

Ultimate System





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The Xyngular Promise

While most weight-loss companies are about less, Xyngular is about more—more health, more help, and 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 20 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 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 Ultimate 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/en-ca/ultimate-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 you won't be tempted. 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/en-ca/ultimate-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 plans 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 Ultimate 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: xyngular.com/en-ca/ultimate-resources

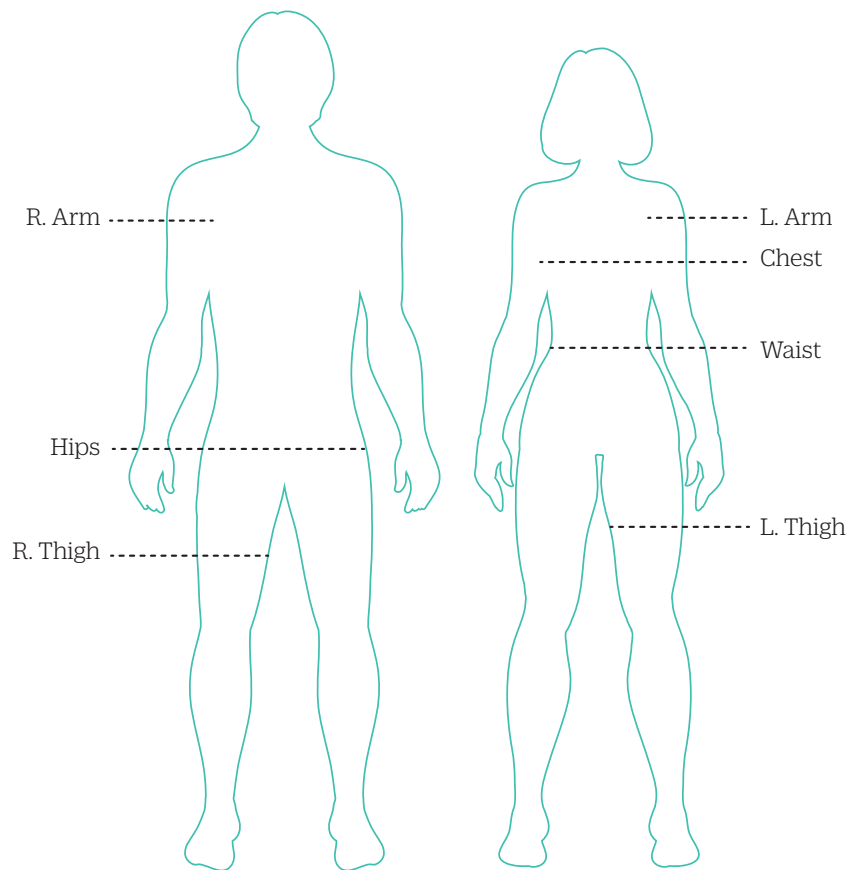


Measurement Tracker and Goals

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 xyngular.com/en-ca/ultimate-resources**

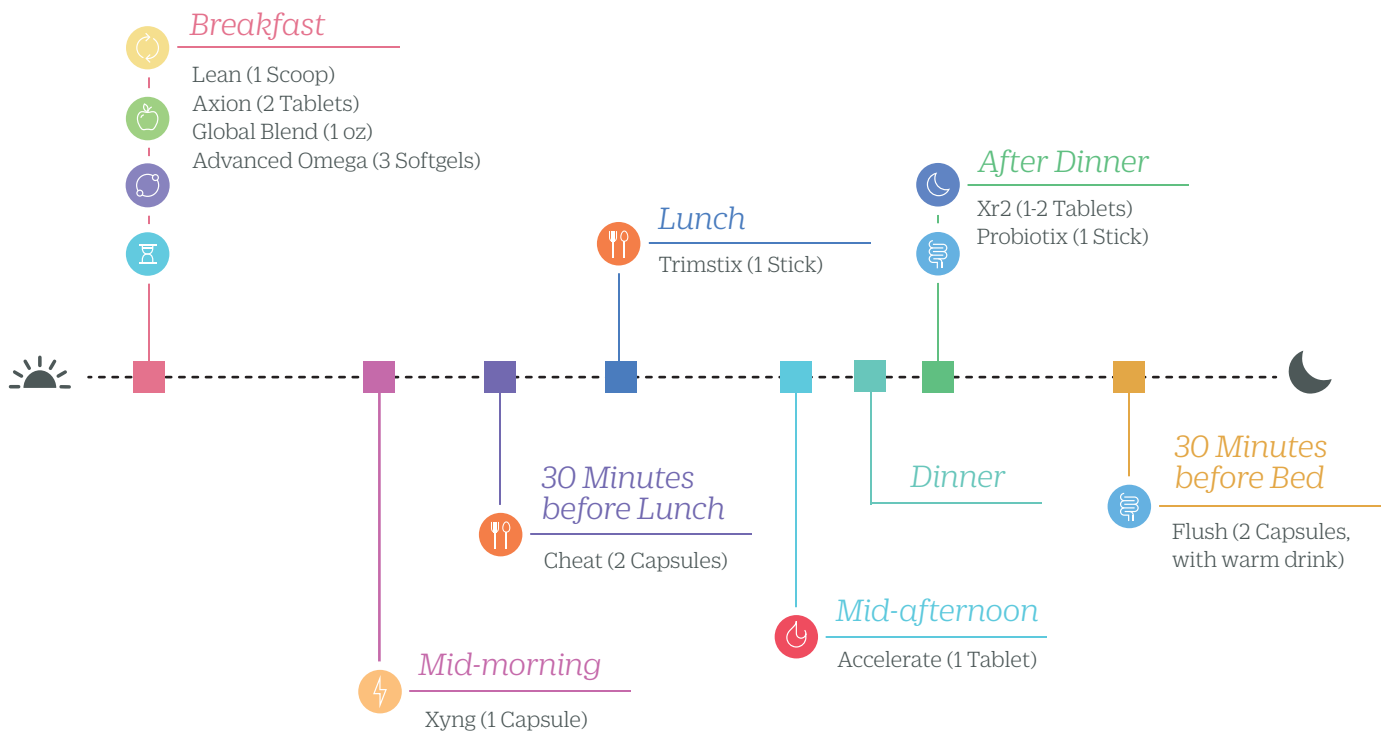
	R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh	Weight
Start day								
Day 9								
Day 30								



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.



Ultimate Product Overview



Lean Vanilla (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.



Lean Chocolate (1 scoop)

- A delicious, low-calorie chocolate 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 working up to taking the capsule on an empty stomach.*



Cheat (2 capsules)

- Naturally sourced 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.*



Trimstix (1 stick)

- A delicious 10-calorie drink mix made from a patented blend of naturally sourced ingredients. Just add water to curb cravings and help control already healthy blood sugar levels.



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.



Probiotix (1 stick)

- Infuses your digestive system with over three-billion CFUs of clinically-proven, live cultures that improve gut health and nutrient absorption while reducing gas and bloating, which is nice. *Probiotix is a direct to mouth stick pack and does not need to be taken with water.*



Flush (2 capsules with a warm drink)

- A naturally sourced 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.*



Spryng (1 stick)

- Spryng Lemon-Lime keeps you hydrated and improves your recovery from any form of exercise. *You can start drinking Spryng anytime with exercise.*



8-Day Jumpstart Guidelines

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 Products: 2 Cheat (take 30 minutes prior to your meal), 1 stick Trimstix
Afternoon Snack	Meal: High protein snack Product: 1 Accelerate
Dinner	Meal: 4-6 oz lean protein, 2 cups vegetables, 1 serving of healthy fats Products: 1-2 Xr2 after dinner, 1 stick Probiotix 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 taking the capsule 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

This is your journey so you can create your own meal plan by using the guidelines above or visit xyngular.com/en-ca/ultimate-resources for a meal plan and recipes designed for your Jumpstart.

Breakfast

Lean shake

Lunch

Turkey taco lettuce wraps

Dinner

Zucchini noodles w/kale pesto & chicken breast



8-Day Jumpstart Approved Foods

This is a comprehensive list of approved foods to help guide you through the Ultimate System Jumpstart. A meal plan shopping list can be found at xyngular.com/en-ca/ultimate-resources

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

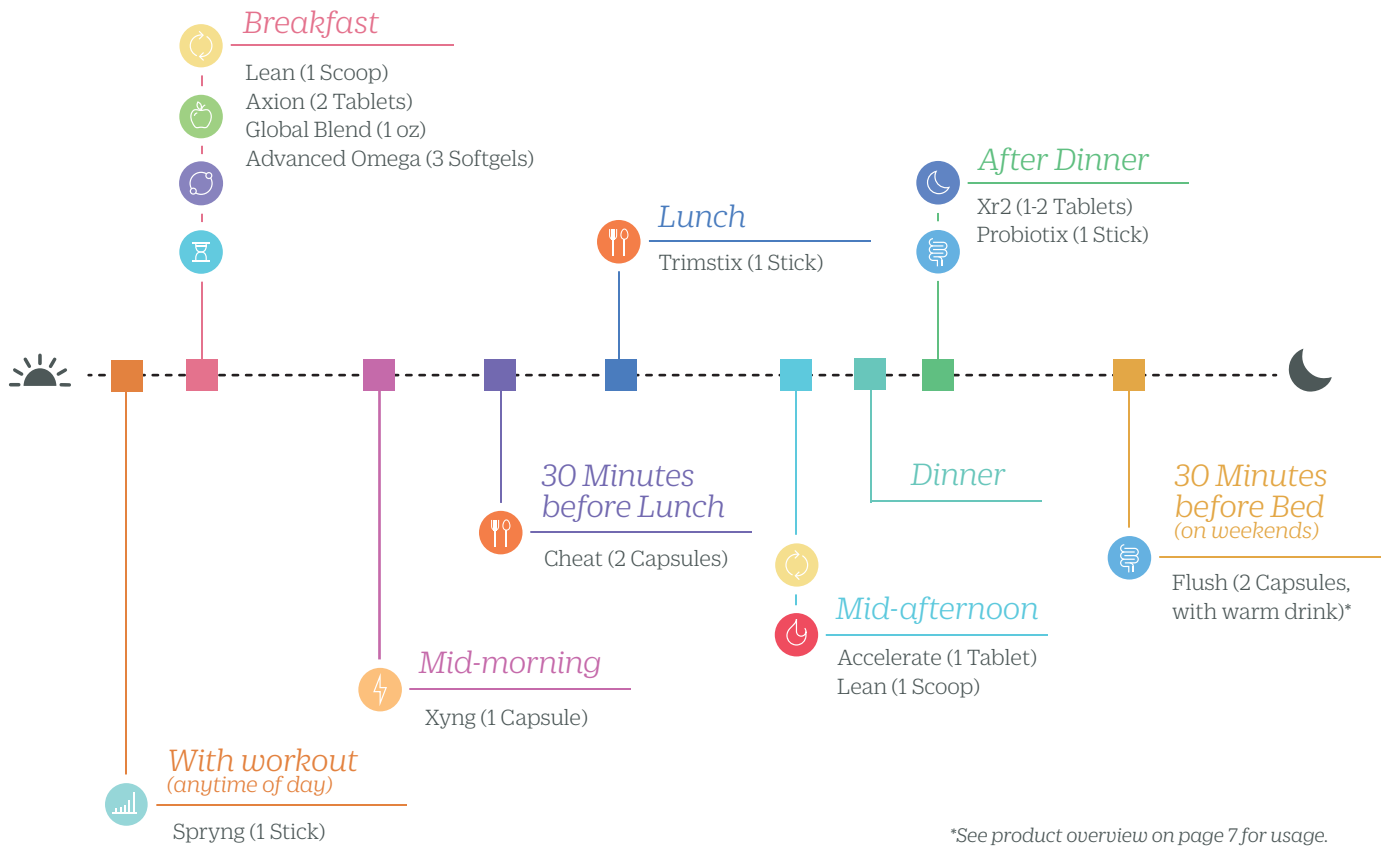
Red Wine Vinegar
Teriyaki Sauce
Balsamic Vinegar

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 your 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/en-ca/ultimate-resources



Low-Carb Guidelines

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 Products: 2 Cheat (<i>take 30 minutes prior to your meal</i>), 1 stick Trimstix
Afternoon Snack	Meal: 1 scoop Lean shake Product: 1 Accelerate
Dinner	Meal: 4-6 oz lean protein, 2 cups vegetables, 1 serving of healthy fats Products: 1-2 Xr2 after dinner, 1 stick Probiotix after dinner
Before Bed	12 oz water Product: 2 Flush (<i>see product overview on page 7 for usage</i>)

- One cheat meal is allowed each week. (See xyngular.com/ultimate-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/en-ca/ultimate-resources for a meal plan and recipes designed for the Low-Carb Ultimate System.

Breakfast

Lean Meal

Lunch

Garlic chicken, zucchini

Dinner

Grilled snapper, red onion & scallions



Ultimate Low-Carb Approved Foods

This is a comprehensive list of approved foods to help guide you through the Low-Carb Ultimate System. A meal plan shopping list can be found at xyngular.com/en-ca/ultimate-resources

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

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 Guidelines

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 fat snack Product: 1 Xyng
Lunch	Meal: 4 oz fatty protein, 2 cups vegetables, 2 serving of healthy fats Products: 2 Cheat (take 30 minutes prior to your meal), 1 stick Trimstix
Afternoon Snack	Meal: 1 scoop Lean shake Product: 1 Accelerate
Dinner	Meal: 4 oz fatty protein, 2 cups vegetables, 1 serving of healthy fats Products: 1-2 Xr2 after dinner, 1 stick Probiotix after dinner
Before Bed	12 oz water Product: 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 taking the capsule 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/en-ca/ultimate-resources for a meal plan and recipes designed for the Keto Ultimate System.

Breakfast

Lean Meal

Lunch

Beef (steak), buttered asparagus

Dinner

Sumac & thyme chicken thighs w/ roasted brussels sprouts





Ultimate Keto Approved Foods

This is a comprehensive list of approved foods to help guide you through the Keto Ultimate System. A meal plan shopping list can be found at xyngular.com/en-ca/ultimate-resources

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)

Zucchini Noodles With Kale Pesto and Sliced Chicken Breast

Dinner's on the table fast when spiralized zucchini and chicken are topped with an easy-to-make and healthful kale pesto. Great for lunch and leftovers, too!

Prep Time: 10 minutes

Cooking Time: 5 minutes

Total Time: 15 minutes

Serves 4

Ingredients:

- 2 cups packed torn kale leaves, stems removed, loosely packed
- 1 cup packed fresh basil leaves, loosely packed
- 2 garlic cloves, chopped
- 1/4 cup toasted pumpkin seeds
- 1 teaspoon sea salt
- 1/2 cup extra virgin olive oil, plus extra for sautéing zucchini
- Splash of white wine vinegar or squeeze of lemon juice, to taste
- 4 large zucchini, spiralized or peeled into thin strips
- 4 cooked chicken breasts, sliced



Method:

1. In food processor, combine kale, basil, garlic, pumpkin seeds and salt. Pulse until finely chopped. With motor running, drizzle in olive oil, and process until smooth but still a bit chunky.
2. Heat skillet with enough oil to thinly coat over medium heat. Add zucchini and pesto and sauté 1 to 2 minutes, until just warmed through and zucchini is still crisp.
3. Transfer to serving bowl. Top with sliced chicken. Serve.



Low-Carb Approved



Keto Approved

(replace chicken breast with thigh)

Sumac and Thyme Roasted Chicken Thighs With Roasted Brussels Sprouts

Piquant sumac enhances lemon's bright flavors for a next-level chicken dish. Give Brussels sprouts a quick pan-roast and dinner is served!

Prep Time: 10 minutes

Cooking Time: 50 minutes

Total Time: 60 minutes

Serves 4

Ingredients:

- 1 tablespoon sumac (lemon zest can also be used as a substitute)
- 5 cloves garlic, finely minced
- 4 tablespoons olive oil
- 1 teaspoon salt
- Juice of 1/2 lemon
- 1 lemon, thinly sliced
- 4 bone-in chicken leg quarters
- 6 to 8 sprigs fresh thyme
- 1 pound of Brussels sprouts, sliced in half
- Salt and pepper

Method:

1. Preheat oven to 375°F.
2. In a small bowl mix sumac, garlic, 3 tablespoons olive oil, salt and lemon juice.
3. Spread lemon slices out on baking dish or sheet pan. Add sprigs of thyme.
4. Rub each piece of chicken with sumac marinade, coating all sides well, and lay skin side up over sliced lemon and thyme.
5. Roast for 45 to 50 minutes or until skin is crispy and chicken is cooked through, reaching 165°F in the thickest part of the thigh. To increase skin crispiness, place under broiler, 2 to 3 minutes, watching closely so that it doesn't burn.
6. Meanwhile, heat 1 tablespoon olive oil in large cast-iron skillet over medium heat. Add Brussels sprouts, cut side down. Season with salt and pepper. Cook until golden brown. Flip and continue to cook until tender but still crisp.
7. To serve, spoon a little pan sauce over chicken. Serve with side of Brussels sprouts.



Keto Approved

Grilled Snapper With Red Onion Escabeche and Grilled Scallions

Level up grilled snapper with escabeche—in this case, with pickled onions—and grilled scallions. They're sharp and sweet at the same time, and add the “wow” to the simply prepared fish.

Prep Time: 10 minutes

Cooking Time: 15 minutes

Total Time: 25 minutes

Serves 4

Ingredients:

- 1 large red onion, peeled, thinly sliced
- 3/4 cup red wine vinegar
- 1/2 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon whole black peppercorns
- 1/4 teaspoon whole cumin
- 2 garlic cloves, whole, slightly crushed using the side of chef's knife
- 1 bay leaf
- 4 (6-ounce) snapper fillets (or any firm white fish, such as mahi, rockfish, grouper, haddock)
- Olive oil
- Salt and pepper
- 1 bunch scallions

Method:

1. Place sliced red onion in large, nonreactive bowl.
2. In small pot, heat vinegar, oregano, salt, peppercorns, cumin, garlic and bay leaf. Bring to boil. Remove from heat and pour hot vinegar spice mixture over red onion. Let cool to room temperature. Cover and refrigerate at least 1 hour or overnight. Pickled onions will keep for up to 2 weeks refrigerated.
3. Rub snapper with olive oil. Season with salt and pepper. Grill, skin side down, until lightly charred and almost cooked through, about 5 minutes (skin should release easily; if it sticks, grill an additional minute). Flip snapper and grill another 2 minutes.
4. Lightly rub scallions with olive oil. Grill until lightly charred.
5. Place snapper on serving dish. Spoon onion escabeche on top. Serve with grilled scallions.



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 #xyngularultimate #becomingmore

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Member Service

Phone 587.880.8255

E-Mail member.service@xyngular.com

Text Xander anytime to get your questions answered!



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