

XS FITNESS GUIDEBOOK

XS BURN PROGRAM

START YOUR ADVENTURE TO
A BETTER 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 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 5-35

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. They're 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.

	XS Burn
Program duration	30 days
Fitness goal	Lose fat
Workout duration	20-30 minutes
Types of workout	Strength, cardio and mobility training with dumbbells and resistance bands
Resources for support	-Program guide -Workout videos -Diet plan -Recommended product regimen
Intensity	Beginner and intermediate
Products included	<p>XS BURN STACK</p> <ul style="list-style-type: none"> -XS Muscle Multiplier*† Essential Amino Acid (EAA) Supplement -XS Ignite Powder -XS Energy + Burn -XS Grass-Fed Whey Protein Powder x2 -Nutralite™ Fiber Powder 
Cost	\$283

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 complement 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 four 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 one to two **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 ongoing fitness journey.

Now, pick one to two 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 habits of healthy eating and 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 AND 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 workouts for the days ahead so you're prepared and can be held accountable.
- 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 workout.

Use the space below to:

1. Write out one to two 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 and before and after photos 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 with the same 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:

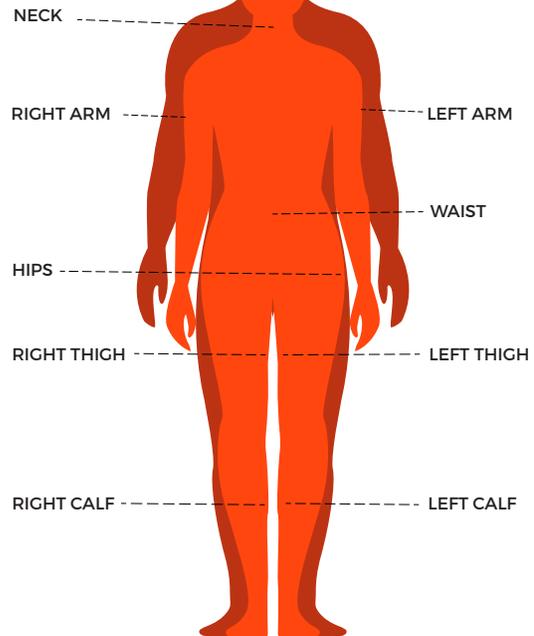
Neck:

Waist:

Calf (R):

Hips:

Calf (L):



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

BURN PROGRAM

FITNESS ASSESSMENT



INTRODUCTION

For this fat loss program, the focus is on improving cardiovascular fitness, muscular endurance and calorie expenditure, rather than purely on strength or muscle growth. The assessments should be designed to track improvements in endurance, overall conditioning and changes in body composition. Here are some effective assessments for this type of program:

TESTING SAFETY TIPS

- **Make sure to properly warm up before performing any of these assessments.**
- **Ensure you understand and use proper form to minimize injury risk.**

PRE-WORKOUT PROGRAM ASSESSMENT

DURATION	ASSESSMENT	PURPOSE	ENTRY
One minute	Max push ups or modified push ups (If needed.)	Assesses upper body endurance and strength, particularly in the chest, shoulders and triceps.	
Until failure	Max plank hold (It can be forearm or straight arm planks.)	Tests core endurance, stability and muscular strength.	
One minute	Max body weight squats	Evaluates lower body endurance (quads, hamstrings, glutes) and muscle tone.	
Until finished	One mile run or walk for time (For those unable to run, a fast-paced walk can be used.)	Measures cardiovascular fitness and endurance.	

STEP 4 LEVERAGE COMMUNITY AND SUPPORT

Whether this is your first XS Fitness Program or 15th, we promise to have your back! We understand each adventure is different, each goal is personal and each individual needs unique support. 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 keep you energized and inspired is to try it.

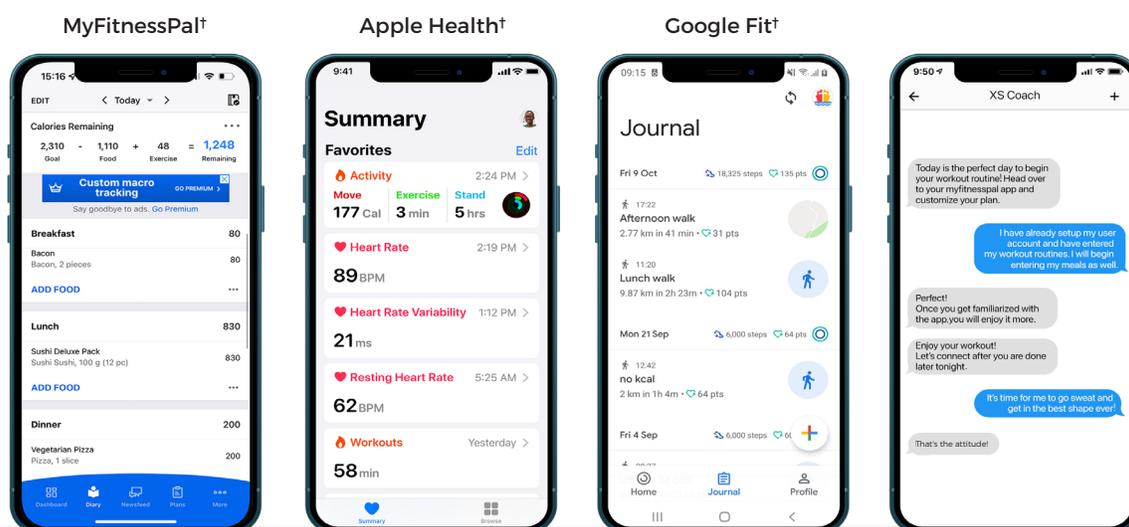
We recommend starting here:

□ **Join the XS Fitness private Facebook® group** – We've cultivated a community of fitness newbies to some of the best trainers in the business all striving to live better lives. This is where they come together to share successes and struggles, find motivation and uplift and inspire each other. Join our amazing fitness community on Facebook (scan the QR code or [click the link here](#)) and watch for an invite from your XS Fitness Coach to join their private group.



□ **Meet your XS Fitness Coach** – If you haven't already, be sure to connect with the XS Fitness 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 suggest you check them out in your phone's app store. A few apps we recommend are MyFitnessPal®, Apple® Health and Google Fit®. 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.



*Facebook is a registered trademark of Meta Platforms, 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.

Note: Amway is not affiliated with any of these companies.

XS FITNESS

XS BURN PROGRAM

It's go time!

Your XS Fitness Program and the products included were designed to help you gain clarity around fitness goals, build healthy habits and jumpstart 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 Fitness 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.

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 pounds 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 two and a half to three 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 AND 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 include foods that have been packaged, washed, heated or 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 EAAs 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 activities.

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.
- Consider joining the XS Fitness Facebook group for community support around diet and 1:1 support from a Fitness Coach.

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 based on your progress and any new insights you gain along the way.

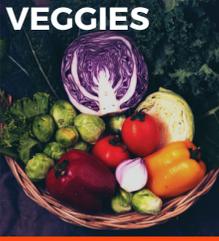
DIET PLAN

XS BURN

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

PROTEINS 	Any fish (tuna, salmon, etc.), any seafood (shrimp, scallops, etc.), chicken breast, turkey breast, any meat 90% or leaner like chicken or turkey breast, as well as egg whites.					
	WAKING	1-3 HRS BEFORE WORKOUT	40 MINS AFTER WORKOUT	2-4 HOURS AFTER LAST MEAL	BEDTIME	
1,400 calorie diet	15 g	20 g	25 g	15 g	10 g	
1,800 calorie diet	20 g	25 g	30 g	20 g	15 g	
2,200 calorie diet	25 g	30 g	35 g	25 g	20 g	

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

VEGGIES 	Broccoli, spinach, tomatoes, green peppers, asparagus, cauliflower, brussels sprouts, green beans or zucchini. One serving is defined as one cup of raw leafy vegetables or one half cup of cooked or chopped raw vegetables.					
	WAKING	1-3 HRS BEFORE WORKOUT	40 MINS AFTER WORKOUT	2-4 HOURS AFTER LAST MEAL	BEDTIME	
1,400 calorie diet	1 cup	1 cup	1 cup	1 cup	½ cup	
1,800 calorie diet	1 ½ cups	1 ½ cups	1 ½ cups	1 ½ cups	1 cup	
2,200 calorie diet	2 cups	2 cups	2 cups	2 cups	1 ½ cups	

HEALTHY FATS 	Any nuts, avocado, olive oil, canola oil, avocado oil or any natural butters.					
	WAKING	1-3 HRS BEFORE WORKOUT	40 MINS AFTER WORKOUT	2-4 HOURS AFTER LAST MEAL	BEDTIME	
1,400 calorie diet	10 g	8 g	5 g	8 g	5 g	
1,800 calorie diet	13 g	10 g	7 g	10 g	7 g	
2,200 calorie diet	16 g	12 g	9 g	12 g	9 g	

Typical fat content of foods: 1/2 cup mashed avocado (16.9 g), 1/4 avocado (7.3 g), 6 walnuts (52 g), 2 tbsp mixed nut butter (16 g), 2 tbsp slivered almonds (11.6 g), 1 tsp margarine (4 g), 1 tbsp grapeseed oil (14 g), 1 tbsp olive oil (14 g).

HEALTHY CARBS 	Whole grain bread, rice (any type), whole wheat pasta, oatmeal, sweet potatoes or any fruit.					
	WAKING	1-3 HRS BEFORE WORKOUT	40 MINS AFTER WORKOUT	2-4 HOURS AFTER LAST MEAL	BEDTIME	
1,400 calorie diet	30 g	35 g	40 g	25 g	20 g	
1,800 calorie diet	40 g	45 g	50 g	35 g	25 g	
2,200 calorie diet	50 g	55 g	60 g	45 g	30 g	

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

 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 Fitness 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 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

½ cup oats
¾ cup almond milk
¼ cup berries
1 ½ tbsp almonds
½ tsp honey

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

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



INGREDIENTS

½ cup oats
1 cup almond milk
½ 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 **12 g** **16 g** **43 g** **9 g**
CALORIES PROTEIN FAT CARBS FIBER

GREEK YOGURT PARFAIT WITH HONEY AND MIXED NUTS

INGREDIENTS

¾ cup Greek yogurt
½ tbsp honey
2 ½ tbsp mixed nuts
¼ cup fresh fruit

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

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



INGREDIENTS

1 cup Greek yogurt
1 tbsp honey
¼ cup mixed nuts
½ cup fresh fruit

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

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

AVOCADO TOAST WITH POACHED EGG

INGREDIENTS

1 slice whole grain bread
¼ avocado
1 egg

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

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



INGREDIENTS

1 ½ slices whole grain bread
½ avocado
2 eggs

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

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

DIET PLAN

XS BURN

BREAKFAST

1,400 CALORIE DIET

2,200 CALORIE DIET

CHIA SEED PUDDING

INGREDIENTS

2 ½ tbsp chia seeds
¾ cup coconut milk
¼ tsp vanilla
½ tbsp maple syrup

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

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



INGREDIENTS

¼ cup chia seeds
1 cup coconut milk
¼ tsp vanilla
1 tbsp maple syrup

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

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

SMOOTHIE BOWL

INGREDIENTS

½ banana
½ cup frozen berries
½ cup spinach
¾ cup almond milk
½ tbsp chia seeds
¼ cup granola

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

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



INGREDIENTS

1 banana
¾ cup frozen berries
¾ cup spinach
1 cup almond milk
1 tbsp chia seeds
½ cup granola

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

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

SPINACH AND MUSHROOM OMELET

INGREDIENTS

1 egg
½ cup spinach
¼ cup mushrooms
½ tbsp olive oil

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

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



INGREDIENTS

2 eggs
1 cup spinach
½ 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 **14 g** **18 g** **8 g** **3 g**
CALORIES PROTEIN FAT CARBS FIBER

DIET PLAN

XS BURN

BREAKFAST

1,400 CALORIE DIET

2,200 CALORIE DIET

BREAKFAST BURRITO

INGREDIENTS

- 1 whole grain tortilla
- 2 scrambled eggs
- ¼ cup black beans
- ¼ cup salsa
- ¼ avocado

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

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



INGREDIENTS

- 1 ¼ whole grain tortillas
- 2 ½ scrambled eggs
- ½ cup black beans
- ½ cup salsa
- ½ avocado

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

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

QUINOA BREAKFAST BOWL

INGREDIENTS

- ¼ cup cooked quinoa
- ¼ cup berries
- 2 tbsp Greek yogurt
- ½ tbsp honey

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

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



INGREDIENTS

- ¾ cup cooked quinoa
- ¾ cup berries
- ¾ cup Greek yogurt
- 2 tbsp honey

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

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

LUNCH

1,400 CALORIE DIET

2,200 CALORIE DIET

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 **14 g** PROTEIN **4.5 g** FAT **45 g** CARBS **15 g** 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 **21 g** PROTEIN **6.5 g** FAT **67.5 g** CARBS **22.5 g** FIBER

DIET PLAN

XS BURN

LUNCH

1,400 CALORIE DIET

2,200 CALORIE DIET

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



INGREDIENTS

1 ¼ whole grain wraps
2 ½ tbsp hummus
½ cup sliced cucumber
½ cup bell pepper
1 ½ cups spinach

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

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

TURKEY AND AVOCADO SANDWICH

INGREDIENTS

1 slice whole grain bread
1 ½ slices turkey breast
⅛ avocado
½ leaf lettuce
1 slice tomato
½ tsp mustard

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

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



INGREDIENTS

2 slices whole grain bread
4 slices turkey breast
⅛ avocado
2 leaves lettuce
2 slices tomato
1 tsp mustard

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

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

TOFU STIR-FRY

INGREDIENTS

½ block tofu
1 cup mixed vegetables
1 tbsp soy sauce
½ garlic clove
½ tsp ginger

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

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



INGREDIENTS

¾ block tofu
1 ½ cups mixed vegetables
1 ½ tbsp soy sauce
1 clove garlic
1 tsp ginger

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

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

DIET PLAN

XS BURN

LUNCH

1,400 CALORIE DIET

2,200 CALORIE DIET

SALMON AND ASPARAGUS

INGREDIENTS

- ½ salmon fillet
- ½ cup asparagus
- ½ tbsp olive oil
- ½ tbsp lemon juice
- ½ 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 **17.5 g** **12.5 g** **5 g** **2 g**
CALORIES PROTEIN FAT CARBS FIBER



INGREDIENTS

- 1 ¼ salmon fillets
- 1 ¼ cup asparagus
- 1 ¼ tbsp olive oil
- 1 ¼ tbsp lemon juice
- 1 ¼ tsp dill

Preheat the oven to 400°F. Place the salmon fillets 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 **43.8 g** **31.3 g** **12.5 g** **5 g**
CALORIES PROTEIN FAT CARBS FIBER

QUINOA STUFFED PEPPERS

INGREDIENTS

- 1 bell pepper
- ½ cup cooked quinoa
- 2 ½ tbsp black beans
- 2 ½ tbsp corn
- 2 ½ tbsp 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 **7.5 g** **5 g** **30 g** **7.5 g**
CALORIES PROTEIN FAT CARBS FIBER



INGREDIENTS

- 1 ½ bell peppers
- ¾ cup cooked quinoa
- ½ cup black beans
- ½ cup corn
- ½ 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 **11.3 g** **7.5 g** **45 g** **11.3 g**
CALORIES PROTEIN FAT CARBS FIBER

CHICKPEA SALAD

INGREDIENTS

- ½ can chickpeas
- 2 ½ tbsp diced cucumber
- 2 ½ tbsp diced tomato
- 2 ½ tbsp diced red onion
- 1 tsp olive oil
- 1 tsp lemon juice
- ½ tsp parsley

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

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



INGREDIENTS

- ¾ can chickpeas
- ¼ cup diced cucumber
- ¼ cup diced tomato
- ¼ cup diced red onion
- ¾ tsp olive oil
- ¾ tsp lemon juice
- ¼ tsp parsley

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

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

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 fillet 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 **17.5 g** **12.5 g** **22.5 g** **2.5 g**
CALORIES PROTEIN FAT CARBS FIBER

INGREDIENTS

- 1 ½ salmon fillets
- 1 ½ cups 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 **52.5 g** **37.5 g** **67.5 g** **7.5 g**
CALORIES PROTEIN FAT CARBS FIBER

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 **15 g** **7.5 g** **25 g** **4 g**
CALORIES PROTEIN FAT CARBS FIBER

INGREDIENTS

- 1 ½ chicken breasts
- 3 cups 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 **45 g** **22.5 g** **75 g** **12 g**
CALORIES PROTEIN FAT CARBS FIBER

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

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

DIET PLAN

XS BURN

DINNER

1,400 CALORIE DIET

2,200 CALORIE DIET

QUINOA AND BLACK BEAN STUFFED SWEET POTATOES

INGREDIENTS

- 1 sweet potato
- ½ cup cooked quinoa
- 2 ½ tbsp black beans
- 2 ½ tbsp salsa
- 2 ½ tbsp 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.

250 **7.5g** **10g** **35g** **6g**
CALORIES PROTEIN FAT CARBS FIBER



INGREDIENTS

- 2 ½ sweet potatoes
- 1 cup cooked quinoa
- ½ cup black beans
- ½ cup salsa
- ½ 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.

625 **18.8g** **25g** **87.5g** **15g**
CALORIES PROTEIN FAT CARBS FIBER

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 **9g** **6g** **25g** **9g**
CALORIES PROTEIN FAT CARBS FIBER



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 **27g** **18g** **75g** **27g**
CALORIES PROTEIN FAT CARBS FIBER

STUFFED BELL PEPPERS WITH GROUND TURKEY

INGREDIENTS

- 1 bell pepper
- ¼ lb ground turkey
- ½ cup cooked brown rice
- ¼ cup tomato sauce
- ¼ onion
- ¼ 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.

250 **15g** **7.5g** **27.5g** **5g**
CALORIES PROTEIN FAT CARBS FIBER



INGREDIENTS

- 3 bell peppers
- ¾ lb ground turkey
- 1 cup cooked brown rice
- ¾ cup tomato sauce
- ¾ onion
- ¾ 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.

750 **45g** **22.5g** **82.5g** **15g**
CALORIES PROTEIN FAT CARBS FIBER

DIET PLAN

XS BURN

DINNER

1,400 CALORIE DIET

2,200 CALORIE DIET

SPAGHETTI SQUASH WITH MARINARA SAUCE

INGREDIENTS

- ½ spaghetti squash
- ½ cup marinara sauce
- ½ garlic clove
- ½ tsp basil
- ½ 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.

175 CALORIES **5 g** PROTEIN **6 g** FAT **22.5 g** CARBS **4 g** FIBER



INGREDIENTS

- 1 ½ spaghetti squash
- 1 ½ cups marinara sauce
- 1 ½ garlic cloves
- 1 ½ tsp basil
- 1 ½ 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.

525 CALORIES **15 g** PROTEIN **18 g** FAT **67.5 g** CARBS **12 g** FIBER

GRILLED SHRIMP WITH QUINOA AND VEGETABLES

INGREDIENTS

- ½ cup shrimp
- ½ cup cooked quinoa
- ½ cup mixed vegetables
- 1 tsp olive oil
- 1 tsp lemon

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

150 CALORIES **8.3 g** PROTEIN **5 g** FAT **15 g** CARBS **3 g** FIBER



INGREDIENTS

- 1 ½ cups shrimp
- 1 ½ cups cooked quinoa
- 1 ½ cups mixed vegetables
- 1 ½ tbsp olive oil
- 1 ½ tbsp lemon

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

675 CALORIES **37.5 g** PROTEIN **22.5 g** FAT **67.5 g** CARBS **15 g** FIBER

SNACKS

1,400 CALORIE DIET

2,200 CALORIE DIET

HUMMUS WITH CARROT AND CUCUMBER STICKS

INGREDIENTS

- 2 tbsp hummus
- ¼ cup sliced carrots
- ¼ cup sliced cucumbers

Serve hummus with carrot and cucumber sticks.

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



INGREDIENTS

- ½ cup hummus
- ¾ cup sliced carrots
- ¾ cup sliced cucumbers

Serve hummus with carrot and cucumber sticks.

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

DIET PLAN

XS BURN

SNACKS

1,400 CALORIE DIET

2,200 CALORIE DIET

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 **7.5 g** **1.5 g** **20 g** **1 g**
CALORIES PROTEIN FAT CARBS FIBER



INGREDIENTS

1 ½ cups Greek yogurt
1 ½ tbsp honey
¾ cup mixed berries

Mix Greek yogurt with honey and top with berries.

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

ALMOND BUTTER AND APPLE SLICES

INGREDIENTS

½ apple
1 tbsp almond butter

Slice apple and serve with almond butter.

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



INGREDIENTS

1 apple
2 tbsps almond butter

Slice apple and serve with almond butter.

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

VEGGIE STICKS WITH GUACAMOLE

INGREDIENTS

½ cup guacamole
½ celery stalk, sliced
½ bell pepper, sliced
½ carrot, sliced

Serve veggie sticks with guacamole.

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



INGREDIENTS

½ cup guacamole
1 ½ celery stalks, sliced
1 ½ bell peppers, sliced
1 ½ carrots, sliced

Serve veggie sticks with guacamole.

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

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 **4 g** **10 g** **17.5 g** **2.5 g**
CALORIES PROTEIN FAT CARBS FIBER



INGREDIENTS

1/8 cup mixed nuts
1/8 cup dried fruit

Mix nuts and dried fruit together.

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

PROTEIN SHAKE

INGREDIENTS

1/2 scoop XS Grass-Fed Whey Protein Powder
1/2 cup almond milk
1/4 banana
1/2 tbsp peanut butter

Blend all ingredients until smooth.

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



INGREDIENTS

1 1/2 scoops XS Grass-Fed Whey Protein Powder
1 1/2 cups almond milk
3/4 banana
1 1/2 tbsp peanut butter

Blend all ingredients until smooth.

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

COTTAGE CHEESE WITH PINEAPPLE

INGREDIENTS

1/4 cup cottage cheese
2 tbsp pineapple chunks

Mix cottage cheese with pineapple chunks.

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



INGREDIENTS

3/4 cup cottage cheese
3/4 cup pineapple chunks

Mix cottage cheese with pineapple chunks.

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

DIET PLAN

XS BURN

SNACKS

1,400 CALORIE DIET

2,200 CALORIE DIET

HARD BOILED EGGS

INGREDIENT

1 egg

Place egg in a pot and cover 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

6 g
PROTEIN

5.5 g
FAT

0.5 g
CARBS

0 g
FIBER



INGREDIENTS

3 eggs

Place eggs 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 eggs 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 eggs to an icebath for 14 minutes before you peel the eggs.

240
CALORIES

18 g
PROTEIN

16.5 g
FAT

1.5 g
CARBS

0 g
FIBER

FITNESS PLAN

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. Stress elevates cortisol levels and triggers your body to store unwanted fat.



Scan to unlock workouts!



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 to achieve the physique you want! The following is a breakdown of the products included in your 30-day program as well as daily usage recommendations.

THE XS BURN STACK - \$283

- XS Muscle Multiplier**
- XS Ignite Powder
- XS Energy + Burn†
- XS Grass-Fed Whey Protein Powder - 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 12 XS Energy + Burn cans in a bundle.

MORNING WORKOUT PRODUCT USE REGIMEN 30-DAY



PRE-BREAKFAST	BREAKFAST	20-30 MINS 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 Scoop	Nutrilite Fiber Powder 1 stick pack with lunch			Optional XS Muscle Multiplier EAA* 1 scoop



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 400 mg 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.‡§

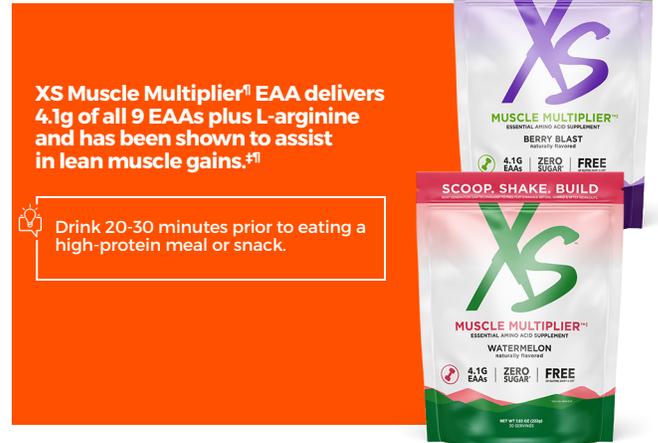
XS MUSCLE MULTIPLIER‡¶ EAA

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



- 50 mg EGCG, from green tea extract, fuels metabolism.
- 114 mg caffeine supports mental alertness.
- Mega-dose of B-vitamins unlock energy from food.
- Ginger, chromium and EGCG work together to fuel metabolism.¶

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 an energy boost with benefits.

*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.

†Please note 12 cans provided, recommended consumption when looking for additional energy.

‡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.

¶ Morosil is a registered trademark of Bionap S.r.l.

¶Based on 2 cans per day, which provides 100 mg EGCG.

AFTERNOON WORKOUT PRODUCT USE REGIMEN 30-DAY

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	Nutrilite™ Fiber Powder 1 stick pack with lunch	XS Energy + Burn 1 can†		XS Muscle Multiplier EAA** 1 scoop	XS Protein Shake 1 scoop	XS Energy + Burn 1 can†		Optional XS Muscle Multiplier EAA* 1 scoop



BENEFITS

- 30 g grass-fed whey protein isolate and 6.9 g BCAAs‡.
- Keto friendly.
- Gluten, soy and rBGH growth hormone free.
- Naturally flavored and sweetened with stevia.
- No artificial colors, flavors, sweeteners, gums or fillers.

XS GRASS-FED WHEY

1X DAILY 1 SCOOP

What it does: Delivers fast-acting whey protein and BCAAs to help build and repair muscles with just 5-7 ingredients and no junk![¶]

How to use it: Scoop and shake up a high-protein snack anytime or make after your workout to help build and repair muscles.[¶]

Why you'll love it: Because real ingredients taste better. Whether you're team chocolate, strawberry or vanilla, the simple formula in this premium protein powder is creamy and delicious - 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 (eight 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:

Nutrilite Fiber Powder contains a unique blend of three natural fibers, including inulin. It's 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 4 g of soluble fiber in a taste-free formulation that's easy to use... and easy on the gut.



EVENING WORKOUT PRODUCT USE REGIMEN 30-DAY

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 scoop	Nutrilite 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

*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.

†Please note 12 cans provided, recommended consumption when looking for additional energy.

‡Branched Chain Amino Acids.

¶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 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. Other main ingredients is 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.

[†]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.

[‡]CarnoSyn is a registered trademark of Natural Alternatives International, Inc.

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 Fitness 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 one and let even the smallest changes motivate you to keep going!



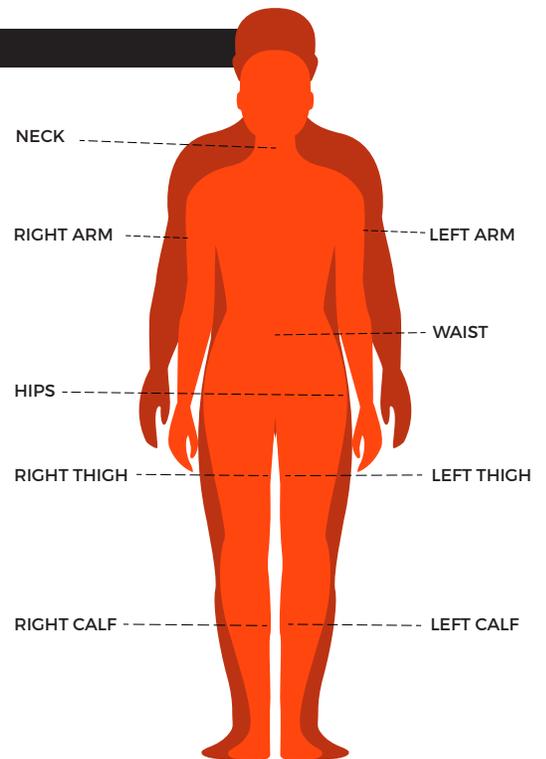
Remember, if weights and measures aren't how you want to track your fat loss success, that's fine! Take some time here to think about the positive changes you have noticed.

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"/>



BURN PROGRAM

FITNESS ASSESSMENT



INTRODUCTION

For the fat loss program, the focus is on improving cardiovascular fitness, muscular endurance and calorie expenditure, rather than purely on strength or muscle growth. The assessments should be designed to track improvements in endurance, overall conditioning and changes in body composition. Here are some effective assessments for this type of program:

TESTING SAFETY TIPS

- **Make sure to properly warm up before performing any of these assessments.**
- **Ensure you understand and use proper form to minimize injury risk.**

POST-WORKOUT PROGRAM ASSESSMENT

DURATION	ASSESSMENT	PURPOSE	ENTRY
One minute	Max push ups or modified push ups (If needed.)	Assesses upper body endurance and strength, particularly in the chest, shoulders and triceps.	
Until failure	Max plank hold (It can be forearm or straight arm planks.)	Tests core endurance, stability and muscular strength.	
One minute	Max body weight squats	Evaluates lower body endurance (quads, hamstrings, glutes) and muscle tone.	
Until finished	One mile run or walk for time (For those unable to run, a fast-paced walk can be used.)	Tests cardiovascular fitness and endurance.	

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?



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're 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 Fitness Coach. They can help you create a plan; no matter the path you choose, you already have the XS Fitness framework, community, products and support in place to continue your journey toward living a better life.