## Weigh-Ins And Measures Weekly Record

<table>
<thead>
<tr>
<th>Name ___________________________</th>
<th>Date __________ / __________ / __________</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Week 1 (Starting Weight)</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Week 5</th>
<th>Week 6</th>
<th>Week 7</th>
<th>Week 8</th>
<th>Week 9</th>
<th>Week 10</th>
<th>Week 11</th>
<th>Week 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight Loss/ Gain</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Weight Loss</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Loss</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weight Gain Fee Paid</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Upper Chest</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chest</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Waist</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hips</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Right Thigh</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Left Thigh</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Right Arm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Left Arm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Inches Lost</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Weight Loss Challenge Participation Agreement

Thank you for your interest in the Weight Loss Challenge! Through the Challenge, Xocai Independent Distributors (also known as “coaches”) are able to help participants work toward their weight-loss goals and improve their overall wellness. We want you to have a great time having fun and meeting new friends at our Weight Loss Challenge. Remember, any reasonable diet or weight-management program includes exercise and sensible meals, and consulting your primary physician before starting an exercise or weight-management program is always a good idea.

The coach(es) responsible for this Challenge:

Name(s):____________________________________________ _________________________

Contact Information:________________________________ __________________________

Please read this document carefully and sign it to confirm that you understand all of the general terms of the Weight Loss Challenge.

• In return for your Participation Fee of $35* and upon signing this document, you are entitled to participate in the Weight Loss Challenge identified below and will be eligible for the various prizes and/or payouts which are awarded upon its conclusion. You will also attend weekly weigh-ins where you will have the opportunity to ask questions, receive coaching and education.

• This Weight Loss Challenge begins the week of ________ /_______, 20____ and ends the week of_______ /______, 20____.

• Coaches are independent businesspersons; they are solely and exclusively responsible for the Weight Loss Challenge’s operation and details.

• The purchase or consumption of Xocai products in conjunction with your participation is recommended, but not required.

• The $35 Participation Fee covers all prize payouts, plus minimal operational costs.

• The Weight-Gain Fee is $1 per pound for weight gained since the last recorded weigh-in.

• The Absence Fee is $5* for each absence. One (1) absence is allowed without penalty.

• The Participation Fee is fully refundable within the first 48 hours of the Challenge start date if requested by the participant.

• Weight-Loss Payouts are paid to the top 3 weight losers as follows:
1st Place: 50 percent will be paid to the person who has lost the greatest percentage of his/her body weight by the end of the Challenge.

2nd Place: 30 percent will be paid to the person who has lost the next greatest percentage of his/her body weight by the end of the Challenge.

3rd Place: 20 percent will be paid to the person who has lost the next greatest percentage of his/her body weight by the end of the Challenge.

An Inches Payout is paid to the participant who loses the most inches and is not also a top 3 weight loser; this winner receives all money collected from Weight-Gain and Absence Fees.

If, after reading this document, you have any further questions about the Weight Loss Challenge, do not hesitate to ask the coach(es) listed in this Agreement.

As a participant, you should communicate regularly and fully about your progress and never hesitate to ask questions, so you can receive the appropriate advice and coaching.

You must be at least 14 years of age to enter a Weight Loss Challenge; if you are 14 to 17 years old, your parent or legal guardian must sign this agreement on the line provided.

I, _______________________________________, [print name], have reviewed and agree to all of the above.

Signature: ________________________________________ Date: ______ /______ /______
Signature: ________________________________________ Date: ______ /______ /______
(Parent or legal guardian signature required if participant is under the age of 18.)

Address: ____________________________________________________________ ____________________________________________________________
City: __________________________________________ Zip: _______________
Phone: __________ - __________ - _______________
Email: ____________________________________________________________

How did you hear about this Challenge? (please circle)
Prior participant      Referred by a friend (name)__________________________________________
Newspaper ad        Postcard (color of postcard or name listed): __________________________
Other: ________________________________________________________________
# Weight Loss Challenge Food / Drink Log

Name_______________________________________________ Week of _____________

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ounces of Water</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ORAC SCORE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grams of Protein</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minutes Exercised / Type</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Calories</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Food / Drink Log (Write down everything you eat):

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
Why Do I Want to Lose Weight?


2. How long have I been dieting or trying to lose this weight? ___________ Years

3. How much weight have I actually lost or gained since I started dieting? ___________ Lbs.

4. If I divide my answer in #3 by answer #2, how much weight did I actually lose or gain per year? ___________

5. Is my health diminished because of dieting and excess weight? □ Yes □ No

6. Is my overall quality of life suffering? □ Yes □ No

7. Has the weight loss experience been a good or bad experience? □ Good □ Bad

8. Given the above, has dieting worked for me or not? □ Yes □ No

9. If I could see myself in one year losing and keeping the weight off (question#1) would that be a positive given my history? □ Yes □ No

If you answered “yes” to question #9, then you are already better off. Just doing this simple test should help you create a clear picture of where you want to go and you will be able to come up with a plan to reach that goal.
There are hundreds of reasons to lose weight. Review the list below and check off the items you identify with: (Add any addition reasons not listed)

- [ ] Improve overall health
- [ ] A better quality of Life
- [ ] Increase energy levels
- [ ] Increase confidence levels
- [ ] Improve Self Esteem
- [ ] Reduce Stress
- [ ] Reduce or eliminate need for medication
- [ ] Enjoy a new wardrobe / Be more comfortable in my clothes
- [ ] Be more active with my family and friends
- [ ] Attend social gatherings without apprehension

My three most important reasons to attain my goal weight and size are:

1. 
2. 
3. 

My biggest challenge(s) that may interfere with attaining my goal weight and size are:

1. 
2. 
3. 
Welcome!

We're delighted you've accepted our invitation to participate in the Weight Loss Challenge! We believe that the benefits you'll receive as a result of your participation will meet, and perhaps exceed, your expectations. We are excited you've chosen to make a positive change in your life. Your attendance at the weekly meetings through the entire 12 week program is crucial to learning important information about correct nutrition and weight management. Our wish is to create a constructive, safe, emotionally supportive AND FUN atmosphere for all.

Part of our commitment in helping you to shed undesired pounds and inches is assigning you a personal coach to monitor and guide you in the direction of your goal. Your coach will be in contact with you before our next meeting to get acquainted and answer any of your questions.

We encourage you to participate fully and join in group discussions. We're all here to learn from and support each other . . . so don't be reluctant to ask questions and chime in when you have something to say! A number of the various subjects we will be talking about in the coming weeks are:

- Antioxidants and Proteins
- Calorie intake
- Digestive health
- Making sense of carbohydrates
- The importance of hydration
- Good and bad fats
- Dining out without derailing your program
- Exercise
- Heart health

To get results you want, we highly recommend keeping in regular contact with your coach throughout the Challenge.
References

Many of the facts that will be talked about are referenced in the following books, CDs and websites:

**BOOKS**

*The O2 Diet: The Cutting Edge Antioxidant-Based Program That Will Make You Healthy, Thin, and Beautiful*, by *Keri Glassman MS RD CDN*

*High Antioxidant Wellness System*, by *MXI Corp*

**CDs**

*The Anti-Aging Power of Chocolate*

*by Dr. Steven Warren*

**WEBSITES**

*www.chocolateweightlosschallenge.info*

*www.mxicorp.com*
Antioxidants and Proteins: A Powerful Fat-Burning combination

ANTIOXIDANTS, FREE RADICALS AND WEIGHT LOSS: CONNECTED AT THE HIP!

We need oxygen to live. It travels from the lungs to every corner of the body, helping our cells turn food into energy. But oxygen has a downside. When the molecules in our body come into contact with oxygen (i.e., become “oxidized”) they lose an electron, and turn into an unstable type of molecule known as a free radical.

“Free radicals, if left unchecked, assault whatever cell constituents are nearby, including proteins, fats, and DNA,” says Joe Vinson, Ph.D., a professor of chemistry at the University of Scranton. “Once those molecules are attacked, their structure and function are changed and they don’t work as well.”

Because these “rogue” free radicals rob electrons from surrounding molecules, they create more and more free radicals in a kind of chain reaction. They pinball around the body, creating a continuous cycle of damage and destruction to our cells, tissues and organs. As a result, DNA is damaged, cells are destroyed and body processes are disrupted. The end product of free radical damage is that we feel terrible, we’re overweight and we are simply less healthy.

Every day our modern way of life is assaulting us with toxins that cause even higher levels of free radicals. These toxins are everywhere --- in our foods, our air, our water, our homes, offices and automobiles. Now scientists are telling us that the daily onslaught of free radical damage is contributing to our growing waistlines. And the studies are simply supporting what we see around us.

Free radicals and obesity: Behind the Science
A big component of the obesity problem is the free radical problem. Free radicals actually stimulate pathways in the body that convert food to fat. Fat cells in our bodies produce inflammatory chemicals which can prevent sugars from being utilized properly . . . so we wind up with higher blood sugar . . . which converts to fat. Each fat cell in our body is like a chemical factory set up to produce . . . more fat cells! What a horrible, vicious cycle!

Numerous studies demonstrate that free radical damage leads to unwanted weight gain. For instance, researchers from the Linus Pauling Institute at Oregon State University found a direct link between oxidative stress (free radical damage) and increased obesity. According to the study,

“Obesity as measured by body mass index (BMI), is independently associated with oxidative stress and confirms recent data.” (Arteriosclerosis, Thrombosis, and Vascular Biology. 2003;23:365).
Antioxidants to the rescue:
Luckily, Mother Nature created an instant fix to the free radical problem -- antioxidants. Antioxidants neutralize free radicals, thereby protecting our cells, slowing the aging process and disrupting the link between oxidative stress and weight gain. For instance, a study at the University of Florida found that,

“Eating plants high in phytochemicals (plant-based antioxidants) is effective in reducing the amount of oxidative stress in the body, and therefore, able to lower the risk of gaining unwanted fat.” (Journal of Human Nutrition and Dietetics; Oct 2009).

Antioxidants are measured on the USDA’s ORAC scale. This scale measures how well a food mops up the free radicals in the blood stream. Researchers are finding that high antioxidant diets -- especially those of approximately 50,000 ORAC points or more every day – tend to produce more lost pounds. Of course, antioxidant-rich diets generally make you healthier in ALL areas – including cardio health, brain function, digestion, skin health and anti-aging – so it’s no wonder that weight loss is among the benefits. When you eat the best, antioxidant dense foods, you’re energetic, and you feel strong, focused, and empowered to continue to eat healthfully.

To get the antioxidants we need, we must eat a wide variety of colorful vegetables, fruits and other foods. The challenge arises in trying to eat ENOUGH of these foods to get the 50,000 point ORAC scores we need. For example you would have to eat 100 cups of spinach to match that score. It takes dedication, planning and a lot of preparation to eat that many fruits and vegetables.

Yet, there are some nutrient packed foods which can help us easily and conveniently achieve sufficient ORAC scores and which also directly correlate to weight loss. Unprocessed cocoa is the most potent antioxidant on the ORAC scale. Studies have found that certain compounds in unprocessed cocoa actually work to increase lean body mass and produce nutrients that break down fat. When your body has more lean mass, your metabolism increases and you burn more calories. The plant-based antioxidants in unprocessed cocoa also encourage healthier insulin levels, thereby controlling appetite and allowing for healthier choices.

PROTEIN: A NECESSITY FOR EVERY BODY
It seems everywhere we look someone is promoting a new diet that praises the power of protein. But whether you want to lose or gain weight, or maintain your current weight, the importance of protein goes far beyond physical appearance and muscle building.

Protein is an important component of every cell in the body. It is an organic compound, composed of 22 amino acids, otherwise known as the building blocks of life. Protein is stored in muscles and organs, and the body utilizes it to build and repair tissues, as well as for the production of enzymes and hormones. Protein also makes it possible for blood to carry oxygen throughout the body. Along with fat and carbohydrates, protein is a “macronutrient,” meaning...
the body needs relatively large amounts of it. A lack of protein can cause loss of muscle mass, decreased immunity, as well as weakening of the heart and respiratory system.

**HOW PROTEIN AFFECTS YOUR WEIGHT**

The widespread popularity of high-protein diets is due in large part to their ability to help manage hunger. When protein is absorbed, it sends a signal to the brain to decrease your hunger. The body also requires more energy to digest protein than other foods and as a result you burn more calories after a protein meal. Another benefit of protein is that it revs up your resting metabolism by maintaining muscle mass. As we age, muscle mass decreases without exercise, so staying fit is a key to burning fat by keeping your metabolism high. Additionally, protein helps to stabilize blood sugar levels by slowing the absorption of glucose into the bloodstream. This in turn reduces hunger by lowering insulin levels and making it easier for the body to burn fat.

Certain foods, however, provide a healthier resource for protein than others.

**CONSIDER THE SOURCE**

When considering what types of protein are best, it's important to understand that you can obtain healthy sources of protein without high levels of saturated fat. A 6-ounce broiled porterhouse steak is a great source of protein—38 grams worth. But it also delivers 44 grams of fat, 16 of them saturated. That's almost three-fourths of the recommended daily intake for saturated fat. The same amount of salmon gives you 34 grams of protein and 18 grams of fat, 4 of them saturated. A cup of cooked lentils has 18 grams of protein, but less than 1 gram of fat.

When choosing protein-rich foods, pay attention to what comes along with the protein. Vegetable sources of protein, such as beans, nuts, and whole grains, are excellent choices, and they offer healthy fiber, vitamins and minerals. The best animal protein choices are fish and poultry. If you are partial to red meat, stick with the leanest cuts, choose moderate portion sizes, and make it only an occasional part of your diet.

If you’re looking for a convenient way to obtain healthy protein as well as high levels of antioxidants, you might consider the Xocai High-Antioxidant X Protein Meal Replacement...
Every Xocai High Antioxidant X-Protein Meal Replacement Shake has an astounding 56,500 antioxidant ORAC points to fight the fat-promoting effects of free radicals. Each shake contains:

- 190 Calories
- 19 Amino Acids
- 21 g. Protein (from whey isolates)
- 8 g. Fiber
- Only 3 g. Fat
- <0.5 g Sugar
- <1% Lactose
- 50% daily recommended allowance of vitamins

Whey protein isolate is pure protein with little to no fat or carbohydrates. And whey protein isolate supplementation is getting a lot of attention in the scientific community. A recent study by Australian researchers found that whey protein isolate improved a number of health risk factors in overweight or obese adults. The research conducted at Curtin University, evaluated the effects of whey protein supplementation on a number of health risk factors in a group of overweight or obese adults. After the 12 weeks, the researchers found that whey protein consumption helped improve cholesterol levels, insulin levels, blood pressure and artery stiffness.

Now that you’ve increased your knowledge of antioxidants and protein, you can effectively enhance your diet and allow good health to take shape.
Creating a High-Antioxidant Meal Plan

Recommend: Reading the O2 Diet by Keri Glassman and High-Antioxidant Wellness System by Xocai™ for recipes and additional information on high antioxidant eating plans

High Antioxidant Protocol to lose 20 pounds or more using Protein Meal Shake

- Replace 2 meals with 2 protein Shakes
- Eat one sensible meal
- Generally, keep calories to 1200/ day for women and 1500/ day for men. (If you have 100 pounds or more to lose, you might want to increase your intake up to an additional 300 calories.)
- Eat 3 – 4 power snacks during the day that total 200/250 calories for appetite suppression or cravings
- Determine your “Hunger Scale” to determine what kind of meal or snack you should eat
- Try to consume no more than 1200 calories per day for women and 1500 calories per day for men
- Beginners: Exercise for approximately 20 minutes 3-5 times a week
- Intermediate/Advance: 30-60 minutes 3- 5 times a week

*Before starting a weight-loss program, please consult your physician.

Hunger Scale

Use the hunger scale guidelines below to assist you in determining what kind of meal or snack to eat and the amount you should intake. An ideal measurement should be between a 3 and 4.

<table>
<thead>
<tr>
<th>Hunger Measurement</th>
<th>What it means</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. “Stuffed”</td>
<td>I don’t ever want to eat again</td>
</tr>
<tr>
<td>2. Satisfied/Full</td>
<td>I should have skipped the last few bites</td>
</tr>
<tr>
<td>3. Comfortable/Neutral</td>
<td>I’m not hungry or full</td>
</tr>
<tr>
<td>4. Slightly hungry</td>
<td>I suppose I could probably eat</td>
</tr>
<tr>
<td>5. Very hungry</td>
<td>Wow-I’m hungry</td>
</tr>
<tr>
<td>6. Famished/Dizzy/Faint</td>
<td>I’m so hungry I could eat my fist!</td>
</tr>
</tbody>
</table>
## Examples of High ORAC, 500-600 Calorie Meals

<table>
<thead>
<tr>
<th>Protein (5-6 oz. Portion)</th>
<th>Vegetables</th>
<th>Fats</th>
<th>Carbs</th>
<th>Miscellaneous</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuna fish (Fresh or canned)</td>
<td>2 cups of mixed raw onions, peppers, tomatoes</td>
<td>1 tbsp. flax oil</td>
<td>1 cup slow-cooked oatmeal</td>
<td>1 cup green or herbal tea</td>
</tr>
<tr>
<td>Skinless Chicken Breast</td>
<td>3 cups mixed salad greens (spinach, lettuce, etc.)</td>
<td>1-2 tbsp. olive oil</td>
<td>1 cup brown rice</td>
<td>1.5 cups cantaloupe</td>
</tr>
<tr>
<td>Salmon, sea bass, halibut or other coldwater fish</td>
<td>3 cups steamed broccoli, cauliflower, carrots and other vegetables</td>
<td>1 tbsp. reduced-fat salad dressing</td>
<td>1 cup whole-grain pasta</td>
<td>1 pear or apple</td>
</tr>
<tr>
<td>All lean red meats</td>
<td>6-8 stems steamed asparagus</td>
<td>Half an avocado</td>
<td>½ cup edamame (soybeans; low salt)</td>
<td>High ORAC herbs and spices; cinnamon, turmeric, cayenne, rosemary, cloves, etc.</td>
</tr>
<tr>
<td>Cottage cheese (4-6 oz.) 2 large eggs, or 5 oz. tofu</td>
<td>2 cups raw, stewed or cooked cabbage</td>
<td>2 tbsp. coconut milk</td>
<td>1 cup cooked barley</td>
<td>Lemon, olive oil, vinegar</td>
</tr>
<tr>
<td>Ground or sliced turkey</td>
<td>2 cups grilled eggplant</td>
<td>1-2 tbsp. peanut butter</td>
<td>1 slice whole-grain bread</td>
<td>1 tsp. Dijon Mustard</td>
</tr>
<tr>
<td>1.5 cups lentils, pinto beans, black beans, or other legumes</td>
<td>2 cups cooked kale</td>
<td>2 tbsp. nuts of your choice</td>
<td>1 cup broiled winter squash, sweet, potato or yam</td>
<td>½ pink grapefruit, 1 plum, or 1 small orange</td>
</tr>
</tbody>
</table>

**Notes:** **Meats** should be baked, boiled or broiled, and never breaded or fried. **Protein** portion sizes should be about 5 – 6 oz. You can also generally eat as many **green vegetables** as you desire.
Protein Food Choices

The following is a list of foods and their protein content in grams:

**Dairy Products**
- Egg whites: 7 whites = 25 grams
- Cottage cheese (nonfat): 1 cup = 28 grams
- Mozzarella cheese (nonfat): one 1-ounce stick = 8 grams
- Yogurt (nonfat, sugar-free): one 6-ounce carton = 5 grams
- Yogurt (nonfat, plain): 1 cup = 14 grams
- Milk (nonfat): 1 cup = 10 grams

**Meats**
- Beef (lean): 3 ounces (cooked weight) = 25 grams
- Chicken breast: 3 ounces (cooked weight) = 25 grams
- Turkey breast: 3 ounces (cooked weight) = 25 grams
- Turkey ham: 4 ounces (cooked weight) = 18 grams
- Pork tenderloin: 3 ounces (cooked weight) = 24 grams

**Fish**
- Ocean-caught fish: 4 ounces (cooked weight) = 25 to 31 grams
- Shrimp, crab, lobster: 4 ounces (cooked weight) = 22 to 24 grams
- Tuna: 4 ounces (water packed) = 27 grams
- Scallops: 4 ounces (cooked weight) = 25 grams

**Beans, Lentils, and Grains**
- Beans (black, pinto, etc.): ½ cup (cooked) = 7 grams
- Lentils: ½ cup (cooked) = 9 grams
- Quinoa: ½ cup (cooked) = 6 grams
- Tofu: ¼ block = 7 grams
- Veggie burger: one burger = 5 to 20 grams (varies by brand)

**Note:** Some ready-to-eat cereals are also good protein sources. Check labels. Some have more than 10 grams of protein per serving.

**Xocai Products**
- 1 High-Antioxidant X Protein Meal Replacement Shake = 21 grams
- Xocai Protein Bar = 10 grams
Antioxidant Choices
(There are a LOT more!)

Cacao, Unprocessed (1 cup = 108,750)
Strawberries (1 cup = 5,400)
Red Grapefruit (1/2 grapefruit = 1,900)
Lemon (1 ounce of lemon juice to each of 8 glasses of water)
Almonds (10 = 600)
Blueberries (1/2 cup = 4,350)
Granny Smith Apple (1/2 apple = 3600)
Plumb (1 plumb = 4,100)
Figs (2 figs =2,700)
Raspberries (1/2 cup = 3,000)
Apricot (3 apricots = 1,200)
Oat Bran Flakes (3/4 cup = 800)
Instant Oatmeal 91 packet = 600)
Sweet Potato (1 medium =2,400)
Red Potato with Skin (1 small = 1,800)
Black Beans (1/2 cup = 7,800)
Kidney Beans (1/2 cup = 7,800)
Lentils (1/2 cup = 7,500)
Pinto Beans (1/2 cup = 7,000)
Red Cabbage (1/2 cup cooked = 2,400)
Kale (1 cup = 1,770)

Onion (1 cup = 1,600)
Red Bell Pepper (1 cup = 1,400)
Tomato Sauce (1 cup = 900)
Eggplant (1 cup = 800)
Lettuce (1 cup = 700)
Avocado (1/4 = 700)
Green Tea (1 cup = 3000)
Black Tea (1 cup = 2,700)
Cranberry Juice (1/2 cup = 1,100)
Pomegranate Juice (1/2 cup = 2,900)
Orange Juice (1/2 cup = 900)

Refer to the USDA’s website for more information