








Section 5: 21-Day Reset Meal Plan for Women

	<div>1 PROTEIN</div> <div>Serving Size</div> <div></div> <div>1 PALM (3 OUNCES)</div> <div>FEMALES</div>	<div>1 FAT</div> <div>Serving Size</div> <div> OR </div> <div>SMALL HANDFUL FOR SOLIDS LIKE NUTS, SEEDS OR AVOCADOS</div> <div>1 THUMB FOR LIQUIDS LIKE OILS</div> <div>FEMALES</div>	<div>1 CARB</div> <div>Serving Size</div> <div></div> <div>1 FIST (3 OUNCES)</div> <div>FEMALES</div>	<div>Kyäni PRODUCTS</div> <div>Additional Supplementation (recommended to assist in optimizing your results)</div>
Wake Up	<div></div> Take Kyäni Nitro Xtreme® or Nitro FX®			<div></div> <div>Kyäni Sunrise®</div>
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	<div>Take your Nitro 2–3 minutes before taking FIT20 or Origin</div> <div></div> <div>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)</div>			<div></div> <div>Kyäni HL5™ and ON Optimized Nootropic™ can be used any time throughout the day.</div>
Lunch	3 oz. chicken breast	1 oz. avocado (or 1 serving of fat from list)	3 oz. strawberries and a salad	
Midafternoon	<div>Take your Nitro 2–3 minutes before taking FIT20 or Origin</div> <div></div> <div>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)</div>			
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	<div></div> <div>Kyäni Sunset®</div>
Late Night	<div></div> <div>PFC-Balanced Meal or 1 Serving FIT20/Origin + Carb + Fat or 2 Kyäni HL5 + nuts</div>			
<div>Water Recommendations (drink water with and between each meal)</div> <div>2–3 liters per day / 8–12 glasses (8 oz. each)</div>				<div></div>

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



Section 5:

21-Day Reset Meal Plan for Men

	<div>1 PROTEIN</div> <div>Serving Size</div> <div></div> <div>1½–2 PALMS (5 OUNCES)</div> <div>MALES</div>	<div>1 FAT</div> <div>Serving Size</div> <div> OR </div> <div>SMALL HANDFUL FOR SOLIDS LIKE NUTS, SEEDS OR AVOCADOS</div> <div>1 THUMB FOR LIQUIDS LIKE OILS</div> <div>MALES</div>	<div>1 CARB</div> <div>Serving Size</div> <div></div> <div>2 FISTS (5 OUNCES)</div> <div>MALES</div>	<div>Kyäni PRODUCTS</div> <div>Additional Supplementation</div> <div>(recommended to assist in optimizing your results)</div>
Wake Up	<div></div> Take Kyäni Nitro Xtreme® or Nitro FX®			<div></div> <div>Kyäni Sunrise®</div>
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	
Midmorning	<div>Take your Nitro 2–3 minutes before taking FIT20 or Origin</div> <div></div> <div>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)</div>			<div></div> <div>Kyäni HL5™ and ON Optimized Nootropic™ can be used any time throughout the day.</div>
Lunch	5 oz. chicken breast	2 oz. avocado (or 1 serving of fat from list)	5 oz. strawberries and a salad	
Midafternoon	<div>Take your Nitro 2–3 minutes before taking FIT20 or Origin</div> <div></div> <div>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)</div>			
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	<div></div> <div>Kyäni Sunset®</div>
Late Night	<div></div> <div>PFC-Balanced Meal or 1 Serving FIT20/Origin + Carb + Fat or 2 Kyäni HL5 + nuts</div>			

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.