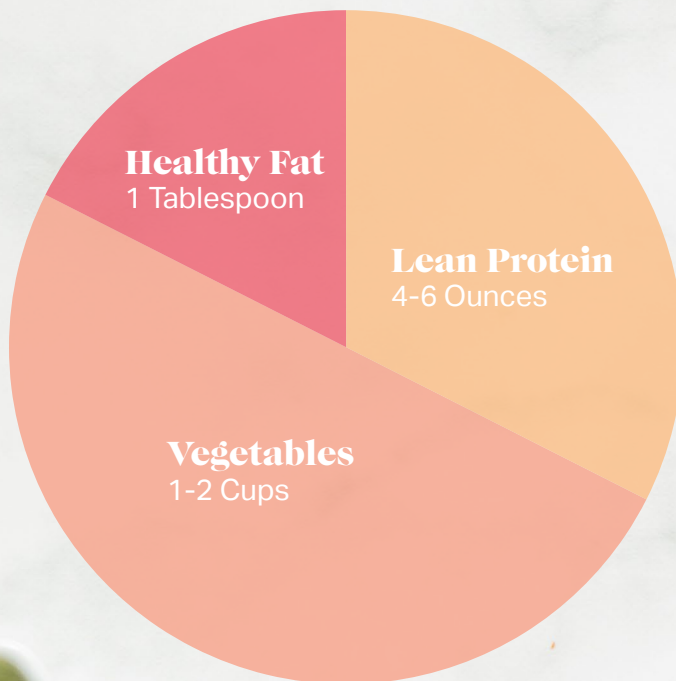
Vegetable Oil

# Post-Jumpstart

After your 8-Day Jumpstart, you'll continue on a nutrition plan with simple guidelines on eating smart and finding what works best for you.

Day 9-30 is what we call "Post-Jumpstart". The goal is to fuel your body with nutrient rich, whole foods to help your metabolism stay on track while seeing the results you want. The key is learning portion control and sticking to it for lunch and dinner, while taking your Xyngular products at the same time every day.

Your plate should be portioned similar to the chart below for lunch and dinner (remember, breakfast usually starts with a Lean shake).



**Pro Tip:** Go digital. Track on the go with apps like Loselt! or MyFitnessPal.



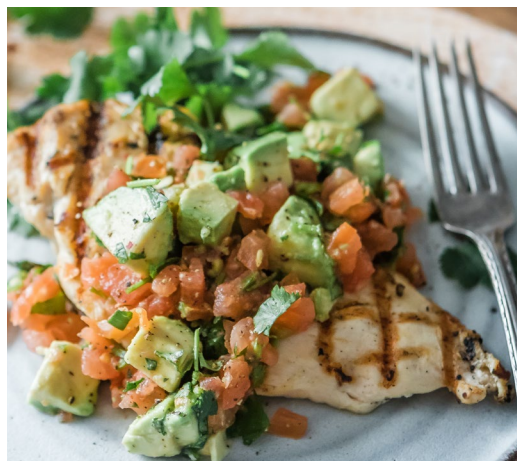
## Day at a Glance

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Sample day of a Post-Jumpstart plan:

<b>Breakfast</b>	Lean shake
<b>Mid-Morning Snack</b>	High-protein snack <b>Example:</b> 2 oz cheese and 1/4 C almonds
<b>Lunch</b>	4-6 oz lean protein, 1-2 C vegetables, and 1 serving healthy fats <b>Example:</b> Black bean and sweet potato kale tacos
<b>Mid-Afternoon Snack</b>	High-protein snack <b>Example:</b> 1 C fat free vanilla Greek yogurt
<b>Dinner</b>	4-6 oz lean protein, 1-2 C vegetables, and 1 serving healthy fats <b>Example:</b> Greek chicken bowls

**Pro Tip:** Shake up your day with a fun Lean shake recipe found on the **Xyngular blog**.



Want a premade 30-day plan breakdown? Find a breakdown for each day and week at **[xyngular.com/xresources](https://xyngular.com/xresources)**.

## Post-Jumpstart

# Foods We Love

This is not a comprehensive list of foods, but the foods on this list are a safe bet! Remember to follow the portion guideline on the previous page.

### Lean Proteins 4-6 oz

Beans (fresh or canned)* Ex: Black, lima, kidney, navy, pinto, soy, garbanzo, etc.	Edamame Pasta	Soybean Pasta
Beef (lean cuts)	Eggs	Tofu
Chicken	Fish	Tuna
Chicken Sausage (2 links)	Greek Yogurt (1 C)	Turkey
Cottage Cheese (1 C)	Protein Powder (Xyngular Lean)	Turkey Bacon (2 slices)
	Shellfish	Turkey Sausage (2 links)

*\*Limit once per day.*

**Pro Tip:** Prepackaged proteins like deli and processed meats typically contain high levels of sodium. Always choose nitrate free and/or low sodium options when possible.

### Non-Starchy Vegetables 1-2 C

Alfalfa Sprouts	Celery	Mustard Greens
Artichokes	Chili Peppers	Okra
Arugula	Collard Greens	Onion
Asparagus	Cucumbers	Radishes
Bell Peppers	Eggplant	Scallion
Broccoli	Green Beans	Spinach
Brussels Sprouts	Kale	Turnips
Cabbage	Leeks	Watercress
Carrots	Lettuce	Zucchini
Cauliflower	Mushrooms	

### Healthy Fats 1 Tbs (unless otherwise specified)

Almonds (1/4 C unsalted)	Flax Seeds	Peanuts (1/4 C unsalted)
Avocado (1/2 fruit)	Grapeseed Oil	Pecans (1/4 C unsalted)
Avocado Oil	Macadamia Nuts (1/4 C unsalted)	Pumpkin Seeds (1/4 C unsalted)
Cheese	Natural Almond Butter	Sesame Oil
Chia Seeds	Natural Peanut Butter	Sunflower Oil
Coconut Oil	Olive Oil	Walnuts (1/4 C unsalted)



## Drinks 8 oz

Black Coffee*	Sparkling Water (flavored and unflavored)	*Monitor caffeine intake.
Black Tea*	Unsweetened Almond Milk	
Infused Water	Unsweetened Cashew Milk	
Ex: Lemon, lime, mint, ginger, cucumber	Unsweetened Coconut Milk	

## Condiments

Apple Cider Vinegar	Mayonnaise	Salsa (low sodium)
Balsamic Vinegar	Lemon Juice	Seasonings & Spices (fresh and dried)
Dijon Mustard	Lime Juice	White Wine Vinegar
Hot Sauce (low sodium)	Red Wine Vinegar	

**Pro Tip:** Check your spices for low sodium labels.

## Snacks 1/2 C

Almonds (unsalted)	Hummus	Pecans (unsalted)
Avocado	Kale Chips	Pumpkin Seeds (unsalted)
Cheese	Macadamia Nuts (unsalted)	Sunflower Seeds (unsalted)
Cottage Cheese	Microwavable Popcorn	Turkey Breast
Dill Pickle (low sodium)	Olives	Turkey and Cheese Rollups
Edamame	Parmesan Crisps	Vegetables
Eggs	Peanuts (unsalted)	Walnuts (unsalted)
Grilled Chicken	Peanut Butter and Celery	

**Pro Tip:** Mix up your daily snacks and try something new every day.

## Fruits\*

Blackberries	Honeydew	Strawberries
Blueberries	Peaches	Tomatoes
Cantaloupe	Raspberries	Watermelon

\*Fruit is higher in sugar. Limit your serving to 1 C a few times a week.

## Foods to Avoid

Alcohol	Fruit Juice	Sugar-Sweetened Beverages
Bagels	High-Fat Foods	Sugar-Sweetened Dried Fruit
Canned Fruit with Syrup	Ex: Deli meat, margarine	Sweetened Breakfast Cereal
Crackers	High-Sodium Foods	Sweetened Oatmeal
Cookies	Ex: Pork (bacon, sausage, salami)	Vegetable Juice
Donuts	Pies	Vegetable Oil
English Muffins	Potato Chips	White Bread
Flour Tortillas	Pre-Packaged Dinner Mixes	White Pasta
Fried Foods	Soda (including diet soda)	

# What's Next?

Congratulations! You've finished your Xyngular kit. This is just the beginning!

Find tips below to keep up your weight loss goals or take on healthy life habits to maintain your weight loss.

## Products That Work

A Xyngular subscription is the key to lasting success. Once your bundle or kit is finished, stay on track with Xyngular products to help maintain your progress and achieve other ongoing goals. To sign up, log into **myaccount.xyngular.com** and select "Manage My Subscription". Once you've set up your subscription, you can change, pause, or cancel it at any time! With all the hard work you've put in, a Xyngular subscription just makes sense!

**Pro Tip:** You can start earning 10% back on your orders towards free products with a Xyngular subscription.





### Food to Nourish

The hard work you've put in the last 30 days has been incredible. If you're ready to maintain the changes and progress you've made, check out our Healthy Lifestyle plan with tips on integrating nutritionally sound carbohydrates into your everyday life. Find our Healthy Lifestyle plan at [xyngular.com/healthylife](https://xyngular.com/healthylife).

### Love Yourself

Change is hard, but you jumped right in. Just 30 short days later you should feel proud of the effort you've put in to making better choices and establishing healthy habits. Above all, be grateful for what your body does for you every single day!

At Xyngular, we know there's no such thing as perfection and we don't expect it. One size doesn't fit all, let's find the right solution and path to success for YOU.

**#eXpectMore**



# Mobile Resources

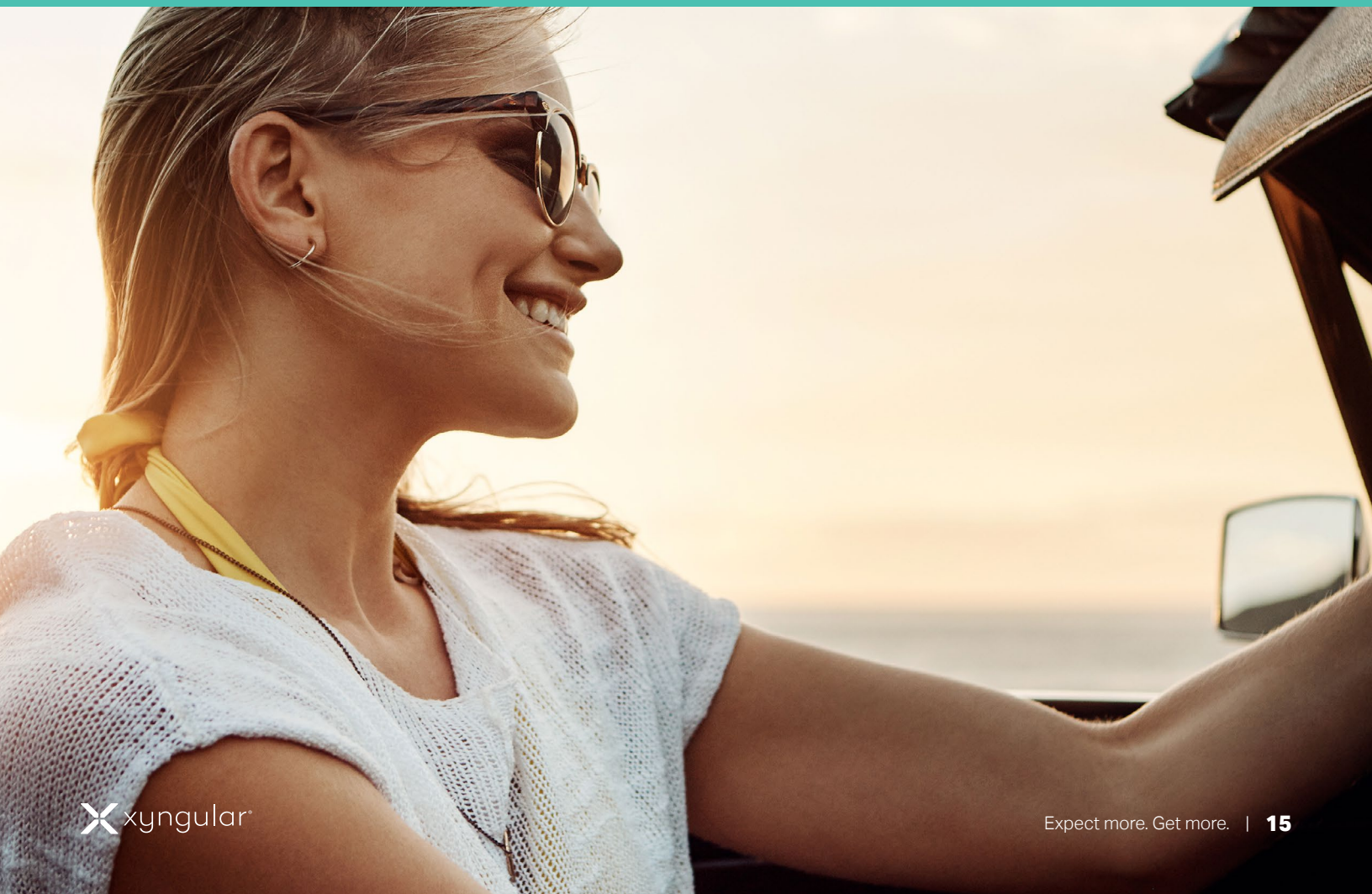
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Access your daily product timeline, mobile-friendly resources, and more by scanning this convenient QR code.

[xyngular.com/xresources](http://xyngular.com/xresources)



**Pro Tip:** Open your mobile phone camera and scan the above code.





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