

XYNEULAR

INDEPENDENT DISTRIBUTOR

A really easy Lifestyle plan is this: Day 3 (of 8 day challenge) *everyday*

Wake-up: Xyng, Global Blend juice, and Axion

Breakfast: Lean shake

Lunch: 500-600 calories (use Cheat or Cheat +; carbs and sugars here if you have to have them)

After lunch: Accelerate

Dinner: Protein and veggies...no carbs and sugars

1 hr before bed: Flush

**If you need small snacks, have just protein

**If you would rather eat breakfast food, have a Lean shake as one of your meals that day

**Do these 6 days out of 7 and have a FREE day...in maintenance you may be able to do it 5 days a week with 2 free days

**If you get way off track and feel your body is gaining or fat storing, do just the first 2 days of Ignite, with shakes and protein and then right back to this plan

**Xypstix as you want

**If you are really dedicated or want more structure, more results, go to Step 2, Option 1 with the calorie zig zag

Follow these tips

1. Drink 1/2 body weight in ounces of water every day
2. Eat most at breakfast, moderate at lunch, least at dinner
3. Be done with carbs (even whole grain) and all sugars (even fruit) by 1pm...you can have them, in moderation, just be done by 1
4. Be done eating all together by 6-7pm
5. Keep taking the healthy supplements :)
6. Exercise