

# Ultimate System



## Table of Contents

Getting Started - 6 Simple Steps to Better Health .....	2
8-Day Jumpstart.....	4
Measurement Tracker and Goals.....	5
Jumpstart Product Timeline.....	6
Ultimate System Products.....	7
Jumpstart Meal Plan Resources.....	8
Post-Jumpstart Product Timeline.....	10
Post-Jumpstart Meal Plans.....	11
Low-Carb Meal Plan Resources.....	12
Keto Meal Plan Resources.....	14
Sample Meal Plan Recipes.....	16



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

# 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: [www.xyngular.com/ultimate-resources](http://www.xyngular.com/ultimate-resources)**



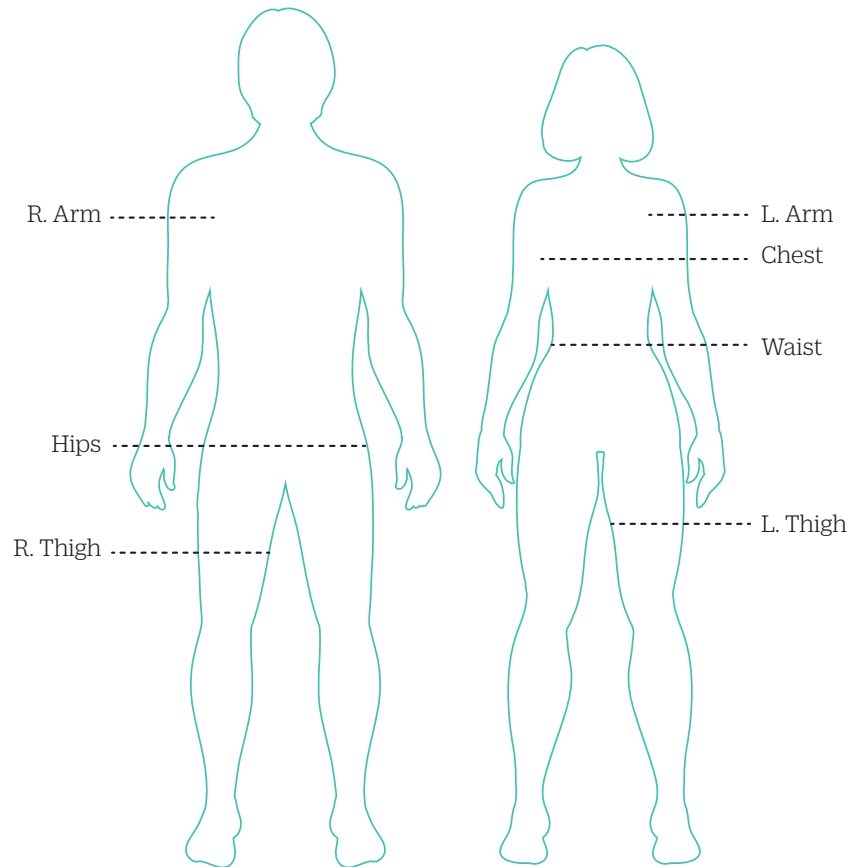


# Measurement Tracker and Goals

## 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 [www.xyngular.com/ultimate-resources](http://www.xyngular.com/ultimate-resources)**

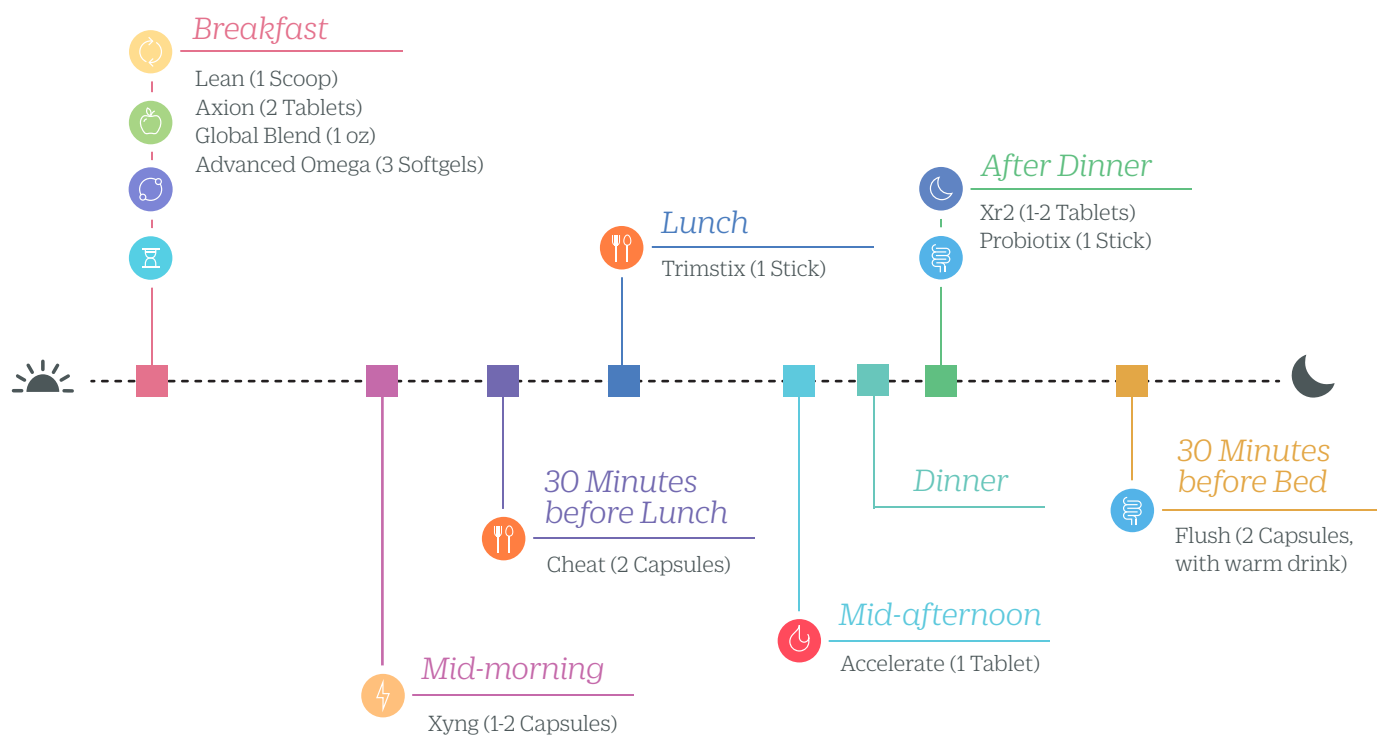
	R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh	Weight
Start day								
Day 9								
Day 30								



**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

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## **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 (1-2 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.*



## **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.*



## **Trimstix (1 stick)**

A delicious 10-calorie drink mix made from a patented blend of all natural 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)**

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.*



## **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	<b>Meal:</b> 1 scoop Lean Shake <b>Products:</b> 2 Axion, 1 oz Global Blend, 3 Advanced Omega
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 <b>Products:</b> 2 Cheat ( <i>take 30 minutes prior to your meal</i> ), 1 stick Trimstix
Afternoon Snack	<b>Meal:</b> High protein snack <b>Product:</b> 1 Accelerate
Dinner	<b>Meal:</b> 4-6 oz lean protein, 2 cups vegetables, 1 serving of healthy fats <b>Products:</b> 1-2 Xr2 after dinner, 1 stick Probiotix after dinner
Before Bed	12 oz water <b>Product:</b> 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

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

### Breakfast

Lean Chocolate

### 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/ultimate-resources](http://xyngular.com/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  
Talapia

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 Chocolate (1 Scoop)  
Hard Boiled Eggs (2 whole)

## Other

White Wine Vinegar

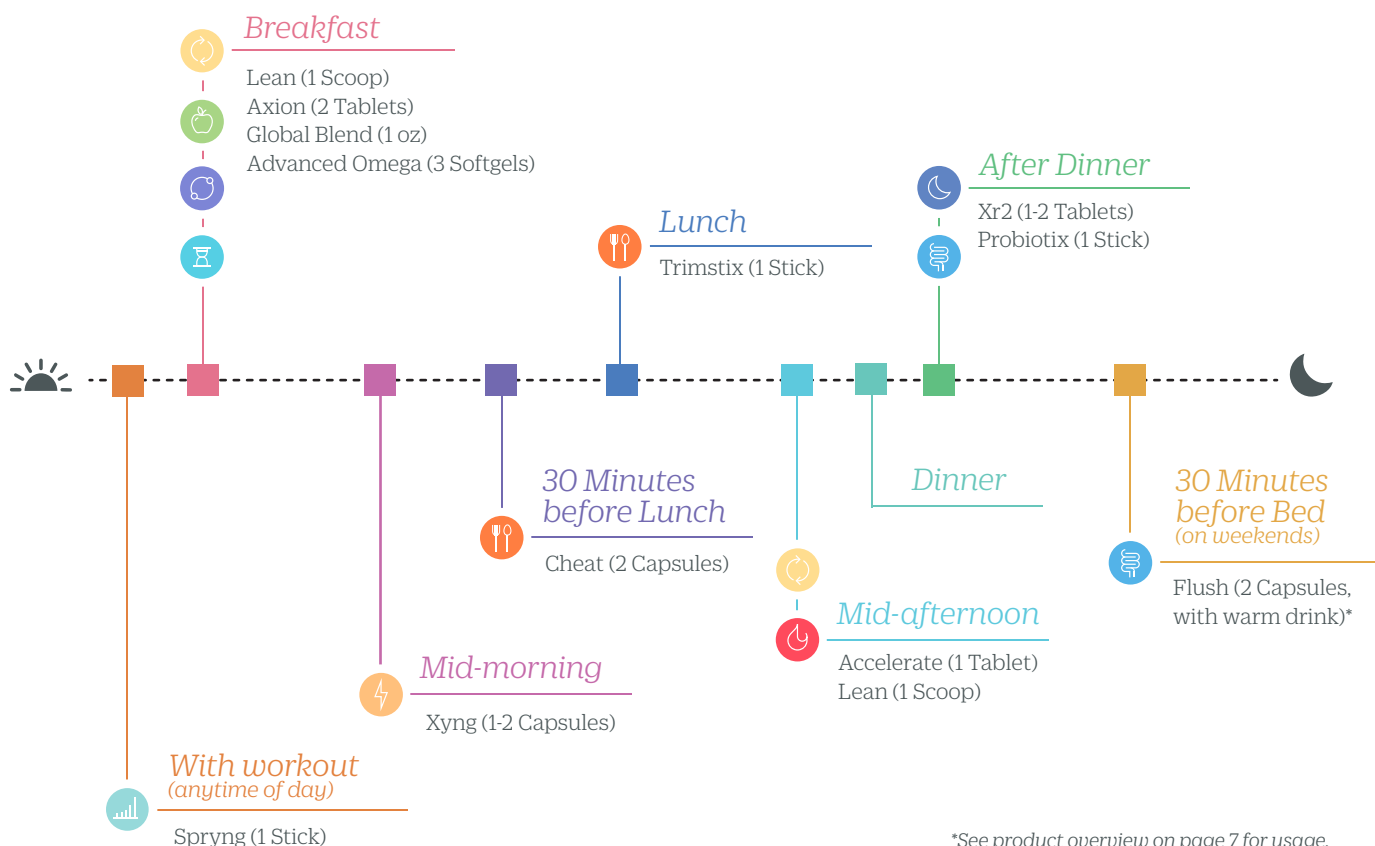
Red Wine Vinegar  
Teriyaki Sauce  
Balsamic Vinegar

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



# Low-Carb Guidelines

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

- One cheat meal is allowed each week. (See [xyngular.com/ultimate-resources](http://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/ultimate-resources](http://xyngular.com/ultimate-resources) for a meal plan and recipes designed for the Low-Carb Ultimate System.

### Breakfast

Lean Chocolate

### 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/ultimate-resources/ultimate-pdf-resources](http://xyngular.com/ultimate-resources/ultimate-pdf-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 Chocolate (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	<b>Meal:</b> 1 scoop Lean shake <b>Products:</b> 2 Axion, 1 oz Global Blend, 3 Advanced Omega
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 serving of healthy fats <b>Products:</b> 2 Cheat ( <i>take 30 minutes prior to your meal</i> ), 1 stick Trimstix
Afternoon Snack	<b>Meal:</b> 1 scoop Lean Shake <b>Product:</b> 1 Accelerate
Dinner	<b>Meal:</b> 4 oz fatty protein, 2 cups vegetables, 1 serving of healthy fats <b>Products:</b> 1-2 Xr2 after dinner, 1 stick Probiotix after dinner
Before Bed	12 oz water <b>Product:</b> 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 Meal Plan

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

### Breakfast

Lean Chocolate

### 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/ultimate-resources/ultimate-pdf-resources](https://xyngular.com/ultimate-resources/ultimate-pdf-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 Chocolate (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)

For more recipes visit: [xyngular.com/ultimate-resources](http://xyngular.com/ultimate-resources)



# 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 springs 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.



Low-Carb Approved

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