

# Core 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 10 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 twice during the one-month Core system:

- Day 1
- 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/core-resources](http://xyngular.com/core-resources)

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

Follow the meal plan and supplement regimen closely and you'll see results. (And be motivated by the positive changes you see in yourself.) From day one to the end of the month you'll shift habits and start making healthier choices. 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.

First, choose your meal plan—low-carb or keto. Our meal plans help you know what to eat and when, and 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/core-resources](https://xyngular.com/core-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](https://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).*





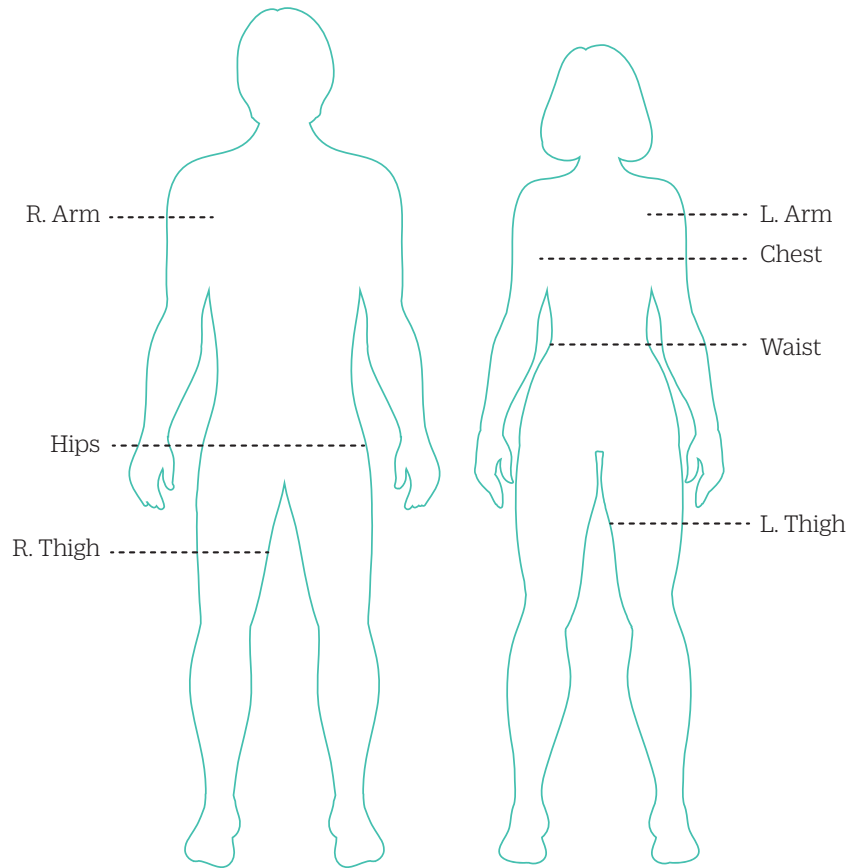


# Measurement Tracker and Goals

**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 start, then measure and record again on day 30. **For more information on how to take "before" photos and body measurements go to [www.xyngular.com/core-resources](http://www.xyngular.com/core-resources)**

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

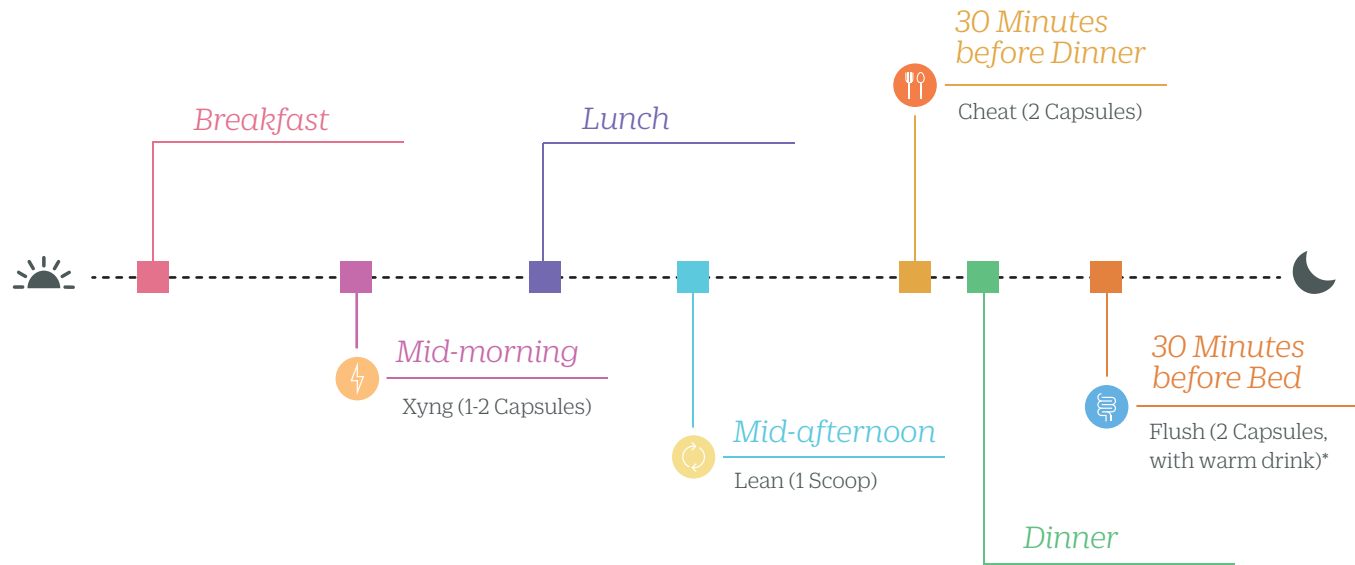


**Goals** *(What's your "why" – your true motivation for starting this journey? We bet it's more than seeing a certain number on the scale.)*



# Core 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:



\*See product overview on page 7 for usage.



# Core Product Overview

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## **Xyng (1-2 capsules)**

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 working up to 2 capsules on an empty stomach.*



## **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.



## **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 8 oz of water.*



## **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 continuously for 10 days and then take an equal break of 10 days. After your break, you can do mini-cleanses every Saturday and Sunday.*







## 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/core-resources](http://xyngular.com/core-resources)*



# ⌚ Low-Carb Guidelines

Wake-Up	8 oz water
Breakfast	<b>Meal:</b> 4-6 oz lean protein, 1 cup fruit, 1/2 cup grains
Mid-Morning Snack	<b>Meal:</b> High protein snack <b>Product:</b> 1-2 Xyng
Lunch	<b>Meal:</b> 4-6 oz lean protein, 2 cups vegetables, 1 serving of healthy fats
Afternoon Snack	<b>Meal:</b> 1 scoop Lean shake
Dinner	<b>Meal:</b> 4-6 oz lean protein, 2 cups vegetables, 1 serving of healthy fats <b>Product:</b> 2 Cheat (30 minutes before dinner)
Before Bed	12 oz water <b>Product:</b> 2 Flush (see product overview on page 7 for usage)

- One cheat meal is allowed each week. (See [xyngular.com/core-resources](http://xyngular.com/core-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 Meal Plan

This is your journey so you can create your own meal plan by using the guidelines above or visit [xyngular.com/core-resources](http://xyngular.com/core-resources) for a meal plan and recipes designed for the Low-Carb Core System.

### Breakfast

Eggs, oatmeal, strawberries

### Lunch

Turkey taco lettuce wraps

### Dinner

Fajita spiced chicken w/peppers & onions



# Core Low-Carb Approved Foods

This is a comprehensive list of approved foods to help guide you through the Low-Carb Core System. A meal plan shopping list can be found at [xyngular.com/core-resources/core-pdf-resources](http://xyngular.com/core-resources/core-pdf-resources).

## Lean Proteins 4-6 Ounces Per Meal

Beef Steak	Grouper	Salmon	Tuna
Eggs	Herring	Sardine	Turkey
Chicken Breast	Liver	Scallops	Turkey Bacon
Elk	Lobster	Sea Bass	Turkey Sausage
Flounder	Mahi Mahi	Shrimp	Venison
	Orange Roughy	Swordfish	
	Oysters	Tilapia	
	Red Snapper	Tofu	

## Healthy Fats 1 Serving Per Meal

Coconut Oil (1T)	Sesame Oil (1T)	Walnuts (1/2 cup - halves)
Olive Oil (1T)	Sunflower Oil (1T)	Macadamia Nuts (1/4 cup)
	Avocado (1/4 fruit)	
	Pumpkin Seeds (1/4 cup)	
	Almonds (1/4 cup)	

## Vegetables 2 Cups Per Meal

Artichokes	Carrots	Fennel	Snap Peas
Arugula	Cauliflower	Ginger	Snow Peas
Asparagus	Celeriac	Green Beans	Spinach
Beets	Celery	Kale	Squash
Bell Peppers	Cilantro	Leeks	Tomatoes
Bok Choy	Chicory	Lettuce (Romaine)	Turmeric
Broccoli	Chili Peppers	Mushrooms	Turnips
Brussels Sprouts	Chives	Mustard Greens	Watercress
Cabbage	Collard Greens	Okra	Zucchini
	Cucumbers	Onion	
	Eggplant	Parsnip	
	Endive	Scallion	

## Fruits 1 Cup Per Day

Blueberries	Strawberries
Blackberries	Medium Orange
Raspberries	

## Grains 1 Serving Per Day

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

## High Protein Snack 1 Servings Per Snack

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

## Other

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





# Keto Guidelines

Wake-Up	8 oz water
Breakfast	<b>Meal:</b> 4-6 oz fatty protein, 1 cup vegetables, 2 servings healthy fats
Mid-Morning Snack	<b>Meal:</b> High fat snack <b>Product:</b> 1-2 Xyng
Lunch	<b>Meal:</b> 4 oz fatty protein, 2 cups vegetables, 2 servings of healthy fats
Afternoon Snack	<b>Meal:</b> 1 scoop Lean shake
Dinner	<b>Meal:</b> 4 oz fatty protein, 2 cups vegetables, 1 serving of healthy fats <b>Product:</b> 2 Cheat (30 minutes before dinner)
Before Bed	12 oz water <b>Product:</b> 2 Flush (see product overview on page 7 for usage)

- 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 Meal Plan

This is your journey so you can create your own meal plan by using the guidelines above or visit [xyngular.com/core-resources](http://xyngular.com/core-resources) for a meal plan and recipes designed for the Keto Core System.

### Breakfast

Veggie frittata, almond butter

### Lunch

Garlic chicken, cauliflower

### Dinner

Garlic paprika shrimp & broccoli





# Core Keto Approved Foods

This is a comprehensive list of approved foods for to help guide you through the Keto Core System. A meal plan shopping list can be found at [xyngular.com/core-resources/core-pdf-resources](http://xyngular.com/core-resources/core-pdf-resources).

## Fatty Proteins

4 Ounces Per Meal

Beef Steak  
Eggs  
Elk  
Flounder  
Grouper

Herring  
Lamb  
Liver  
Lobster  
Mahi Mahi  
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

1 Serving Per Snack

White Wine Vinegar  
Red Wine Vinegar

Balsamic Vinegar  
Lime Juice  
Lemon Juice  
Apple Cider Vinegar

Teriyaki Sauce  
Unsweetened Almond  
Milk (1 cup per day)

# Vegetable Frittata

Enjoy Italy's version of a quick, easy and endlessly customizable omelet for breakfast, lunch or dinner. Try it warm, cold or at room temperature on a buffet.

Prep Time: 5 minutes

Cooking Time: 25 minutes

Total Time: 30 minutes

Serves 4

## Ingredients:

8 large eggs

1/2 teaspoon salt

1/4 teaspoon pepper

2 tablespoons olive oil

1 medium red, yellow, or green bell pepper, seeded, thinly sliced

1/2 small red onion, thinly sliced (about 1/2 cup)

2 cups packed baby spinach

## Method:

1. Preheat oven to 350°F with rack in center position. In bowl, combine eggs, salt and pepper. Whisk well.

2. Heat oil in 10-inch ovenproof skillet over medium heat. Add bell pepper and onion and sauté until softened, about 7 minutes. Stir in spinach and sauté until wilted, about 2 minutes. Distribute vegetables evenly in skillet and pour in egg mixture. Cook until eggs are just beginning to set around edges, 2 to 3 minutes.

3. Place skillet in oven. Bake frittata until almost set in center, about 15 minutes. Turn broiler on high. Broil frittata until top is golden brown, about 2 minutes, watching carefully to prevent over-browning. Remove from oven. Let frittata rest for 5 minutes before serving.



Low-Carb Approved



Keto Approved

For more recipes visit: [xyngular.com/core-resources](https://xyngular.com/core-resources)



# 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

# 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)



*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 #xyngularcore #becomingmore

Like us on Facebook: Xyngular (Official Corp Page)  
Follow us on Pinterest, Instagram and Twitter @xyngularcorp

## Member Service

Phone 801.756.8808  
E-Mail [member.service@xyngular.com](mailto:member.service@xyngular.com)

Text Xander anytime to get your questions answered!

Manufactured exclusively for Xyngular®  
P.O. Box 783 | American Fork, UT 84003  
Item No. 22-0900 • 111418.01v3

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22-0900