

# 8-Day Jumpstart Approved Foods

This is a suggested list of approved foods to help guide you through the 8-Day Jumpstart plan. Feel free to customize your meal plans to your preferences with the list below.

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## Lean Proteins

4-6 Ounces Per Meal

Beef (lean cuts)  
Chicken  
Eggs  
Elk  
Flounder

Grouper  
Herring  
Liver  
Lobster  
Mahi Mahi  
Orange Roughy  
Oysters  
Red Snapper  
Salmon

Sardine  
Scallops  
Sea Bass  
Shrimp  
Swordfish  
Tilapia  
Tofu  
Tuna  
Turkey

Turkey Bacon  
Turkey Sausage  
Venison

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## Healthy Fats

1 Serving Per Meal

Almonds, unsalted (1/4 C)  
Avocado (1/4 fruit)  
Coconut Oil (1 T)  
Macadamia Nuts, unsalted (1/4 C)  
Natural Almond Butter (2 T)

Natural Peanut Butter (2 T)  
Olive Oil (1 T)  
Pumpkin Seeds, unsalted (1/4 C)  
Sesame Oil (1 T)  
Sunflower Oil (1 T)

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Walnuts, unsalted (1/2 C)

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## Vegetables

1-2 Cups Per Meal

Alfalfa Sprouts  
Artichokes  
Arugula  
Asparagus  
Bok Choy  
Broccoli  
Brussels Sprouts

Cabbage  
Cauliflower  
Celeriac  
Celery  
Chicory  
Chili Peppers  
Chives  
Cilantro  
Collard Greens  
Cucumbers  
Eggplant

Endive  
Fennel  
Ginger  
Green Beans  
Kale  
Leeks  
Lettuce (Romaine)  
Mustard Greens  
Okra  
Onion  
Radishes

Scallion  
Spinach  
Turmeric  
Turnips  
Watercress  
Zucchini

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## High-Protein Snacks

1 Serving Per Snack

Hard-Boiled Eggs  
(2 whole eggs)

Lean Shake (1 scoop)  
\*Multiple shakes per day require more than 1 bag of Lean.

Turkey Breast (3-5 oz.)

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## Other

Apple Cider Vinegar  
Balsamic Vinegar  
Lemon Juice  
Lime Juice

Red Wine Vinegar  
Unsweetened Almond Milk (1 C)  
Unsweetened Cashew Milk (1 C)  
Unsweetened Coconut Milk (1 C)

White Wine Vinegar

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