

**PLEASE TRY TO USE THESE 3 STEPS IN OUR XYNG IT DOCS INSTEAD OF WHAT IS IN THE IGNITE BOX OR ONLINE...I HAVE FOUND THESE ARE EASIER AND MORE ACCURATE :)**

\*\* I am so excited for you to get started...keep me up to date. Set yourself up for BIG success....

- 1) READ all the way thru the documents as you use them--Step #1, #2, #3 and supporting documents here
- 2) BE PREPARED by making your meal plan, shopping and preparing the right foods/etc
- 3) stay close and keep me updated with any questions and if any concerns arise

.....DRINK THE WATER!

here is the 8 day challenge and some ideas.....

I ask you to give this product 30 days. I highly recommend and Most will start with the Ignite 8 day challenge (cleanse, detox, and kick start fat burner)....if for some reason your body doesn't respond as you would like, then we will take a 1 day-2 weeks off and try the calorie counting and using all the products in your daily plan (however, the 8 day challenge works for 95%+ people). After 2 weeks we should be able to see how these products will best fit your personal body make up and how they best fit how your body operates and responds...it is a lifestyle change! You can always try the 8 day challenge again.

***Preparing to start the programs:***

1. READ :) YES I SAID IT AGAIN!
2. Do all your measurements, take pictures (front and side view in something you are willing to maybe share later, but never have to...this is for you to see the change), and weigh in on morning one ....this is for YOU to see your results.
3. Eat something you love the day or 2 before you start so you wont be craving it from the start.
4. Go to the grocery store!!! Being prepared with all of your proteins will set you up for success. On all 4-6 oz protein snacks (on shake days and eating days) and unlimited oz protein dinners, you may have any of the following alone or together the amount allowed...ALSO choose hearty proteins not just lunchmeat or nuts all the time (even though the plan says just turkey, fish, steak or jerky...those are just examples):

**PROTEIN SHOPPING GUIDE:**

- any fish/shrimp
- tuna (can mix with plain Greek yogurt)
- beans (high in carbs....so watch how much you use them)
- turkey
- roast beef
- pork
- hard boiled eggs
- plain yogurt--must be carb master...low in carb, low/no sugar
- cottage cheese
- chicken
- steak
- hamburger (either beef or turkey)
- hummus---more as a condiment/dip/sauce
- Boca burgers
- tofu
- cheese sticks
- almonds (\*on all nuts, again higher in carbs so watch use)
- dry roast peanuts
- walnuts
- pistachios

other shopping items:

- skim or 1% milk, almond milk or soy milk (to mix with your shake)
- instant coffee crystals (can add 1 tsp to the shake, if you like coffee)
- baking cocoa (no sugar, low carbs, mix up to 1 TBLE into shake for choco flavor)
- PB2 or natural peanut butter (read label....only peanuts and salt)

We cooked a lot of things ahead so we would have our snacks ready...just make sure whatever you buy has low low carbs and no sugars. Be creative...we have had turkey burgers with a cheese slice (no bun), chicken and black beans with some spices and shredded cheese, cottage cheese/yogurt mix, chicken breast with cheese, grilled steaks...I promise if you try to just eat lunch meat because its easy, you will be gagging it down by the end of day 1 or 2! It is also so important to make sure you have eaten enough protein at each snack and on "eating days" the 500 calorie lunch and the all protein dinner....or you will get hungry. If you do get hungry on this 8 days, eat a small ALL protein snack or an extra shake at night! Proteins are essential to the body and weight loss...the will actually help burn 35% of the calories you eat and they don't turn to fat in the body.

There are other key factors that will play a role in your success....some people are more sensitive than others....so watch for these things:

#### KEY FACTORS:

\*you must drink half your body weight in water (not more than that)...drink it cold if you can, it will actually burn more calories to heat the water to body temp. This helps flush toxins and calories. THIS IS THE NUMBER ONE IMPORTANT PART OF ANY AND ALL OF THE PLANS! DRINK ALL THE WATER! IT IS THE #1 FAT BURNER IN THE BODY!

\* Watch the salt...they can make you retain that water and hold more weight (although it is just water weight)

\*Some folks are very sensitive to carbs and don't even know it...if you are gaining weight and yo-yoing on your "eating days" try very low carbs but you must keep very high fibers...eat salads, celery, spinach, black beans, almonds, peas, and broccoli and avoid the whole wheat breads, rice, etc.

\*Also, some are sensitive to milk...so you can use soy and almond milk as well (or water--not my fav) to mix shakes

\*Some are very sensitive to diet products (crystal light, sweet n low, diet sodas).....they are "allowed" on the plan but if you are not having success with your weight loss then try cutting these things.....for some it causes the body to hold on to fat stores and will not release them to burn off (in other words you wont lose weight)

\*You must eat enough...too little will kill your metabolism and hold onto the weight you have, so get in all the food! go to [www.freedieting.com](http://www.freedieting.com) then toward the bottom...calculate my calories....then enter your info and click calculate. it will show you maintenance, fat loss and extreme fat loss (don't do the extreme). Follow the fat loss...then I recommend clicking on "zig zag" and following that plan after the 8 day challenge....it will help you avoid plateaus and offer a lot of flexibility. Never quit the 3-4 supplements and your juice and cheat, even if you have a bad eating day!

\*Exercise and sleep are essential!

\*Some will find that they get constipated on the 8 day challenge....you are eating a lot of protein which can cause that as well as lowering carbs that act to push things through. Make sure you use a good amount of cheat on all food you eat and drink the water. On eating days, make sure to eat very high fiber....celery, broccoli, cauliflower, lettuce. If all else fails do one of 2 things: 1. take a laxative or something over the counter to help or 2. with the shake in the morning--if you haven't used the bathroom have HIGH fiber oatmeal for breakfast, use the oatmeal every other day, every 3rd day, as often as you need, and then get right back on the plan. This should easily clear up after the 8 day challenge.

\*Commit and you will for sure succeed! Find someone you can share your goal with and have them hold you accountable! Have someone do it with you...your spouse or a good friend??

Keep my email/phone close...if you have any issues at all, please don't quit, CALL. Please let me know when you receive your products and then when you start so we can keep in touch. It is like a workout program...everyone is different, we may have to make adjustments. Some need to back off the flush, some need extra fiber on eating days...just stay in touch and ask questions!

If you can dedicate yourself to only 30 days of your life, I guarantee you will lose weight, impressive inches and turn your body into a fat burning machine!! That doesn't even account for how much healthier your body is, how great you feel and how much energy you have...you will literally change your life! It is worth the work, educating your self and learning your body! Then you are well on your way to a lifestyle!...everything in moderation. Something you can do everyday of your life and even be able to "cheat" a lot.

Just in case you are interested:

We do have an incredible business as well...for only 19.95 per year you can share your success and these awesome products with your friends and family and when you tell others about it and you place their order on your free website, you get all the referral/thank you checks. If 4 of your friends are interested and place an order in the first 30 days, you will have earned your entire investment back and have all your products free! The company is 15 years old but these products are just over 1 year old. There are amazing benefits: retail sales, rapid rewards on 4 levels of your company, residual income on reorders of 8 levels of your company, a fast start bonus of 100.00 in your first 30 days, and a profit sharing of the total company sales. The company is in 36 countries in one year and already out of debt! It has been an incredible second income for my family and I would love to answer more questions for you about this opportunity! I didn't understand how it worked, I just kept getting paid because people wanted to try what I had tried and feel as great as I feel. People will ask you what you are doing and you can get paid to lose weight and feel better! It is really that easy...no minimum sales requirements...no pressure! Its a fantastic tax write off. You really can do it and the best part is you are just sharing with others what you have found and change lives! There is so much support from everyone and this company is very servant lead and cares about its people. Our industry (energy and weight loss) has seen a huge increase while our economy is going down!

\*\*\*remember...it is not magical, it is work....give it 30 days! 30 days to figure out how to optimize the products in your unique body and you will be on the road to a lifetime of healthy, energetic, fit and trim you! Always call with any questions or concerns. Keep me up to date so we can make adjustments to help you be the most successful that you can be! I know this is a lot of info but I want you to have everything at your disposable to learn, grow and take control of your life!

#### ***THE ACTUAL 8 DAY PROGRAM LAYOUT:***

Option 1: use the 8 Day Sample Menu Document (here on this FB group under documents)

Option 2: use this link for an extensive explanation and plan-->

<https://www.xyngular.com/media/pdf/XynIgnite.pdf%202-1-11.pdf>

\*NOTE: this says 4-6 oz juice per day, we suggest one capful and also it suggests certain proteins but you can use any from the above list

\*I highly recommend you print and use our documents found here....this one, the sample menu, lean shake recipes and then after the 8 day, use the Step #2 lifestyle calorie zig zag plan. There are some inconsistencies and differences...but our docs reflect what we did and have helped 100's to do to be successful