

Meal Plan FAQ

Do I have to follow the meal plan exactly?

No, feel free to swap snacks and meals between plans. Try to swap snacks for snack and breakfasts for breakfasts, etc. They'll be close enough in calories to switch

Should I ever switch paths?

Possibly. There are two scenarios in which you might consider switching paths.

1. When you lose weight and are within the next lowest path guidelines, you may switch. However, if you're currently seeing good results with the path you're following, we advise you to stay on that path until you plateau.
2. If you have plateaued on your current path, it may be time to consider switching. You have plateaued if you've been following the path 90 – 100% of the time and you haven't seen any changes in weight, measurements, photos, or how your clothes fit in 2 – 3 weeks. If this applies to you, then jump down one path.

How much water should I drink?

Post-Jumpstart and in general, we recommend drinking half your body weight in ounces of water per day, which can include water that you mix Xyngular products into.

Example: If you weight 200 pounds, aim to drink 100 oz of water per day.

During your 8-Day Jumpstart, try to increase your water intake to 1.5 times that amount, but cap your total daily water intake at 1.5 gallons. Water is our natural diuretic, so increasing your water intake during the Jumpstart will help you lose excess water weight. Stick with it—once your body starts flushing the excess water, you'll feel amazing.

If you feel headaches or body aches, it's likely a sign that you need to increase your electrolyte intake along with your water intake. Add our Spryng drink mix to your water to help with this. You can also add some sea salt to your meals.

Can I have a "cheat meal" on this program?

During your 8-Day Jumpstart, try to avoid cheat meals. This period is particularly important for training your body, and it'll be over before you know it!

In your post-Jumpstart period, we recommend having cheat, or "reward," meals. We want this to be a program you can repeat consistently until you reach your goals, so having meals here and there that don't have to be tracked is a necessity. We suggest planning an untracked meal once per week. This can be a meal eaten out at a restaurant, a friendly gathering, or something you enjoy at home that might not fit well with your current path.

Feel free to have a moderately sized portion of whatever it is you're craving. Be mindful to eat to satisfaction, not fullness. Remember not to let your untracked meal trickle into the rest of your day or weekend. When that meal is over, get right back on track.

Can I eat out on this plan?

During your 8-day Jumpstart, if you do need to eat out, try to mimic the meal you'd normally be eating on your plan. In your post-Jumpstart period, try to limit this where possible because it's hard to know what you're getting when you are not the one preparing the food. If this is not your untracked meal, try to match it to the meal you would have eaten on your customized meal plan.

Can I skip a meal if I'm not hungry?

We do not advise skipping snacks or meals. The macros in your customized plan are calculated specifically for fat loss and are tailored to your body composition. By skipping meals, you risk starving your body of the fuel it needs to burn excess fat effectively. You also risk affecting your hormone levels and slowing down your metabolism, putting a halt to progress and fat loss.

With that said, if after the 8-Day Jumpstart, you still find yourself excessively full, your hunger cues are not adapting, and you're no longer seeing results in weight, measurements, photos, or how your clothes fit, consider going down one path.

It seems as if veggies aren't tracked into the calories/macros. Why?

For most of us, it's very hard to overeat veggies. Having your veggies be freebies gives you wiggle room to have unplanned snacks. Feel free to snack on or beef up your meals with any veggies on the Foods We Love list.

What if I don't like a food item on the meal plan?

If you don't like anything on the meal plans, feel free to swap in something similar. You can substitute a fat source for a fat source, carbs for carbs, etc. Try tracking the meal you want to have with your substitute food and match calories as closely as possible. You can also swap meals between customized meal plans.

Can I swap in different meats?

Yes. Swap any white fish or turkey with chicken or any lean beef for another lean beef—just use equal amounts.

Is the 8-Day Jumpstart keto?

While the 8-Day Jumpstart features many healthy fats, it is not technically a ketogenic diet. We have included more healthy carbohydrates and a higher protein content than a typical keto diet to keep you feeling great and taking in necessary nutrients.

How far apart should my meals be spaced?

This part is up to you, and your hunger cues, but most people find greater success in timing their meals 3 to 4 hours apart throughout the day. If you prefer fasting in the morning and eating more later in the day, that's fine if you're still able to get in all meals and snacks.

Can I work out while on this program?

Yes, moderate activity is encouraged. We suggest approximately 30 minutes each day of any activity that you enjoy, such as walking, weight training, jogging, aerobics, etc.

What if I think I'm insulin resistant or if I have hormone imbalances?

Many people who struggle with weight loss may struggle with these issues. Many people who struggle with weight loss also find that their issues can be solved by long-term consistency in weight management. To know for sure if you are insulin resistant, have high cortisol, sluggish thyroid, etc., you need to see your doctor for appropriate bloodwork. We encourage you to follow this program as written for best results.

Can I do this program if I'm pregnant or breastfeeding?

Please make sure that you consult with your physician before beginning any health or weight loss program, especially if you are pregnant or breastfeeding.

What can I have for my post-Jumpstart daily treat? Is this really okay?

It's okay, we promise. You may be following a program, but it shouldn't feel restrictive. You'll be doing this long-term, so making it the new normal is important. We're human—we enjoy treats! That's what this 75- to 100-calorie allowance is.

If you feel like a treat might be detrimental to your progress, you don't have to have something sweet. Look at this calorie allowance as room to build in anything you enjoy—a piece of fruit, a side of indulgent sauce with your dinner, a little peanut butter on something—go for it!

Here are some ideas for a sweet treat or snack.

- 3 chocolate kisses
- 1-2 squares of dark chocolate
- 2 Oreo cookies
- 1 caramel rice cake with ½ tbsp peanut butter
- Low-fat ice cream dessert
- A 100-calorie bag of chips or popcorn
- 1 small bowl of cereal with almond milk

Want to keep it healthier? Try these.

- A bowl of frozen berries with sugar-free creamer
- Greek yogurt with fruit
- 1 date with ½ tbsp peanut butter
- Protein ball or energy ball