

8-Day Jumpstart

During your initial 8-Day Jumpstart program you will limit your carbohydrate, fat, and sugar intake. Focus on staying under 40 grams of carbohydrates during this program for real results.

Jumpstart Sample Meal Plan	
Wake Up	8 oz. of water
Breakfast	Lean shake Products: 2 Axion, 1 oz. Global Blend, 3 Advanced Omega
Mid-Morning Snack	High-protein snack Example: 2 hard-boiled eggs Product: 1 Xyng
Lunch	4-6 oz. lean protein, 1-2 C vegetables, and 1 serving healthy fats Example: Garlic Chicken Zucchini 344 Calories Products: 2 Cheat (30 minutes prior to meal), 1 Trimstix, 1 Spryng
Afternoon Snack	High-protein snack Example: 3-5 oz. turkey breast Product: 1 Accelerate
Dinner	4-6 oz. lean protein, 1-2 C vegetables, and 1 serving healthy fats Example: Grilled Snapper with Red Onion 305 Calories Products: 1-2 Xr2 and 1 Probiotix after dinner
Before Bed	12 oz. water Product: 2 Flush

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.

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

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)

Walnuts, unsalted (1/2 C)

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

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.)

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
