

# 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