



**Xyngular®**

# **Body Transformation**

**Additional Protein Options**

**& Shopping Guide**

## PROTEIN OVERVIEW & OPTIONS

During your Xyngular Body Transformation period, there are times when the plan calls for “protein” or “protein snacks.” This might seem limiting at first, but when you dig a little deeper, you will see you actually have quite a few choices. Remember, you can’t survive on lunch meat alone! You can move past turkey, chicken or fish\* and mix it up a bit. Here are a few options to consider:

- Any fish or shrimp
- Tuna (can be mixed with plain Greek yogurt)
- Turkey
- Roast beef
- Pork
- Hard boiled eggs
- Plain yogurt (look for low carb & low/no sugar option)
- Cottage cheese
- Chicken
- Steak
- Hamburger
- Turkey burger
- Hummus (more as a condiment/dip/sauce)
- Boca burgers
- Tofu
- Cheese sticks
- Almonds (\*on all nuts, again higher in carbs so watch use)
- Dry roast peanuts
- Walnuts
- Pistachios
- Beans (high in carbs....so watch how much you use them)

\* The 8-Day IGNITE Guide frequently mentions turkey, steak, chicken and fish. Those are great sources of protein, but this list gives you other suitable protein options.

## OTHER SHOPPING ITEMS

If you are looking for some different low-calorie, low-carb options for your Lean shakes, here are a few items you could purchase:

- Skim or 1% milk, almond milk or soy milk (to mix with your shake)
- Instant coffee crystals (can add 1 tsp. to the shake, if you like coffee)
- Baking cocoa (no sugar, low carbs, add up to 1 tbs. into shake for chocolate flavor)
- Pb2 or natural peanut butter (read label....only peanuts and salt)