

# XS FITNESS GUIDEBOOK

**XS BURN PROGRAM**

START YOUR ADVENTURE  
TO A BETTER, HEALTHIER LIFE



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Look for this icon throughout your guidebook for tips to help enhance your XS Fitness Program.



# WELCOME TO XS

From the start, our purpose has been to cultivate and nurture a community built on positive experiences shared at the crossroads of adventure and opportunity ... To help people live better, healthier lives. Our mission remains – Fueling adventures with an open invite to experience *more*. That’s exactly why you’re here.

You want *more* from life, and the XS™ brand is here to turn that desire into action. Our XS Fitness Programs will help you:

- Push past personal limits.
- Level-up your energy.
- Optimize physical performance.
- Build healthy habits to achieve and exceed your fitness goals.

The best part is, you have everything you need to get started!

This guidebook gives you the framework to accelerate your fitness journey today. Everything is designed with you in mind, including easy to implement products, diet and fitness guidelines customized to your needs, whether that's losing body fat or building lean muscle. Turn to the page aligned with your personal 30-day XS Fitness Program below, and let's adventure!


Just remember it's a good idea to consult your physician or healthcare provider before engaging in physical fitness activities.

30-Day XS Burn Guide

Pages 5-21

# XS FITNESS PROGRAMS

XS believes fitness is a journey, not a destination and every day provides an opportunity to push past your personal limits and experience more from life. We also know having a rockstar community to cheer you on and the right products that naturally fuel you, not fill you with a bunch of artificial colors, flavors and sugar, makes that journey a lot more fun! That's why we created XS Fitness Programs. It's designed to meet you where you are today; provide the support, community and products to help level-up your fitness game; and the flexibility to continue your XS adventure in whatever way best meets your needs.

	<b>XS Burn</b>
<b>Program Duration</b>	30 days
<b>Fitness Goal</b>	Lose Fat
<b>Workout Duration</b>	20-30 minutes
<b>Types of Workout</b>	<b>Strength, Cardio and Mobility Training</b> with dumbbells and resistance bands
<b>Resources for Support</b>	-Program Guide -Workout Videos -Diet Plan -Recommended Product Regimen
<b>Intensity</b>	<b>Beginner &amp; Intermediate</b>
<b>Products Included</b>	<p><b>XS BURN STACK</b></p> <ul style="list-style-type: none"> <li>-XS™ Muscle Multiplier**† Essential Amino Acid (EAA) Supplement</li> <li>-XS™ Ignite Powder</li> <li>-XS™ Energy + Burn</li> <li>-XS™ Protein Pods x2</li> <li>-Nutralite™ Fiber Powder</li> </ul> 
<b>Cost</b>	<b>\$224</b>

This comprehensive 30-day program includes this guidebook with information on goal setting, progress tracking, meal plans and more.

\*When combined with regular weight/resistance training and a healthy, balanced diet.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# **XS FITNESS**

## **XS BURN PROGRAM**

### **HOW TO USE YOUR XS FITNESS - XS BURN PROGRAM**

Get ready to take your fitness game to the next level! Our 30-day XS Burn Program is designed to support your entire journey towards losing body fat and getting lean. This program focuses on strength, cardio and mobility training because building muscle tissue has a higher metabolic rate than fat, so the more muscle you have, the more fat your body burns. Also, adding in cardio to your workout routine and working your heart rate in the zone 2 level will compliment your fat loss goals. Zone 2 cardio is categorized as 60-70% of your max heart rate, which is slow and steady. Another beneficial component of the program is the comprehensive diet recommendation based on the goal of losing fat. Here we provide detailed meal ideas for all parts of the day, as well as recommended calorie intake, based on various factors, so you know how to approach the kitchen. Don't worry, you're not alone in this journey! With a private online community, access to top XS Trainers, and products to fuel your success, we've got you covered every step of the way.

There's just one thing: We can provide the tools and framework for success, but this is your adventure. You must put in the effort to see the results. The good news is that you've already made the hardest decision by committing to change. With the guidebook in your hands, there's nothing stopping you, so let's dive in and have some fun!

### **BEFORE YOU START**

You wouldn't venture into the wild without a bit of planning, and kick-starting your fat loss journey is no different. It might not seem crucial right now, but when you have a tough day (we all do!), you'll be glad you invested the time. Just turn the page and follow our simple 4-step process to set yourself up for success.

# STEP 1

## SET YOUR FAT LOSS GOALS

Your goals are focused on losing body fat and building lean muscle. Knowing that is already a step in the right direction, but this is a goal that can be approached in many different ways. Get clear on what success in your eyes means for you by setting 1-2 S.M.A.R.T. (Specific, Measurable, Achievable, Relevant, Time-bound) Goals.

Take a moment to think this through. **The more clearly you can paint a picture in your mind, the more likely you'll be able to make it a reality.** And remember, this is your goal and your fitness adventure, so go after whatever it is you really desire! Here are a few questions to help you get started.

- Why is losing fat important to you right now? What is your true motivation behind starting this program?
- What does overall success look like for you? It could be a number, a personal achievement or a combination of these.
- How do you want to feel? More confident? Proud? Strong?
- How would you celebrate reaching your goal? What would make you feel like you exceeded that goal?

Use the space below to brainstorm. These may be big ideas or longer-term goals, and that's okay! This is just the first step in your on-going fitness journey.

Now, pick 1-2 points you want to work toward first to create your S.M.A.R.T. Goals.

For example:

- This month, I will aim for 7,500 steps each day by taking the stairs and scheduling morning walks/runs
- In one week I will be able to increase my reps and overall strength through daily exercise.
- After completing the 30-day program, I will lose additional weight by creating the habit of healthy eating and incorporate daily exercise.

Define and track your S.M.A.R.T. Goals here.

S.M.A.R.T. Goal #1: \_\_\_\_\_

\_\_\_\_\_

S.M.A.R.T. Goal #2: \_\_\_\_\_

\_\_\_\_\_

# STEP 2

## DEFINE & SCHEDULE YOUR MICRO-HABITS

While your S.M.A.R.T. Goals have been defined, micro-habits are small changes that will help you get there faster. Think easy to implement, quick wins that you can track and build on to help you reach your bigger goal.

Some examples might be:

- Swap one soda or high-calorie drink per day with XS Energy + Burn.
- Schedule the workouts for the days ahead so you add accountability.
- Track your daily water intake.
- Set a daily reminder to write down at least one fitness win each day.
- Drink XS™ Muscle Multiplier\*† EAA immediately after each of my workouts.

Use the space below to:

1. Write out 1-2 micro-habits.
2. Schedule them. That could be adding something to your calendar or putting a sticky note on your bathroom mirror with seven little check boxes. Whatever works for you, do that!

Micro-habit #1: \_\_\_\_\_

---

---

Micro-habit #2: \_\_\_\_\_

---

---



The goal of a micro-habit is to set yourself up for success! Remember to make these very small and something that's totally achievable.

\*When combined with regular weight/resistance training and a healthy, balanced diet.

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# STEP 3 TAKE YOUR BASELINE

Your success at losing body fat can be measured in many ways, including the goals and micro-habits you've already set. Still, when beginning any fitness program, it's important to take a baseline of where you're starting. Plus, having this information on day one will make it that much easier to track and celebrate as you achieve all your fitness goals along the way!

Use the space below to capture:

- Start date and current weight
- Measurements

Capture some selfies to track your progress visually and provide personal motivation. It's amazing how quickly your body can shift without you even realizing it. And the changes you experience when losing body fat are noticeable in various areas, which makes regular progress pics even more valuable.



Capture images from several angles, wear form-fitting clothing, and be sure to get some shots of your entire body. You'll want to celebrate your wins from head-to-toe.



Snap your pics in the same location and lighting each time. This will make it easier for you to see changes along the way. Most important, remember these are only for you! You don't have to share or show anyone else.

## DAY 1 - MEASUREMENTS

Date:

Weight:

Arm (R):

Thigh (R):

Arm (L):

Thigh (L):

Chest:

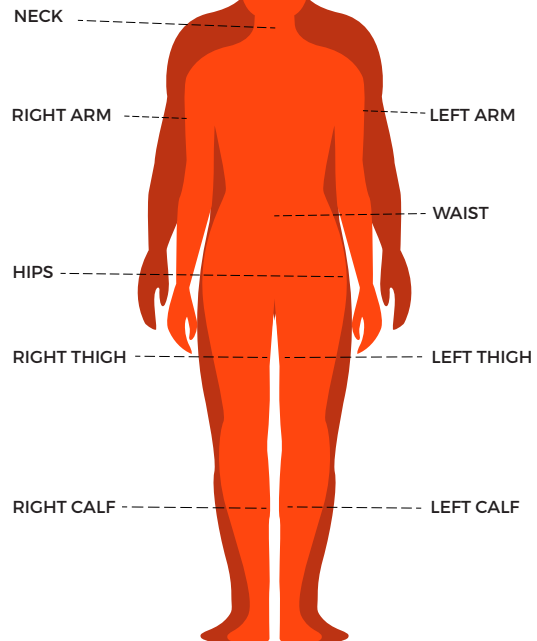
Neck:

Waist:

Calf (R):

Hips:

Calf (L):



It's always good to have your baseline weight and measurements, but this is only one way of tracking progress along the way. If your definition of success is more about improving overall health, reps, or energy levels, track that!

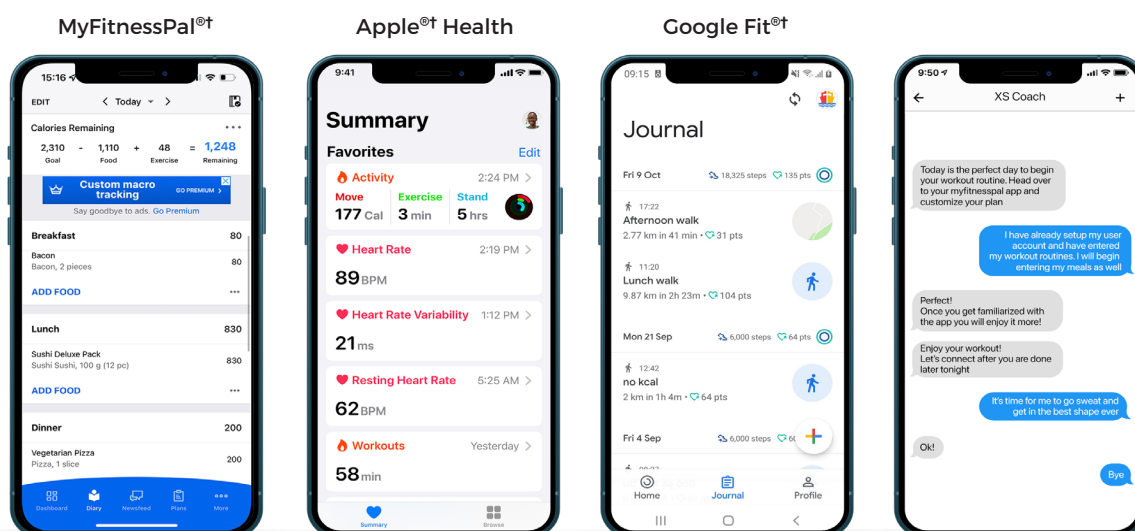


## STEP 4 COMMUNITY & SUPPORT

Whether this is your first XS Fitness Program or fifteenth, we promise to have your back, and that's exactly what we aim to do! We understand each adventure is different, each goal is personal, and each individual wants to be cheered on and communicated with in different ways. That's why we've created tools and support options you can customize to meet your ongoing needs. The best way to know if something will help to keep you energized and inspired is to try it.

We'd recommend starting here:

- ❑ **Join a XS Fitness Private Facebook<sup>†</sup> Group** – We've cultivated a community of everyone from fitness newbies to some of the best trainers in the business all striving to live better, healthier lives. This is where they come together to share successes and struggles, find motivation, uplift and inspire each other. Watch for an invite from your XS Fit Coach to join your fellow adventurers as a member of the XS Fitness Tribe.
- ❑ **Meet your XS Fit Coach** – If you haven't already, be sure to connect with the XS Fit Coach who will be guiding you throughout this program. Keep their contact information available in case you have questions or need additional support. They'll also help to personalize your Fitness Program and cheer you on throughout your adventure.
- ❑ **Download a Fitness Tracker App** – There are many fitness tracking apps to choose from and we recommend you check them out in your phone's app store. A few apps we recommend are MyFitnessPal<sup>†</sup>, Apple<sup>†</sup> Health, and Google Fit<sup>†</sup>. Fitness trackers, whether on your phone or wearable device, are great support tools that easily align with any XS Fitness Program. You can use them to track your fitness progress, calories, water intake and more.



<sup>†</sup>Facebook is a registered trademark of Meta Inc. MyFitnessPal is a registered trademark of MyFitnessPal Inc. Apple is a registered trademark of Apple Inc. Google Fit is a registered trademark of Google LLC. Amway is not affiliated with any of these companies.

# XS FITNESS

## XS BURN PROGRAM

### *It's go time!*

It's go time! Your XS Fitness Program and the products included were designed to help you gain clarity around your fitness goals, build healthy habits, and jump start your journey toward losing body fat and maintaining lean muscle. Each program is built around diet and fitness recommendations aligned with your personal goal of losing body fat and fueled by the best XS™ products to help you achieve success.

Use this guide to:

- Review the included diet and fitness recommendations and then create your ideal plan.
- Learn about the products in your XS Burn Stack and the best time to use each one for maximum results.
- Track your progress, goals and wins along the way.

Remember, if you have questions, need help mapping out your personal fitness plan, or just want some ideas and motivation as you get started, you'll find limitless resources and support through the XS Fitness Community on Facebook and your XS Fit Coach.

# DIET PLAN

## XS BURN

Achieving a toned physique involves a balanced approach to nutrition, hydration, and exercise. The XS Fitness Program's diet plan is designed to support your metabolism, facilitate fat loss, and maintain muscle mass. Below are detailed guidelines to help you get started and stay on track.

Here are some tips to help you get started:

### GENERAL TIPS FOR A HEALTHY DIET

#### HYDRATION

- Drink plenty of water daily. Calculate your daily water intake by dividing your weight in pounds by two. For example, if you weigh 160 lbs, aim for 80 ounces of water per day. Increase intake during hot and humid weather or intense physical activity.
- Incorporate electrolytes, especially if you engage in vigorous exercise, to maintain proper hydration and muscle function.
- Significant electrolytes include: sodium, potassium, chloride, magnesium, calcium, phosphate, and bicarbonate.

#### MEAL FREQUENCY

- Eat every 2.5 to 3 hours. This typically includes three main meals and two healthy snacks. This frequency helps regulate blood sugar levels and boosts metabolism.
- Prioritize nutrient-dense foods to avoid unnecessary calorie intake while ensuring adequate nutrition.
- Some example of nutrient-dense foods are fruits and vegetables, whole grains, low-fat milk products, seafood, lean meats, eggs, peas, beans, and nuts.

#### NUTRIENT TIMING

- Consume protein and healthy fats before bedtime. This can help with muscle repair and prevent muscle loss overnight.

### SPECIFIC TIPS FOR BURNING & REDUCING BODY FAT

#### LIMIT EMPTY CALORIES

- Avoid sugars, fried foods, and alcohol. These provide little nutritional value and can contribute to fat gain.
- Opt for whole, unprocessed foods to fuel your body efficiently.
- "Processed foods" are foods that have been altered from their original state. Examples of foods that have been processed are foods that have been packaged, washed, heated, mixed, or foods with added preservatives, nutrients, flavors, salts, sugars, or fats.

#### PROTEIN INTAKE

- Ensure sufficient protein intake to support muscle maintenance and growth. Incorporate lean protein sources like chicken, fish, tofu, beans, and legumes.

# DIET PLAN

## XS BURN

### PROTEIN INTAKE continued

- Supplement your diet with Essential Amino Acids (EAA) as recommended to enhance muscle protein synthesis, particularly if you engage in resistance training.
- A few examples of foods containing EAA's are chicken and eggs.

### CARBOHYDRATES

- Choose complex carbohydrates such as whole grains, fruits, and non-starchy vegetables, or beans. These provide sustained energy and essential nutrients.
- Limit refined carbs and sugars to prevent blood sugar spikes and fat storage. A few examples of refined carbs include white rice, white breads, bagels, and white pasta.

### HEALTHY FATS

- Include sources of healthy fats like avocados, nuts, seeds, and olive oil. These are essential for hormone production and overall health.

### EXERCISE AND PHYSICAL ACTIVITY

- Combine your diet with a mix of aerobic and resistance training exercises. Studies have shown that integrating both types of exercise can lead to greater improvements in body composition and metabolic health.
- Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity activity each week, along with muscle-strengthening

## PRACTICAL TIPS

### MEAL PLANNING AND PREPARATION

- Plan your meals ahead of time to ensure you have healthy options available and avoid last-minute unhealthy choices.
- Prepare meals in batches to save time and maintain consistency in your diet.

### MINDFUL EATING

- Pay attention to your hunger and fullness cues. Avoid eating out of boredom or stress.
- Take your time to enjoy your meals, and avoid distractions like TV or mobile devices while eating.

### SUPPORT AND ACCOUNTABILITY


- Consider joining a support group or engaging with a nutrition coach to stay motivated and accountable.

Track your progress, but focus on overall health improvements rather than just the number on the scale. By following these guidelines, you can effectively support your body's ability to burn fat and build lean muscle, leading to a toned and healthy physique. Stay consistent and adjust your plan as needed based on your progress and any new insights you gain along the way.


# DIET PLAN


## XS BURN

To help you get started, we worked with a Certified Nutritionist and Dietician to create a high-level diet plan for someone focused on the goal of losing body fat %. This includes healthy proteins, vegetables, fats and carbohydrates, as well as how you might fit them into your day.


 <b>PROTEINS</b> Any Fish (Tuna, Salmon, etc.), Any Seafood (Shrimp, Scallops, etc.), Chicken Breast, Turkey Breast, Any Meat 90% or Leaner, Egg Whites.	WAKING	1-3 HRS BEFORE WORKOUT	40 MINS AFTER WORKOUT	2-4 HOURS AFTER LAST MEAL	BEDTIME
	<b>1,400 Calorie Diet</b>	15g	20g	25g	15g
<b>1,800 Calorie Diet</b>	20g	25g	30g	20g	15g
<b>2,200 Calorie Diet</b>	25g	30g	35g	25g	20g

Typical protein content of foods are: 2 eggs 12.5g; 2 slices of turkey bacon 10g; 1 cup soy milk 6.3g; 1 cup black beans 15g; 1 cup skinless roasted chicken 43.4g; 3/4 cup shrimp 30g; 6oz salmon filet 34g.

 <b>VEGGIES</b> Broccoli, Spinach, Tomatoes, Green Peppers, Asparagus, Cauliflower, Brussel Sprouts, Green Beans, Zucchini. One serving is defined as 1 cup of raw leafy vegetables or 1/2 cup of cooked or chopped raw vegetables.	WAKING	1-3 HRS BEFORE WORKOUT	40 MINS AFTER WORKOUT	2-4 HOURS AFTER LAST MEAL	BEDTIME
	<b>1,400 Calorie Diet</b>	1 cup	1 cup	1 cup	1 cup
<b>1,800 Calorie Diet</b>	1 ½ cups	1 ½ cups	1 ½ cups	1 ½ cups	1 cup
<b>2,200 Calorie Diet</b>	2 cups	2 cups	2 cups	2 cups	1 ½ cups

 <b>HEALTHY FATS</b> Any Nuts, Avocado, Olive Oil, Canola Oil, Avocado Oil, Any Natural Nut Butters.	WAKING	1-3 HRS BEFORE WORKOUT	40 MINS AFTER WORKOUT	2-4 HOURS AFTER LAST MEAL	BEDTIME
	<b>1,400 Calorie Diet</b>	10g	8g	5g	8g
<b>1,800 Calorie Diet</b>	13g	10g	7g	10g	7g
<b>2,200 Calorie Diet</b>	16g	12g	9g	12g	9g

Typical fat content of foods are: 1/2 cup mashed avocado 16.9g; 1/4 avocado 7.3g; 6 walnuts 52g; 2 Tbsp mixed nut butter 16g; 2 Tbsp slivered almonds 11.6g; 1 tsp margarine 4g; 1 Tbsp grapeseed oil 14g; 1 Tbsp oliveoil 14g.

 <b>HEALTHY CARBS</b> Whole Grain Bread, Rice (any type), Whole Wheat Pasta, Oatmeal, Sweet Potatoes, Any Fruit.	WAKING	1-3 HRS BEFORE WORKOUT	40 MINS AFTER WORKOUT	2-4 HOURS AFTER LAST MEAL	BEDTIME
	<b>1,400 Calorie Diet</b>	30g	35g	40g	25g
<b>1,800 Calorie Diet</b>	40g	45g	50g	35g	25g
<b>2,200 Calorie Diet</b>	50g	55g	60g	45g	30g

Typical carbohydrate content of foods are: 2 slices toast 24g; 2 slices of waffles 34g; 1 English muffin 25g; 1 tortilla 8" 22g; 1 pita 35g; 1 apple 25g; 6 whole grain crackers 16.5g; 1/2 cup cooked quinoa 21g; 1/2 cup cooked brown rice 25g; 1 cup whole wheat penne 36g; 1 orange 11g; 1 banana 27g.



Remember, this is just a starting point! Use this information to help create a diet plan that works for you and your personal goals.



If you're feeling confused or overwhelmed, know you've got an entire XS Fitness Tribe supporting you! You can:

- Connect with your FB community, post a question and look for tips and recipes there.
- Message your XS Fit Coach for guidance and support to help you get started.



# DIET PLAN

## XS BURN PROGRAM

Since meal planning is so important to your success, we wanted to make it easy for you to get started. Explore these all-new single-serve breakfast, lunch, dinner, and healthy snack options created specifically with the goal of burning fat. Each one includes a recipe with the exact ingredients you'll need, all of the measurements, and even the calorie count of each for a 1,400 calorie diet and a 2,200 calorie diet, so your focus can be on creating a daily menu you're excited about!

# DIET PLAN

## XS BURN

### BREAKFAST

1,400 CALORIE DIET

2,200 CALORIE DIET

#### OVERNIGHT OATS WITH BERRIES AND ALMONDS

##### INGREDIENTS

1/3 cup Oats  
3/4 cup Almond Milk  
1/4 cup Berries  
1 1/2 tbsp Almonds  
1/2 tsp Honey

Mix oats and almond milk in a jar. Add berries and almonds. Drizzle with honey. Refrigerate overnight.

**250** CALORIES **9g** PROTEIN **11g** FAT **32g** CARBS **6g** FIBER



##### INGREDIENTS

1/2 cup Oats  
1 cup Almond Milk  
1/2 cup Berries  
2 tbsp Almonds  
1 tsp Honey

Mix oats and almond milk in a jar. Add berries and almonds. Drizzle with honey. Refrigerate overnight.

**350** CALORIES **12g** PROTEIN **16g** FAT **43g** CARBS **9g** FIBER

#### GREEK YOGURT PARFAIT WITH HONEY AND MIXED NUTS

##### INGREDIENTS

3/4 cup Greek Yogurt  
1/2 tbsp Honey  
1/8 cup Mixed Nuts  
1/4 cup Fresh Fruit

Layer Greek yogurt, honey, nuts, and fresh fruit in a glass.

**225** CALORIES **11g** PROTEIN **7.5g** FAT **26g** CARBS **3g** FIBER



##### INGREDIENTS

1 cup Greek Yogurt  
1 tbsp Honey  
1/4 cup Mixed Nuts  
1/2 cup Fresh Fruit

Layer Greek yogurt, honey, nuts, and fresh fruit in a glass.

**300** CALORIES **15g** PROTEIN **10g** FAT **35g** CARBS **4g** FIBER

#### AVOCADO TOAST WITH POACHED EGG

##### INGREDIENTS

1 slice Whole Grain Bread  
1/4 Avocado  
1 Egg

Toast bread. Mash avocado with salt, pepper, and lemon juice. Spread on toast. Top with a poached egg.

**280** CALORIES **9g** PROTEIN **20g** FAT **16g** CARBS **5g** FIBER



##### INGREDIENTS

1 1/2 slices Whole Grain Bread  
1/2 Avocado  
2 Eggs

Toast bread. Mash avocado with salt, pepper, and lemon juice. Spread on toast. Top with a poached egg.

**420** CALORIES **18g** PROTEIN **30g** FAT **22g** CARBS **10g** FIBER

#### SPINACH AND MUSHROOM OMELET

##### INGREDIENTS

1 Egg  
1/2 cup Spinach  
1/4 cup Mushrooms  
1/2 tbsp Olive Oil

Sauté spinach and mushrooms in olive oil. Beat eggs, pour into pan, and cook until set. Add vegetables, fold omelet.

**125** CALORIES **7g** PROTEIN **9g** FAT **4g** CARBS **1.5g** FIBER



##### INGREDIENTS

2 Eggs  
1 cup Spinach  
1/2 cup Mushrooms  
1 tbsp Olive Oil

Sauté spinach and mushrooms in olive oil. Beat eggs, pour into pan, and cook until set. Add vegetables, fold omelet.

**250** CALORIES **14g** PROTEIN **18g** FAT **8g** CARBS **3g** FIBER

# DIET PLAN

## XS BURN

### BREAKFAST

1,400 CALORIE DIET

2,200 CALORIE DIET

#### CHIA SEED PUDDING

##### INGREDIENTS

- 1/8 cup Chia Seeds
- 3/4 cup Coconut Milk
- 1/4 tsp Vanilla
- 1/2 tbsp Maple Syrup

Mix chia seeds, coconut milk, vanilla, and maple syrup. Refrigerate overnight.

**200** CALORIES **6.5g** PROTEIN **13.5g** FAT **18.5g** CARBS **7g** FIBER



##### INGREDIENTS

- 1/4 cup Chia Seeds
- 1 cup Coconut Milk
- 1/4 tsp Vanilla
- 1 tbsp Maple Syrup

Mix chia seeds, coconut milk, vanilla, and maple syrup. Refrigerate overnight.

**300** CALORIES **10g** PROTEIN **20g** FAT **28g** CARBS **11g** FIBER

#### SMOOTHIE BOWL

##### INGREDIENTS

- 1/2 Banana
- 1/2 cup Frozen Berries
- 1/2 cup Spinach
- 3/4 cup Almond Milk
- 1/2 tbsp Chia Seeds
- 1/4 cup Granola

Blend banana, berries, spinach, and almond milk. Pour into a bowl. Top with chia seeds and granola.

**250** CALORIES **6g** PROTEIN **9g** FAT **39g** CARBS **7.5g** FIBER



##### INGREDIENTS

- 1 Banana
- 3/4 cup Frozen Berries
- 3/4 cup Spinach
- 1 cup Almond Milk
- 1 tbsp Chia Seeds
- 1/2 cup Granola

Blend banana, berries, spinach, and almond milk. Pour into a bowl. Top with chia seeds and granola.

**350** CALORIES **8g** PROTEIN **12g** FAT **55g** CARBS **10g** FIBER

#### BREAKFAST BURRITO

##### INGREDIENTS

- 1 Whole Grain Tortilla
- 2 Scrambled Eggs
- 1/4 cup Black Beans
- 1/4 cup salsa
- 1/4 Avocado

Scramble eggs and cook until set. Fill tortilla with eggs, beans, salsa, and avocado. Roll up and serve.

**400** CALORIES **20g** PROTEIN **20g** FAT **40g** CARBS **10g** FIBER



##### INGREDIENTS

- 1 1/4 Whole Grain Tortillas
- 2 1/2 Scrambled Eggs
- 1/2 cup Black Beans
- 1/2 cup salsa
- 1/2 Avocado

Scramble eggs and cook until set. Fill tortilla with eggs, beans, salsa, and avocado. Roll up and serve.

**500** CALORIES **25g** PROTEIN **25g** FAT **50g** CARBS **12.5g** FIBER

#### QUINOA BREAKFAST BOWL

##### INGREDIENTS

- 1/4 cup Cooked Quinoa
- 1/4 cup Berries
- 2 tbsp Greek Yogurt
- 1/2 tbsp Honey

Combine quinoa, berries, and Greek yogurt in a bowl. Drizzle with honey.

**160** CALORIES **5g** PROTEIN **22.5g** FAT **2.5g** CARBS **6g** FIBER **10g** SUGAR



##### INGREDIENTS

- 3/4 cup Cooked Quinoa
- 3/4 cup Berries
- 3/4 cup Greek Yogurt
- 2 tbsp Honey

Combine quinoa, berries, and Greek yogurt in a bowl. Drizzle with honey.

**480** CALORIES **15g** PROTEIN **67.5g** FAT **7.5g** CARBS **18g** FIBER **30g** SUGAR



# DIET PLAN

## XS BURN

### LUNCH

1,400 CALORIE DIET

2,200 CALORIE DIET

#### GRILLED CHICKEN AND QUINOA SALAD

##### INGREDIENTS

⅔ cup Quinoa  
1 Chicken Breast  
1 cup Mixed Greens  
⅔ cup Cherry Tomatoes  
½ Avocado

Slice chicken breast. Mix quinoa, greens, tomatoes, and avocado. Dress with olive oil and lemon juice.

**400** CALORIES **26g** PROTEIN **13g** FAT **40g** CARBS **7g** FIBER



##### INGREDIENTS

1 cup Quinoa  
1 ¼ Chicken Breasts  
1 ½ cup Mixed Greens  
1 cup Cherry Tomatoes  
½ Avocado

Slice chicken breast. Mix quinoa, greens, tomatoes, and avocado. Dress with olive oil and lemon juice.

**550** CALORIES **36g** PROTEIN **18g** FAT **55g** CARBS **9g** FIBER

#### LENTIL AND VEGETABLE SOUP

##### INGREDIENTS

½ cup Lentils  
1 Carrot  
1 Celery Stalk  
1 Tomato  
½ Onion  
1 Garlic Clove

Sauté onion and garlic. Add vegetables, lentils, and broth. Simmer until lentils are tender.

**300** CALORIES **14g** PROTEIN **4.5g** FAT **45g** CARBS **15g** FIBER



##### INGREDIENTS

1 cup Lentils  
1 ½ Carrots  
1 ½ Celery Stalks  
1 ½ Tomatoes  
1 Onion  
1 ½ Garlic Cloves

Sauté onion and garlic. Add vegetables, lentils, and broth. Simmer until lentils are tender.

**450** CALORIES **21g** PROTEIN **6.5g** FAT **67.5g** CARBS **22.5g** FIBER

#### HUMMUS AND VEGGIE WRAP

##### INGREDIENTS

1 Whole Grain Wrap  
2 tbsp Hummus  
¼ cup Sliced Cucumber  
¼ cup Bell Pepper  
1 cup Spinach

Spread hummus on wrap. Add sliced vegetables and spinach. Roll up and serve.

**350** CALORIES **10g** PROTEIN **12g** FAT **45g** CARBS **8g** FIBER



##### INGREDIENTS

1 ¼ Whole Grain Wraps  
2 ½ tbsp Hummus  
½ cup Sliced Cucumber  
¼ cup Bell Pepper  
1 ½ cups Spinach

Spread hummus on wrap. Add sliced vegetables and spinach. Roll up and serve.

**350** CALORIES **10g** PROTEIN **12g** FAT **45g** CARBS **8g** FIBER

#### TURKEY AND AVOCADO SANDWICH

##### INGREDIENTS

1 slice Whole Grain Bread  
1 ½ slices Turkey Breast  
⅓ Avocado  
½ leaf Lettuce  
1 slice Tomato  
½ tsp Mustard

Layer turkey, avocado, lettuce, tomato, and mustard on bread slices. Assemble sandwich.

**190** CALORIES **11g** PROTEIN **7.5g** FAT **17.5g** CARBS **3.5g** FIBER **2g** SUGAR



##### INGREDIENTS

2 slices Whole Grain Bread  
4 slices Turkey Breast  
⅓ Avocado  
2 leaves Lettuce  
2 slices Tomato  
1 tsp Mustard

Layer turkey, avocado, lettuce, tomato, and mustard on bread slices. Assemble sandwich.

**570** CALORIES **33g** PROTEIN **22.5g** FAT **52.5g** CARBS **10.5g** FIBER **6g** SUGAR

# DIET PLAN

## XS BURN

### LUNCH

1,400 CALORIE DIET

2,200 CALORIE DIET

#### CHICKPEA SALAD

##### INGREDIENTS

- 1/3 can Chickpeas
- 1/4 cup Diced Cucumber
- 1/4 cup Diced Tomato
- 1/4 cup Diced Red Onion
- 1/2 tbsp Olive Oil
- 1/2 tbsp Lemon Juice
- 1/4 tsp Parsley

Mix chickpeas, cucumber, tomato, and onion. Dress with olive oil, lemon juice, and parsley.

**106** CALORIES   **4g** PROTEIN   **3.3g** FAT   **15g** CARBS   **4g** FIBER   **1.7g** SUGAR



##### INGREDIENTS

- 2/3 can Chickpeas
- 1/4 cup Diced Cucumber
- 1/4 cup Diced Tomato
- 1/4 cup Diced Red Onion
- 2/3 tbsp Olive Oil
- 2/3 tbsp Lemon Juice
- 1/4 tsp Parsley

Mix chickpeas, cucumber, tomato, and onion. Dress with olive oil, lemon juice, and parsley.

**213** CALORIES   **8g** PROTEIN   **6.7g** FAT   **30g** CARBS   **8g** FIBER   **3.3g** SUGAR

#### SALMON AND ASPARAGUS

##### INGREDIENTS

- 1/2 Salmon Filet
- 1/2 cup Asparagus
- 1/2 tbsp Olive Oil
- 1/2 tbsp Lemon Juice
- 1/2 tsp Dill

Preheat the oven to 400°F. Place the salmon fillet and asparagus on a baking sheet. Drizzle with olive oil and lemon juice, then sprinkle with dill. Bake for 15-20 minutes or until the salmon is cooked through and flakes easily with a fork, and the asparagus is tender.

**225** CALORIES   **17.5g** PROTEIN   **12.5g** FAT   **5g** CARBS   **2g** FIBER   **1g** SUGAR



##### INGREDIENTS

- 1 1/4 Salmon Filet
- 1 1/4 cup Asparagus
- 1 1/4 tbsp Olive Oil
- 1 1/4 tbsp Lemon Juice
- 1 1/4 tsp Dill

Preheat the oven to 400°F. Place the salmon fillet and asparagus on a baking sheet. Drizzle with olive oil and lemon juice, then sprinkle with dill. Bake for 15-20 minutes or until the salmon is cooked through and flakes easily with a fork, and the asparagus is tender.

**563** CALORIES   **43.8g** PROTEIN   **31.3g** FAT   **12.5g** CARBS   **5g** FIBER   **2.5g** SUGAR

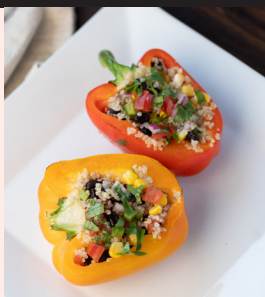
#### QUINOA STUFFED PEPPERS

##### INGREDIENTS

- 1 Bell Pepper
- 1/3 cup Cooked Quinoa
- 1/4 cup Black Beans
- 1/4 cup Corn
- 1/4 cup Salsa

Preheat the oven to 375°F. Mix the cooked quinoa, black beans, corn, and salsa in a bowl. Cut the tops off the bell peppers and remove the seeds. Stuff the bell peppers with the quinoa mixture. Place the stuffed peppers in a baking dish and bake for 25-30 minutes or until the bell peppers are tender.

**200** CALORIES   **7.5g** PROTEIN   **5g** FAT   **30g** CARBS   **7.5g** FIBER   **6g** SUGAR



##### INGREDIENTS

- 1 1/2 Bell Pepper
- 2/3 cup Cooked Quinoa
- 1/2 cup Black Beans
- 1/2 cup Corn
- 1/2 cup Salsa

Preheat the oven to 375°F. Mix the cooked quinoa, black beans, corn, and salsa in a bowl. Cut the tops off the bell peppers and remove the seeds. Stuff the bell peppers with the quinoa mixture. Place the stuffed peppers in a baking dish and bake for 25-30 minutes or until the bell peppers are tender.

**300** CALORIES   **11.3g** PROTEIN   **7.5g** FAT   **45g** CARBS   **11.3g** FIBER   **9g** SUGAR

#### TOFU STIR-FRY

##### INGREDIENTS

- 1/3 block Tofu
- 1 cup Mixed Vegetables
- 1 tbsp Soy Sauce
- 1/2 Garlic Clove
- 1/2 tsp Ginger

Sauté garlic and ginger. Add tofu and vegetables. Cook until tender. Add soy sauce.

**233** CALORIES   **12g** PROTEIN   **10g** FAT   **26.7g** CARBS   **6.7g** FIBER   **6.7g** SUGAR



##### INGREDIENTS

- 2/3 block Tofu
- 1 1/2 cups Mixed Vegetables
- 1 1/2 tbsp Soy Sauce
- 1 Clove Garlic
- 1 tsp Ginger

Sauté garlic and ginger. Add tofu and vegetables. Cook until tender. Add soy sauce.

**466** CALORIES   **24g** PROTEIN   **20g** FAT   **53.3g** CARBS   **13.3g** FIBER   **13.3g** SUGAR

# DIET PLAN

## XS BURN

### DINNER

1,400 CALORIE DIET

2,200 CALORIE DIET

#### BAKED SALMON WITH ASPARAGUS AND BROWN RICE

##### INGREDIENTS

- ½ Salmon Fillet
- ½ cup Asparagus
- ¼ cup Brown Rice
- ½ tbsp Olive Oil
- ½ tbsp Lemon

Preheat the oven to 400° F. Place the salmon fillets on a baking sheet and drizzle with olive oil and lemon juice. Bake for 15-20 minutes, or until the salmon is cooked through and flakes easily with a fork. Steam the asparagus for 5-7 minutes until tender. Serve the baked salmon and steamed asparagus with cooked brown rice.

**250** CALORIES **17.5g** PROTEIN **12.5g** FAT **22.5g** CARBS **2.5g** FIBER **1g** SUGAR



##### INGREDIENTS

- 1 ½ Salmon Fillets
- 1 ½ cup Asparagus
- ¾ cup Brown Rice
- 1 ½ tbsp Olive Oil
- 1 ½ tbsp Lemon

Preheat the oven to 400° F. Place the salmon fillets on a baking sheet and drizzle with olive oil and lemon juice. Bake for 15-20 minutes, or until the salmon is cooked through and flakes easily with a fork. Steam the asparagus for 5-7 minutes until tender. Serve the baked salmon and steamed asparagus with cooked brown rice.

**750** CALORIES **52.5g** PROTEIN **37.5g** FAT **67.5g** CARBS **7.5g** FIBER **3g** SUGAR

#### CHICKEN AND VEGETABLE STIR-FRY

##### INGREDIENTS

- ½ Chicken Breast
- 1 cup Mixed Vegetables
- ½ tbsp Soy Sauce
- ½ Garlic Clove
- ½ tsp Ginger

Sauté garlic and ginger. Add chicken and cook until browned. Add vegetables and soy sauce. Cook until tender.

**225** CALORIES **15g** PROTEIN **7.5g** FAT **25g** CARBS **4g** FIBER **6g** SUGAR



##### INGREDIENTS

- 1 ½ Chicken Breast
- 3 cup Mixed Vegetables
- 1 ½ tbsp Soy Sauce
- 1 ½ Garlic Cloves
- 1 ½ tsp Ginger

Sauté garlic and ginger. Add chicken and cook until browned. Add vegetables and soy sauce. Cook until tender.

**675** CALORIES **45g** PROTEIN **22.5g** FAT **75g** CARBS **12g** FIBER **18g** SUGAR

#### LENTIL AND TOMATO SALAD

##### INGREDIENTS

- ½ cup Cooked Lentils
- ½ cup Cherry Tomatoes
- ¼ cup Cucumber
- ¼ cup Red Onion
- ½ tbsp Parsley
- ½ tbsp Olive Oil
- ½ tbsp Lemon Juice

Mix lentils, tomatoes, cucumber, and onion. Dress with olive oil, lemon juice, and parsley.

**200** CALORIES **9g** PROTEIN **6g** FAT **25g** CARBS **9g** FIBER **4g** SUGAR



##### INGREDIENTS

- 1 ½ cups Cooked Lentils
- 1 ½ cups Cherry Tomatoes
- ¾ cup Cucumber
- ¾ cup Red Onion
- 1 ½ tbsp Parsley
- 1 ½ tbsp Olive Oil
- 1 ½ tbsp Lemon Juice

Mix lentils, tomatoes, cucumber, and onion. Dress with olive oil, lemon juice, and parsley.

**600** CALORIES **27g** PROTEIN **18g** FAT **75g** CARBS **27g** FIBER **12g** SUGAR

#### VEGETABLE CURRY WITH BROWN RICE

##### INGREDIENTS

- ½ cup Mixed Vegetables
- ½ cup Coconut Milk
- ½ tbsp Curry Powder
- ½ Garlic Clove
- ½ tsp Ginger
- ¼ cup Brown Rice

Sauté garlic and ginger. Add vegetables, coconut milk, and curry powder. Simmer until vegetables are tender. Serve with brown rice.

**225** CALORIES **6g** PROTEIN **7.5g** FAT **32.5g** CARBS **5g** FIBER **6g** SUGAR



##### INGREDIENTS

- 1 ½ cups Mixed Vegetables
- 1 ½ cups Coconut Milk
- 1 ½ tbsp Curry Powder
- 1 ½ Garlic Cloves
- 1 ½ tsp Ginger
- ¾ cup Brown Rice

Sauté garlic and ginger. Add vegetables, coconut milk, and curry powder. Simmer until vegetables are tender. Serve with brown rice.

**675** CALORIES **18g** PROTEIN **22.5g** FAT **97.5g** CARBS **15g** FIBER **18g** SUGAR

# DIET PLAN

## XS BURN

### DINNER

1,400 CALORIE DIET

2,200 CALORIE DIET

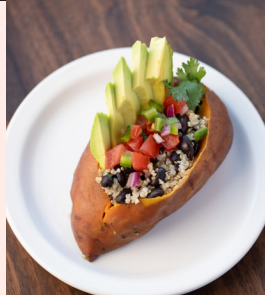
#### QUINOA AND BLACK BEAN STUFFED SWEET POTATOES

##### INGREDIENTS

- 1 Sweet Potato
- 1/3 cup Cooked Quinoa
- 1/3 cup Black Beans
- 1/3 cup Salsa
- 1/2 Avocado

Preheat the oven to 400°F. Bake the sweet potato for 45-60 minutes or until tender. While the sweet potato is baking, mix the cooked quinoa and black beans. Once the sweet potato is tender, cut it open and top with the quinoa and bean mixture, salsa, and avocado slices.

<b>250</b>	<b>7.5g</b>	<b>10g</b>	<b>35g</b>	<b>6g</b>	<b>10g</b>
CALORIES	PROTEIN	FAT	CARBS	FIBER	SUGAR



##### INGREDIENTS

- 2 1/2 Sweet Potatoes
- 1 cup Cooked Quinoa
- 1/2 cup Black Beans
- 1/2 cup Salsa
- 1/2 Avocado

Preheat the oven to 400°F. Bake the sweet potato for 45-60 minutes or until tender. While the sweet potato is baking, mix the cooked quinoa and black beans. Once the sweet potato is tender, cut it open and top with the quinoa and bean mixture, salsa, and avocado slices.

<b>625</b>	<b>18.8g</b>	<b>25g</b>	<b>87.5g</b>	<b>15g</b>	<b>25g</b>
CALORIES	PROTEIN	FAT	CARBS	FIBER	SUGAR

#### SPAGHETTI SQUASH WITH MARINARA SAUCE

##### INGREDIENTS

- 1/2 Spaghetti Squash
- 1/2 cup Marinara Sauce
- 1/2 Garlic Clove
- 1/2 tsp Basil
- 1/2 tbsp Parmesan Cheese

Preheat the oven to 400°F. Cut the spaghetti squash in half and remove the seeds. Place the squash halves cut-side down on a baking sheet and bake for 40-45 minutes or until tender. Scrape the strands into a bowl using a fork. In a saucepan, heat the marinara sauce with garlic and basil until warm. Pour the marinara sauce over the squash strands and top with Parmesan cheese.

<b>175</b>	<b>5g</b>	<b>6g</b>	<b>22.5g</b>	<b>4g</b>	<b>7.5g</b>
CALORIES	PROTEIN	FAT	CARBS	FIBER	SUGAR



##### INGREDIENTS

- 1 1/2 Spaghetti Squash
- 1 1/2 cups Marinara Sauce
- 1 1/2 Garlic Cloves
- 1 1/2 tsp Basil
- 1 1/2 tbsp Parmesan Cheese

Preheat the oven to 400°F. Cut the spaghetti squash in half and remove the seeds. Place the squash halves cut-side down on a baking sheet and bake for 40-45 minutes or until tender. Scrape the strands into a bowl using a fork. In a saucepan, heat the marinara sauce with garlic and basil until warm. Pour the marinara sauce over the squash strands and top with Parmesan cheese.

<b>525</b>	<b>15g</b>	<b>18g</b>	<b>67.5g</b>	<b>12g</b>	<b>22.5g</b>
CALORIES	PROTEIN	FAT	CARBS	FIBER	SUGAR

#### GRILLED SHRIMP WITH QUINOA AND VEGETABLES

##### INGREDIENTS

- 1/2 cup Shrimp
- 1/3 cup Cooked Quinoa
- 1/3 cup Mixed Vegetables
- 1/2 tbsp Olive Oil
- 1/2 tbsp Lemon

Grill shrimp with olive oil and lemon. Serve with quinoa and sautéed vegetables.

<b>150</b>	<b>8.3g</b>	<b>5g</b>	<b>15g</b>	<b>3g</b>	<b>1.7g</b>
CALORIES	PROTEIN	FAT	CARBS	FIBER	SUGAR



##### INGREDIENTS

- 1 1/2 cups Shrimp
- 1 1/2 cups Cooked Quinoa
- 1 1/2 cups Mixed Vegetables
- 1 1/2 tbsp Olive Oil
- 1 1/2 tbsp Lemon

Grill shrimp with olive oil and lemon. Serve with quinoa and sautéed vegetables.

<b>675</b>	<b>37.5g</b>	<b>22.5g</b>	<b>67.5g</b>	<b>15g</b>	<b>8.3g</b>
CALORIES	PROTEIN	FAT	CARBS	FIBER	SUGAR

#### STUFFED BELL PEPPERS WITH GROUND TURKEY

##### INGREDIENTS

- 1 Bell Pepper
- 1/4 lb Ground Turkey
- 1/3 cup Cooked Brown Rice
- 1/4 cup Tomato Sauce
- 1/4 Onion
- 1/4 Garlic Clove

Preheat the oven to 375°F. Sauté the onion and garlic in a skillet until translucent. Add the ground turkey and cook until browned. Mix the cooked turkey with the cooked brown rice and tomato sauce. Cut the tops off the bell peppers and remove the seeds. Stuff the bell peppers with the turkey mixture. Place the stuffed peppers in a baking dish and bake for 25-30 minutes or until the bell peppers are tender.

<b>250</b>	<b>15g</b>	<b>7.5g</b>	<b>27.5g</b>	<b>5g</b>	<b>5g</b>
CALORIES	PROTEIN	FAT	CARBS	FIBER	SUGAR



##### INGREDIENTS

- 3 Bell Peppers
- 3/4 lb Ground Turkey
- 1 cup Cooked Brown Rice
- 3/4 cup Tomato Sauce
- 3/4 Onion
- 3/4 Garlic Clove

Preheat the oven to 375°F. Sauté the onion and garlic in a skillet until translucent. Add the ground turkey and cook until browned. Mix the cooked turkey with the cooked brown rice and tomato sauce. Cut the tops off the bell peppers and remove the seeds. Stuff the bell peppers with the turkey mixture. Place the stuffed peppers in a baking dish and bake for 25-30 minutes or until the bell peppers are tender.

<b>750</b>	<b>45g</b>	<b>22.5g</b>	<b>82.5g</b>	<b>15g</b>	<b>15g</b>
CALORIES	PROTEIN	FAT	CARBS	FIBER	SUGAR

# DIET PLAN

## XS BURN

### SNACKS

1,400 CALORIE DIET

2,200 CALORIE DIET

#### HUMMUS WITH CARROT AND CUCUMBER STICKS

##### INGREDIENTS

½ cup Hummus  
½ portion Sliced Carrots & Cucumbers

Serve hummus with carrot and cucumber sticks.

**100** CALORIES **3g** PROTEIN **5g** FAT **10g** CARBS **2.5g** FIBER **2.5g** SUGAR



##### INGREDIENTS

½ cup Hummus  
1 ½ portions Sliced Carrots & Cucumbers

Serve hummus with carrot and cucumber sticks.

**300** CALORIES **9g** PROTEIN **15g** FAT **30g** CARBS **7.5g** FIBER **7.5g** SUGAR

#### GREEK YOGURT WITH HONEY AND BERRIES

##### INGREDIENTS

½ cup Greek Yogurt  
½ tbsp Honey  
¼ cup Mixed Berries

Mix Greek yogurt with honey and top with berries.

**125** CALORIES **7.5g** PROTEIN **1.5g** FAT **20g** CARBS **1g** FIBER **15g** SUGAR



##### INGREDIENTS

1 ½ cup Greek Yogurt  
1 ½ tbsp Honey  
¾ cup Mixed Berries

Mix Greek yogurt with honey and top with berries.

**375** CALORIES **22.5g** PROTEIN **4.5g** FAT **60g** CARBS **3g** FIBER **45g** SUGAR

#### ALMOND BUTTER AND APPLE SLICES

##### INGREDIENTS

½ Apple  
1 tbsp Almond Butter

Slice apple and serve with almond butter.

**150** CALORIES **3g** PROTEIN **7.5g** FAT **17.5g** CARBS **4g** FIBER **12.5g** SUGAR



##### INGREDIENTS

½ Apple  
1 tbsp Almond Butter

Slice apple and serve with almond butter.

**450** CALORIES **9g** PROTEIN **22.5g** FAT **52.5g** CARBS **12g** FIBER **37.5g** SUGAR

#### PROTEIN SHAKE

##### INGREDIENTS

½ scoop XS™ Protein Powder  
½ cup Almond Milk  
¼ Banana  
½ tbsp Peanut Butter

Blend all ingredients until smooth.

**125** CALORIES **10g** PROTEIN **7.5g** FAT **17.5g** CARBS **4g** FIBER **12.5g** SUGAR



##### INGREDIENTS

1 ½ scoops XS™ Protein Powder  
1 ½ cup Almond Milk  
¾ Banana  
1 ½ tbsp Peanut Butter

Blend all ingredients until smooth.

**375** CALORIES **30g** PROTEIN **22.5g** FAT **52.5g** CARBS **12g** FIBER **37.5g** SUGAR

# DIET PLAN

## XS BURN

### SNACKS

1,400 CALORIE DIET

2,200 CALORIE DIET

#### MIXED NUTS AND DRIED FRUIT

##### INGREDIENTS

1/8 cup Mixed Nuts  
1/8 cup Dried Fruit

Mix nuts and dried fruit together.

**150** CALORIES **4g** PROTEIN **10g** FAT **17.5g** CARBS **2.5g** FIBER **12.5g** SUGAR



##### INGREDIENTS

1/8 cup Mixed Nuts  
1/8 cup Dried Fruit

Mix nuts and dried fruit together.

**450** CALORIES **12g** PROTEIN **30g** FAT **52.5g** CARBS **7.5g** FIBER **37.5g** SUGAR

#### VEGGIE STICKS WITH GUACAMOLE

##### INGREDIENTS

1/8 cup Guacamole  
1/2 portion Sliced Bell Pepper, Carrots, & Celery

Serve veggie sticks with guacamole.

**100** CALORIES **2g** PROTEIN **7.5g** FAT **7.5g** CARBS **3.5g** FIBER **2.5g** SUGAR



##### INGREDIENTS

1/8 cup Guacamole  
1 1/2 portion Sliced Bell Pepper, Carrots, & Celery

Serve veggie sticks with guacamole.

**300** CALORIES **6g** PROTEIN **22.5g** FAT **22.5g** CARBS **10.5g** FIBER **7.5g** SUGAR

#### HARD BOILED EGGS

##### INGREDIENTS

1 Egg

Place egg in a pot and cover them with cold water by 1 inch. Bring the water to boil over high heat. As soon as the water begins to boil, turn off the heat and cover the pot, leaving the egg in the hot water for 6-7 minutes for Soft-Boiled, 8-9 minutes for Medium-Boiled, or 10-12 minutes for Hard-Boiled. Move the egg to an icebath for 14 minutes before you peel the egg.

**80** CALORIES **6g** PROTEIN **5.5g** FAT **0.5g** CARBS **0g** FIBER **0.5g** SUGAR



##### INGREDIENTS

3 Eggs

Place egg in a pot and cover them with cold water by 1 inch. Bring the water to boil over high heat. As soon as the water begins to boil, turn off the heat and cover the pot, leaving the egg in the hot water for 6-7 minutes for Soft-Boiled, 8-9 minutes for Medium-Boiled, or 10-12 minutes for Hard-Boiled. Move the egg to an icebath for 14 minutes before you peel the egg.

**240** CALORIES **18g** PROTEIN **16.5g** FAT **1.5g** CARBS **0g** FIBER **1.5g** SUGAR

#### COTTAGE CHEESE WITH PINEAPPLE

##### INGREDIENTS

1/4 cup Cottage Cheese  
2 tbs Pineapple Chunks

Mix cottage cheese with pineapple chunks.

**90** CALORIES **7g** PROTEIN **2.5g** FAT **7.5g** CARBS **0.5g** FIBER **5g** SUGAR



##### INGREDIENTS

3/4 cup Cottage Cheese  
3/4 cup Pineapple Chunks

Mix cottage cheese with pineapple chunks.

**270** CALORIES **21g** PROTEIN **7.5g** FAT **22.5g** CARBS **1.5g** FIBER **15g** SUGAR

# FITNESS

## XS BURN

Creating or maintaining a healthy fitness routine will not only help you feel better, but it will also boost the benefits of your diet changes and help accelerate your fat loss goals overall. As a general guideline, start by scheduling time to get in your 20–30-minute workouts.

- Include one of the Burn Programs created by our XS Fitness Trainers on the website. Utilize the offered 30-day workout calendars so you can easily follow along and track each day. Scan the QR code below to explore our workout options.
- Incorporate additional movements after strength days such as adding morning or evening walks, incline walks on the treadmill, a bike ride with the family, a jog around the neighborhood, or anything you enjoy that keeps your body moving.
- Try adding in breathwork to reduce stress, which elevates cortisol levels and triggers your body to store unwanted fat.



QR code to workouts



### 30-DAY WORKOUT PROGRAM

NATE DARY - XS FITNESS PROGRAM

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Full Body 1	Cardio & Abs 1	Full Body 2	Rest Day	Lower Body 1 Burner
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Upper Body 1 Madness	Rest Day	Cardio & Abs 2	Full Body 3 Pyramid	Upper Body 2 Burner
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Rest Day	Cardio & Abs 3	Lower Body 2	Rest Day	Full Body 1
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Cardio & Abs 1	Full Body 2	Rest Day	Lower Body 1 Burner	Upper Body 1 Madness
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Rest Day	Cardio & Abs 2	Full Body 3 Pyramid	Upper Body 2 Burner	Rest Day
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Cardio & Abs 3	Lower Body 2	Rest Day	Full Body 1	Cardio & Abs 1

# PRODUCTS

## XS BURN

Combined with the changes from your personal diet and fitness plan, the XS Burn Stack includes products chosen to help amplify your energy, support a healthy metabolism, build lean muscle\* and instantly level-up your workouts so you can achieve the physique you want! Following is a breakdown of the products included in your 30-Day program as well as daily usage recommendations.

### THE XS BURN STACK - \$224

- XS™ Muscle Multiplier†
- XS™ Ignite Powder
- XS™ Energy + Burn\*\*
- XS™ Protein Pods - x2
- Nutrilite™ Fiber Powder



Please note that while we'll do our best to get all of your XS Burn products to you as quickly as possible, they'll be shipped in separate packages and may not arrive on the same date.

\*When combined with regular weight/resistance training and a healthy, balanced diet.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

\*\*Please note there are only 12 XS Energy + Burn cans in a bundle.



# MORNING WORKOUT PRODUCT USE REGIMEN 30-DAY



PRE-BREAKFAST	BREAKFAST	20-30MINS BEFORE WORKOUT	WORKOUT	IMMEDIATELY AFTER WORKOUT	20-30 MINS AFTER WORKOUT	LUNCH	MID AFTERNOON SNACK	DINNER	BEFORE BED
Optional XS Muscle Multiplier EAA** 1 Scoop	XS Ignite Powder 1 Stick Pack	XS Energy+Burn 1 Can*		XS Muscle Multiplier EAA** 1 Scoop	XS Protein Shake 1 Pod	Nutrilite Fiber Powder 1 Stick Pack with Lunch			Optional XS Muscle Multiplier EAA** 1 Scoop

\*Please note only 12 cans provided, recommended consumption when looking for additional energy

\*\*The XS Toning Program is designed around 1x serving of Muscle Multiplier per day. However, to maximize your gains, we recommend up to 3x servings per day which requires an additional purchase of Muscle Multiplier.



## XS IGNITE POWDER

**1X DAILY 1-STICK PACK**

**What it does:** Helps maximize weight loss when combined with a healthy diet and regular exercise.

**How to use it:** Take dry or mix with water.

**Why you'll love it:** XS Ignite Powder is designed to fire up your workouts and help support a healthy metabolism and weight management goals when combined with regular diet and exercise.† Formulated with a clinical dose of 400mg of Moro Blood Orange Extract which provides 3X the amount of polyphenols found in a Navel Orange! Moro Blood Orange has been clinically shown to reduce body fat, hip and waist size and body composition!#†

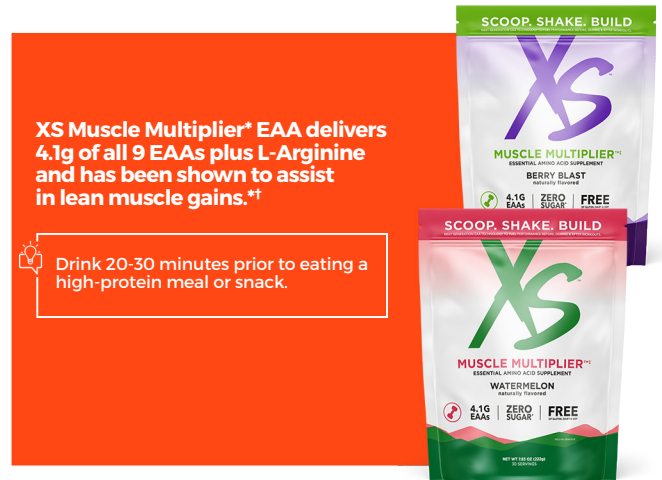
## XS MUSCLE MULTIPLIER\*† EAA

**1-3X DAILY 1-SCOOP**

**What it does:** Helps build muscle when combined with regular weight/resistance training and a healthy diet.†

**How to use it:** Mix with water and drink during your workout or between meals to help you recover after a workout.

**Why you'll love it:** Because more lean muscle = better performance, faster recovery, and ultimately more wins from healthy changes to your diet and exercise, XS Muscle Multiplier\*† has been clinically shown to increase lean muscle mass, improve endurance, and help reduce body fat, revealing a more toned physique.†



## BENEFITS

- 125 mg of Ashwagandha Root.
- 100 mg of Garcinia Cambogia.
- Delivers high-performance energy with 114 mg of caffeine.

## XS ENERGY+BURN

**UP TO 2 CANS PER DAY**

**What it does:** Provides a boost of positive energy to crush your day!

**How to use it:** Drink before your workout, or to help you push through an afternoon slump. We recommend consuming this product in the afternoon on those days where you need that extra boost.

**Why you'll love it:** Because making better choices is hard enough, and this makes it easier to swap out snacks and sodas that are high in sugar. You'll get a energy boost with benefits.

\*When combined with regular weight/resistance training and a healthy, balanced diet.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

#Based on two human clinical studies of 12 weeks and 6 months in length. Participants who consumed 400 mg Morosil/Moro blood orange extract per day showed reduction in body mass index or BMI, reduction in visceral fat, and reduction in body weight compared to placebo.

# AFTERNOON WORKOUT PRODUCT USE REGIMEN 30-DAY

Product usage recommendations based on someone working out after consuming two meals.

PRE-BREAKFAST	BREAKFAST	LUNCH	20-30 MINS BEFORE WORKOUT	WORKOUT	IMMEDIATELY AFTER WORKOUT	30 MINS AFTER WORKOUT	MID AFTERNOON SNACK	DINNER	BEFORE BED
Optional XS Muscle Multiplier EAA** 1 Scoop	XS Ignite Powder 1 Stick Pack	Nutriline Fiber Powder 1 Stick Pack with lunch	XS Energy+Burn 1 Can*		XS Muscle Multiplier EAA** 1 Scoop	XS Protein Shake 1 Pod	XS Energy+Burn 1 Can*		Optional XS Muscle Multiplier EAA** 1 Scoop

\*Please note only 12 cans provided, recommended consumption when looking for additional energy

\*\*The XS Toning Program is designed around 1x serving of Muscle Multiplier per day. However, to maximize your gains, we recommend up to 3x servings per day which requires an additional purchase of Muscle Multiplier.



## BENEFITS

- 20 g Whey Protein Isolate and 4.4 g BCAAs\*.
- Zero fat and sugar.
- 90 calories.
- Naturally flavored and sweetened with Stevia.
- Quick-dissolving, food-grade pods make it easy to take on the go.

\*Branch-Chain Amino Acids

## XS PROTEIN PODS

**1X DAILY** 1-POD

**What it does:** Delivers fast-acting whey protein and BCAAs to help build and repair muscles in adventure-ready, no mess pods.†

**How to use it:** Shake up a high-protein snack anytime or make after your workout to help build and repair muscle.†

**Why you'll love it:** Because whether you're team chocolate, strawberry or vanilla, this little power pod delivers everything you want from a protein shake – and tastes so good you'll actually look forward to drinking it!

## NUTRILITE FIBER POWDER

**1-2X DAILY** 1 STICK PACK

**What it does:** Provides a convenient way to add more fiber to your high-fiber diet to support good gut health and regularity.†

**How to use it:** Dissolve contents of one stick pack in 8-12 ounces of water or juice, or sprinkle on food. Drink a full glass (8 ounces) of liquid with each stick pack. Take one to two stick packs per day, gradually increasing fiber intake. Best if consumed with a meal.

### Why you'll love it:

Nutriline™ Fiber Powder contains a unique blend of three natural fibers including inulin and is the perfect way to add more fiber to your high-fiber diet to support good gut health and regularity.† The convenient stick pack format delivers 4g of soluble fiber in a taste-free formulation that is easy to use... and easy on the gut.



# EVENING WORKOUT PRODUCT USE REGIMEN 30-DAY

Product usage recommendations based on someone working out after consuming two meals.

PRE-BREAKFAST	BREAKFAST	MID MORNING SNACK	LUNCH	MID AFTERNOON SNACK	20-30 MINS BEFORE WORKOUT	WORKOUT	IMMEDIATELY AFTER WORKOUT	DINNER
Optional XS Muscle Multiplier EAA** 1 Scoop	XS Ignite Powder 1 Stick Pack	XS Energy+Burn 1 Can* XS Protein Shake 1 Pod	Nutriline Fiber Powder 1 Stick Pack with lunch		XS Energy+Burn 1 Can*		Optional XS Muscle Multiplier EAA** 1 Scoop	XS Muscle Multiplier EAA** 1 Scoop

\*Please note only 12 cans provided, recommended consumption when looking for additional energy

\*\*The XS Burn Program is designed around 1x serving of Muscle Multiplier per day. However, to maximize your gains, we recommend up to 3x servings per day which requires an additional purchase of Muscle Multiplier.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# MORE PRODUCTS TO SUPPORT YOUR JOURNEY

Because you're an adventurer, we know you're always looking for new ways to up your performance! So, if you find yourself curious while going through your program, we've pulled together a few of our favorite products to support your journey. And remember, if you ever have questions, want more information, or help personalizing the product mix for you, reach out to your XS Fit Coach for support.



## XS™ CBD PRO CREAM

After your workout, take your recovery to the next level with XS™ CBD Pro Cream, made with 400 mg of CBD from full spectrum hemp extract. Quickly feel the key ingredients that soothe and warm the skin within five minutes.



## XS™ PRE-WORKOUT BOOST

This formula has been intentionally designed to boost your training performance and thus help you achieve your muscle and strength goals.† It utilizes science-based ingredients including clinical doses of L-citrulline and beta alanine to ensure you are getting the most of your workouts. Main ingredients include L-citrulline and Carnosyn®\*\* Beta Alanine, which has been shown to boost nitric oxide and muscle pump for improved muscular endurance.† It also includes Caffeine, Rhodiola Rosea and L-Theanine to improve energy levels.† Lastly, it has a mega dose of B-vitamins to help support energy production from your food.†



## XS™ POST-WORKOUT RECOVERY

After your workout support muscle recovery and joint health so you can rebound faster and experience more.† Created with a blend of L-Glutamine, XS™ Muscle Multiplier\*\*† amino acid blend and joint-supporting ingredients turmeric and glucosamine.† Enjoy all the benefits of this powder drink supplement in a naturally flavored Fruit Punch.

\*When combined with regular weight/resistance training and a healthy, balanced diet.

\*\*CarnoSyn® is a registered trademark of Natural Alternatives International, Inc. Stevia® is a registered trademark of Zhejiang Green World Bio-Tech. Co., Ltd.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# TRACK YOUR PROGRESS

While you'll want to revisit your fitness goals and micro-habits daily, use this page to track your fat loss progress along the way. You've already captured your baseline weight and measurements on page 8. As an optional check-in, use the Day 8 - Measurements chart below to track any initial changes you may have experienced after your first full week with the program. Whether you see gains, losses or no significant changes, this is also a perfect time to touch base with your XS Fit Coach, review any questions you may have on your diet and fitness plans, ask for advice on product usage or even ask about additional products you may want to try. Then, use the Day 31 measurements to:

- Track your weight once you've completed the program.
- Take note of your updated measurements.
- Capture your new progress pics, compare them to day 1, and let even the smallest changes motivate you to keep going!



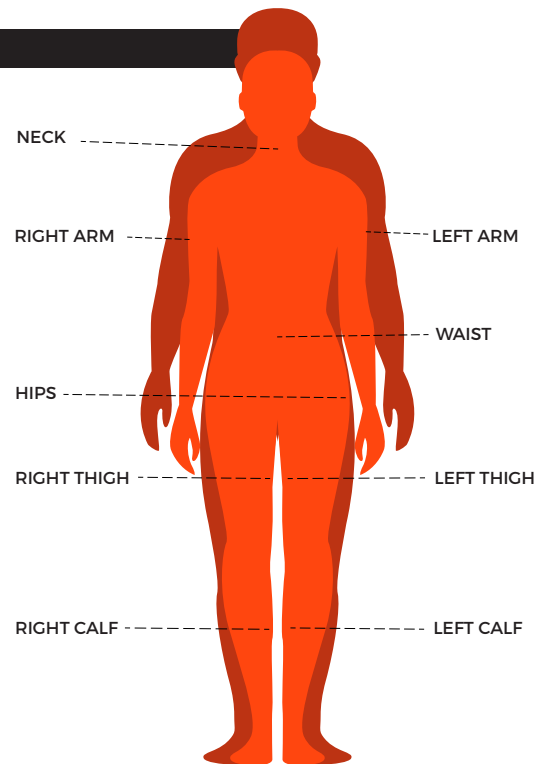
Remember, if weights and measures aren't how you want to track your fat loss success, that's fine! Take some time here to think about the positive changes you have noticed.

## DAY 8 - MEASUREMENTS

Date:	Weight:
<input type="text"/>	<input type="text"/>
Arm (R):	Thigh (R):
<input type="text"/>	<input type="text"/>
Arm (L):	Thigh (L):
<input type="text"/>	<input type="text"/>
Chest:	Neck:
<input type="text"/>	<input type="text"/>
Waist:	Calf (R):
<input type="text"/>	<input type="text"/>
Hips:	Calf (L):
<input type="text"/>	<input type="text"/>

## DAY 31 - MEASUREMENTS

Date:	Weight:
<input type="text"/>	<input type="text"/>
Arm (R):	Thigh (R):
<input type="text"/>	<input type="text"/>
Arm (L):	Thigh (L):
<input type="text"/>	<input type="text"/>
Chest:	Neck:
<input type="text"/>	<input type="text"/>
Waist:	Calf (R):
<input type="text"/>	<input type="text"/>
Hips:	Calf (L):
<input type="text"/>	<input type="text"/>



No matter how big or small your changes, this is a perfect time to puff out your chest, admire your abs, dance like no one's watching, or do whatever it is you do to celebrate your fierceness! If nothing else, take a moment to feel proud and acknowledge you made a commitment to yourself and followed through on it. You just finished 30 days of focused work: that alone is a great success!

Take some time to reflect on your experience, revisit your goals and micro-habits, and then use the space below to capture some of your wins, likes, dislikes, etc.

Here are some ideas to get you started:

- What were you able to learn or what were your biggest takeaways from the past month?
- How do you feel? More confident/proud? Do you have more energy?
- Did you find workouts you love for both building muscle and reducing body fat?
- Were there any products you can't believe you've survived this long without?

Finally, ask yourself the one question every adventurer thinks about...

**What's your next fitness journey going to be?**

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# CONTINUE THE ADVENTURE

The XS Burn Fitness Program was designed with flexibility and an understanding that while your goals may change over time, your fitness journey never ends. So what's the right next step for you?

- Maybe life happened, you're still working toward your original fitness goal, or you want to keep the momentum going, push your goals even further and commit to repeating the XS Burn Program again?
- Perhaps you reached your fat loss goals or just want to shift your focus and try a different XS Fitness Program? Check out the XS Toning Program if you are looking for a toned physique, or the XS Muscle Gains Program if you want to add size, strength and stamina.
- Or, maybe you want to schedule your next XS Fitness adventure for a future date on the calendar when you're feeling ready to push your limits further and dive back in?

As you're finishing up your program, be sure to talk to your XS Fit Coach. They can help you create a plan, and whatever path you choose, you've already have the XS Fitness framework, community, products and support in place to continue your journey toward living a better, healthier life.