

# 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.

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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)

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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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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Lime Juice

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White Wine Vinegar

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