

PLATEAU BUSTERS & MAINTENANCE STRATEGIES

The main thing to realize about the Plateau Busters & maintenance strategies is that **you can use them in a way that fits into your life and maximizes your results!** The whole point of the IGNITE program and these strategies is to make them fit your lifestyle and allow you to enjoy food and still get the results you want. Everyone's body responds differently and in the end, each person has to create strategies that work for them.

➤ **MINI COURSE CORRECTIONS** – The reality of life is that we all have times when we eat more than we should: Holidays, birthdays, vacation, etc. Whatever the reason, everyone falls off track from time to time. The use of a “mini course correction” is the perfect way to get back on track fast, re-IGNITE your metabolism, and get rid of extra pounds quickly!

PROTOCOL: Do the first two days of the IGNITE program after a binge weekend, vacation, or short period of over eating. It is recommended that if your eating has been off for more than 3 weeks and you have gained a significant amount of weight, repeat the 8 day IGNITE Program to maximize your results. Use mini course correction protocol as often as you would like to maintain your ideal weight!

➤ **TWO DAY BINGE** – The Xyngular products are so amazing at controlling hunger that sometimes on the quest to lose weight and get leaner, it is easy to decrease calories to a point where the body goes into “protection mode.” When in protection mode, the body will slow down the metabolism and conserve fat stores no matter how few calories you eat.

PROTOCOL: The two day binge is exactly what it sounds like. Eat like you will never eat again! Eat all the foods you absolutely love and stay away from while you are trying to lose weight. Don't worry about what you're eating, just eat and eat! This strategy is best used prior to doing the 8 Day IGNITE Program or at least before a mini course correction. Two days of eating excess calories will be enough to make the body feel comfortable again and allow you to continue to lose weight and body fat.



- **PROTEIN ONLY AFTER 3** – Extremely powerful strategy to utilize if you have hit a plateau!

PROTOCOL: Do not eat carbohydrates after 3 pm. There are two primary ways to utilize this strategy. First, for faster and more prolonged weight loss, adopt this strategy for longer periods of time (7-21 days). Or, utilize this strategy as a maintenance tool by getting into the habit of eating protein only 2-4 nights a week on a regular basis. You can utilize this strategy in a number of different ways or combinations to get continued weight loss results or as a maintenance tool.

- **JUNK FOOD SPECIAL** – Everyone has those times where nothing will do but their favorite high calorie special treat. Whether it is a Bloomin' Onion from Outback (over 3,000 calories!) or a hamburger, fries and a large Coke from your favorite fast food joint (about 2000 calories), sometimes you just have to give in and get it out of your system. If you do it right, you can use it to spur your weight loss to new heights!

PROTOCOL: Do not use for longer than 4 or 5 days! Start off the day with a Lean shake or pure protein source (egg whites, etc). By 2 pm have your favorite junk food meal and cut your eating off at that time. You will still be able to have your favorite meal and still stay within your calorie range if you do not eat anything the rest of the day and evening. You can have another Lean shake in the evening on these days to satisfy any hunger you may feel. This strategy allows you to feed your cravings and not go overboard. After a few days, you will most likely be tired of eating whatever high-fat high-calorie food you have been eating. Sometimes our bodies and minds just need to be satisfied!

➤ *The strategies listed above are tools that you can use to create a lifestyle that works for you. **The XYNGULAR IGNITE FAT BURNING SYSTEM** is not a diet program, but rather a system that allows you to enjoy food and still look and feel the way you desire!*

