

Kyani®

nitro

NUTRITION™

21-Day Reset and Monthly Accelerate
Food and Product Plans // Progress Tracker

Step 1
Reset

Step 2
Accelerate



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Recipe eBook PDF
Recipes for Step 1 and Step 2

Exercise eBook PDF
Exercises for Step 1 and Step 2

Or download here:



Recipe Guide



Exercise Guide

Available for download at [Facebook.com/groups/KyaniNitroNation](https://www.facebook.com/groups/KyaniNitroNation)



21-Day Reset

Food and
Product Plan





Step 1

21-Day Reset

Food and Product Plan

Step 1

21-Day Reset

Food and
Product Plan

Food and Product Plan

Welcome and congratulations on starting your next health chapter!

It's time to reset your body and experience the **Nitro Effect**,™ which is an experience in your body that enables a healthy inflammatory response, promotes circulation, naturally balances blood sugar, optimizes digestion, and supports collagen resilience—all to empower you to understand your nutrition and fitness so you can live your greatest health!

Your health adventure begins with this 21-Day Reset, followed by a Monthly Accelerate plan. You'll repeat your monthly accelerate plan until you achieve your health goals, and then you'll evolve into a Nitro Lifer!

As you begin your 21-Day Reset Plan, focus on starting where you are, with a vision of where you want to take your body and health. Remember to ask questions and utilize our powerful Nitro Nation Facebook community. We're with you every step of the way.



Mark Macdonald

Co-creator of Nitro Nutrition
& Kyäni Scientific Advisory Board Member



Balance your plate with
Protein, Fat, Carbs

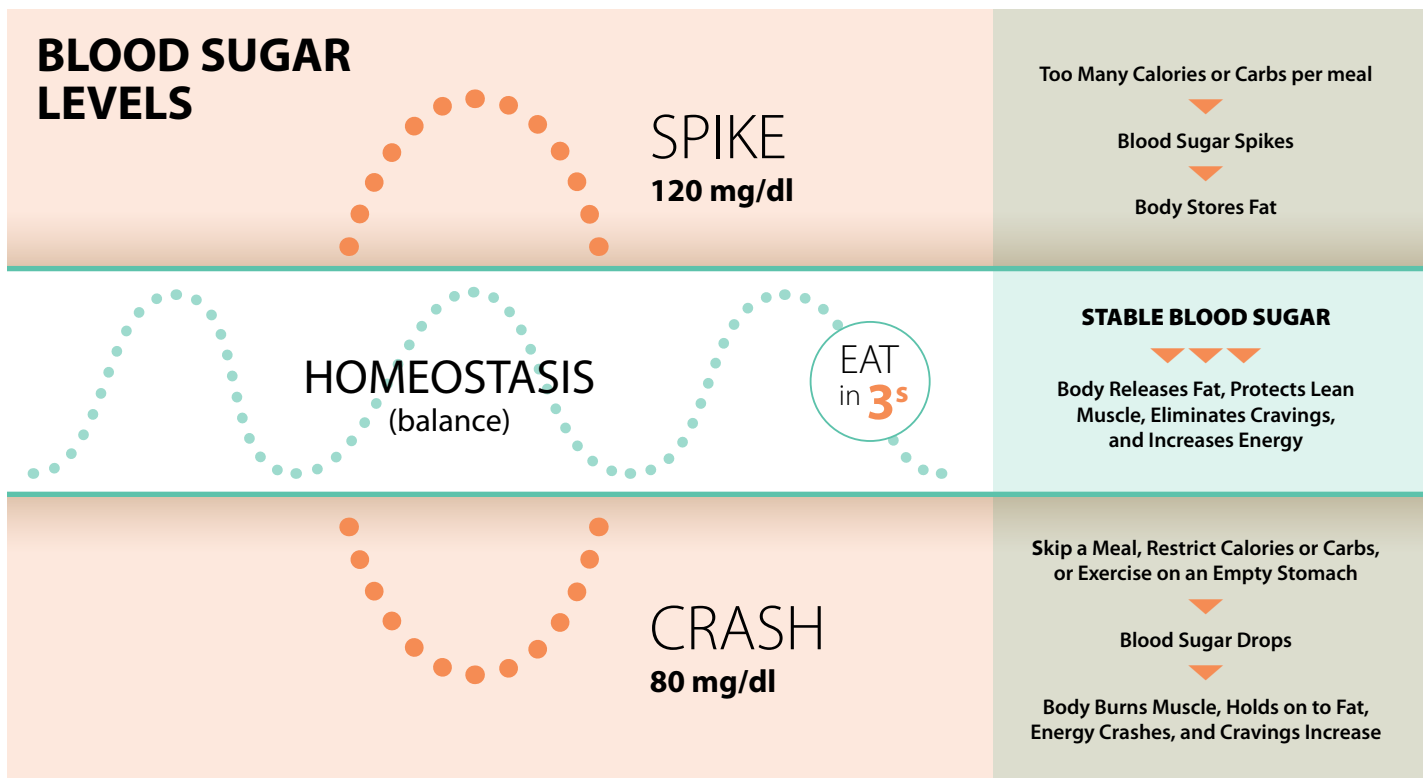
.....
Eat every 3 hours

Throughout your Reset and Accelerate plan you'll be Eating in 3s. Eating in 3s is simply eating a balance of protein, fat, and carbohydrates every 3 hours.

This way of eating helps balance your blood sugar levels which protects your muscles and triggers your body to consistently release stored fat.

Eating **protein** positively affects your blood sugar hormone glucagon (raises your blood sugar), eating **carbs** affects your blood sugar hormone insulin (lowers your blood sugar), and eating **fat** slows down the rate of digestion by inhibiting the release of HCL (your stomachs acid). The combination of the three nutrients in the right portion sizes and intervals keeps your blood sugar balanced.

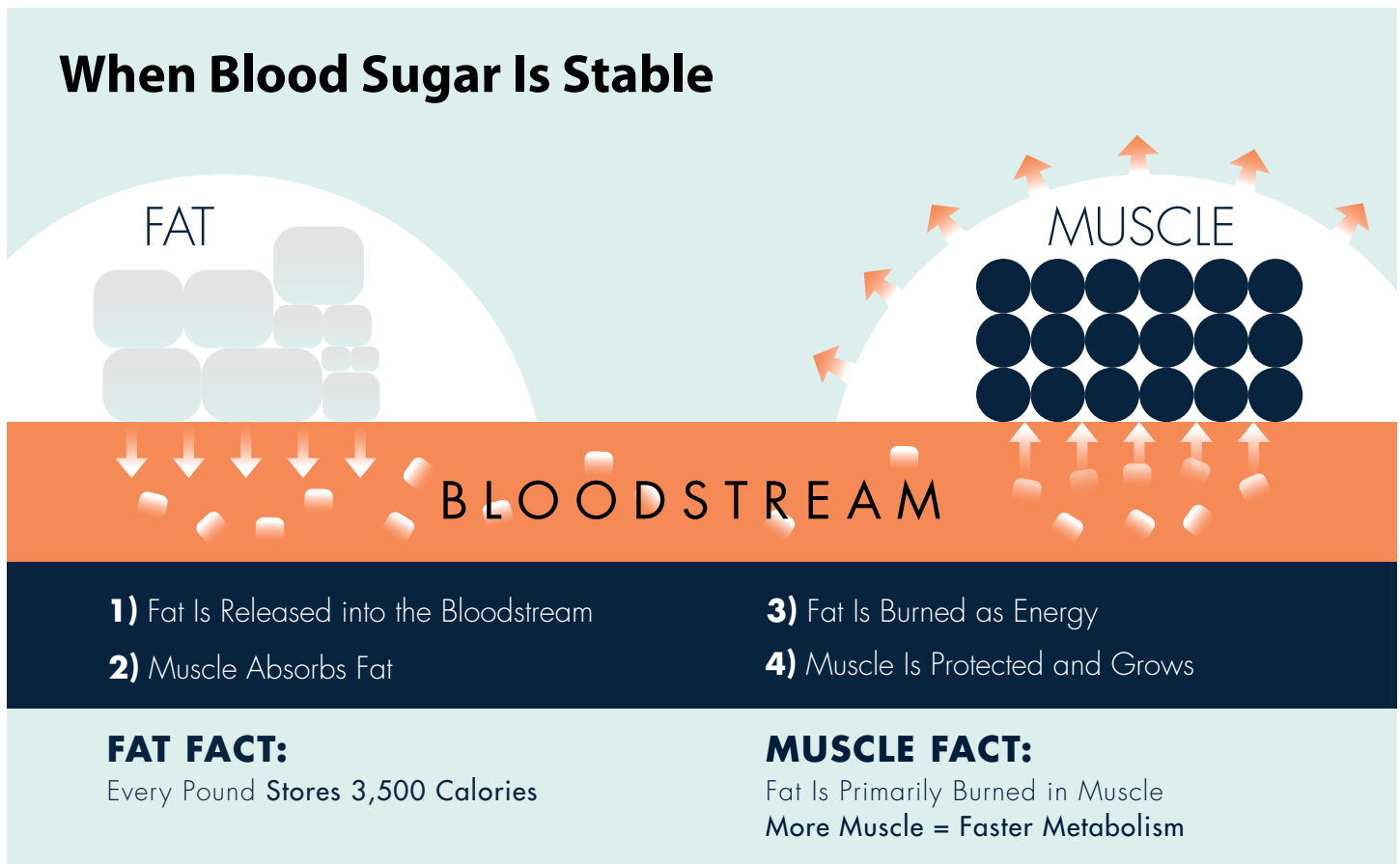
Here's a graphic showing you the benefits of Eating in 3s and what happens when your blood sugar spikes and crashes:



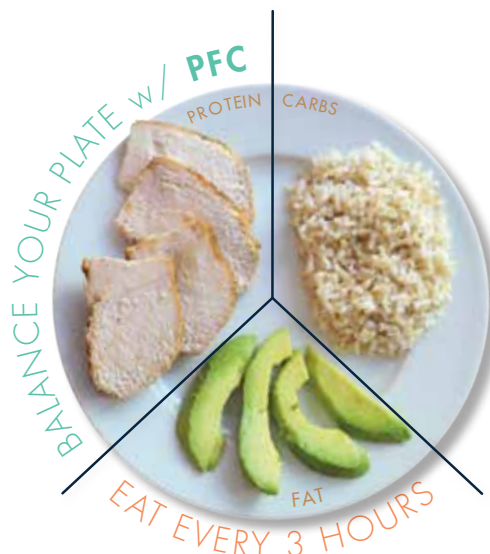
Once your blood sugar is balanced, your body becomes a fat-burning machine. Every pound of your stored fat is 3,500 calories, Eating in 3s triggers the consistent release of your stored fat, which then gets burned in your muscle (your body's engine).

The next obvious question is what does Eating in 3s actually look like? That's the great thing; once you get it, it's simple, easy, and, most important, doable for all busy people.

Here's a visual of that:



Here's a simple visual showing how to keep your meals balanced on your plate:



FREE FOODS



Greens: Spinach, Lettuce, etc.

This simple concept of eating will be the key to opening up the health door into the Nitro Effect. As you dive in to the plan, products, and community, you'll learn more each day, and that knowledge will help create the food foundation to forever make this program a new way of life for you and your family.

Okay, it's time to get started!

This booklet is presented in 5 short sections. Make sure to read each section and fully understand how to eat and use your Kyäni products. Once you're clear on this information, dive into your other Reset tools—your **Reset Exercise Guide** and your **Reset Recipe Guide**.

Your Health Adventure Starts Now!

Section 1: 3 Actions to Reset Your Metabolism—Remove, Replace, Enhance

Section 2: 9 Foods to Remove During your 21-Day Reset

Section 3: Your 21-Day Reset Nutrition Guidelines

Section 4: Your 21-Day Reset Food List and Portion Sizes

Section 5: Your 21-Day Reset Meal Plans



Section 1:

Here are the 3 Actions to Reset your metabolism and start creating a Nitro Effect in your body

Action 1 - Remove inflammatory foods and calorie dense vegetables and grains



Action 2 - Replace with clean & fresh proteins, fats and carbs



Action 3 - Enhance with Kyäni products to fill your nutritional gaps and turbo-charge your results





Section 2:

9 Foods to Remove During your 21-Day Reset

Inflammation, water retention, and bloating basically all mean the same thing; your body is holding extra fluid which slows down your metabolism, negatively impacts your circulation and digestive systems, and prevents you from achieving your health goals. This is why resetting your metabolism is so important.

Winning with your health is first about getting educated on **why** you should do something, and then understanding **how** to do it. This leads you to the benefits you'll achieve **when** doing it.

.....
It's time to learn about the 8 foods and 1 bonus food that you'll be temporarily removing from your meals...

Gluten

Gluten is a hot topic and is quickly being recognized as one of the biggest bloating and inflammatory ingredients in foods. Gluten is a complex protein that gives bread its elasticity and is extremely hard for your body to digest. It's typically found in most bread products, pastas, and cereals. This difficulty with digestion is what leads to inflammation and bloating. Look for gluten-free labels.



Soy

Soybeans contain organic compounds called isoflavones. These compounds trigger your body to produce the hormone estrogen, and estrogen causes your body to store fat and bloat. Estrogen is an important hormone in women and men (that's right— men have a little estrogen too!). The challenge with estrogen is when your body produces too much your body can enter estrogen overload!

Section 2: 9 Foods to Remove During your 21-Day Reset

Cheese & Yogurt

I know this might be a tough one, as cheese and yogurt are easy grab 'n' go proteins that taste great. But these foods introduce two challenges.

First, they are loaded with lactose (a sugar found in dairy). To efficiently digest lactose, your body produces an enzyme called lactase. When you don't have enough lactase, lactose can't be fully digested, causing bloating and gas (always fun!). The second challenge is some people have a slight allergy to milk protein. The result can be excess mucus, which leads to head and chest congestion as well as inflammation.

Now you might be thinking, where will I be getting my calcium? Simple! Eat green leafy vegetables like spinach, kale, and collard greens, and green vegetables like broccoli and asparagus. They are loaded with calcium and don't cause bloating.



Refined Sugar

We often hear, “avoid sugar.” That statement doesn't make much sense since all carbohydrates (fruit, vegetables, and grains, with fiber being the only exception) are metabolized into sugar.

What you actually need to watch for is refined sugar, which is the added sugar that's found in candy, soda, most processed foods, and so on. Refined sugars include basically any sugar that's not naturally occurring in the food. These types of sugars spike your blood sugar, which triggers fat storage and water retention.



Section 2: 9 Foods to Remove During your 21-Day Reset



Artificial Sweeteners (Besides stevia)

Ever have gas when chewing sugar-free gum? It happens to most of us, and the culprit is the artificial sweetener in the gum. The most used sugar-free sweeteners include: aspartame, saccharine, sorbitol, and sucralose. These are “fake” sugars that are formed with a double sugar molecule that your body can’t digest. Since this molecule can’t be digested, the result is gas and bloating. There is plenty of research that these once-touted calorie savers may actually be worse for your body than refined sugar is. The great news is, there is already a natural and healthy sweetener on the market called stevia, which can be digested by your body.

Salt

I remember watching my mom have some popcorn with her salt. Seriously! And the next day she would share how puffy she felt. Adding salt to your food or eating processed food (which is loaded with salt) will cause massive bloating. Every milligram of sodium attracts water, causing your body to retain water. The more salt you eat, the more bloating you’ll experience.

Focus on eating clean foods that have a small and natural amount of salt. If you are a salt lover like my mom, no need to panic, just make sure to moderately use salt. Your best salt choice is pink Himalayan salt—it’s natural and unprocessed and helps minimize the bloating effects of regular table salt. Just remember to use them moderately.





Section 2: 9 Foods to Remove During your 21-Day Reset



Soda (Diet & regular)

I know this isn't a shocker, as we're told by almost everyone to cut soda. There's a good reason to do this. All types of sodas are full of chemicals, carbonation (which causes gas in your intestines), and either refined sugar (regular soda) or sugar-free sweeteners (diet soda). What I've learned is people are attached to their soda, so simply start cutting your soda consumption in half each week and eventually you'll be soda free! As you do this, you won't crave soda anymore and you'll be less bloated. Double win!

Alcohol

Now you might be thinking, I thought alcohol dehydrates me, so how can it bloat me? Well you're right that it dehydrates you.

When your body feels it doesn't have enough water, it shifts into water-retention mode to protect itself, primarily in terms of blood flow. In addition, alcohol disrupts your digestion by making your body metabolize the alcohol first (alcohol calories can't be used for energy) before your food is digested. Because of this digestion delay, there is a greater chance for your food to be stored as fat. Finally, alcohol disrupts your sleep cycles, and lower quality of sleep equals more stress, and that equals more bloating. But of course, everything in moderation is fine, so a glass of wine or an occasional beer or drink is completely fine.





Section 2: 9 Foods to Remove During your 21-Day Reset



Grains & Calorie Dense Vegetables

(Beans, corn, potatoes, etc.)

**** NON-INFLAMMATORY ** (still remove for ONLY 21 DAYS)**

High-quality grains like quinoa, oatmeal, brown rice, and millet are amazing carbohydrates, as are calorie-dense vegetables like beans, sweet potatoes, and yams.

They are all fiber-rich complex carbohydrates that slow down digestion and help keep healthy blood sugar levels balanced. All these great benefits are exactly why they can cause bloating. You heard me right—even though they are great carbs, they are also heavier and more calorie-dense carbohydrates, which can cause additional water retention because carbs attract water molecules just like sodium does. Resetting your metabolism is all about eating a diet as light, rich in nutrients, and easy to digest as possible. This is why your best carbohydrate choices for a 21-Day Reset are fruits and low-calorie vegetables. No worries, though, after you complete your 21-Day Reset and begin your Accelerate, you'll be loving your grains and calorie-dense vegetables once again.

Section 3: **21-Day Reset Nutrition Guidelines**



Let go of the calorie mind-set and follow the meal plan for your gender.



Measure portion sizes with your hands (palm, fist, and thumb).



When measuring portion sizes with your hands, measure after it's cooked.



Make sure you're hungry (not starved) before each meal and satisfied (not full) after. If you're hungry before 3 hours pass, eat a balanced meal.

PRO TIP:

If you measure food with a scale, always measure it precooked since weight will be lost during cooking.



Eat In 3s: one meal every 3 hours with a balance of protein, fat, and carbs.



Always eat within an hour of waking and within an hour of bedtime.



Repeat this 21-Day Reset to jump-start your metabolism after a vacation or if you're experiencing a plateau.




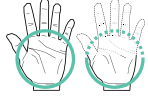





If you want a shake for breakfast, switch your breakfast and midmorning meals.



Add a 6th meal if still hungry after dinner.

PRO TIP: If you fall off the Reset for one meal, just get back on the plan starting the next meal. Keep going and stay committed to your "why."

Section 4: 21-Day Reset Clean Food List

PROTEINS	FATS	CARBS	FREE FOODS
 <p>FEMALES 1 PALM (3 OUNCES)</p>  <p>MALES 1½–2 PALMS (5 OUNCES)</p>	 <p>SMALL HANDFUL FOR SOLIDS LIKE NUTS, SEEDS OR AVOCADOS</p> <p>OR</p>  <p>1 THUMB FOR LIQUIDS LIKE OILS</p> <p>SAME FOR WOMEN, MEN & KIDS</p>	 <p>FEMALES 1 FIST (3 OUNCES)</p>  <p>MALES 2 FISTS (5 OUNCES)</p>	 <p>NO LIMITS</p>
<p>Choose 1 Per Meal</p> <ul style="list-style-type: none"> ✓ Lean Proteins <ul style="list-style-type: none"> • Bison (extra lean) • Chicken • Egg Whites • Kyäni FIT20® (grass fed whey and collagen) • Kyäni Origin™ (plant-based protein) • Hemp (Plant Based Eaters) • Lean Fish • Shellfish • Turkey • Venison ✓ Non-Lean Proteins (don't add fat with these options) <ul style="list-style-type: none"> • Beef (filet) • Beef (ground) • Eggs (whole) • Non-Lean Fish (ex. salmon) • Lamb • Pork (tenderloin, ham, pork chops, etc.) 	<p>Choose 1 Per Meal</p> <ul style="list-style-type: none"> ✓ Avocado ✓ Natural Nut Butters (1 tbsp. for females) (1½ tbsp. for males) <ul style="list-style-type: none"> • Almond • Cashew • Peanut ✓ Oils (½ tbsp. for females) (1 tbsp. for males) <ul style="list-style-type: none"> • Avocado • Canola • Coconut • Macadamia • Olive • Peanut • Sesame • Vegetable ✓ Raw Nuts (small handful for females) (medium handful for males) <ul style="list-style-type: none"> • Almonds • Candlenuts • Peanuts • Pecans ✓ Seeds (small handful for females) (medium handful for males) <ul style="list-style-type: none"> • Chia • Flax • Pumpkin • Sesame • Sunflower 	<p>Choose 1 Per Meal</p> <ul style="list-style-type: none"> ✓ Fruits <ul style="list-style-type: none"> • Apples • Bananas (½ per day) • Berries (blackberries, blueberries, raspberries, strawberries) • Cherries • Grapes • Grapefruit • Mangos • Melon (cantaloupe, honeydew, watermelon) • Oranges • Tomato • Tropical Fruits • Etc. ✓ Calorie Rich Vegetables (avoid calorie dense veggies like beans, corn, peas, potatoes during 21-Day Reset) <ul style="list-style-type: none"> • Beets • Carrots • Cauliflower Rice • Eggplant • Squash (acorn, butternut) 	<p>Unlimited</p> <ul style="list-style-type: none"> ✓ Herbs <ul style="list-style-type: none"> • Basil • Bay leaves • Cilantro • Parsley • Rosemary • Thyme • Etc. ✓ Spices <ul style="list-style-type: none"> • Cinnamon • Garlic • Ginger • Mustard • Nutmeg • Peppercorns ★ Pink Himalayan salt • Saffron • Etc. ✓ Low-calorie vegetables (fresh only) <ul style="list-style-type: none"> • Asparagus • Bell peppers (red, orange, yellow) • Bok choy • Broccoli • Brussels sprouts • Cauliflower • Celery • Cucumber • Leafy greens (chard, collards, kale, lettuce, micro greens, spinach) • Onion • Squash (pattypan, pumpkin, spaghetti, yellow, zucchini) ✓ Natural sweeteners <ul style="list-style-type: none"> • Monk Fruit • Stevia ✓ Condiments <ul style="list-style-type: none"> • Extracts (almond, vanilla, etc.) • Vinegars (balsamic, red wine, apple cider, etc.)
<p>PRO TIP: Take a picture of this to save on your phone when traveling or out to eat.</p>	<p>★ Inflammatory—use sparingly</p>	<p>Reset Food and Product Plan 15</p>	

Section 5: 21-Day Reset Meal Plan for Women

	1 PROTEIN Serving Size  1 PALM (3 OUNCES) FEMALES	1 FAT Serving Size  OR  SMALL HANDFUL FOR SOLIDS LIKE NUTS, SEEDS OR AVOCADOS 1 THUMB FOR LIQUIDS LIKE OILS FEMALES	1 CARB Serving Size  1 FIST (3 OUNCES) FEMALES	Kyäni PRODUCTS Additional Supplementation (recommended to assist in optimizing your results)
Wake Up	Take Kyäni Nitro Xtreme® or Nitro FX® 			 Kyäni Sunrise®
Breakfast	3 egg whites (or 3 oz. protein from list)	½ oz. raw nuts (a small handful) (or choose 1 serving of fat from list)	3 oz. fruit or vegetables	
Midmorning	Take your Nitro 2–3 minutes before taking FIT20 or Origin 	1 serving Kyäni FIT20* + Carb and Fat or Kyäni Origin* + ½ serving Carb and Fat (serving size is based on nutrient label; use only water for your desired consistency)		
Lunch	3 oz. chicken breast	1 oz. avocado (or 1 serving of fat from list)	3 oz. strawberries and a salad	 Kyäni HL5™ and ON Optimized Nootropic™ can be used any time throughout the day.
Midafternoon	Take your Nitro 2–3 minutes before taking FIT20 or Origin 	1 serving Kyäni FIT20* + Carb and Fat or Kyäni Origin* + ½ serving Carb and Fat (serving size is based on nutrient label; use only water for your desired consistency)		
Dinner	3 oz. halibut 	½ tbsp. oil (use the oil for your salad) (or 1 serving of fat from list)	3 oz. mixed veggies FREE FOOD Medium Bowl of Spinach or Lettuce	
Late Night	PFC-Balanced Meal or 1 Serving FIT20/Origin + Carb + Fat or 2 Kyäni HL5 + nuts 			Kyäni Sunset® 

Water Recommendations (drink water with and between each meal)
2–3 liters per day / 8–12 glasses (8 oz. each)



*See 21-Day Reset Recipe Book for FIT20 and Origin recipe suggestions.

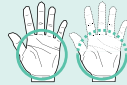


Section 5:

21-Day Reset Meal Plan for Men

1 PROTEIN

Serving Size



1½–2 PALMS (5 OUNCES)

MALES

1 FAT

Serving Size



SMALL HANDFUL
FOR SOLIDS LIKE NUTS,
SEEDS OR AVOCADOS

1 THUMB
FOR LIQUIDS
LIKE OILS

MALES

1 CARB

Serving Size



2 FISTS (5 OUNCES)

MALES

Kyäni PRODUCTS

Additional Supplementation
(recommended to assist in optimizing your results)

Wake Up



Take Kyäni Nitro Xtreme® or Nitro FX®

Breakfast

5 egg whites
(or 5 oz. protein from list)

1 oz. raw nuts
(a small handful) (or choose 1
serving of fat from list)

5 oz. fruit or
vegetables



Kyäni Sunrise®

Midmorning

Take your Nitro 2–3
minutes before taking
FIT20 or Origin



1 serving Kyäni FIT20* + Carb and Fat
or Kyäni Origin* + ½ serving Carb and Fat
(serving size is based on nutrient label;
use only water for your desired consistency)

Lunch

5 oz. chicken breast

2 oz. avocado
(or 1 serving of fat from list)

5 oz. strawberries
and a salad



Kyäni HL5™ and
ON Optimized
Nootropic™ can be
used any time
throughout the day.

Midafternoon

Take your Nitro 2–3
minutes before taking
FIT20 or Origin



1 serving Kyäni FIT20* + Carb and Fat
or Kyäni Origin* + ½ serving Carb and Fat
(serving size is based on nutrient label;
use only water for your desired consistency)

Dinner

5 oz. halibut

1 tbsp. oil
(use the oil for your salad) (or 1
serving of fat from list)

5 oz. mixed veggies

FREE FOOD

Large Bowl of Spinach
or Lettuce



Late Night

PFC-Balanced Meal or 1 Serving FIT20/Origin
+ Carb + Fat or 2 Kyäni HL5 + nuts

Kyäni Sunset®



Water Recommendations (drink water with and between each meal)

3–4 liters per day / 12–16 glasses (8 oz. each)



*See 21-Day Reset Recipe Book for FIT20 and Origin recipe suggestions.

Monthly Accelerate

Food and
Product Plan





Step 2

Monthly Accelerate

Food and Product Plan

Step 2

Monthly Accelerate

Food and
Product Plan

Food and Product Plan

Are you ready to amplify your results?

Your 21-Day Reset helped reset your metabolism and digestion. Now it's time to build from that foundation and accelerate your results.

Throughout the last 21 days, your body entered the **Nitro Effect™**, which is an internal environment that enables a healthy inflammatory response, promotes circulation, naturally balances blood sugar, optimizes digestion, and supports collagen resilience.

Your Monthly Accelerate is designed to help amplify the Nitro Effect and take your health results to the next level. As you dive into the plan, focus on these five things to keep things simple and continue rocking your plan:

- 1 Repeat** your Monthly Accelerate plan until you achieve your health goals. With each month, keep evolving your food, fitness, and products into a lifestyle (see QR codes on Contents page for Recipe and Exercise eBooks). This mindset of steady progress will help you become a Nitro Lifer.
- 2 Continue** eating in 3s and following the same concepts you learned in your 21-Day Reset.
- 3 Add** new foods, exercises, and products into your Monthly Accelerate plan. The key will be to find the balance of adding food back in and still achieving your goals.
- 4 Celebrate** a gratification meal with your favorite foods. As you become a Nitro Lifer, you'll do a weekly gratification meal. During your Monthly Accelerate plan, you can do a weekly, bi-weekly, or monthly gratification meal depending on your goals.
- 5 Focus** on having fun and enjoying the process. This is your new lifestyle. You'll have moments when you fall off plan, but your health success is determined by how quickly you get back on plan. Fall in love with your food and fitness during your Monthly Accelerate plan, and you'll continue living your greatest health.

Ok, let's go! This Accelerate booklet is presented in four short sections:

Section 1: 3 Actions to Accelerate Your Metabolism with the Nitro Effect

Section 2: Your Monthly Accelerate Nutrition Guidelines

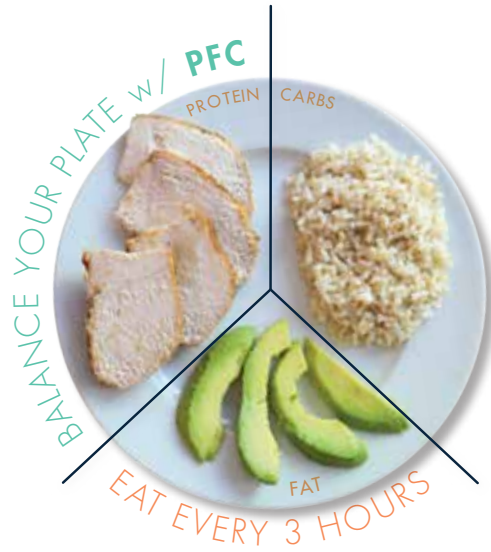
Section 3: Your Monthly Accelerate Food List and Portion Sizes

Section 4: Your Monthly Accelerate Meal Plans

Section 1: Here are 3 Actions to Accelerate Your Metabolism with the Nitro Effect

Action 1: Balance — Keep eating clean foods to help balance your body.

EAT in 3^s



FREE FOODS



Greens: Spinach, Lettuce, etc.







Action 2: Amplify — Amplify your results with new foods, exercise, and products.



Action 3: Celebrate — Have fun with your favorite foods and workouts, and evolve into a Nitro Lifer.



Section 2: Monthly Accelerate Guidelines




-  Let go of the calorie mind-set and follow the meal plan for your gender.
-  When measuring portion sizes with your hands, measure after it's cooked.
-  Make sure you're hungry (not starved) before each meal and satisfied (not full) after. If you're hungry before 3 hours pass, eat a balanced meal.
-  Continue following your food list and minimizing any inflammatory foods.
-  Eat In 3s: one meal every 3 hours with a balance of protein, fat, and carbs.
-  Always eat within an hour of waking and within an hour of bedtime.




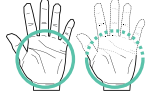





PRO TIP:

Measure portion sizes with your hands (palm, fist, and thumb).



-  Repeat this Monthly Accelerate plan each month until you achieve your goals. Continue to evolve and make this plan a way of life. Once you achieve that, you'll officially become a Nitro Lifer.
-  If you want a shake for breakfast, switch your breakfast and midmorning meals.
-  Add a 6th meal if still hungry after dinner.

Section 3: Monthly Accelerate Clean Food List

PROTEINS	FATS	CARBS	FREE FOODS
 <p>FEMALES 1 PALM (3 OUNCES)</p>  <p>MALES 1½ to 2 PALMS (5 OUNCES)</p>	 <p>SMALL HANDFUL FOR SOLIDS LIKE NUTS, SEEDS, OR AVOCADOS</p> <p>OR</p>  <p>1 THUMB FOR LIQUIDS LIKE OILS</p> <p>SAME FOR WOMEN, MEN, AND KIDS</p>	 <p>FEMALES 1 FIST (3 OUNCES)</p>  <p>MALES 2 FISTS (5 OUNCES)</p>	 <p>NO LIMITS</p>
<p>Choose 1 Per Meal</p> <ul style="list-style-type: none"> ✓ Lean proteins <ul style="list-style-type: none"> • Bison <i>(extra lean)</i> • Chicken/turkey breast • Egg whites • Kyäni FIT20 <i>(grass-fed whey and collagen)</i> • Kyäni Origin <i>(plant-based protein)</i> • Hemp <i>(plant-based eaters)</i> • Lean fish <i>(flounder, sole, cod, snapper, bass, perch, halibut, pike)</i> • Shellfish • Venison/elk/etc. • Etc. ✓ Non-lean proteins <i>(don't add fat with these options)</i> <ul style="list-style-type: none"> • Beef <i>(filet)</i> • Beef <i>(ground)</i> ★ Cheese <i>(mozzarella, cheddar, etc.)</i> • Chicken/turkey thigh ★ Cottage cheese <i>(whole or low-fat)</i> • Eggs <i>(whole)</i> ★ Greek yogurt <i>(whole or low-fat)</i> • Non-lean fish <i>(salmon, tuna, trout, mackerel)</i> • Lamb • Pork <i>(tenderloin, ham, pork chops, etc.)</i> ★ Tofu • Etc. <p>★ <i>New to Monthly Accelerate plan</i></p> <p>Choose fresh, organic fruits and vegetables as often as possible. Any protein, carb, or fat can be exchanged for a different protein, carb, or fat; just swap from the list. Not all varieties are listed.</p>	<p>Choose 1 Per Meal</p> <ul style="list-style-type: none"> ✓ Avocado ★ Butter ✓ Natural nut butters <i>(1 tbsp. for females) (1½ tbsp. for males)</i> <ul style="list-style-type: none"> • Almond • Peanut • Cashew • Etc. ✓ Oils <i>(½ tbsp. for females) (1 tbsp. for males)</i> <ul style="list-style-type: none"> • Avocado • Canola • Coconut • Macadamia • Olive • Peanut • Sesame • Vegetable ✓ Raw nuts <i>(small handful for females) (medium handful for males)</i> <ul style="list-style-type: none"> • Almonds • Candlenuts • Peanuts • Pecans • Etc. ✓ Salad Dressing <i>(choose clear, non-creamy)</i> ✓ Seeds <i>(small handful for females) (medium handful for males)</i> <ul style="list-style-type: none"> • Chia • Flax • Pumpkin • Sesame • Sunflower • Etc. <p>★ <i>Inflammatory—use sparingly</i></p>	<p>Choose 1 Per Meal</p> <ul style="list-style-type: none"> ✓ Fruits <ul style="list-style-type: none"> • Apples • Bananas <i>(1 per day)</i> • Berries <i>(blackberries, blueberries, raspberries, strawberries)</i> • Cherries • Grapes • Grapefruit • Mangos • Melon <i>(cantaloupe, honeydew, watermelon)</i> • Oranges • Tomato • Tropical fruits • Etc. ✓ Dense-carb vegetables <ul style="list-style-type: none"> • Beets • Carrots • Cauliflower rice • Eggplant ★ Peas ★ Potatoes ★ Squash <i>(acorn, butternut)</i> ★ Yams/sweet potatoes ✓ Grains/dense carbs <ul style="list-style-type: none"> ★ Beans <i>(fresh or dried)</i> ★ Corn ★ Gluten-free bread ★ Gluten-free pasta ★ Millet ★ Oatmeal ★ Quinoa ★ Rice <i>(basmati, black, brown, red, wild)</i> 	<p>Unlimited</p> <ul style="list-style-type: none"> ✓ Herbs <ul style="list-style-type: none"> • Basil • Bay leaves • Cilantro • Parsley • Rosemary • Thyme • Etc. ✓ Spices <ul style="list-style-type: none"> • Cinnamon • Garlic • Ginger • Mustard • Nutmeg • Peppercorns ★ Pink Himalayan salt • Saffron • Etc. ✓ Low-calorie vegetables <i>(fresh only)</i> <ul style="list-style-type: none"> • Asparagus • Bell peppers <i>(red, orange, yellow)</i> • Bok choy • Broccoli • Brussels sprouts • Cauliflower • Celery • Cucumber • Leafy greens <i>(chard, collards, kale, lettuce, micro greens, spinach)</i> • Onion • Squash <i>(pattypan, pumpkin, spaghetti, yellow, zucchini)</i> ✓ Natural sweeteners <ul style="list-style-type: none"> • Monk Fruit • Stevia ✓ Condiments <ul style="list-style-type: none"> • Extracts <i>(almond, vanilla, etc.)</i> • Vinegars <i>(balsamic, red wine, apple cider, etc.)</i>

Section 4: Accelerate Meal Plan for Women

	1 PROTEIN Serving Size  1 PALM (3 oz.) FEMALES	1 FAT Serving Size  OR  SMALL HANDFUL <small>FOR SOLIDS LIKE NUTS, SEEDS, OR AVOCADOS</small> OR 1 THUMB <small>FOR LIQUIDS LIKE OILS</small> FEMALES	1 CARB Serving Size  1 FIST (3 oz.) FEMALES	Kyäni PRODUCTS Additional Supplementation <small>(recommended to assist in optimizing your results)</small>
Wake Up	 Take Kyäni Nitro Xtreme® or Nitro FX®			
Breakfast	3 egg whites (or 3 oz. protein from list)	½ oz. raw nuts (a small handful) (or choose 1 serving of fat from list)	3 oz. fruit or vegetables	 Kyäni Sunrise®
Midmorning	Take your Nitro 2–3 minutes before taking FIT20 or Origin 	1 serving Kyäni FIT20* + Carb and Fat or Kyäni Origin* + ½ serving Carb and Fat (serving size is based on nutrient label; use only water for your desired consistency)		
Lunch	3 oz. chicken breast	1 oz. avocado (or 1 serving of fat from list)	¼ cup quinoa/brown rice and a large salad	 Kyäni HL5® and Kyäni ON Optimized Nootropic™ can be used any time throughout the day.
Midafternoon	Take your Nitro 2–3 minutes before taking FIT20 or Origin 	1 serving Kyäni FIT20* + Carb and Fat or Kyäni Origin* + ½ serving Carb and Fat (serving size is based on nutrient label; use only water for your desired consistency)		
Dinner	3 oz. salmon	(No additional fat since salmon contains fat)	½ small potato with mixed veggies FREE FOOD Add balsamic vinegar for flavor	
Late Night				PFC-Balanced Meal or 1 Serving FIT20/Origin + Carb + Fat or 2 Kyäni HL5 + nuts 

Water Recommendations (drink water with and between each meal)
 2–3 liters per day / 8–12 glasses (8 oz. each)



*See Monthly Accelerate Recipe Book for FIT20 and Origin recipe suggestions

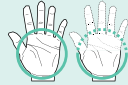


Section 4:

Accelerate Meal Plan for Men

1 PROTEIN

Serving Size



1½ TO 2 PALMS (5 oz.)

MALES

1 FAT

Serving Size



SMALL HANDFUL
FOR SOLIDS LIKE NUTS,
SEEDS, OR AVOCADOS

1 THUMB
FOR LIQUIDS
LIKE OILS

MALES

1 CARB

Serving Size



2 FISTS (5 oz.)

MALES

Kyäni PRODUCTS

**Additional
Supplementation**
(recommended to
assist in optimizing
your results)

Wake Up



Breakfast

5 egg whites
(or 5 oz. protein from list)

1 oz. raw nuts
(a small handful)
(or choose 1 serving of fat
from list)

5 oz. fruit or
vegetables



Kyäni Sunrise®

Midmorning

Take your Nitro 2–3
minutes before taking
FIT20 or Origin



1 serving Kyäni FIT20* + Carb and Fat
or Kyäni Origin* + ½ serving Carb and Fat
(serving size is based on nutrient label;
use only water for your desired consistency)

Lunch

5 oz. chicken breast

2 oz. avocado
(or 1 serving of fat from list)

½ cup
quinoa/brown rice
and a large salad



Kyäni HL5® and
Kyäni ON Optimized
Nootropic™ can be
used any time
throughout the day.

Midafternoon

Take your Nitro 2–3
minutes before taking
FIT20 or Origin



1 serving Kyäni FIT20* + Carb and Fat
or Kyäni Origin* + ½ serving Carb and Fat
(serving size is based on nutrient label;
use only water for your desired consistency)

Dinner

5 oz. halibut

1 tbsp. oil
(use the oil for your salad)
(or 1 serving of fat from list)

½ small potato
with mixed veggies

FREE FOOD

Add balsamic vinegar
for flavor



Late Night

PFC-Balanced Meal or 1 Serving FIT20/Origin
+ Carb + Fat or 2 Kyäni HL5 + nuts

Kyäni Sunset®



Water Recommendations (drink water with and between each meal)

3–4 liters per day / 12–16 glasses (8 oz. each)



*See Monthly Accelerate Recipe Book for FIT20 and Origin recipe suggestions

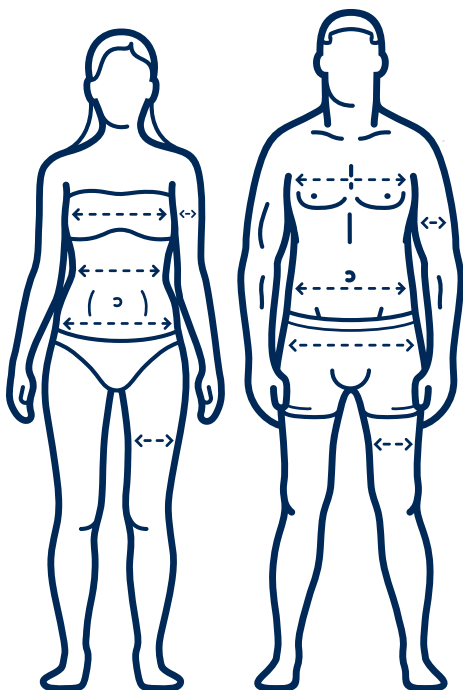
Progress Tracker

Pro Tip:

Avoid weighing yourself daily as your weight can fluctuate. Instead, focus on measuring/weighing yourself once per week on the same day and time.

Use a tape measure for accuracy:

- **Chest:** Measure around the chest/bust at the fullest point.
- **Waist:** Measure around the smallest part of your waistline.
- **Hips:** Measure around the fullest part of your hips.
- **Arm:** Measure midway between your elbow and shoulder.
- **Thigh:** Measure midway between the knee and hip.



When you first start a journey it is easy to only focus on the end goal. Take a step back and enjoy all the small victories along the way! Use this body composition chart to keep track of your progress during your 21-Day Reset and Monthly Accelerate.

21-DAY RESET

Day 1

Weight	Chest	Waist	Hips	Arm	Thigh
--------	-------	-------	------	-----	-------

Day 11

Weight	Chest	Waist	Hips	Arm	Thigh
--------	-------	-------	------	-----	-------

Day 21

Weight	Chest	Waist	Hips	Arm	Thigh
--------	-------	-------	------	-----	-------

MONTHLY ACCELERATE

Day 1

Weight	Chest	Waist	Hips	Arm	Thigh
--------	-------	-------	------	-----	-------

Day 15

Weight	Chest	Waist	Hips	Arm	Thigh
--------	-------	-------	------	-----	-------

Day 30

Weight	Chest	Waist	Hips	Arm	Thigh
--------	-------	-------	------	-----	-------

Body Fat Percentage:

Day 1

Day 21

Day 51

What is your why?

Your “why” is your reason for wanting a healthier life:

INTERNAL GOALS

Day 1	Day 21	Day 51
-------	--------	--------

Rate your **energy** from 1–10, with 10 being the highest.

Day 1	Day 21	Day 51
-------	--------	--------

Rate your **sugar cravings** from 1–10, with 10 being the highest.

Day 1	Day 21	Day 51
-------	--------	--------

Rate your **sleep** from 1–10, with 10 being the best sleep.

Photo submission tips:

To ensure your “before” and “after” photos look their best, follow these tips:

- Take the picture near a large window for indirect light if possible.
- Take your “after” photos at the end of your 21-Day Reset and your 30-Day Accelerate to show your progress.
- Try to recreate the conditions of the “before” photo as closely as possible (no additional makeup, at the same time of day, in the same location, similar clothing, etc.).
- Do not touch up or digitally alter the photos in any way, including using Instagram filters.
- If you have long hair, pull it back from your face for the best images.
- Make sure the photos are clear and show appropriate detail.

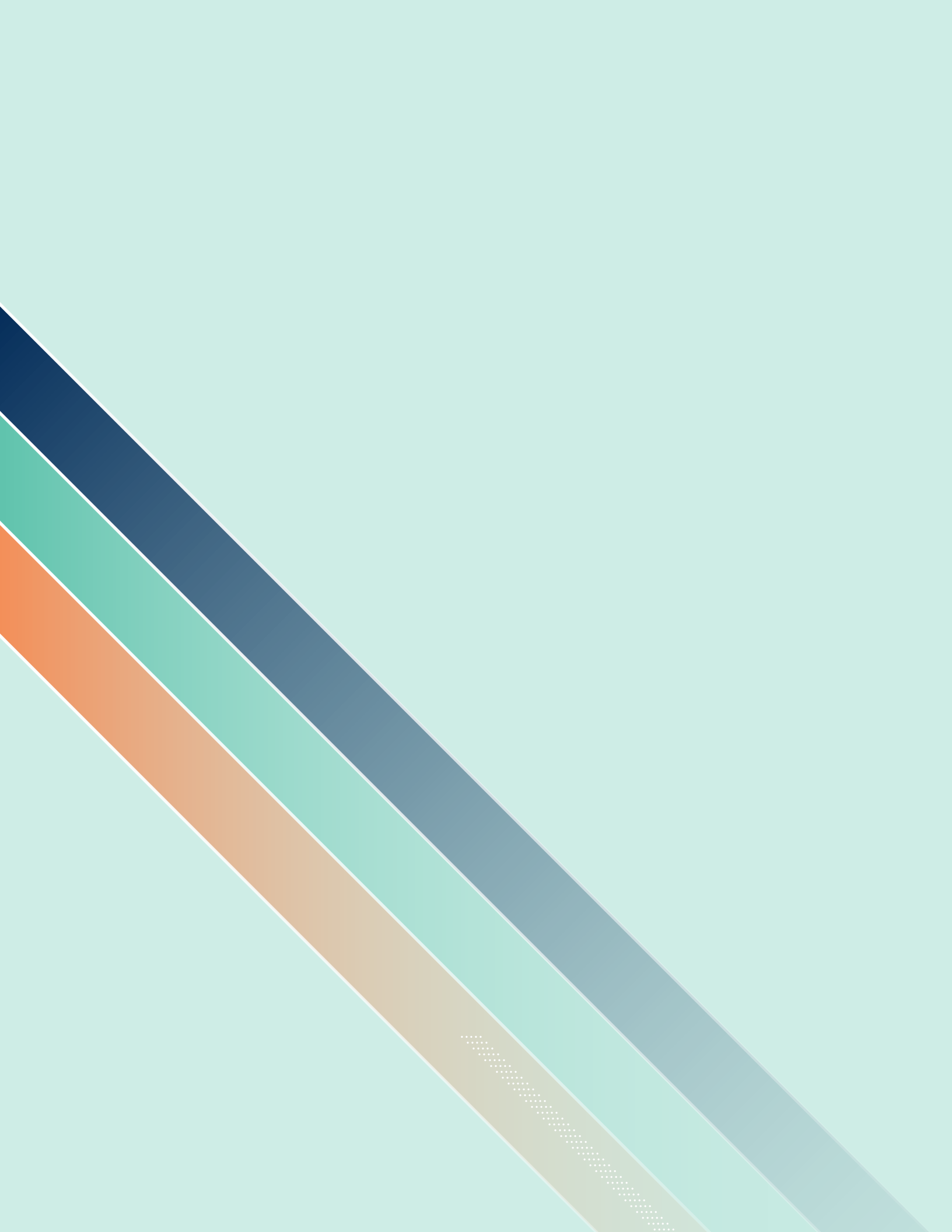
Example

BEFORE



AFTER







nitro

NUTRITION™

Nitro Nutrition is a fitness and nutrition movement, focused on healthy living. With a healthy diet, exercise, and supplementation with Kyani's award-winning products, Nitro Nutrition is about helping people live healthier. Weight loss should not be expected and results vary depending on starting point, goals, and individual effort. This information, including any advice or recommendations, is intended solely for educational and informational purposes. It is not intended as medical or healthcare advice, or to be used for medical diagnosis or treatment for any individual problem. It is also not intended as a substitute for professional advice and services from a qualified healthcare provider familiar with your unique facts. If you have a medical condition, or are pregnant, nursing, diabetic, on medication, or if you are beginning a weight control program, consult your physician before using Kyani products or making any other dietary changes. Discontinue use if adverse events occur.

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