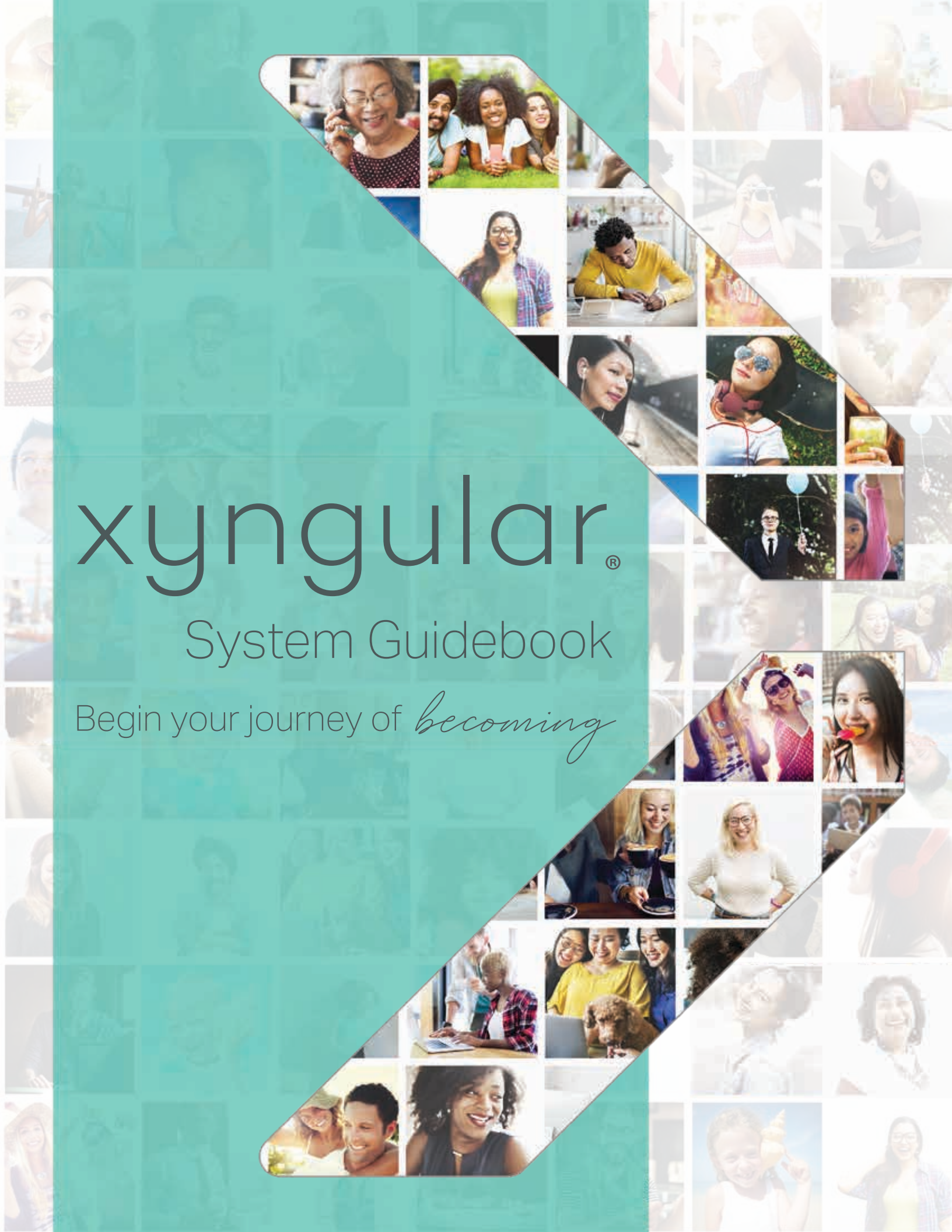




xingular.®

System Guidebook

Begin your journey of *becoming*



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EN: Find resources online at xyngular.com/en/resources

ES: Encontrar recursos en línea a xyngular.com/en/resources

FR: Trouver des ressources en ligne à xyngular.com/en/resources



Xyngular's *Purpose*

Our mission at Xyngular is to provide the products, systems, and support to help people improve their lives in every way. If you are a work in progress, you've come to the right place!

This guidebook is a resource to help you achieve your weight-loss goals. No matter how great the products are, or which system you chose, the power to change rests entirely within you.

Your journey to becoming more starts now!

Steps to Better Health

1. Set Your Goals

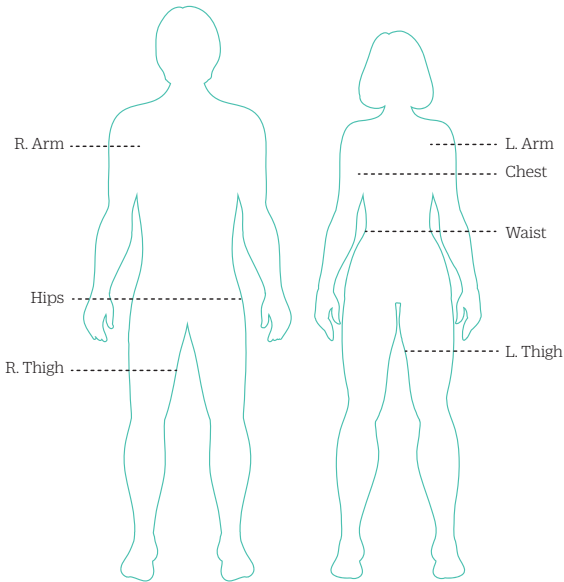
Determine your goals for the next 30 days and write them down. Remember, this goal should focus on what to achieve in the next 30 days, so make is realistic and achievable. Most of us have more weight to lose than 30 days allows, so be patient with yourself and your 30-day target.

2. Take Your Measurements

Success with Xyngular can be measured in many different ways. While weight loss is important, it doesn't tell the whole story. Body composition changes and inches lost are important too! Photos and measurements throughout your journey can help you track changes and recognize your accomplishments.

- Take a Before photo.
 - Tips for a great Before photo:
 - ☐ Take images from multiple angles
 - ☐ Take photos with a plain backdrop
 - ☐ Wear form-fitted clothing
 - ☐ Take photos of your entire body—feet included
- Hop on the scale.
 - Starting weight: _____
- Take your measurements:

	R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh	Neck	Calves
Day 1									



3. Connect with Xander

Xander is a text-based virtual coach available 24/7. You'll receive texts from him throughout your journey, and you can text him your questions too. Xander has the answers!



Look for this icon throughout your guidebook for ways to interact with Xander.

Not a fan of texting? All your support tools are available online: xyngular.com/en/resources/

4. Start Your 8-Day Jumpstart

The Jumpstart program covers your first eight days with Xyngular and is designed for healthy weight loss. The goal of this program is to develop a clean slate and new eating habits to support your new body and lifestyle.

To fit your needs, we have both **Low-Carb and Keto** meal plans. Regardless of the program you choose, start with the 8-Day Jumpstart to cleanse your body and prepare for serious weight loss.

5. Track Your Success

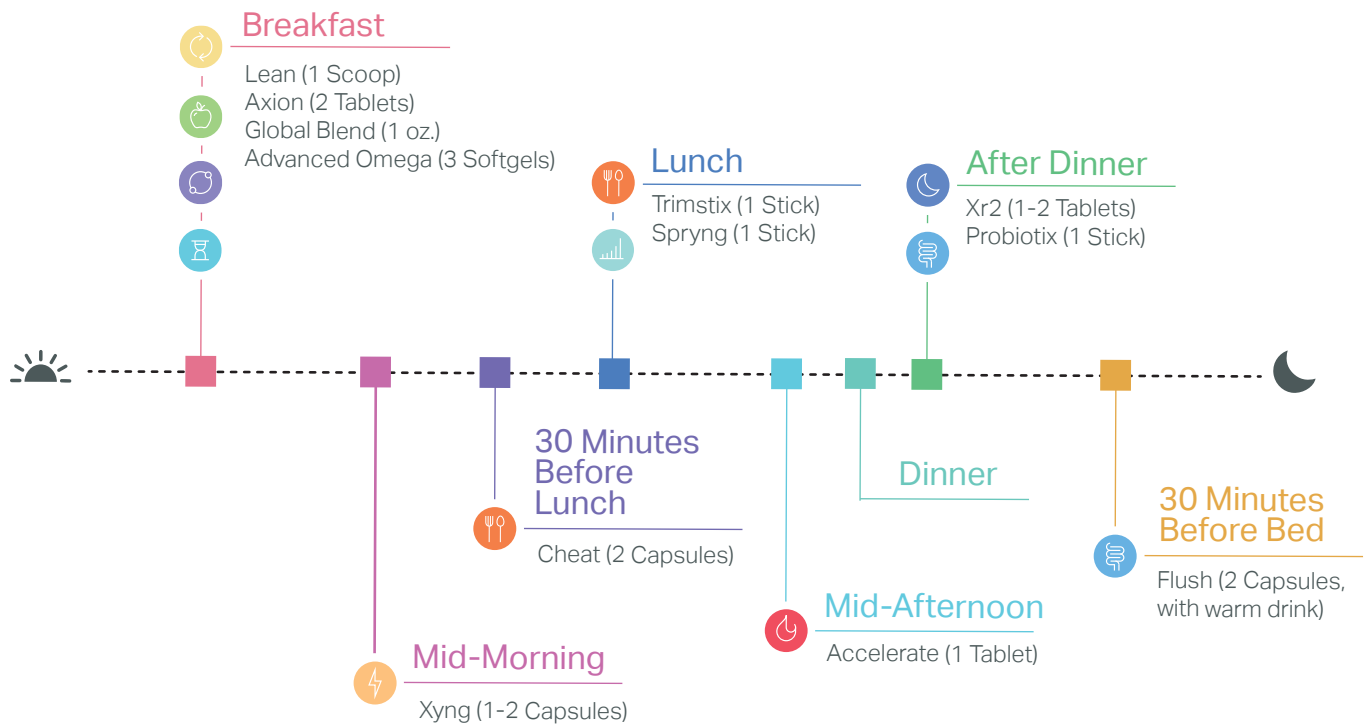
- Take Becoming photos after your 8-Day Jumpstart and after your first 30 days.
- Hop on the scale.
 - Post-Jumpstart weight: _____
 - Weight after 30 days: _____
- Take measurements after your Jumpstart and after your first 30 days.

	R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh	Neck	Calves
Day 9									
Day 30									

Reflect on your health victories, and revel in your awesomeness. Write down a non-scale victory that you accomplished during your first 30 days. You deserve all the praise for making your dreams a reality!

Product Timeline

Follow the schedule to stay on track with your goals. Your virtual coach, Xander, will also text you reminders throughout each day to help you take your products on time.

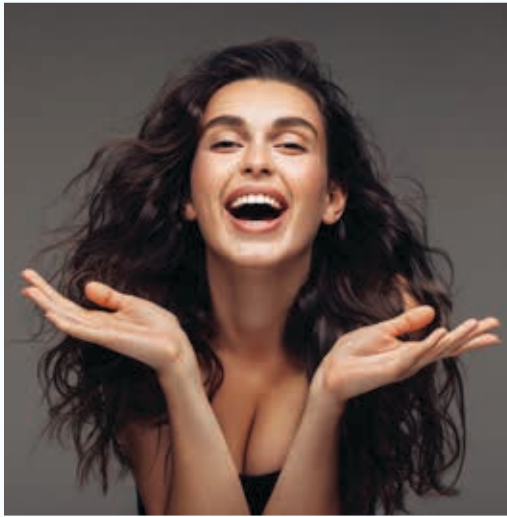


*All products listed are found in the Ultimate system. If using a different system, follow the schedule above with available products.

See Products Benefits on page 17 for details.

Tips for Success

1. Everyone requires a different amount of daily water to stay hydrated. To calculate your daily ounces divide your body weight in half. For example, if you weigh 170 lbs, drink 85 oz. of water each day.
2. Eat every 2 ½-3 hours to maintain your metabolism.
3. Stop eating 2-3 hours before bed.
4. Take 2 Flush each day of your Jumpstart with warm water. After your Jumpstart, take an 8-day break, then move to taking Flush as a mini cleanse two days out of the week
5. Start with 1 Xyng capsule, taken with food.
6. Always take Cheat with at least 8 oz. of water.



ASK XANDER: "When is another time of day I could take Axion if I typically experience stomach discomfort with multivitamins?"

8-Day Jumpstart

During your initial 8-Day Jumpstart program you will limit your carbohydrate, fat, and sugar intake. Focus on staying under 40 grams of carbohydrates during this program for real results.

Jumpstart Sample Meal Plan	
Wake Up	8 oz. of water
Breakfast	Lean shake Products: 2 Axion, 1 oz. Global Blend, 3 Advanced Omega
Mid-Morning Snack	High-protein snack Example: 2 hard-boiled eggs Product: 1 Xyng
Lunch	4-6 oz. lean protein, 1-2 C vegetables, and 1 serving healthy fats Example: Garlic Chicken Zucchini 344 Calories Products: 2 Cheat (30 minutes prior to meal), 1 Trimstix, 1 Spryng
Afternoon Snack	High-protein snack Example: 3-5 oz. turkey breast Product: 1 Accelerate
Dinner	4-6 oz. lean protein, 1-2 C vegetables, and 1 serving healthy fats Example: Grilled Snapper with Red Onion 305 Calories Products: 1-2 Xr2 and 1 Probiotix after dinner
Before Bed	12 oz. water Product: 2 Flush



ASK XANDER: "Show me 8-Day Jumpstart recipes."

If you exercise frequently or find yourself still hungry, add another 4-6 oz. of lean protein, or a Lean shake to your daily meal plan.

8-Day Jumpstart

Approved Foods

This is a suggested list of approved foods to help guide you through the 8-Day Jumpstart plan. Feel free to customize your meal plans to your preferences with the list below.

Lean Proteins

4–6 Ounces Per Meal

Beef (lean cuts)
Chicken
Eggs
Elk
Flounder

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

Almonds, unsalted (1/4 C)
Avocado (1/4 fruit)
Coconut Oil (1 T)
Macadamia Nuts, unsalted (1/4 C)
Natural Almond Butter (2 T)

Natural Peanut Butter (2 T)
Olive Oil (1 T)
Pumpkin Seeds, unsalted (1/4 C)
Sesame Oil (1 T)
Sunflower Oil (1 T)

Walnuts, unsalted (1/2 C)

Vegetables

1–2 Cups Per Meal

Alfalfa Sprouts
Artichokes
Arugula
Asparagus
Bok Choy
Broccoli
Brussels Sprouts

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

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

Scallion
Spinach
Turmeric
Turnips
Watercress
Zucchini

High-Protein Snacks

1 Serving Per Snack

Hard-Boiled Eggs
(2 whole eggs)

Lean Shake (1 scoop)
*Multiple shakes per day require more
than 1 bag of Lean.

Turkey Breast (3–5 oz.)

Other

Apple Cider Vinegar
Balsamic Vinegar
Lemon Juice
Lime Juice

Red Wine Vinegar
Unsweetened Almond Milk (1 C)
Unsweetened Cashew Milk (1 C)
Unsweetened Coconut Milk (1 C)

White Wine Vinegar

Low Carb

The Low-Carb plan works for almost every dietary need. Many individuals may benefit from up to a 50% carbohydrate reduction to boost metabolism, burn fat, and overcome weight-loss plateaus. Xyngular's Low-Carb plan allows you to stay under 60 grams of carbohydrates while eating five times a day.

Daily Low-Carb meal breakdown:



Post-Jumpstart Low Carb

You've finished the first eight days! You now have the option to get one higher-carb meal built into your weekly plan. Refer to your Approved Foods list for extra grocery shopping options.

Post-Jumpstart Low-Carb Sample Meal Plan	
Wake Up	8 oz. of water
Breakfast	Lean shake Products: 2 Axion, 1 oz. Global Blend, 3 Advanced Omega
Mid-Morning Snack	High-protein snack Example: 6 oz. non-fat Greek yogurt Products: 1 Xyng
Lunch	4-6 oz. lean protein, 1-2 C vegetables, and 1 serving healthy fats Example: Zucchini Noodles with Kale Pesto Chicken 630 Calories Products: 2 Cheat (30 minutes prior to meal), 1 Trimstix, 1 Spryng
Afternoon Snack	High-protein snack Example: 1 Lean shake Products: 1 Accelerate
Dinner	4-6 oz. lean protein, 1-2 C vegetables, and 1 serving healthy fats Example: Balsamic Meatballs 230 Calories Products: 1 Xr2 and 1 Probiotix after dinner
Before Bed	12 oz. water Product: 2 Flush

High-Carb Meal Guidelines

This Post-Jumpstart plan allows you to add one high-carb meal per week. A high-carb meal each week can help you stay on track, satisfy cravings, and boost your metabolism.

- Limit your high-carb meal to once per week.
- Your single high-carb meal should contain no more than half your total daily calorie limit: 600-700 calories for women, and 750-850 calories for men.
- Do not exceed 1600 calories per day for women and 1800 calories for men.



ASK XANDER: "How do I plan a high-carb meal?"

Low-Carb Approved Foods

This is a suggested list of approved foods to help guide you through the Low-Carb plan. Feel free to customize your meal plans to your preferences with the list below.

Pay special attention to the Post-Jumpstart additions to include after your initial 8-day program.



ASK XANDER: "Send me my low-carb shopping list."

Lean Proteins

4–6 Ounces Per Meal

Beef (lean cuts)
Boca Burgers (low-carb)
Chicken
Eggs
Elk
Flounder

Grouper
Herring
Liver
Lobster
Mahi Mahi
Orange Roughy
Oysters
Pork
Red Snapper

Salmon
Sardine
Scallops
Sea Bass
Shrimp
Steak
Swordfish
Tilapia
Tofu

Tofu
Tuna
Turkey
Turkey Bacon
Turkey Sausage
Venison

Healthy Fats

1 Serving Per Meal

Almonds, unsalted (1/4 C)

Avocado (1/4 fruit)
Cheese (2 oz.)
Coconut Oil (1 T)
Macadamia Nuts, unsalted (1/4 C)
Natural Almond Butter (2 T)

Natural Peanut Butter (2 T)
Olive Oil (1 T)
Peanuts, dry roasted (1/4 C)
Pistachios (1/4 C)
Pumpkin Seeds, unsalted (1/4 C)

Sesame Oil (1T)
Sunflower Oil (1 T)
Walnuts,
unsalted (1/2 C)

Vegetables

1-2 Cups Per Meal

Alfalfa Sprouts
Artichokes
Arugula
Asparagus
Bok Choy
Broccoli
Brussels Sprouts

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

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

Parsnips
Radishes
Snap Peas
Snow Peas
Spaghetti Squash
Spinach
Turmeric
Turnips
Watercress
Zucchini

Fruits-Optional

Fruits are higher in carbohydrates. If you choose to add fruit to your diet, limit your serving to 1/4 C a few times a week.

Blackberries
Blueberries
Cantaloupe
Honeydew
Peaches
Raspberries

Strawberries
Tomatoes
Watermelon

High-Protein Snacks

1 Serving Per Snack

2% Fat Cottage Cheese (1/2 C)
Beans
Cheese (2 oz.)
Hard-Boiled Eggs (2 whole eggs)
Hummus (1/4 C)

Lean Shake (1 scoop)
Non-Fat Greek Yogurt (6 oz., less than 6g of sugar)
Turkey Breast (3-5 oz.)

Other

Apple Cider Vinegar
Balsamic Vinegar
Lemon Juice

Lime Juice
Red Wine Vinegar
Soy Sauce (low-sodium)
Unsweetened Almond Milk (1 C)
Unsweetened Cashew Milk (1 C)

Unsweetened Coconut Milk (1 C)
White Wine Vinegar



Keto

The Keto plan works by switching your body's main fuel source from carbohydrates to stored fat in a process called "ketosis." Your success with Keto depends on maintaining ketosis by eating enough protein and fat, while carefully limiting your total carbohydrate intake.

If you've heard about the Keto diet, you've probably heard about macros. Macronutrients are the three main energy sources used by your body: **fat, protein, and carbohydrates**. The Keto standard for macros is 70-25-5.

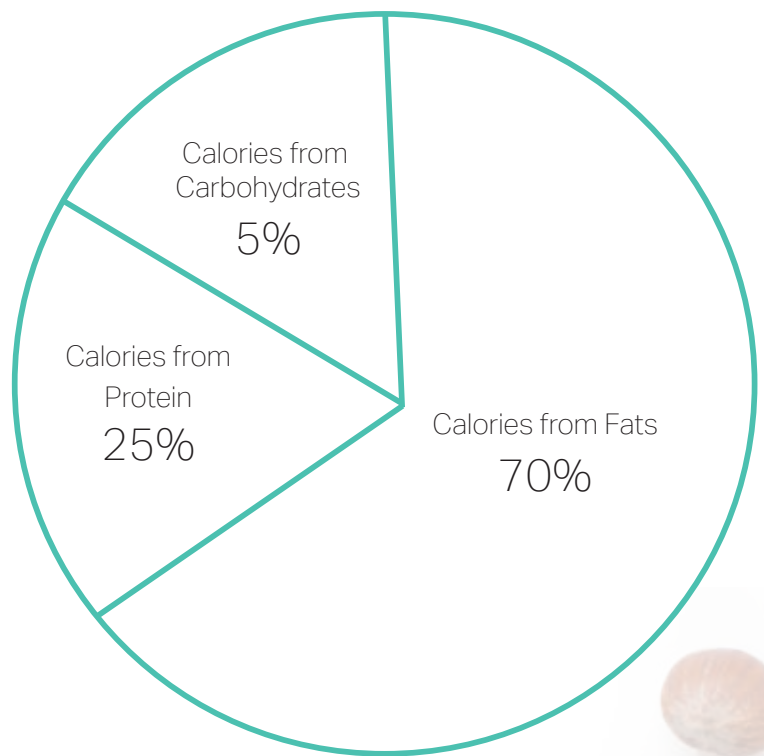
Calculating your macros is easy!

Check out the example below for a 1200 calorie daily limit.

$(1200 \text{ calories} * 70\%) / 9 = 94 \text{ grams}$
of fat per day

$(1200 \text{ calories} * 25\%) / 4 = 75 \text{ grams}$
of protein per day

$(1200 \text{ calories} * 5\%) / 4 = 15 \text{ grams}$
of carbohydrates per day



Need extra help calculating your macros?
Let Xander assist you.



ASK XANDER: "How do I calculate and track my macros?"

Post-Jumpstart Keto

Congrats on finishing the restorative 8-day Jumpstart! You are ready to start adding extra calories to your daily intake. Aim for 1200-1400 daily calories for women and 1500-1700 daily calories for men while on the Keto plan. Check out your Keto Post-Jumpstart Approved Foods List on the next page for more tasty options to add to your routine.

Post-Jumpstart Keto Sample Meal Plan	
Wake Up	8 oz. of water
Breakfast	Lean shake Products: 2 Axion, 1 oz. Global Blend, 3 Advanced Omega
Mid-Morning Snack	High-fat snack Example: 1 String cheese Product: 1 Xyng
Lunch	Example: Avocado Chicken Salad Carbs 11g Protein 60 g Fat 27g Products: 2 Cheat (30 minutes prior to meal), 1 Trimstix, 1 Spryng
Afternoon Snack	High-fat snack Example: 1/4 C Almonds, unsalted Product: 1 Accelerate
Dinner	Example: Sausage and Veggie Bake Carbs 17g Protein 23 g Fat 30 g Product: 1-2 Xr2 and 1 Probiotix after dinner
Before Bed	12 oz. water Product: 2 Flush



ASK XANDER: "Show me a Keto-friendly sausage and veggie bake recipe."

Keto Approved Foods

This is a suggested list of approved foods to help guide you through the Keto plan after your initial 8-Day Jumpstart. Feel free to customize your meal plans to your preferences with the list below.

Fatty Proteins

4-6 Ounces Per Meal

Bacon
Beef
Boca Burgers (low-carb)
Chicken (dark meat)
Eggs

Elk
Flounder
Grouper
Herring
Lamb
Liver
Lobster
Mahi Mahi
Orange Roughy

Oysters
Pork (avoid added sugar)
Red Snapper
Salmon
Sardine
Sausage
Scallops
Sea Bass
Shellfish

Shrimp
Swordfish
Tilapia
Tofu
Tuna
Turkey
Turkey Bacon
Turkey Sausage

Healthy Fats

2 Servings Per Meal

Avocado (1/2 fruit)
Avocado Oil (1 T)
Butter/Ghee (1 T)
Cheese (2 oz.)
Coconut Oil (1 T)

MCT Oil (1 T)
Olive Oil (1 T)
Pumpkin Seeds, unsalted (1/4 C)
Sesame Seeds, unsalted (2 T)
Sunflower Oil (1 T)

Vegetables

1-2 Cups Per Meal

Artichokes
Arugula
Asparagus
Bell Peppers
Bok Choy
Broccoli
Brussels Sprouts
Butternut Squash

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

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

Radishes
Scallion
Snow Peas
Spinach
Squash
Tomatoes
Turmeric
Turnips
Watercress
Zucchini

High-Fat Snacks

1 Serving Per Snack

Almonds, unsalted (1/4 C)
Macadamia Nuts, unsalted (1/4 C)
Natural Almond Butter (3 T)

String Cheese (1 stick)
Walnuts, unsalted
(1/4 C halves)

Other

Apple Cider Vinegar
Balsamic Vinegar

Lime Juice
Lemon Juice
Red Wine Vinegar
Soy Sauce (low-sodium)

Unsweetened Almond Milk (1 C)
Unsweetened Cashew Milk (1 C)
Unsweetened Coconut Milk (1 C)

Vinegar
White Wine Vinegar

Continue Your Success

Congratulations!

You're building healthy habits, eating right, and shaping your body through targeted weight loss. **What should you look forward to now?**

Post Your Progress

Share your success! Check out page 4 to track your success on day 9 and day 30. Show off your Before and Becoming photos online with friends and family—you deserve some cheers and compliments.

Set a New Goal

Still have a few more pounds to lose? Want to maintain your weight and health?

Whatever your goal, start working toward something new and include the Xyngular community and products as your support! Make sure to write out your new goal below.

Subscribe and Get Rewards

A subscription with Xyngular will keep your goals on track with effective tools for success—Xyngular products! Get your favorite health solutions delivered to your door each month and earn rewards for **FREE** product!

Here's how to start:

1. Log in to your Xyngular account at myaccount.xyngular.com
2. Set up a subscription with products or bundles specific to your goals.
3. Earn Reward points for free Xyngular product.



ASK XANDER: "What products should I get on subscription?"

Product Benefits



Accelerate with Thermolit Blend™: A stimulant-free thermogenic with the exclusive Thermolit Blend™ that burns fat, supports metabolism, and suppresses appetite.*



Advanced Omega: A blend of wild-caught ocean marine oil to provide essential Omega-3 fatty acids to support your heart and brain health while reducing inflammation associated with exercise.*



Axiom: A daily multivitamin with added digestive enzymes and probiotics to restore essential nutrients throughout the body and gut.*



Cheat: A supplement that works to help you feel full and satisfied while inhibiting some calorie absorption.*



Flush: A plant-based formula of fenugreek, cinnamon, and cloves to cleanse toxins and improve both digestion and nutrient absorption to aid in weight loss.*



Global Blend: A nutrient-dense blend of superfruits delivering antioxidants for daily immune support with aloe and xanthones.*



Global Blend Classic: A nutrient-dense blend of superfruits delivering antioxidants for daily immune support.*



Lean: A delicious protein shake with a diverse blend of amino acids, vitamins, minerals, and digestive enzymes to reduce cravings and aid in lean muscle development.*



Probiotix: A single-serving packet featuring three billion live cultures to support healthy digestion and maximize nutrient absorption.*



Spryng: A single-serving mix with refreshing coconut water to replenish vital nutrients.*



Trimstix: A single-serving mix, with only 10-calories and a delicious flavor, to curb unwanted cravings, boost energy, and support healthy weight loss.*



Xr2: A simple solution to combat stress for quality rest and relaxation to aid in weight loss.*



Xyng: An energizing blend of herbs and vitamins, including ginseng and green tea to boost energy levels, support metabolism, and aid in appetite control.*

*These statements have not been evaluated by the Food and Drug Administration. The product is not intended to diagnose, treat, or prevent any disease.



It's All
You



Contact Us

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