



# **X-FIT™ CHALLENGE**

## *program guide*

**X-FIT CHALLENGE**



# the X-FIT™ 3-step program guide

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Book and cover design by Steven Smith  
Printed in the USA  
Published by: Xenesta International Inc.

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# welcome to the state of high performance

Big change starts with small steps.  
**You've just taken step one.**

The **X-FIT CHALLENGE** is a nutritional program that focuses on using fat (versus carbs) as the primary energy source for the body. This metabolic process is known as “ketosis.” While in ketosis, the body breaks down “fat for fuel,” prompting your body to use fat stores, and supporting weight loss.



This is a science-based approach to nutrition and wellness that helps you to *burn fat, curb cravings, have more energy, and improve mental focus* for the things you love – no calorie counting required.

On the **X-FIT Eating Plan**, you eat fewer carbs, plenty of healthy vegetables and lots of high-quality fats. It's a flexible, easy take on a cyclical ketogenic diet. This is not your grandma's low-fat diet. Instead, you'll focus on eating high-quality, nutrient-dense foods that fuel your brain and body, while ridding your life of the toxins and habits that are holding you back.

**People who have tried this way of eating have reported things like:**

- More energy
- Fat loss
- Better focus and concentration
- Muscle gain
- Fewer food cravings
- Improved mood
- Reduced inflammation
- Decreased pain and joint stiffness
- Better sleep
- And more.

Prepare to unlock the endless power of you.  
**You can do this!**