

Ignite System



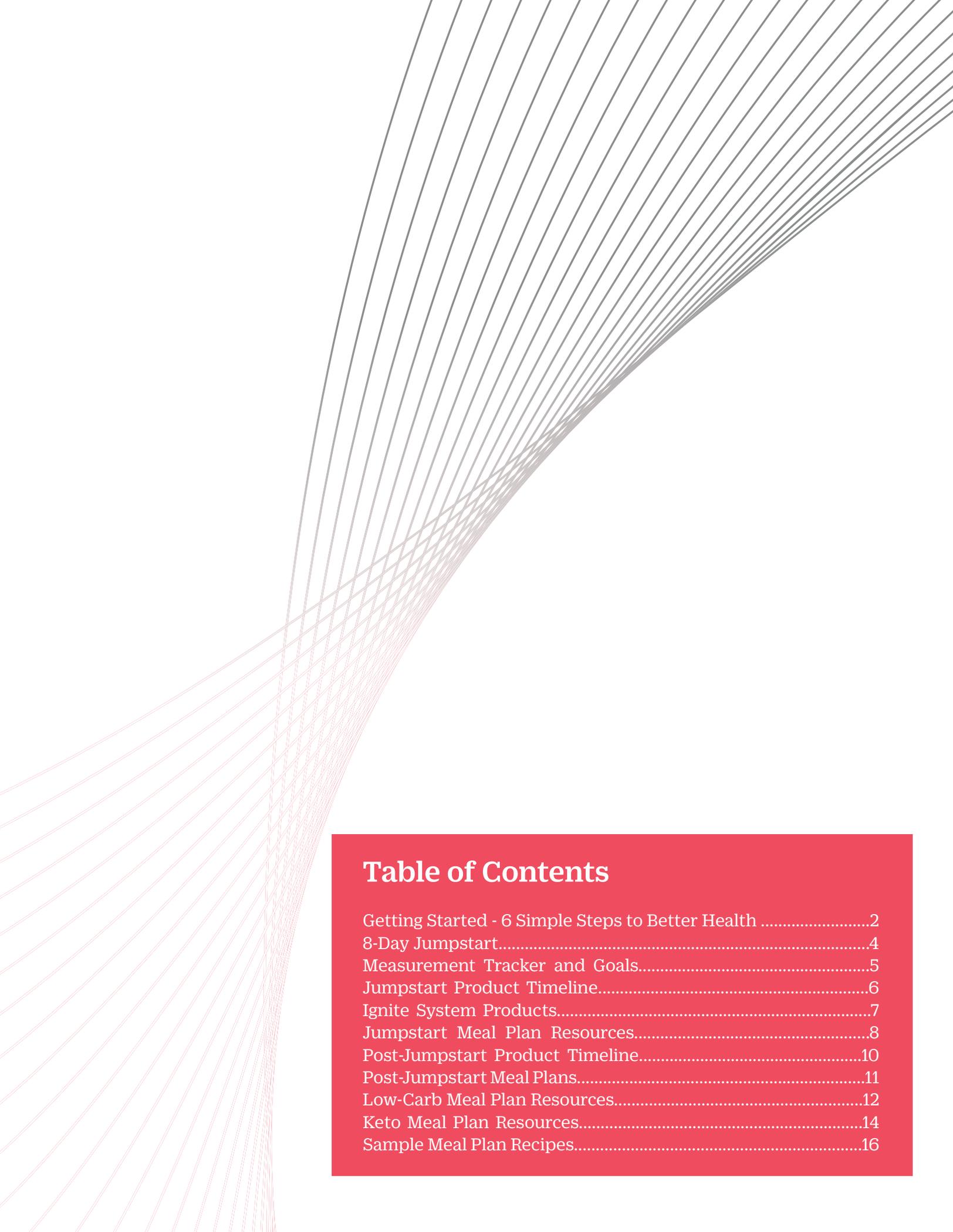


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The Xyngular Promise

While most weight-loss companies are about less, Xyngular is about more – more health, more help, more hope.

Our systematic approach to success is rooted in results, not hype. It begins with our starter systems to fast track your weight loss and put you on a pathway to healthy transformation. A combination of proven weight-loss supplements help you shed unwanted pounds. Then our health products continue to enhance your life (long after losing weight) by helping to restore areas of your body that may have been compromised as a result of being overweight or aging.

With a trimmer, healthier body that's full of newfound energy and vitality, you can experience more of a vibrant and fulfilling life.

That's our purpose and promise to you.



Getting Started

You did it. You took the first, hardest step. You made the life-changing decision to get slimmer and healthier. Today your journey begins and we'll be right by your side for every step. Because it's *our* journey, and we're as committed to your success as you are. Now, let's get this party started!

Step 1. Determine your goals and write them down.

If you can conceive it, you can achieve it. So, first clarify in your mind why you want to lose weight and what results you want to achieve. Maybe it's to lose 15 pounds, increase your energy, or just feel more alive again. Regardless, write down your reasons and goals on page 5 of this guide. Then, live (and diet) by your reasons and goals. Make copies of them and put them everywhere; sticky notes on the fridge, reminders on your phone, dry-erase marker on your bathroom mirror, whatever it takes to continually remind yourself what you're doing and why. (You'll thank yourself a month from now.)

Step 2. Take “before” pictures and record your measurements.

Every journey has a starting point and this is yours—your baseline. You need to record it so you can track your progress and know how far you've come. It's simple. Start a project file and keep it up to date. To get you started, on page 5 is a measurement tracker to record all of your data. You'll be taking your measurements, weighing yourself, and snapping your photos three separate times from beginning to completion of the one-month Ignite system:

- Day 1
- Day 9
- Day 30

Don't be embarrassed or cheat on this part. There's a science to success and accurate data is key to your success. Plus, you'll be proud of the pounds and inches lost.

Remember, this is just the first month of your transformation. To help you continue to track your progress and reach your goals, be sure to download our 12-month tracker at xyngular.com/ignite-resources

Step 3. Follow our simple plan to reach your goals.

Your transformation begins with an 8-day jumpstart. Follow the supplement regimen closely and you'll see rapid results. (And be motivated by the positive changes you see in yourself.) From day 9 to the end of the month you'll shift gears to a new supplement schedule and your choice of meal plans. Don't worry, simple instructions make it easy to know what supplements to take and when.

Step 4. Go grocery shopping (and have fun with it)!

You are what you eat. So, if you want to be healthy, eat healthy. And shop healthy. It's time to develop a new relationship with food. Learn to love the vibrant colors, fresh smells, and natural tastes. You'll be surprised how quickly you begin to feel better (and lighter) when you say goodbye to unhealthy, processed and fast food.

After your 8-day jumpstart, choose your meal plan—low-carb or keto. Our meal plans help you know what to eat and when, and even include recipes. Now go shopping and fill your kitchen with fresh, new, delicious foods. Next, out with the old. Discard the bad stuff from your fridge, freezer and cabinets so it can't tempt you. Prep meals in advance if you can, but be realistic. If you never cook or you're super busy in the evenings, try some of the simpler recipes or pick up store-bought rotisserie chicken and frozen veggies

To learn more about our low-carb and keto meal plans, as well as approved foods go to xyngular.com/ignite-resources

Step 5. Connect with Xander.

If you haven't met Xander yet, it's time. He's your virtual coach and new best friend. Xander texts you friendly reminders about when to eat and take your supplements. He's here to answer your questions about meal plans and products anytime, 24-7. Get to know Xander at xyngular.com/products/faq-xander

Step 6. Invite a friend to go with you on this journey.

Studies show that weight loss is easier and more successful when done as a couple or with friends. It's just more fun when you can share results and cheer each other on. So, before you start your journey, see if your spouse, partner or friends want to get slimmer and healthy too. Most people know they need to, so you might be surprised how many want to come along on this journey. (One Xyngular Member mentioned it on Facebook and had 40 people want in!)

Congratulations, you're on your way to becoming a healthier you (which usually means happier too).

Get rapid results with our 8-day jumpstart and meal plan.

Eating is habit as much as it is instinct. Your mind and body get used to eating certain foods, but over time you can change what you crave. So, let's wipe the slate clean and start to develop healthy new eating habits, together.

Xyngular 8-day jumpstart supplements and meal plan make it easy on you, and are designed for healthy and rapid weight loss. They get you off on the right foot and springboard you into the next, ongoing phase of healthy eating, exercise and supplementation.

The Ignite System includes easy online tools to ensure your success. Everything from approved-foods and shopping lists to recipes and a food guide that shows what kinds of foods to eat and how much. Follow a set plan or design your own delicious and nutritious meals to keep eating fun. For example, shake up your shakes every morning with tasty add-in ideas. Find tons of good ideas and info (on topics like developing healthy habits and overcoming obstacles to weight loss) on our website.

Website for more resources: <https://xyngular.com/en-ca/ignite-resources/>

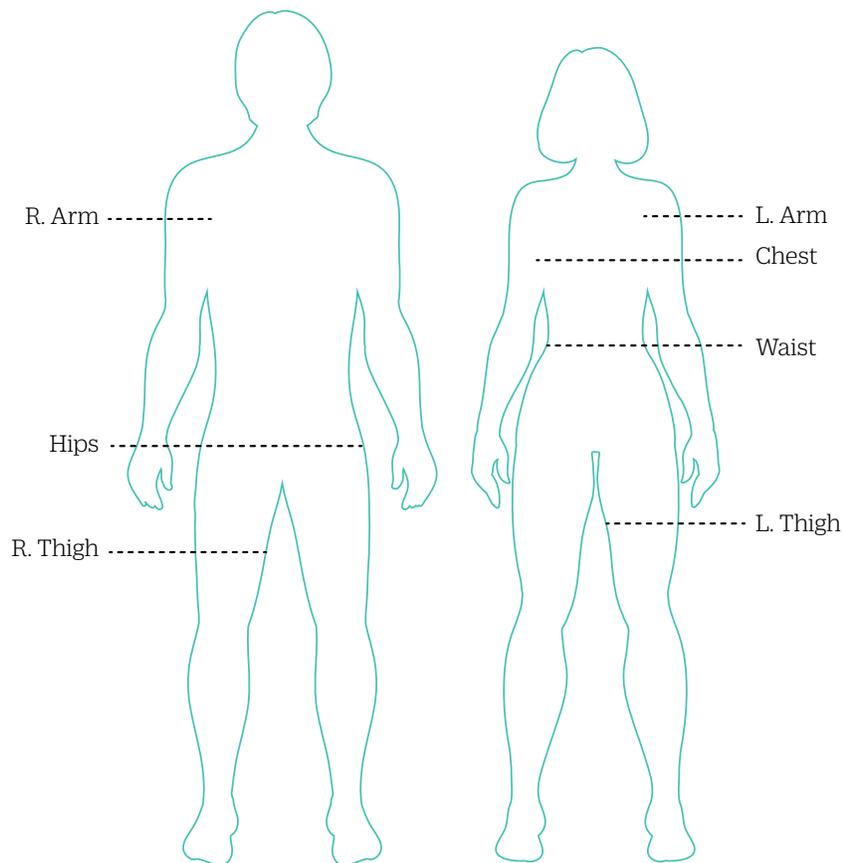


Measurement Tracker and Goals

Recognize and celebrate your little victories. (You deserve it.)

You're going to experience little wins along the way, that's the fun part. Maybe you just buttoned those favorite pants again without breaking a nail. Or maybe you played with your kids or ran with your dog for the first time in a long time. Whatever the win, jot it down so you don't forget it. Start here by recording your measurements. Do this the day you begin, then measure and record again on day 9 and day 30. **For more information on how to take "before" photos and body measurements go to www.xyngular.com/ignite-resources**

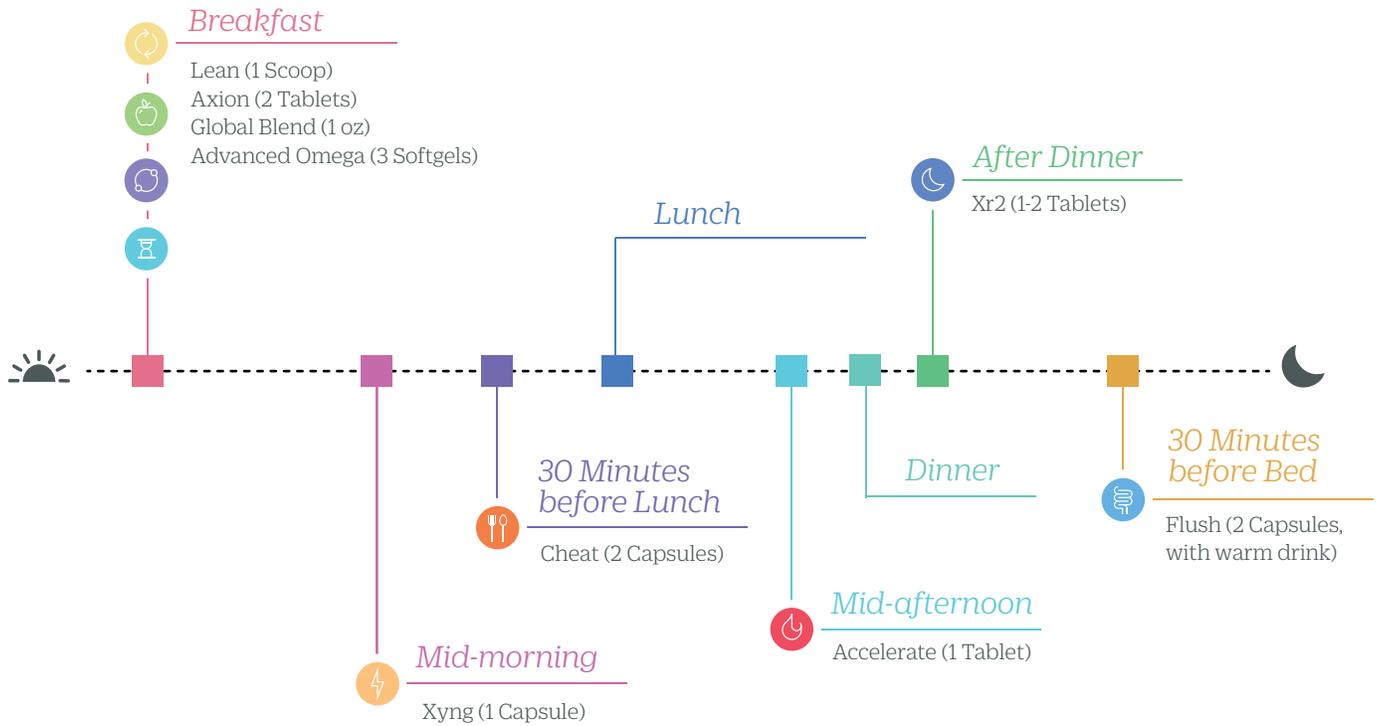
	R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh	Weight
Start day								
Day 9								
Day 30								



Goals *(What's your "why" – your true motivation for starting this journey? We bet it's more than seeing a certain number on the scale.)*

8-Day Jumpstart Product Timeline

Taking the right supplements at the right times is one of the cornerstones to better health. Luckily, you have Xander to help you remember! As you begin to form new healthy habits, taking your supplements will become second nature. Here's what your day will look like during the 8-day jumpstart:



*See product overview on page 7 for usage.



Ignite Product Overview



— **Lean (1 scoop)**

A delicious, low-calorie vanilla protein shake that ensures your body gets the nutrition it needs, while keeping your stomach feeling satisfied longer.



— **Axion (2 tablets)**

A complete multi-nutrient with the ultimate combination of whole foods, enzymes, omega fatty acids, vitamins and minerals. A super food that supports every cell, system and function in your body.



— **Global Blend (1 ounce)**

A powerful combination of the most nutrient-dense super fruits on Earth. Antioxidants and herbal adaptogens provide complete free-radical support to boost immune health, helping support your immune system and healthy aging.



— **Advanced Omega (3 softgels)**

A potent trifecta of fresh and flavorless omega-3 fatty acids that enhance brain health and cognitive function, giving your brain a boost every day—from mood to memory. Good too for your heart, nerves, eyes, hair and skin.



— **Xyng (1 Capsule)**

A proprietary blend of natural ingredients that create natural energy, control appetite and improve mood, helping you reach a healthy weight (and feel good doing it). *We recommend starting with 1 Xyng capsule taken with food and gradually on an empty stomach.*



— **Cheat (2 capsules)**

All-natural fiber made from Japanese Konnyaku root makes you feel full, while preventing your body from absorbing some of the calories you consume at meal times. *Take Cheat 30 minutes prior to your meal and always with at least 8oz of water.*



— **Accelerate (1 tablet)**

A natural stimulant-free patented formula with the exclusive Thermolit blend to help speed up your metabolism, burn more fat, and suppress appetite so you lose weight faster.



— **Xr2 (1-2 tablets)**

A proprietary blend of natural ingredients effectively combats stress, improves sleep, and supports healthy hormonal levels so you can relax, rest—and enjoy your journey more.



— **Flush (2 capsules with a warm drink)**

An all-natural cleanse that removes harmful toxins, improves digestion and nutrient absorption, and reinforces your body's natural defenses. *Take Flush daily as part of the 8-day jumpstart and then take an equal break of 8 days. After your break, you can do mini-cleanses every Saturday and Sunday.*



8-Day Jumpstart Meal Plan

Wake-Up	8 oz water
Breakfast	Meal: 1 scoop Lean shake Products: 2 Axion, 1 oz Global Blend, 3 Advanced Omega
Mid-Morning Snack	Meal: High protein snack Product: 1 Xyng
Lunch	Meal: 4-6 oz lean protein, 2 cups vegetables, 1 serving of healthy fats Product: 2 Cheat (take 30 minutes prior to your meal)
Afternoon Snack	Meal: High protein snack Product: 1 Accelerate
Dinner	Meal: 4-6 oz lean protein, 2 cups vegetables, 1 serving of healthy fats Product: 1-2 Xr2 after dinner
Before Bed	12 oz water Product: 2 Flush

- Drink **at least** 64 oz of water a day.
- Flush - Take Flush daily as part of the 8-day Jumpstart and then take an equal break of 8 days. After your break, you can do mini-cleanses every Saturday and Sunday.
- Xyng - We recommend starting with 1 Xyng capsule taken with food and gradually working up to 2 capsules on an empty stomach.
- Cheat - Always take Cheat with at least 8 oz of water

Lean “shake it up” ideas

Mix 1 scoop Lean with 8 ounces water or unsweetened almond, rice, or coconut milk. Choose an option below and shake well in Xyngular shaker bottle or add ice and blend to make a smoothie.

- **Chocolate:** 1T of unsweetened baking cocoa
- **Coffee:** 1T instant coffee crystals
- **Mocha:** combine coffee crystals and baking cocoa
- **Spice:** cinnamon, nutmeg, cloves, or other favorites
- **Fruity:** add Global Blend/Xypstix

8-Day Jumpstart Meal Plan Sample

Day 6

Breakfast

Lean shake

Lunch

Chicken salad

Dinner

Fajita spiced chicken w/peppers & onions



For the full Sample Meal plan and Shopping List, visit:

xyngular.com/ignite-resources/ignite-pdf-resources





8-Day Jumpstart Approved Foods

Lean Proteins

4–6 Ounces Per Meal

Beef (*lean cuts*)
Chicken Breast
Eggs
Elk
Flounder

Grouper
Haddock
Herring
Liver
Lobster
Mahi Mahi
Orange Roughy
Oysters

Red Snapper
Rockfish
Salmon
Sardine
Sea Bass
Shrimp
Swordfish
Tilapia

Tofu
Trout
Tuna
Turkey Breast
Venison

Healthy Fats

1 Serving Per Meal

Coconut Oil (*1T*)
Olive Oil (*1T*)

Sesame Oil (*1T*)
Sunflower Oil (*1T*)
Avocado (*1/4 fruit*)
Pumpkin Seeds (*1/4 cup*)
Almonds (*1/4 cup*)

Natural Almond Butter (*2T*)
Natural Peanut Butter (*2T*)

Vegetables

2 Cups Per Meal

Arugula
Asparagus
Bell Peppers
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery

Endive
Green Beans
Kale
Romaine Lettuce
Mushrooms
Onions
Scallion
Snow Peas
Spinach
Squash
Tomatoes
Zucchini

High Protein

Snack

1 Servings Per Snack

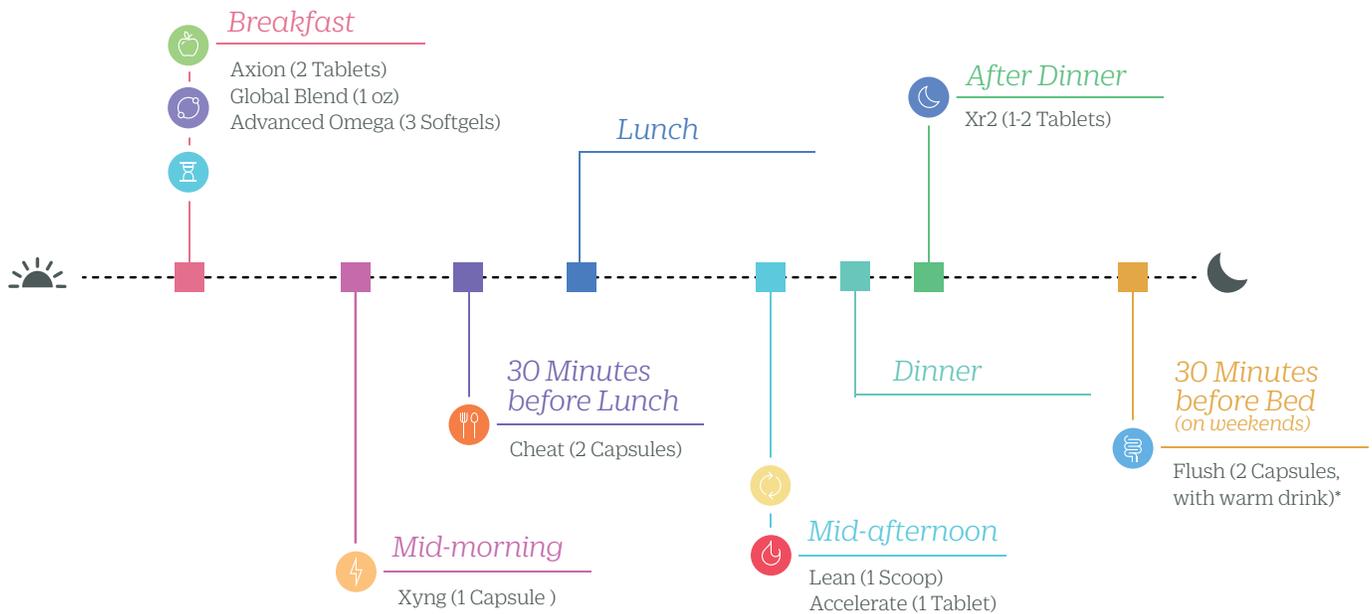
2% Cottage Cheese (*1/2 cup*)
0% Fat Greek Yogurt Plain (*6 ounces, less than 6 grams of sugar*)
Sliced Turkey Breast (*3-5 slices*)
Lean Shake (*1 Scoop*)
Hard Boiled Eggs (*2 whole*)

Other

White Wine Vinegar
Red Wine Vinegar
Teriyaki Sauce
Balsamic Vinegar
Apple Cider Vinegar
Lime Juice
Lemon Juice
Unsweetened Almond Milk (*1 cup*)

🚦 Post-Jumpstart Product Timeline

By day nine, you've completed your jumpstart and are ready to shift to the second phase for the remainder of the month. This means a new supplement schedule and eating regimen. But don't worry, Xander will be with you every step of the way. Here's what your day will look like:



*See product overview on page 7 for usage.



Post-Jumpstart Meal Plans

Low-Carb Meal Plan

If you love lean meats and veggies, then this meal plan is for you. It's great for boosting metabolism, burning fat and overcoming weight-loss plateaus. With the low-carb meal plan, you'll steer clear of most kinds of carbs (outside of veggies). You'll have three delicious meals and two snacks each day.

You'll eat high-protein snacks and meals with lean meats, like chicken and fish, and plenty of veggies. The low-carb meal plan includes a few cheat meals too. Be sure to follow our guidelines on cheat meals closely to keep yourself on track.

Keto Meal Plan

If you love meat, cheese and avocado, you'll love this meal plan. The ketogenic diet is a high-fat, low-carbohydrate, moderate-protein diet. It helps your body burn fats rather than carbohydrates. When you follow the keto diet, your liver begins converting fat into fatty acids and ketone bodies. They become your body's energy source, instead of glucose from carbs, turning you into a fat-burning machine.

You'll eat healthy meals with meats, like beef and fish, and plenty of healthy fats like avocado. The keto meal plan does not include any cheat meals. The key to success with keto is staying in ketosis and cheating will throw you out of ketosis fast!

Whichever you choose...

You will eat well-rounded, healthy and satisfying meals (and not feel deprived). To get started, choose your meal plan, then simply follow our weekly menus. Once you know what you like and what works with your schedule, you can mix and match your meals however you like. You can prepare our recipes or plan your own using the portion guidelines on the following pages.

Higher calorie plans available for men or those who are very active or have more weight to lose.

Learn more about low-carb and keto diets and check out more recipes at xyngular.com/ignite-resources



🕒 Low-Carb Meal Plan

Wake-Up	8 oz water
Breakfast	Meal: 4-6 oz lean protein, 1 cup fruit, 1/2 cup grains Products: 2 Axion, 1 oz Global Blend, 3 Advanced Omega
Mid-Morning Snack	Meal: High protein snack Product: 1 Xyng
Lunch	Meal: 4-6 oz lean protein, 2 cups vegetables, 1 serving of healthy fats Product: 2 Cheat (take 30 minutes prior to your meal)
Afternoon Snack	Meal: 1 scoop Lean shake Products: 1 Accelerate
Dinner	Meal: 4-6 oz lean protein, 2 cups vegetables, 1 serving of healthy fats Product: 1-2 Xr2 after dinner
Before Bed	12 oz water Product: 2 Flush (see product overview on page 7 for usage)

- One cheat meal is allowed each week. (See xyngular.com/ignite-resources for guidelines.)
- Drink **at least** 64 oz of water a day.
- Flush - Take Flush daily as part of the 8-day Jumpstart and then take an equal break of 8 days. After your break, you can do mini-cleanses every Saturday and Sunday.
- Xyng - We recommend starting with 1 Xyng capsule taken with food and gradually working up to 2 capsules on an empty stomach.
- Cheat - Always take Cheat with at least 8 oz of water

Lean “shake it up” ideas

Mix 1 scoop Lean with 8 ounces water or unsweetened almond, rice, or coconut milk. Choose an option below and shake well in Xyngular shaker bottle or add ice and blend to make a smoothie.

- **Chocolate:** 1T of unsweetened baking cocoa
- **Coffee:** 1T instant coffee crystals
- **Mocha:** combine coffee crystals and baking cocoa
- **Spice:** cinnamon, nutmeg, cloves, or other favorites
- **Fruity:** add Global Blend/Xypstix

Low-Carb Ignite Meal Plan Sample

Day 2

Breakfast

Asian style omelet, toast, fruit

Lunch

Vegetable frittata, broccoli

Dinner

Steak chimichurri, tomato salad, green beans



For the full Sample Meal plan and Shopping List, visit:
xyngular.com/ignite-resources/ignite-pdf-resources



Ignite Low-Carb Approved Foods

Lean Proteins 4–6 Ounces Per Meal

Beef Steak
Eggs
Chicken Breast
Elk
Flounder

Ground Turkey
Grouper
Herring
Liver
Lobster
Mahi Mahi
Orange Roughy
Oysters

Red Snapper
Salmon
Sardine
Scallops
Sea Bass
Shrimp
Swordfish
Tilapia

Tofu
Tuna
Turkey
Turkey Bacon
Turkey Sausage
Venison

Healthy Fats 1 Serving Per Meal

Coconut Oil (1T)
Olive Oil (1T)

Sesame Oil (1T)
Sunflower Oil (1T)
Avocado (1/4 fruit)
Pumpkin Seeds (1/4 cup)
Almonds (1/4 cup)

Walnuts (1/2 cup - halves)
Macadamia Nuts (1/4 cup)
Cheese (2 ounces)

Natural Almond Butter (2T)
Natural Peanut Butter (2T)

Vegetables 2 Cups Per Meal

Artichokes
Arugula
Asparagus
Beets
Bell Peppers
Bok Choy
Broccoli
Brussels Sprouts
Cabbage

Carrots
Cauliflower
Celeriac
Celery
Cilantro
Chicory
Chili Peppers
Chives
Collard Greens
Cauliflower
Cucumbers
Eggplant

Endive
Fennel
Ginger
Green Beans
Kale
Leeks
Lettuce (Romaine)
Mushrooms
Mustard Greens
Okra
Onion
Parsnip

Scallion
Snap Peas
Snow Peas
Spinach
Squash
Tomatoes
Turmeric
Turnips
Watercress
Zucchini

Fruits 1 Cup Per Day

Blueberries
Blackberries
Raspberries
Strawberries
Medium Orange

Grains 1 Serving Per Day

Whole Wheat Bread (1 slice)
Steel Cut Oats (1/2 cup)
Quinoa (1/2 cup)
Brown Rice (1/2 cup)
Barley (1/2 cup)

High Protein Snack

1 Servings Per Snack
2% Cottage Cheese (1/2 cup)
0% Greek Yogurt (6 oz, less than 6 grams of sugar)

Hard Boiled Eggs (2 whole eggs)
Turkey Breast (3-5 slices)
Lean Shake (1 scoop)
Cheese (2 ounces)

Other

White Wine Vinegar
Red Wine Vinegar
Balsamic Vinegar
Lime Juice
Lemon Juice
Apple Cider Vinegar
Teriyaki Sauce
Unsweetened Almond Milk (1 cup)

Keto Meal Plan

Wake-Up	8 oz water
Breakfast	Meal: 4-6 oz fatty protein, 1 cup vegetables, 2 servings healthy fats Products: 2 Axion, 1 oz Global Blend, 3 Advanced Omega
Mid-Morning Snack	Meal: High fat snack Product: 1 Xyng
Lunch	Meal: 4 oz fatty protein, 2 cups vegetables, 2 serving of healthy fats Product: 2 Cheat (<i>take 30 minutes prior to your meal</i>)
Afternoon Snack	Meal: 1 scoop Lean shake Product: 1 Accelerate
Dinner	Meal: 4 oz fatty protein, 2 cups vegetables, 1 serving of healthy fats Product: 1-2 Xr2 after dinner
Before Bed	12 oz water Product: 2 Flush (<i>see product overview on page 7 for usage</i>)

- Drink **at least** 64 oz of water a day.
- Flush - Take Flush daily as part of the 8-day Jumpstart and then take an equal break of 8 days. After your break, you can do mini-cleanses every Saturday and Sunday.
- Xyng - We recommend starting with 1 Xyng capsule taken with food and gradually working up to 2 capsules on an empty stomach.
- Cheat - Always take Cheat with at least 8 oz of water

Lean “shake it up” ideas

Mix 1 scoop Lean with 8 ounces water or unsweetened almond, rice, or coconut milk. Choose an option below and shake well in Xyngular shaker bottle or add ice and blend to make a smoothie.

- **Chocolate:** 1T of unsweetened baking cocoa
- **Coffee:** 1T instant coffee crystals
- **Mocha:** combine coffee crystals and baking cocoa
- **Spice:** cinnamon, nutmeg, cloves, or other favorites
- **Fruity:** add Global Blend/Xypstix

Keto Ignite Meal Plan Sample

Day 6

Breakfast

Veggie frittata, almond butter

Lunch

Garlic chicken, cauliflower

Dinner

Garlic paprika shrimp & broccoli



For the full Sample Meal plan and Shopping List, visit:

xyngular.com/ignite-resources/ignite-pdf-resources





Ignite Keto Approved Foods

Fatty Proteins

4 Ounces Per Meal

Beef Steak
Eggs
Elk
Flounder
Grouper
Herring

Lamb
Liver
Lobster
Mahi Mahi
Natural Almond Butter
(4 T)
Orange Roughy
Oysters
Pork (avoid added sugar)

Bacon/Sausage (avoid
sugar)
Red Snapper
Salmon
Sardine
Scallops
Sea Bass
Shrimp
Swordfish

Tilapia
Tofu
Tuna
Turkey
Turkey Bacon
Turkey Sausage

Healthy Fats

2 Serving Per Meal

Coconut Oil (1T)
Olive Oil (1T)

Avocado Oil (1T)
Butter/Ghee (1T)
MCT Oil (1T)
Avocado (1/4 fruit)
Cheese (2 oz)

Sunflower Oil (1T)
Pumpkin Seeds (1/4 cup)
Sesame Seeds (2 T)

Vegetables

2 Cups Per Meal

Artichokes
Arugula
Asparagus
Beets
Bell Peppers
Bok Choy
Broccoli
Brussels Sprouts
Cabbage

Carrots
Cauliflower
Celeriac
Celery
Cilantro
Chicory
Chili Peppers
Chives
Collard Greens
Cucumbers
Eggplant
Endive

Fennel
Ginger
Green Beans
Kale
Leeks
Lettuce (Romaine)
Mushrooms
Mustard Greens
Okra
Onion
Parsnip
Scallion

Snow Peas
Spinach
Squash
Turmeric
Turnips
Watercress
Zucchini

High Fat Snacks

1 Serving Per Snack

Almond Butter (3T)
Macadamia Nuts (1/4 cup)
String Cheese (1 stick)
Walnuts (1/2 cup - halves)
Lean Shake (1 scoop)
Almonds (1/4 cup)

Other

White Wine Vinegar
Red Wine Vinegar
Balsamic Vinegar
Lime Juice
Lemon Juice
Apple Cider Vinegar
Teriyaki Sauce
Unsweetened Almond
Milk (1 cup per
day)

Fajita-Spiced Chicken With Peppers and Onions

Put a new twist on peppers and onions with a simple homemade fajita spice mix! This easy-to-fix mix not only gives chicken a flavor pop, but will have dinner on the table in a jiffy.

Prep Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

Serves 4

Ingredients:

- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 3 tablespoons olive oil, divided
- 1 1/2 pounds boneless, skinless chicken breast, sliced into strips
- 2 bell peppers, sliced
- 1 onion, thinly sliced



Method:

1. Whisk together chili powder, cumin, paprika, cayenne pepper, garlic, salt and pepper in a small bowl.
2. Heat 1 tablespoon olive oil in a cast-iron frying pan over medium-high heat. Add chicken and sprinkle with 3/4 of fajita seasoning. Mix together and sauté until cooked through, about 4 minutes. In a second pan, heat remaining 2 tablespoons oil over medium heat.
3. When oil is hot, add peppers and onion. Stir in remaining fajita seasoning. Cook until vegetables are soft, about 5 to 7 minutes, stirring occasionally.

 Low-Carb Approved

 Keto Approved
(replace chicken breast with thigh)

Garlic Paprika Shrimp With Broccoli

Sauté shrimp with olive oil, garlic and paprika and put a Spanish tapa on the table fast. Enjoy a taste of Spain any night of the week!

Prep Time: 10 minutes

Cooking Time: 10 minutes

Total Time: 20 minutes

Serves 4

Ingredients:

3 tablespoons olive oil
4 garlic cloves, thinly sliced
1 1/2 teaspoons pimentón
(smoked Spanish paprika, or
another paprika)
1 pound raw shrimp with tails,
peeled and deveined
1 lemon, sliced in half,
crosswise
1/2 teaspoon salt
2 tablespoons flat-leaf parsley,
chopped
1 head of broccoli, chopped into
florets
Salt and pepper to taste

Method:

1. Heat olive oil in a large skillet over medium heat. Add garlic and cook, stirring occasionally, until garlic begins to sizzle, about 2 minutes. Add paprika and cook, stirring occasionally, 1 minute.
2. Add shrimp to skillet. Cook shrimp until it starts to change color, about 1 1/2 to 2 minutes; flip and cook another minute or two. Add squeeze of lemon and salt. Stir to combine. Remove from heat. Sprinkle with chopped parsley.
3. In steamer set over boiling water, steam broccoli, covered, until crisp-tender, 4 to 5 minutes. Remove, season with salt, pepper and squeeze of lemon.



Low-Carb Approved



Keto Approved

For more recipes visit: xyngular.com/ignite-resources

Steak Chimichurri With Tomato Salad

It's easy—and fast—to serve steak for dinner! Chile peppers add a slight bite to the chimichurri mix and, along with a quick, tossed tomato salad, bring a summer flair to the table all year long.

Prep Time: 15 minutes

Cooking Time: 10 minutes

Total Time: 25 minutes

Serves 4

Ingredients:

Chimichurri:

1/2 cup olive oil plus extra for cooking steak

2 tablespoons red wine vinegar

1/2 cup parsley, finely chopped

2 teaspoons fresh oregano, finely chopped

3 to 4 cloves garlic, finely chopped or minced

1 to 2 small red chilies, seeded and finely chopped (about 1 tablespoon)

1 teaspoon salt

1/2 teaspoon black pepper

1 1/4 pounds flatiron steak (skirt, hanger, or flank can be substituted; cooking times might vary depending on thickness)

Tomato Salad:

1 pint cherry or grape tomatoes, sliced in half

1/2 small red onion, thinly sliced

2 to 3 tablespoons extra virgin olive oil

Salt and pepper, to taste

Method:

1. To prepare the chimichurri: Mix together olive oil, vinegar, parsley, oregano, garlic, chilies, salt and pepper in a bowl.
2. Sprinkle both sides of steak with salt and pepper. Heat 1 tablespoon olive oil in cast-iron skillet over medium-high heat. When smoking hot, add steak and cook, about 3 to 4 minutes per side for medium-rare. Allow steak to rest for 5 minutes before serving.
3. While the steak is resting, prepare the tomato salad. In a bowl, toss the tomatoes and onion with olive oil. Season with salt and pepper.
4. Slice the steak thinly against the grain. Spoon chimichurri over the steak. Serve steak with tomato salad on the side.

Note: Chimichurri can be prepared ahead of time and refrigerated for 24 hours, if needed.





*We're excited for you,
because we know the
feeling.*

Today is the day you start becoming the healthiest, happiest version of yourself (and getting back to the real you). Now, let's begin our journey.

Connect with us

Once you complete your first 30 days, we need to celebrate your success. Post your becoming pics on Facebook and use our fun banner ads, memes and social-shareables to let family, friends and diet buddies know how well you're doing.

**Be sure to use the following hashtags when you share on social media:
#xyngular #xyngularignite #becomingmore**

Like us on Facebook: Xyngular (Official Corp Page)

Follow us on Pinterest, Instagram and Twitter @xyngularcorp

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