

Ignite Jumpstart Approved Foods

Lean Proteins

4-6 Ounces Per Meal

Beef (<i>lean cuts</i>)	Mahi Mahi	Talapia
Chicken Breast	Orange Roughy	Tofu
Eggs	Oysters	Trout
Elk	Red Snapper	Tuna
Flounder	Rockfish	Turkey Breast
Grouper	Salmon	Venison
Haddock	Sardine	
Herring	Sea Bass	
Liver	Shrimp	
Lobster	Swordfish	

Healthy Fats

1 Serving Per Meal

Coconut Oil (1T)	Sunflower Oil (1T)	Almonds (1/4 cup)
Olive Oil (1T)	Avocado (1/4 fruit)	Natural Almond Butter (2T)
Sesame Oil (1T)	Pumpkin Seeds (1/4 cup)	Natural Peanut Butter (2T)

Vegetables

2 Cups Per Meal

Arugula	Cauliflower	Onions
Asparagus	Celery	Scallion
Bell Peppers	Endive	Snow Peas
Broccoli	Green Beans	Spinach
Brussels Sprouts	Kale	Squash
Cabbage	Romaine Lettuce	Tomatoes
Carrots	Mushrooms	Zucchini

High Protein Snacks

1 Serving Per Snack

2% Cottage Cheese (1/2 cup)	Sliced Turkey Breast (3-5 slices)
0% Fat Greek Yogurt Plain (6 ounces, less than 6 grams of sugar)	Lean Shake (1 Scoop)
	Hard Boiled Eggs (2 whole)

Other

White Wine Vinegar	Balsamic Vinegar	Lemon Juice
Red Wine Vinegar	Apple Cider Vinegar	Unsweetened Almond Milk (1 cup)
Teriyaki Sauce	Lime Juice	