

Ignite Meal Plan



independent distributor

	Day 1, 2, 4, 6, 8	Day 3, 5, 7
Wake up	~Water	~Water
Breakfast	~Lean Smoothie ~2 Axion w/ Water ~1 oz. Global Blend	~Lean Smoothie ~2 Axion w/ Water ~1 oz. Global Blend
1/2 hr. b-4 Snack	~1-2 Cheat+ w/ Water	~1-2 Cheat+ w/ Water
Morning Snack	~3-6 oz. Protein Meal w/ Green Vegetables ~1-2 Xyng w/ Snack and Water	~3-6 oz. Protein Meal w/ Green Vegetables ~1-2 Xyng w/ Snack and Water
Lunch	~Lean Smoothie ~Water ~1-2 Accelerate (after shake) w/ Water	~3-6 oz. Protein Meal w/ Grains w/ Water ~1-2 Accelerate (after meal) w/ Water
1/2 hr. b-4 Snack	~1-2 Cheat+ w/ Water	
Afternoon Snack	~3-6 oz. Protein Meal ~1-2 Xyng* (w/ Snack and Water) ~1-2 Accelerate (after snack) w/ Water	~1/4 cup Almonds, Peanuts, or Sunflower Seeds (raw and unsalted) w/ Water
1/2 hr. b-4 Dinner		~1-2 Cheat+ w/8 oz. Water
Dinner	~1 Lean Smoothie ~ Water	~3-6 oz. Protein Meal+ w/ Green Vegetables w/ Water
Before Bed	~1-2 Flush w/ warm drink	~1-2 Flush w/ warm drink

Always consult a physician prior to beginning any new diet or exercise regimen.



Exercise

- DAY 1: Walk/Jog 20 mn at fast pace.
- DAY 2: Off
- DAY 3: Walk/Jog 20 mn at comfortable pace.
- DAY 4: Walk for 3 mn; run 1 mn; repeat 5 times.
- DAY 5: Off
- DAY 6: Walk 3 mn; run 1 mn; repeat 5 times.
- DAY 7: Off
- DAY 8: Off

Note: Adding any type of exercise increases the effectiveness of the products, but the intensity of exercise should be limited during the 8 day Ignite cycle, due to calorie depletion.

IMPORTANT NOTES:

Water: Drink 1 gal. (128 oz.) daily during your 8-day.

Drinks: Water, Global Blend, Xypstix, Spryng

Protein Choices: Fish, Turkey, Chicken, Eggs, Beans, or raw/unsalted Almonds, Peanuts, or Sunflower Seeds

Protein Serving Size: Women 3 oz.; Men 4-6 oz; Nuts/Seeds: 1/4 cup

For anyone whose goal is to lose 40+ lbs, we recommend beginning w/ 6 oz.

Vegetable Choices: Spinach, Kale, Broccoli, Bell Peppers, Asparagus, or Romaine Lettuce

Vegetable Serving Size: Women and Men 1/2 cup

Grain Choices: 100% whole wheat, old fashioned/steel cut oats, brown rice, quinoa, or barley

Whole Grain Serving Size: Women 1/2 cup; Men 1 cup

Serving Size Tips: 6 oz. protein = 2 decks of cards
1/2 cup raw vegetables = 1 light-bulb;
1/4 cup nuts = small handful.

*Xyng: Add an afternoon Xyng if needed for energy.

Contact your health coach with questions.

Q & A

Q: Can I use the Ignite Plan if I have a medical condition or use medication?

A: Consult your treating physician with this question. A complete ingredient list and product sheets are available.

Q: How much weight should I lose using the Ignite Kit?

A: Compliance, age, gender, general health, etc. causes variations. Some Ignite users have reported an average loss of 5-15 lbs. in 8 days!

Q: I am hungry. What do I do?

A: Drink more water and take Cheat + to prevent hunger between meals or increase protein or vegetable servings at meals. After the first few days of the Ignite program, your body will adjust and the hunger goes away.

Q: Can I pick different vegetables? What about protein?

A: Avoid all vegetables high in sugar. Stick to the protein options given for maximum fat loss during the Ignite.

Q: When do I use Spryng, XR2 and Xypstix?

A: Spryng with exercise or mid-morning; XR2 at night to aid in sleep and fight night time cravings or in morning for mood enhancement; Xypstix with water at any time. Xypstix may also be added to flavor lean shakes.

Q: How long will the products in the Ignite Kit last me?

A: This varies widely depending on how you choose to utilize your products. Often times Xyng, Axion, Global Blend, Flush and Accelerate will last between 25-30 days, while Cheat + and Lean may last a few days less.

Q: Is this an extreme diet? What about starvation mode?

A: Absolutely not. This program is designed to jumpstart radical fat loss, detoxify and place you on the path to better health. In our program you are consuming plenty of protein and healthy fats, as well as sufficient calories to prevent a metabolic slowdown. Metabolic slowdown typically only occurs after an extended period of fasting or chronic extreme calorie deprivation, neither of which are part of our Ignite program.

Q: Do I have to exercise?

A: No you do not have to exercise, but we recommend it. Exercise benefits include fat loss, brain function, & aid in hormonal balancing and will increase the overall effectiveness of the kit.

Q: I am constipated. What should I do?

A: If you are constipated, we recommend you try the following: 1. Consume more water. 2. Consume more leafy green vegetables. 3. Utilize more healthy oils and fats in cooking

Q: Can I repeat the Ignite immediately?

A: We recommend you take at least 2 weeks break between Ignite cycles.

Q: What do I do after the Ignite?

A: We recommend re-assessing your goals following the completion of each Ignite cycle to best determine which transformation kit is best for you. If your goal is long term weight loss, try our incredible **Weight Loss Kit**.

Creating Meal Plans



independent distributor



The 8-day Ignite has flexibility! Simply, stick to the approved foods list and follow the recommended portion sizes. Customize meals to your liking and add flavor with your favorite fresh or dried herbs and spices. You can follow the sample ignite meals and food plan below or get creative! During the Ignite, you should eat two kinds of meals: (1) a protein and green vegetable meal (2) a protein and grain meal. Simply use the approved food list to match a protein and with either a vegetable or grain from the same list. It's truly that easy!

SAMPLE MEALS

- Sample Meal 1: Chicken spiced w/ Fajitas Spices + Bell Peppers + Onions
- Sample Meal 2: Salmon spiced w/ Lemon Pepper + Broccoli sautéed w/ Garlic
- Sample Meal 3: Scrambled Eggs + wilted Kale
- Sample Meal 4: Ground Turkey spiced w/ Sage + Cabbage cooked in Apple Cider Vinegar
- Sample Meal 5: Shrimp w/ Cajun Spices + Roasted Cauliflower



PORTION SIZE

Portion sizing is different for men and women. Weigh your portions. If you do not have a scale, use the following to assist:

- 3 oz. protein = 1 open handed palm
- 1 cup grains or vegetables = 1 closed fist

Protein Serving Size:

- Women 3 oz.; Men 4-6 oz
- Nuts/Seeds: ¼ cup.
- For anyone whose goal is to lose 40+ lbs, we recommend beginning w/ 6 oz.

Vegetable Serving Size:

- Women and Men ½ cup

Grain Serving Size:

- Women ½ cup; Men 1 cup

SAMPLE 8-DAY IGNITE MEAL PLAN

	AM SNACK	LUNCH	PM SNACK	DINNER
DAY 1	Hardboiled Eggs/Bell Pepper		Chicken/Broccoli	
DAY 2	Turkey/Cauliflower		Salmon/Green Beans	
DAY 3	Hardboiled Eggs/Spinach	Chicken/Brown Rice		Turkey/Brussels Sprouts
DAY 4	Chicken/Broccoli		Tilapia/Spinach	
DAY 5	Eggs/Kale	Chicken/Black Beans		Shrimp/Bell Peppers
DAY 6	Turkey/Cabbage		Salmon/Green Beans	
DAY 7	Nut Butter/Celery	Turkey/Cous/Cous		Salmon/Broccoli
DAY 8	Eggs/Snow Peas		Tuna/Lettuce	

8-Day Planner

PREPARE FOR SUCCESS!

Plan your meals & write them on the chart below. Use the recommended shopping guide, meal plan notes, & your health coach to assist with portions and other tips!



independent distributor

KEY: W = Water LS = Lean Smoothie AX = 2 Axion GB = 1 oz. Global Blend C = 1-2 Cheat+ AC = 1-2 Accelerate X = 1-2 Xyng F = 1-2 Flush with warm drink

DAY	WAKEUP	BREAKFAST	1/2 HR B4	MORNING SNACK	LUNCH	1/2 HR B4	AFTERNOON SNACK	1/2 HR B4	DINNER	B4 BED
1	<input type="checkbox"/> W	<input type="checkbox"/> LS <input type="checkbox"/> AX <input type="checkbox"/> GB <input type="checkbox"/> W	<input type="checkbox"/> C <input type="checkbox"/> W	3-6oz. Protein Meal w/ Gr. Veg. <input type="checkbox"/> X <input type="checkbox"/> W	<input type="checkbox"/> LS <input type="checkbox"/> W <input type="checkbox"/> AC	<input type="checkbox"/> C <input type="checkbox"/> W	3-6oz. Protein Meal <input type="checkbox"/> X* <input type="checkbox"/> W <input type="checkbox"/> AC		<input type="checkbox"/> LS <input type="checkbox"/> W	<input type="checkbox"/> F
2	<input type="checkbox"/> W	<input type="checkbox"/> LS <input type="checkbox"/> AX <input type="checkbox"/> GB <input type="checkbox"/> W	<input type="checkbox"/> C <input type="checkbox"/> W	3-6oz. Protein Meal w/ Gr. Veg. <input type="checkbox"/> X <input type="checkbox"/> W	<input type="checkbox"/> LS <input type="checkbox"/> W <input type="checkbox"/> AC	<input type="checkbox"/> C <input type="checkbox"/> W	3-6oz. Protein Meal <input type="checkbox"/> X* <input type="checkbox"/> W <input type="checkbox"/> AC		<input type="checkbox"/> LS <input type="checkbox"/> W	<input type="checkbox"/> F
3	<input type="checkbox"/> W	<input type="checkbox"/> LS <input type="checkbox"/> AX <input type="checkbox"/> GB <input type="checkbox"/> W	<input type="checkbox"/> C <input type="checkbox"/> W	3-6oz. Protein Meal w/ Gr. Veg. <input type="checkbox"/> X <input type="checkbox"/> W	3-6oz. Protein Meal w/ Grains <input type="checkbox"/> AC <input type="checkbox"/> W		1/4 cup Almonds, Peanuts, or Sunflower Seeds (raw, unsalted) <input type="checkbox"/> W	<input type="checkbox"/> C <input type="checkbox"/> W	3-6oz. Protein Meal w/ Gr. Veg. <input type="checkbox"/> W	<input type="checkbox"/> F
4	<input type="checkbox"/> W	<input type="checkbox"/> LS <input type="checkbox"/> AX <input type="checkbox"/> GB <input type="checkbox"/> W	<input type="checkbox"/> C <input type="checkbox"/> W	3-6oz. Protein Meal w/ Gr. Veg. <input type="checkbox"/> X <input type="checkbox"/> W	<input type="checkbox"/> LS <input type="checkbox"/> W <input type="checkbox"/> AC	<input type="checkbox"/> C <input type="checkbox"/> W	3-6oz. Protein Meal <input type="checkbox"/> X* <input type="checkbox"/> W <input type="checkbox"/> AC		<input type="checkbox"/> LS <input type="checkbox"/> W	<input type="checkbox"/> F
5	<input type="checkbox"/> W	<input type="checkbox"/> LS <input type="checkbox"/> AX <input type="checkbox"/> GB <input type="checkbox"/> W	<input type="checkbox"/> C <input type="checkbox"/> W	3-6oz. Protein Meal w/ Gr. Veg. <input type="checkbox"/> X <input type="checkbox"/> W	3-6oz. Protein Meal w/ Grains <input type="checkbox"/> AC <input type="checkbox"/> W		1/4 cup Almonds, Peanuts, or Sunflower Seeds (raw, unsalted) <input type="checkbox"/> W	<input type="checkbox"/> C <input type="checkbox"/> W	3-6oz. Protein Meal w/ Gr. Veg. <input type="checkbox"/> W	<input type="checkbox"/> F
6	<input type="checkbox"/> W	<input type="checkbox"/> LS <input type="checkbox"/> AX <input type="checkbox"/> GB <input type="checkbox"/> W	<input type="checkbox"/> C <input type="checkbox"/> W	3-6oz. Protein Meal w/ Gr. Veg. <input type="checkbox"/> X <input type="checkbox"/> W	<input type="checkbox"/> LS <input type="checkbox"/> W <input type="checkbox"/> AC	<input type="checkbox"/> C <input type="checkbox"/> W	3-6oz. Protein Meal <input type="checkbox"/> X* <input type="checkbox"/> W <input type="checkbox"/> AC		<input type="checkbox"/> LS <input type="checkbox"/> W	<input type="checkbox"/> F
7	<input type="checkbox"/> W	<input type="checkbox"/> LS <input type="checkbox"/> AX <input type="checkbox"/> GB <input type="checkbox"/> W	<input type="checkbox"/> C <input type="checkbox"/> W	3-6oz. Protein Meal w/ Gr. Veg. <input type="checkbox"/> X <input type="checkbox"/> W	3-6oz. Protein Meal w/ Grains <input type="checkbox"/> AC <input type="checkbox"/> W		1/4 cup Almonds, Peanuts, or Sunflower Seeds (raw, unsalted) <input type="checkbox"/> W	<input type="checkbox"/> C <input type="checkbox"/> W	3-6oz. Protein Meal w/ Gr. Veg. <input type="checkbox"/> W	<input type="checkbox"/> F
8	<input type="checkbox"/> W	<input type="checkbox"/> LS <input type="checkbox"/> AX <input type="checkbox"/> GB <input type="checkbox"/> W	<input type="checkbox"/> C <input type="checkbox"/> W	3-6oz. Protein Meal w/ Gr. Veg. <input type="checkbox"/> X <input type="checkbox"/> W	<input type="checkbox"/> LS <input type="checkbox"/> W <input type="checkbox"/> AC	<input type="checkbox"/> C <input type="checkbox"/> W	3-6oz. Protein Meal <input type="checkbox"/> X* <input type="checkbox"/> W <input type="checkbox"/> AC		<input type="checkbox"/> LS <input type="checkbox"/> W	<input type="checkbox"/> F

Ignite Days 9-30



independent distributor

	Days 9-10	Days 11-15	Days 16-20	Days 21-25	Days 26-30
Meal 1	~Axion ~Lean Shake* (1 scoop)	~Axion ~Global Blend ~Xyng ~1 serving protein ~1 serving veggies	~Axion ~Global Blend ~Xyng ~1 serving protein ~1 serving fruit	~Axion ~Global Blend ~Xyng ~1 serving protein ~1 serving veggies	~Axion ~Global Blend ~Xyng ~1 serving protein ~1 serving fruit
Meal 2	~Accelerate ~Free: ✓ high protein ✓ medium fats ✓ low carb	~1 serving protein ~1 serving veggies	~1 serving protein ~1-2 servings veggies	~1 serving protein ~1 serving veggies	~1 serving protein ~1-2 servings veggies
1/2 hr. b-4 Meal	~Cheat+ 1-2 w/ Water	~Cheat+ 1-2 w/ Water		~Cheat+ 1-2 w/ Water	
Meal 3	~Free ✓ high protein ✓ medium carb	~1 serving protein ~1 serving grains	~Accelerate ~1 serving protein ~1-2 servings veggies	~1 serving protein ~1 serving grains	~Accelerate ~1 serving protein ~1-2 servings veggies
Meal 4	~Accelerate ~Free ✓ high protein ✓ medium fats ✓ low carb	~1 serving protein ~1 serving veggies	~1 serving protein ~1-2 servings veggies	~1 serving protein ~1 serving veggies	~1 serving protein ~1-2 servings veggies
1/2 hr. b-4 Meal	~Cheat+ 1-2 w/ Water				
Meal 5	(UTK only: XR2) ~Free ✓ high protein ✓ medium carb	(UTK only: XR2) ~Lean Shake* (1 scoop)	(UTK only: XR2) ~Flush** ~1 serving protein ~1-2 servings veggies	(UTK only: XR2) ~Lean Shake* (1 scoop)	(UTK only: XR2) ~Flush** ~1 serving protein ~1-2 servings veggies

You just completed your first 8-day Ignite, you're feeling great, and you're on your way to a healthier you! So what's next? Director of Product, Peter Griscom, has put together this guide to help bridge the gap between the 8-day program and the Transformation Kit of your choice. Following Ignite days 9-30 will help you establish a healthy lifestyle and guide you through the process of your first Ignite Kit to your first Autoship order.

IMPORTANT NOTES:

Water: We recommend continuing to drink 1 gal. (128 oz.) daily during days 9-30.

***Shakes:** May include additions such as almond milk, berries, bananas or other fruit.

****Flush:** Use only as needed.

UTK only: Use Xr2 with dinner.

NOTE for UTK Only, While Exercising 3-5 Times/Week During Days 9-30, use one serving of **Lean** and one serving of **Xypstix** 30 minutes prior to exercise. Use one serving of **Spryng** throughout your workout. Use one serving of **Xypstix** with one scoop of **Lean** within an hour after exercise.

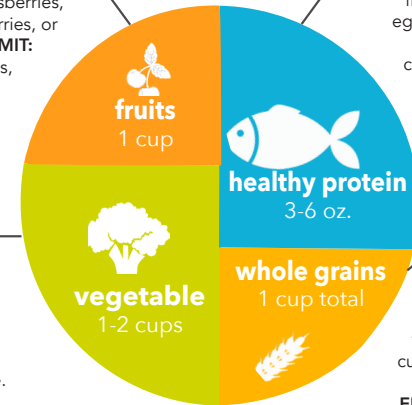
Xyngular Healthy Plate

FRUIT CHOICES:

blueberries, raspberries, guava, strawberries, or blackberries. **LIMIT:** bananas, grapes, pomegranates, cherries, and apples.

PROTEIN CHOICES:

fish, poultry, turkey, eggs, beans, or nuts. **LIMIT:** red meat, cheese, bacon, and processed meats.



VEGETABLE CHOICES:

spinach, kale, broccoli, bell peppers, asparagus, or romaine lettuce. **LIMIT:** carrots, cucumbers, mushrooms, radishes, and onions.

WHOLE GRAIN CHOICES:

100% whole wheat, old fashioned or steel cut oats, brown rice, quinoa, or barley. **ELIMINATE:** refined grains such as white rice, pasta, or white bread.



Use healthy oils (olive, coconut, canola) for cooking and on salads.



Drink water, tea, coffee, Spryng, or Xypstix. Limit dairy, juice, soda, and sports drinks.

Serving Size Tips: 6 oz. protein = 2 decks of cards;

1/2 cup raw vegetables = 1 light-bulb; 1/4 cup nuts = small handful.

3 oz. protein = 1 palm of hand; 1 cup grains or vegetables = 1 fist.

Always consult a physician prior to beginning any new diet or exercise regimen.

CONTACT YOUR HEALTH COACH WITH QUESTIONS

Look better. Feel better. Live better

Created by an independent distributor and not an official corporate Xyngular document.

RECOMMENDED 28-DAY

Weight Loss Meal Plan



independent distributor

	Day 1, 2, 3, 5, 6	Day 4	Day 7
Wake up	~Lean Smoothie ~ Water	~Lean Smoothie ~ Water	Free Day
Morning Snack (before 10 am)	~Water ~Protein Meal, 4-6 oz. ~Green Vegetables, 1-2 c. ~Xyng, 1-2 w/ Snack	~Water ~Protein Meal, 4-6 oz. ~Fruits or Grains, 1 c. ~Xyng, 1-2 w/ Snack	
1/2 hr. b-4 Meal	~Cheat+ 1-2 w/ Water	~Cheat+ 1-2 w/ Water	Free Day
Mid-Day Meal	~Water ~Protein Meal, 4-6 oz. ~Green Vegetables, 1-2 c.	~Water ~Protein Meal, 4-6 oz. ~Fruits or Grains, 1 c.	Free Day
Dinner (before 7 pm)	~Water ~Protein Meal, 4-6 oz. ~Green Vegetables, 1-2 c. ~Xr2, 1-2 with water	~Water ~Protein Meal, 4-6 oz. ~Fruits or Grains, 1 c. ~Xr2, 1-2 with water	Free Day
Before Bed	~Lean Smoothie ~1-2 Flush w/ warm drink	~Lean Smoothie ~1-2 Flush w/ warm drink	

IMPORTANT NOTES:

Use the Weight Loss Plate as your Food Guide adding supplements to help with you weight loss journey. Each day ingest 3 meals and 2 smoothies. Days 1,2,3,5,6 being Low Carb Days while Day 4 is a High Carb Day.

Low Carb Days: Protein 4-6 oz.; 1-2 cups Green Vegetables **High Carb Days:** Protein 4-6 oz.; 1 cup Fruits or Grains.

Water: Drink 1 gal. (128 oz.) daily during your 8-day. Add additional water throughout day.

Serving Size Tips: 6 oz. protein = 2 decks of cards; 1/2 cup raw vegetables = 1 light-bulb; 1/4 cup nuts = small handful.

CONTACT YOUR HEALTH COACH WITH QUESTIONS

Exercise

Regular exercise boosts your metabolic rate and helps maintain healthy metabolism on a daily basis, leading to faster and more sustainable weight loss. Want to get started? Here are 5 quick ways to burn 150 calories right now!

1. Dance for 30 minutes.
2. Bike for 30 minutes.
3. Swim for 20 minutes.
4. Push a stroller for 1.5 miles.
5. Walk for 30 minutes

Q & A

Q: Can I use the productsa if I have a medical condition or use medication?

A: Consult your treating physician with this question.

Q: How much weight should I lose using the Weight Loss Kit and Plan?

A: Compliance, age, gender, general health, etc. causes variations. Test groups averaged 16 lbs weight loss/month!

Q: I am hungry. What do I do?

A: Drink more water & take Cheat +or increase protein or vegetable servings to prevent hunger

Q: Can I pick different vegetables? What about protein?

A: Avoid all vegetables high in sugar. Stick to the protein options given for maximum fat loss.

Q: When do I use other Axion, Accelerate, Spryng, Xypstix, and Global Blend?

A: Axion and Global Blend in morning; Accelerate after mid-day meal; Spryng with exercise or mid-morning; Xypstix with water at any time (Xypstix may also be added to flavor lean shakes)

Q: I am constipated. What should I do?

A: If you are constipated, we recommend you try the following: 1. Consume more water. 2.

Consume more leafy green vegetables. 3. Utilize more healthy oils and fats in cooking

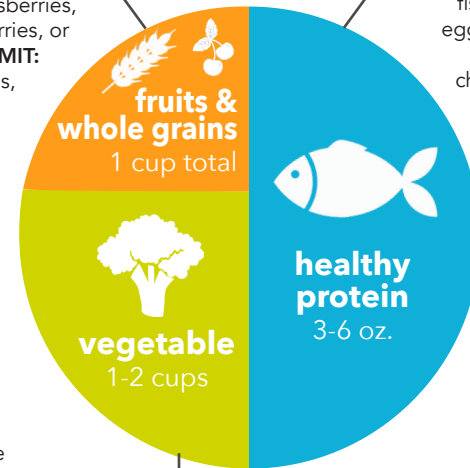
Weight Loss Plate

FRUIT CHOICES:

blueberries, raspberries, guava, strawberries, or blackberries. **LIMIT:** bananas, grapes, pomegranates, cherries, and apples.

PROTEIN CHOICES:

fish, poultry, turkey, eggs, beans, or nuts. **LIMIT:** red meat, cheese, bacon, and processed meats.



WHOLE GRAIN CHOICES:

100% whole wheat, old fashioned or steel cut oats, brown rice, quinoa, or barle **ELIMINATE:** refined grains such as white rice, pasta, or white bread.

VEGETABLE CHOICES:

spinach, kale, broccoli, bell peppers, asparagus, or romaine lettuce. **LIMIT:** carrots, cucumbers, mushrooms, radishes, and onions.



Use healthy oils (olive, coconut, canola) for cooking and on salads.



Drink water, tea, coffee, Spryng, or Xypstix. Limit dairy, juice, soda, and sports drinks.

Look better. Feel better. Live better

* Use Flush as needed. Always consult a physician prior to beginning any new diet or exercise regimen.

Healthy Plate

The Healthy Plate is recommended for an overall healthy lifestyle and can be used with all kits.



independent distributor

FRUIT CHOICES:

blueberries, raspberries, guava, strawberries, or blackberries. **LIMIT:** bananas, grapes, pomegranates, cherries, and apples.

fruits
1 cup



PROTEIN CHOICES:

fish, poultry, turkey, eggs, beans, or nuts.

LIMIT: red meat, cheese, bacon, and processed meats.

healthy protein
3-6 oz.



VEGETABLE CHOICES:

spinach, kale, broccoli, bell peppers, asparagus, or romaine lettuce.

LIMIT: carrots, cucumbers, mushrooms, radishes, and onions.

vegetable
1-2 cups



whole grains
1 cup total



WHOLE GRAIN CHOICES:

100% whole wheat, old fashioned or steel cut oats, brown rice, quinoa, or barley.

ELIMINATE: refined grains such as white rice, pasta, or white bread.

EXERCISE is a key component of a sustainable healthy lifestyle. Are you struggling to incorporate exercise into your day? Here are suggestions for 3 quick ways to get started exercising today!

1. Step it up. Use a wearable fitness tracker try to achieve 8,000-10,000 steps on a daily basis.
2. Incorporate brief exercise throughout your day. 10 minute bursts of activity, walking or otherwise, are a great way to create a healthy habit and improve your fitness.
3. Take up strength training. You don't need a gym or even equipment to build lean muscle. Body weight exercises are a fantastic way to tone up fast.

Support

The Xyngular Way of Health means you never have to do it alone. As a member of the Xyngular family you will have support every step of the way. From Member teams, to the corporate office, personal support is never far.

Connect with Us:

youtube.com/xyngularcorp
products@xyngular.com
facebook.com/xyngularcorp
pinterest.com/xyngularcorp

My sponsor and other key contacts:



Use healthy oils (olive, coconut, canola) for cooking and on salads.



Drink water, tea, coffee, Spryng, or Xypstix. Limit dairy, juice, soda, and sports drinks.

Serving Size Tips: 6 oz. protein = 2 decks of cards;
1/2 cup raw vegetables = 1 light-bulb; 1/4 cup nuts = small handful.

Always consult a physician prior to beginning any new diet or exercise regimen.

