

# Ultimate System





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# 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)**

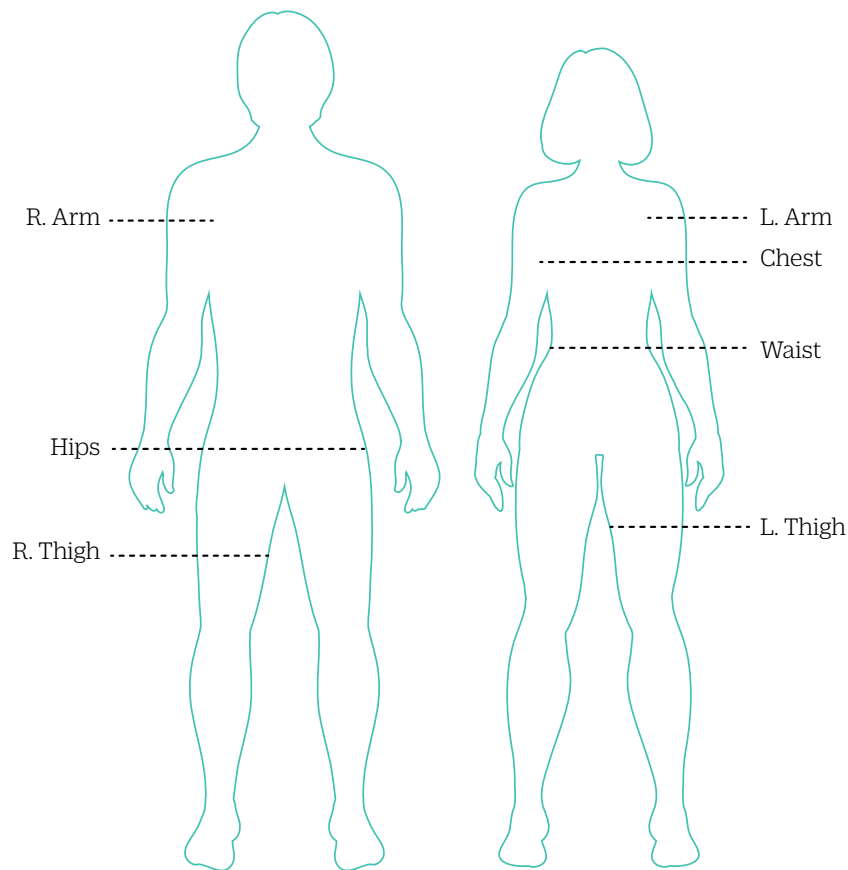


# Measurement Tracker and Goals

## 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)**

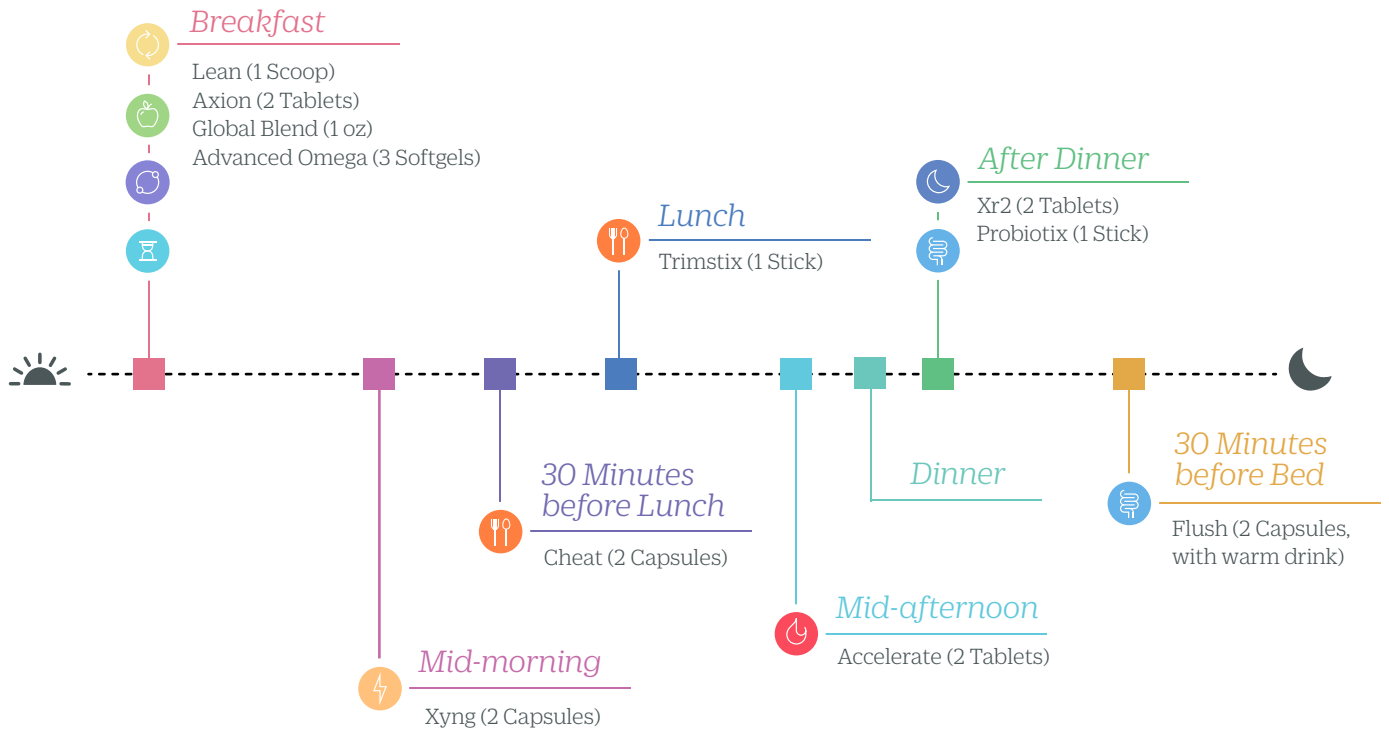
	R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh	Weight
Start day								
Day 9								
Day 30								



**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:





# Ultimate Product Overview

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— **Lean (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 Meal (1 scoop)**

A delicious, chocolate meal replacement shake that ensures your body gets the nutrition it needs, while filling you up. *You'll begin incorporating Lean Meal post 8-day jumpstart.*



— **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 (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 (2 tablets)**

A natural, low-caffeine thermogenic that help boost metabolism, burn fat, and suppresses appetite so you lose weight faster.



— **Xr2 (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.



— **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'll begin incorporating Spryng with activity or workout post 8-day jumpstart.*



# 8-Day Jumpstart Meal Plan

Wake-Up	8 oz water
Breakfast	<b>Meal:</b> Lean shake <b>Products:</b> Axion, Global Blend, Advanced Omega
Mid-Morning Snack	<b>Meal:</b> High protein snack <b>Product:</b> Xyng
Lunch	<b>Meal:</b> 4-6 oz lean protein, 2 cups vegetables, 1 serving of healthy fats <b>Products:</b> Cheat (take 30 minutes prior to your meal), Trimstix
Afternoon Snack	<b>Meal:</b> High protein snack <b>Product:</b> Accelerate
Dinner	<b>Meal:</b> 4-6 oz lean protein, 2 cups vegetables, 1 serving of healthy fats <b>Products:</b> Xr2, Probiotix
Before Bed	12 oz water <b>Product:</b> Flush

• Drink at least 64 oz of water a day.

## Lean Proteins

Chicken Breast  
Eggs  
Turkey Breast  
Tuna  
Tofu  
Elk  
Fish  
Shellfish  
Natural Almond Butter (2T)  
Beef (lean cuts)

## Healthy Fats

Coconut Oil (1T)  
Olive Oil (1T)  
Sesame Oil (1T)  
Sunflower Oil (1T)  
Avocado (1/4 fruit)

## Vegetables

Asparagus  
Bell Peppers  
Broccoli  
Brussels Sprouts  
Cabbage  
Cauliflower  
Celery  
Green Beans  
Kale  
Romaine Lettuce  
Onion  
Spinach  
Squash

## High Protein Snacks

2% Cottage Cheese (1/2 cup)  
0% Greek Yogurt (6 oz)  
Hard Boiled Eggs (2 whole eggs)  
Turkey Breast (3-5 slices)  
Lean Shake (1 scoop)

## Lean “shake it up” ideas

Mix 1 scoop Lean with 8 ounces water or almond milk, rice milk, 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

For more 8-day jumpstart resources and food suggestions visit [xyngular.com/ultimate-resources](http://xyngular.com/ultimate-resources)



# 8-Day Jumpstart Sample Meal Plan

## Day 1



### Breakfast

Lean shake

### Lunch

Slow cooker beef chili

### Dinner

Fajita spiced chicken w/peppers & onions

## Day 2



### Breakfast

Lean shake

### Lunch

Slow cooker beef chili (leftover)

### Dinner

Vegetable frittata

## Day 3



### Breakfast

Lean shake

### Lunch

Basil chicken & vegetables

### Dinner

Moroccan spiced salmon w/kale

## Day 4



### Breakfast

Lean shake

### Lunch

Chicken & vegetable stir-fry

### Dinner

Garlic paprika shrimp w/broccoli

## Day 5



### Breakfast

Lean shake

### Lunch

Garlic chicken, zucchini salad

### Dinner

Grilled snapper, red onion & scallions

## Day 6



### Breakfast

Lean shake

### Lunch

Chicken salad

### Dinner

Fajita spiced chicken w/peppers & onions

## Day 7



### Breakfast

Lean shake

### Lunch

Chicken salad, zucchini sauté

### Dinner

Green salad w/seared tuna & balsamic

## Day 8



### Breakfast

Lean shake

### Lunch

Turkey taco lettuce wraps

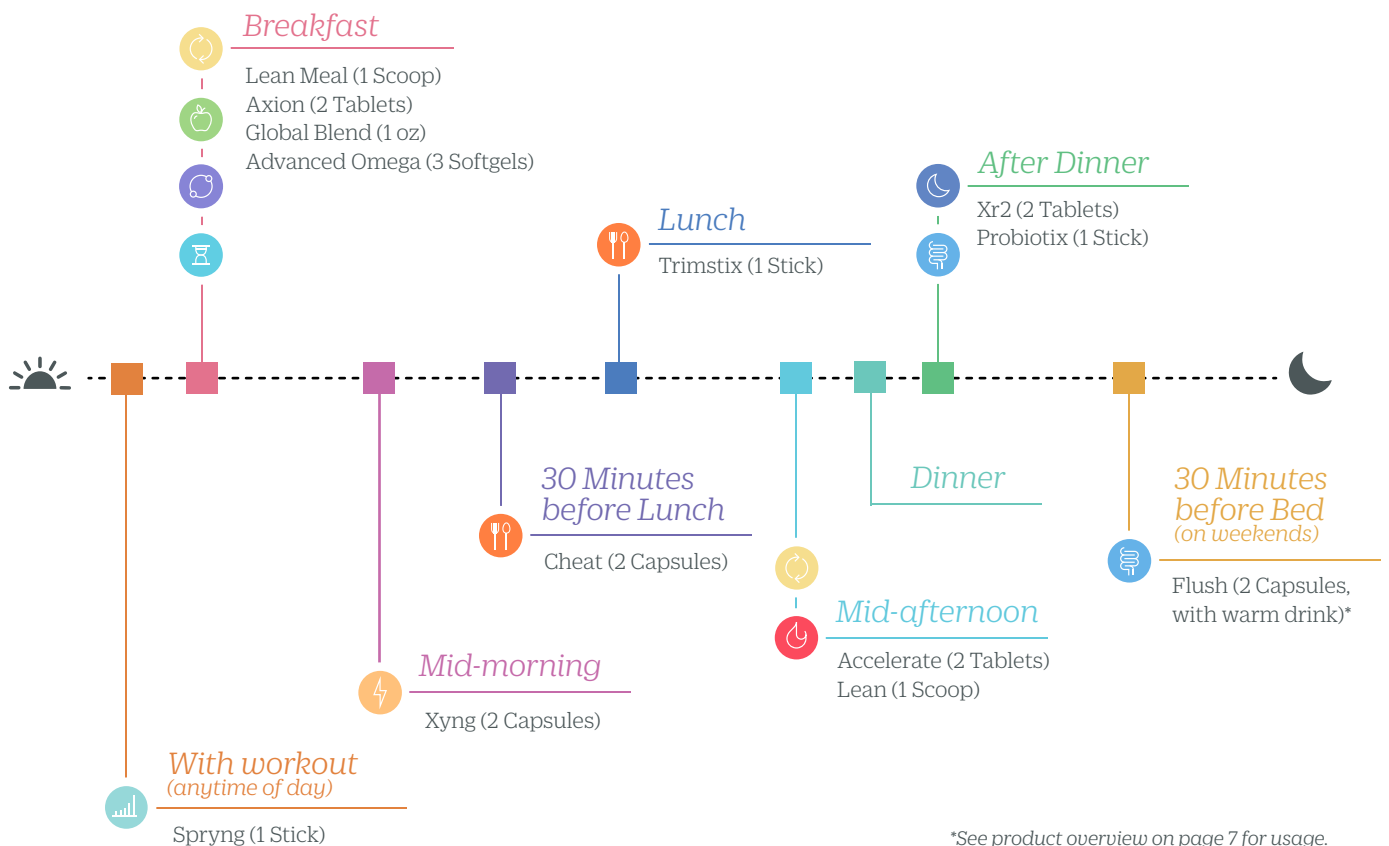
### Dinner

Zucchini noodles w/kale pesto & chicken breast

For full meal plans, resources and recipes: [xyngular.com/ultimate-resources](http://xyngular.com/ultimate-resources)

# 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 Meal Plan

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

- One cheat meal is allowed every Saturday. (See [xyngular.com/ultimate-resources](http://xyngular.com/ultimate-resources) for guidelines.)
- Drink at least 64 oz of water a day.

## Lean Proteins

Chicken Breast  
Eggs  
Turkey Breast  
Tuna  
Tofu  
Elk  
Fish  
Shellfish  
Natural Almond Butter (2T)  
Beef (*lean cuts*)

## Healthy Fats

Coconut Oil (1T)  
Olive Oil (1T)  
Sesame Oil (1T)  
Sunflower Oil (1T)  
Avocado (1/4 fruit)

## Vegetables

Asparagus  
Bell Peppers  
Broccoli  
Brussels Sprouts  
Cabbage  
Cauliflower  
Celery  
Green Beans  
Kale  
Romaine Lettuce  
Onion  
Spinach  
Squash

## High Protein Snacks

2% Cottage Cheese (1/2 cup)  
0% Greek Yogurt (6 oz)  
Hard Boiled Eggs (2 whole eggs)  
Turkey Breast (3-5 slices)  
Lean Shake (1 scoop)

## Lean “shake it up” ideas

Mix 1 scoop Lean with 8 ounces water or almond milk, rice milk, 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

For more low-carb resources and food suggestions visit [xyngular.com/ultimate-resources](http://xyngular.com/ultimate-resources)

# Low-Carb Sample Meal Plan

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## Day 1



### Breakfast

Lean Meal

### Lunch

Turkey taco lettuce wraps, side salad

### Dinner

Fajita spiced chicken w/peppers & onions

## Day 2



### Breakfast

Lean Meal

### Lunch

Vegetable frittata, broccoli

### Dinner

Steak chimichurri, tomato salad, green beans

## Day 3



### Breakfast

Lean Meal

### Lunch

Basil chicken, carrots

### Dinner

Moroccan spiced salmon, kale, broccoli, cauliflower

## Day 4



### Breakfast

Lean Meal

### Lunch

Chicken & vegetable stir-fry

### Dinner

Garlic paprika shrimp w/ broccoli, asparagus

## Day 5



### Breakfast

Lean Meal

### Lunch

Garlic chicken, zucchini

### Dinner

Grilled snapper, red onion & scallions

## Day 6



### Breakfast

Lean Meal

### Lunch

Chicken salad, broccoli

### Dinner

Zucchini noodles w/kale pesto & chicken breast

## Day 7



### Breakfast

Lean Meal

### Lunch

Garlic chicken, zucchini

### Dinner

Green salad w/seared tuna & balsamic

For full meal plans, resources and recipes: [xyngular.com/ultimate-resources](http://xyngular.com/ultimate-resources)

# Keto Meal Plan

Wake-Up	8 oz water
Breakfast	<b>Meal:</b> Lean Meal shake <b>Products:</b> Axion, Global Blend, Advanced Omega
Mid-Morning Snack	<b>Meal:</b> High fat snack <b>Product:</b> Xyng
Lunch	<b>Meal:</b> 4 oz fatty protein, 2 cups vegetables, 2 serving of healthy fats <b>Products:</b> Cheat (take 30 minutes prior to your meal), Trimstix
Afternoon Snack	<b>Meal:</b> Lean shake <b>Product:</b> Accelerate
Dinner	<b>Meal:</b> 4 oz fatty protein, 2 cups vegetables, 1 serving of healthy fats <b>Products:</b> Xr2, Probiotix
Before Bed	12 oz water <b>Product:</b> Flush (see product overview on page 7 for usage)

• Drink at least 64 oz of water a day.

## Fatty Proteins

Fish  
Shellfish  
Eggs  
Beef  
Pork (watch out for added sugars)  
Poultry (dark meat)  
Lamb  
Bacon/Sausage (avoid sugar and fillers)  
Nut Butter (3T)

## Healthy Fats

Coconut Oil (1T)  
Olive Oil (1T)  
Avocado Oil (1T)  
Butter/Ghee (1T)  
MCT Oil (1T)  
Avocado (1/4 fruit)

## Vegetables

Spinach  
Mushrooms  
Green Peppers  
Green Beans  
Romain Lettuce  
Cabbage  
Cauliflower  
Broccoli

## High Fat Snacks

Almond Butter (3T)  
Macadamia Nuts (1/4 cup)  
String Cheese (1 stick)  
Walnuts (1/2 cup - halves)  
Lean Shake (1 scoop)

## Lean “shake it up” ideas

Mix 1 scoop Lean with 8 ounces water or almond milk, rice milk, 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

For more keto resources and food suggestions visit [xyngular.com/ultimate-resources](https://xyngular.com/ultimate-resources)





# Keto Sample Meal Plan

## Day 1



### Breakfast

Lean Meal

### Lunch

Chicken thighs, avocado, side salad

### Dinner

Moroccan spiced salmon, kale

## Day 2



### Breakfast

Lean Meal

### Lunch

Turkey bacon salad

### Dinner

Zucchini noodles, kale pesto, chicken thighs

## Day 3



### Breakfast

Lean Meal

### Lunch

Beef (steak), buttered asparagus

### Dinner

Sumac & thyme chicken thighs w/ roasted brussels sprouts

## Day 4



### Breakfast

Lean Meal

### Lunch

Salmon, walnuts

### Dinner

Avocado chicken salad

## Day 5



### Breakfast

Lean Meal

### Lunch

Avocado, sardines

### Dinner

Fajita spiced chicken w/ peppers & onion

## Day 6



### Breakfast

Lean Meal

### Lunch

Garlic chicken, cauliflower

### Dinner

Garlic paprika shrimp & broccoli

## Day 7



### Breakfast

Lean Meal

### Lunch

Zucchini noodles, kale pesto, chicken thighs

### Dinner

Avocado chicken salad

For full meal plans, resources and recipes: [xyngular.com/ultimate-resources](http://xyngular.com/ultimate-resources)

# 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](https://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 sprigs 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.



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

*We're excited for you,  
because we know the  
feeling.*

Today is the day you start becoming the healthiest, happiest version of yourself (and getting back to the real you). Now, let's begin our journey.



## Connect with us

Once you complete your first 30 days, we need to celebrate your success. Post your becoming pics on Facebook and use our fun banner ads, memes and social-shareables to let family, friends and diet buddies know how well you're doing.

Be sure to use the following hashtags when you share on social media:  
**#xyngular #xyngularultimate #becomingmore**

Like us on Facebook: Xyngular (Official Corp Page)  
Follow us on Pinterest, Instagram and Twitter @xyngularcorp

## Member Service

Phone 801.756.8808

E-Mail [member.service@xyngular.com](mailto:member.service@xyngular.com)

Text Xander anytime to get your questions answered!





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