



# SAMPLE 7-DAY MENU PLAN

BREAKFAST

LUNCH

SNACK

DINNER

BEDTIME

DAY 1

**Greek yogurt with half a cup of mixed berries and a drizzle of honey (250 calories)**

SXINNEY: Take 1 stick pack with 32-44oz of water. Drink throughout the morning.  
AMP: Take 1-2 capsules

CRAVE: Take ½ stick pack with 8oz of water before meal.

**Grilled chicken salad with mixed greens, cherry tomatoes, cucumbers, and balsamic vinaigrette dressing (400 calories)**

**Carrot sticks with hummus (100 calories)**

GREEN2O: Take 1 stick pack with 32-44oz of water. Drink throughout the day.

CRAVE: Take ½ stick pack with 8oz of water before meal.

**Baked salmon (4 oz) with steamed broccoli and half a cup of quinoa (750 calories)**

CLENZT: Take 1-2 capsules with 8oz of water. Option to enjoy hot by breaking open capsule in 8oz of hot water, stir and enjoy!

DAY 2

**Oatmeal topped with half a sliced banana and a sprinkle of cinnamon (300 calories)**

SXINNEY: Take 1 stick pack with 32-44oz of water. Drink throughout the morning.  
AMP: Take 1-2 capsules

CRAVE: Take ½ stick pack with 8oz of water before meal.

**Turkey and avocado wrap with whole-grain tortilla and a side of mixed greens (400 calories)**

**Greek yogurt (150 calories)**

GREEN2O: Take 1 stick pack with 32-44oz of water. Drink throughout the day.

CRAVE: Take ½ stick pack with 8oz of water before meal.

**Stir-fried tofu with mixed vegetables and a quarter cup of brown rice (650 calories)**

CLENZT: Take 1-2 capsules with 8oz of water. Option to enjoy hot by breaking open capsule in 8oz of hot water, stir and enjoy!

DAY 3

**Scrambled eggs with spinach and tomatoes (300 calories)**

SXINNEY: Take 1 stick pack with 32-44oz of water. Drink throughout the morning.  
AMP: Take 1-2 capsules

CRAVE: Take ½ stick pack with 8oz of water before meal.

**Lentil soup and a side salad with vinaigrette dressing (400 calories)**

**Sliced apples with a tablespoon of peanut butter (200 calories)**

GREEN2O: Take 1 stick pack with 32-44oz of water. Drink throughout the day.

CRAVE: Take ½ stick pack with 8oz of water before meal.

**Grilled shrimp (4 oz) with roasted asparagus and a third cup of quinoa (600 calories)**

CLENZT: Take 1-2 capsules with 8oz of water. Option to enjoy hot by breaking open capsule in 8oz of hot water, stir and enjoy!

DAY 4

**Whole-grain toast with half an avocado and a poached egg (300 calories)**

SXINNEY: Take 1 stick pack with 32-44oz of water. Drink throughout the morning.  
AMP: Take 1-2 capsules

CRAVE: Take ½ stick pack with 8oz of water before meal.

**Quinoa salad with chickpeas, diced cucumbers, red bell peppers, and lemon-tahini dressing (400 calories)**

**Low-fat cottage cheese with pineapple (150 calories)**

GREEN2O: Take 1 stick pack with 32-44oz of water. Drink throughout the day.

CRAVE: Take ½ stick pack with 8oz of water before meal.

**Baked chicken breast (4 oz) with green beans and a third cup of sweet potato (650 calories)**

CLENZT: Take 1-2 capsules with 8oz of water. Option to enjoy hot by breaking open capsule in 8oz of hot water, stir and enjoy!

DAY 5

**Spinach and banana smoothie made with almond milk and protein powder (300 calories)**

SXINNEY: Take 1 stick pack with 32-44oz of water. Drink throughout the morning.  
AMP: Take 1-2 capsules

CRAVE: Take ½ stick pack with 8oz of water before meal.

**Turkey and vegetable stir-fry with half a cup of brown rice (400 calories)**

**Celery sticks with a tablespoon of cream cheese (100 calories)**

GREEN2O: Take 1 stick pack with 32-44oz of water. Drink throughout the day.

CRAVE: Take ½ stick pack with 8oz of water before meal.

**Grilled trout (4 oz) with steamed asparagus and half a cup of wild rice blend (700 calories)**

CLENZT: Take 1-2 capsules with 8oz of water. Option to enjoy hot by breaking open capsule in 8oz of hot water, stir and enjoy!

DAY 6

**Whole-grain cereal with skim milk and half a cup of berries (300 calories)**

SXINNEY: Take 1 stick pack with 32-44oz of water. Drink throughout the morning.  
AMP: Take 1-2 capsules

CRAVE: Take ½ stick pack with 8oz of water before meal.

**Spinach and feta-stuffed chicken breast with a side of roasted Brussels sprouts (400 calories)**

**A small handful of mixed nuts and dried fruit (150 calories)**

GREEN2O: Take 1 stick pack with 32-44oz of water. Drink throughout the day.

CRAVE: Take ½ stick pack with 8oz of water before meal.

**Baked cod (4 oz) with sautéed kale and a third cup of quinoa (650 calories)**

CLENZT: Take 1-2 capsules with 8oz of water. Option to enjoy hot by breaking open capsule in 8oz of hot water, stir and enjoy!

DAY 7

**Cottage cheese with half a sliced peach and a drizzle of honey (250 calories)**

SXINNEY: Take 1 stick pack with 32-44oz of water. Drink throughout the morning.  
AMP: Take 1-2 capsules

CRAVE: Take ½ stick pack with 8oz of water before meal.

**Spinach and mushroom whole-grain pasta with a side salad (400 calories)**

**Sliced cucumber with a quarter cup of tzatziki sauce (150 calories)**

GREEN2O: Take 1 stick pack with 32-44oz of water. Drink throughout the day.

CRAVE: Take ½ stick pack with 8oz of water before meal.

**Grilled vegetable and black bean burrito bowl with salsa and guacamole (700 calories)**

CLENZT: Take 1-2 capsules with 8oz of water. Option to enjoy hot by breaking open capsule in 8oz of hot water, stir and enjoy!



# SAMPLE 7-DAY MENU PLAN SHOPPING LIST

## PROTEINS

- \_\_\_ Grilled chicken ( Day 1)
- \_\_\_ Turkey (Day 2 & Day 5)
- \_\_\_ Eggs (Day 3 and Day 4)
- \_\_\_ Tofu ( Day 2)
- \_\_\_ Salmon ( Day 1)
- \_\_\_ Shrimp ( Day 3)
- \_\_\_ Baked chicken breast ( Day 4)
- \_\_\_ Trout ( Day 5)
- \_\_\_ Cod ( Day 6)
- \_\_\_ Cottage cheese ( Day 6 & Day 7)
- \_\_\_ Ground beef ( Day 7)
- \_\_\_ Black beans ( Day 7)

## VEGETABLES

- \_\_\_ Mixed greens ( Day 1)
- \_\_\_ Cherry tomatoes ( Day 1)
- \_\_\_ Cucumbers ( Day 1 and Day 2)
- \_\_\_ Mixed vegetables ( Day 2 & Day 5)
- \_\_\_ Spinach ( Day 3, Day 6, & Day 7)
- \_\_\_ Tomatoes ( Day 3)
- \_\_\_ Red bell peppers ( Day 4)
- \_\_\_ Green beans ( Day 4)
- \_\_\_ Asparagus ( Day 3 and Day 5)

## GRAINS

- \_\_\_ Oatmeal ( Day 2)
- \_\_\_ Whole-grain tortillas ( Day 2)
- \_\_\_ Brown rice (Day 2 and Day 5)
- \_\_\_ Quinoa ( Day 1, Day 4, & Day 6)
- \_\_\_ Whole-grain bread (for Day 4)
- \_\_\_ Whole-grain cereal ( Day 6)
- \_\_\_ Whole-grain pasta ( Day 7)
- \_\_\_ Wild rice blend ( Day 5)

## FRUIT

- \_\_\_ Mixed berries (for Day 1)
- \_\_\_ Bananas (Day 2 and Day 5)
- \_\_\_ Apples (Day 3)
- \_\_\_ Pineapple (for Day 4)
- \_\_\_ Berries (Day 6)
- \_\_\_ Peaches (Day 7)
- \_\_\_ Sliced cucumber (Day 7)

## OTHER

- \_\_\_ Honey ( Day 1 & Day 7)
- \_\_\_ Balsamic vinaigrette dressing ( Day 1)
- \_\_\_ Cinnamon (Day 2)
- \_\_\_ Lemon-tahini dressing ( Day 4)
- \_\_\_ Peanut butter ( Day 3)
- \_\_\_ Sweet potatoes ( Day 4)
- \_\_\_ Almond milk ( Day 5)
- \_\_\_ Mixed nuts and dried fruit ( Day 6)
- \_\_\_ Salsa and guacamole ( Day 7)



# DIETARY RECOMMENDATIONS

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If you already have a dietary strategy that is working for you, you can skip this section. Many people are unaware of portion sizes and nutrient macros. If that is you, here are some guidelines to help you be successful..

## Portion Control

By fostering awareness of portion control, after you complete your 7 days to SXinney jump start, you will be equipped with the tools to a better understanding of portion sizes, a key to long lasting success. With our portion-conscious meal plan, you're not just transforming your body – you're cultivating a mindful and balanced lifestyle that lasts.

## Calorie Counting

It can be cumbersome and time-consuming to count calories and then divide those calories based on macronutrient percentages. We strongly believe you don't have to count and calculate calories to successfully manage and optimize your body composition and health. To make your 77 days to SXinney easier, we have included a suggested meal regimen that can help those that prefer a simple meal plan.

Let's redefine your relationship with food and embrace the journey to a healthier, happier you! Below are the typical nutritional macronutrient requirements for men and women. Although genetics, age and lifestyle can contribute to varying nutritional requirements, the numbers below are typically recognized as a healthy mix of nutrients. It is also important to remember that in addition to macronutrients (Fat, Protein, Carbohydrates), micronutrients including vitamins, minerals, fiber, enzymes and probiotics also play a key role in optimum health and reaching your weight loss goals.

## MACRONUTRIENT PROPORTIONS



### TYPICAL FEMALE REQUIREMENT



### TYPICAL MALE REQUIREMENT



# PORTION CONTROL

## HAND SERVING METHOD

Most people have told us they want a easier method to utilize proper portion control using their results and the reason we have opted to implement this easy to use the hand serving method. Your hand is proportionate to your body and is easily accesible, making it an ideal tool for measuring macronutrients.

### MEASURING MACRONUTRIENT SERVINGS

Servings will differ depending on your results, however everyone will use to parts of the hand for measuring your macronutrients; the the thumb for fats and the palm of the hand for proteins and carbohydrates.

## FATS



The size of your full thumb.



The size of half your thumb.

## PROTEINS & CARBOHYDRATES



The size of your whole palm.



The size of half your palm.

Your personalized recommendations may have full or half use of the thumb or palm for measuring your servings. Once you understand your measurements per serving, you need to determine how many servings you need per day to meet your goals. Below we have provided recommendations based on averages for both men and women to lose, maintain, or gain weight. People eat in varying frequencies and patterns, so it is your choice on how to combine the servings into meals or snacks. Some may have three servings per meal in fewer meals in a day, or two servings per meal in more meals in a day.

## AVERAGE RECOMMENDATIONS

### YOUR SERVING SIZE

**.75 THUMB FATS**

**1 PALM PROTEINS**

**1 PALM CARBOHYDRATES**

ROUGHLY 270 CALORIES

### YOUR SERVINGS PER DAY

**LOSE WEIGHT** 4 OR 5

**MAINTAIN WEIGHT** 6

**GAIN WEIGHT** 7 OR 8

ROUGHLY 1750 CALORIE DIET TO MAINTAIN FOR WOMEN

This is the amount of hand servings you should choose to meet your goals.



#### INCREASE SERVINGS IF

- You are larger in stature
- Exercise more than 3 time per week
- Are trying to gain muscle



#### DECREASE SERVINGS IF

- You are smaller in stature
- Exercise less than 3 times per week
- Are not noticing weight loss

Once you have chosen the amount of servings you need to reach your goals, you need to determine how you need to split the servings into **MEALS** and/or **SNACKS**. This only requires simple division and something we can not provide as we do not know how many meals and snacks you prefer. Follow the formula below.

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SERVINGS PER DAY

NUMBER OF MEALS YOU WANT

NUMBER OF SERVINGS PER MEAL

# PORTION CONTROL (CONTINUED)

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## MACRONUTRIENTS

Macronutrients are proteins, carbohydrates and fats which form the basis of any diet and perform essential functions in fueling the body. They are called macronutrients because they are needed in large quantities, as opposed to micronutrients such as vitamins and minerals which are necessary only in minute amounts. Macronutrients are vital for the body to grow, repair and develop new tissue and regulate life processes. What we provide, is the proportions of macro-nutrients that best optimize your bodys processes from your genetics.

## PROTEINS

Proteins build, maintain and replace tissue in the body. They are the primary component in muscles, organs and the immune system. In the body, proteins are broken down into basic units called amino acids, of which there are 22 types that are essential to human health. The body can make 13 of them on its own, but the other nine, called the essential amino acids, must be consumed. Animal-based proteins are complete, meaning they contain all nine essential amino acids, while most vegetable proteins do not contain all nine amino acids. Those following vegetarian or vegan diets must consistently eat a variety of vegetable proteins to consume all of the essential amino acids.

### **Smart Protein Choices:**

Lean meats, fish, poultry, low fat cheese, milk, yogurt, eggs, legumes, soy, nuts and seeds.

## CARBOHYDRATES

Carbohydrates are the main source of energy for the body and are found at some level in almost all foods. The two main types of carbohydrates are simple and complex. The type is determined by the length of the carbohydrate molecules. Simple carbohydrates, or sugars, have shorter molecule chains and are easy for the body to break down rapidly, delivering quick energy. Complex carbohydrates, or starches, have longer molecule chains, take more time to be processed by the body and provide energy over a longer period of time. The most beneficial carbohydrates are minimally processed and high in fiber.

### **Smart Carbohydrate Choices:**

**Simple:** fresh fruit.

**Complex:** vegetables, oatmeal, whole-grain bread, sweet potatoes and brown rice.

## FATS

While carbohydrates are the main source of energy for the body, fats are the backup energy source when carbohydrates are not available. Fats assist in the absorption of certain nutrients and maintain core body temperature. Fats are highly concentrated forms of energy which are high in calories so quantities should be limited. Hearthealthy monounsaturated and polyunsaturated fats, found in vegetable oils, nuts, avocados and some fish should be consumed more frequently than the saturated and trans fats found in meat, seafood, dairy and many processed foods.

### **Smart Fat Choices:**

Omega-3s can be found in fatty fish like salmon, mackerel, sardines; nuts and seeds.

Omega-6s from pretty much all kinds of vegetable oil like olive, coconut, canola; avocado.