

Post-Jumpstart Keto

Congrats on finishing the restorative 8-day Jumpstart! You are ready to start adding extra calories to your daily intake. Aim for 1200-1400 daily calories for women and 1500-1700 daily calories for men while on the Keto plan. Check out your Keto Post-Jumpstart Approved Foods List on the next page for more tasty options to add to your routine.

Post-Jumpstart Keto 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-fat snack Example: 1 String cheese Product: 1 Xyng
Lunch	Example: Avocado Chicken Salad Carbs 11g Protein 60 g Fat 27g Products: 2 Cheat (30 minutes prior to meal), 1 Trimstix, 1 Spryng
Afternoon Snack	High-fat snack Example: 1/4 C Almonds, unsalted Product: 1 Accelerate
Dinner	Example: Sausage and Veggie Bake Carbs 17g Protein 23 g Fat 30 g Product: 1-2 Xr2 and 1 Probiotix after dinner
Before Bed	12 oz. water Product: 2 Flush

Keto Approved Foods

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

Fatty Proteins

4-6 Ounces Per Meal

Bacon
Beef
Boca Burgers (low-carb)
Chicken (dark meat)
Eggs

Elk
Flounder
Grouper
Herring
Lamb
Liver
Lobster
Mahi Mahi
Orange Roughy

Oysters
Pork (avoid added sugar)
Red Snapper
Salmon
Sardine
Sausage
Scallops
Sea Bass
Shellfish

Shrimp
Swordfish
Tilapia
Tofu
Tuna
Turkey
Turkey Bacon
Turkey Sausage

Healthy Fats

2 Servings Per Meal

Avocado (1/2 fruit)
Avocado Oil (1 T)
Butter/Ghee (1 T)
Cheese (2 oz.)
Coconut Oil (1 T)

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

Vegetables

1-2 Cups Per Meal

Artichokes
Arugula
Asparagus
Bell Peppers
Bok Choy
Broccoli
Brussels Sprouts
Butternut Squash

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

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

Radishes
Scallion
Snow Peas
Spinach
Squash
Tomatoes
Turmeric
Turnips
Watercress
Zucchini

High-Fat Snacks

1 Serving Per Snack

Almonds, unsalted (1/4 C)
Macadamia Nuts, unsalted (1/4 C)
Natural Almond Butter (3 T)

String Cheese (1 stick)
Walnuts, unsalted
(1/4 C halves)

Other

Apple Cider Vinegar
Balsamic Vinegar

Lime Juice
Lemon Juice
Red Wine Vinegar
Soy Sauce (low-sodium)

Unsweetened Almond Milk (1 C)
Unsweetened Cashew Milk (1 C)
Unsweetened Coconut Milk (1 C)

Vinegar
White Wine Vinegar

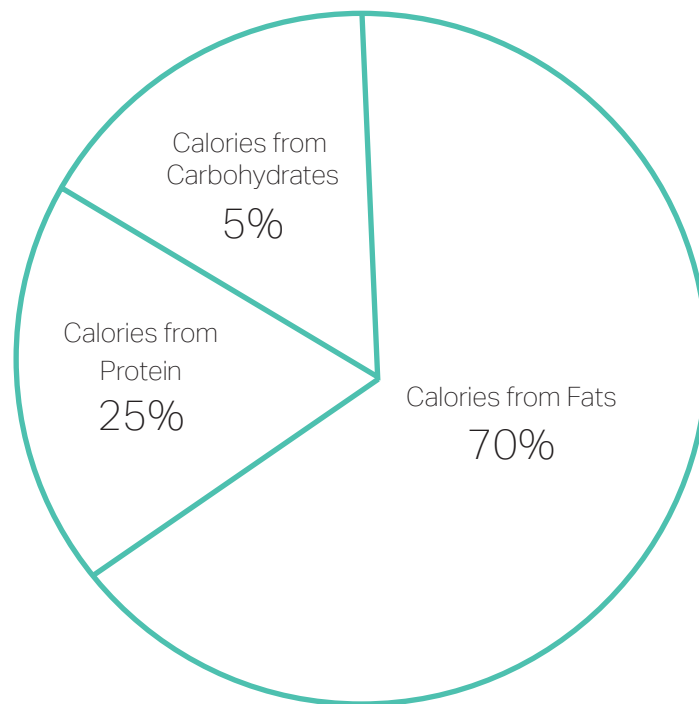
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Afternoon Snack	High-fat snack Example: 1/4 C Almonds, unsalted Product: 1 Accelerate
Dinner	Example: Sausage and Veggie Bake Carbs 17g Protein 23 g Fat 30 g Product: 1-2 Xr2 and 1 Probiotix after dinner
Before Bed	12 oz. water Product: 2 Flush

Post-Jumpstart Keto Higher-Calorie

If you've heard about the Keto diet, you've probably heard about macros. Macronutrients are the three main energy sources used by your body: fat, protein, and carbohydrates. The Keto standard for macros is 70-25-5



Xyngular's standard Keto Meal Plan aims for 1200-1400 calories for women and 1500-1700 calories for men. This higher-calorie plan increases these calories to 1500-1700 daily calories for women and 1700-2000 daily calories for men. This plan is a great option for individuals who are very active or who have 40 lbs or more to lose.

Calculating your macros is easy!

Check out the example below for a 1500 calorie daily limit.

$$(1500 \text{ calories} * 70\%) / 9 = 117 \text{ grams of fat per day}$$

$$(1500 \text{ calories} * 25\%) / 4 = 94 \text{ grams of protein per day}$$

$$(1500 \text{ calories} * 5\%) / 4 = 19 \text{ grams of carbohydrates per day}$$

Post-Jumpstart Keto Sample Meal Plan—Higher-Calorie

Wake Up	8 oz. of water
Breakfast	6 oz. fatty protein, 2 cups vegetables, 3 servings of healthy fats Example: Vegetable Frittata and 2 slices turkey bacon Carbs 6 g Protein 20 g Fat 19 g Products: 2 Axion, 1 oz. Global Blend, 3 Advanced Omega
Mid-Morning Snack	High-fat snack and 1 cup vegetables Example: 1 String cheese and 1 C celery Product: 1 Xyng
Lunch	6 oz. fatty protein, 2 cups vegetables, 3 servings of healthy fats Example: Grilled Skirt Steak Greek Salad Carbs 8 g Protein 34 g Fat 24 g Products: 2 Cheat (30 minutes prior to meal), 1 Trimstix, 1 Spryng
Afternoon Snack	High-fat snack Example: 3/4 C Walnuts and 1 C cucumbers Products: 1 Accelerate, 1 Lean shake
Dinner	6 oz. fatty protein, 2 cups vegetables, 3 servings of healthy fats Example: Roasted Chicken Thighs with Brussels Sprouts Carbs 10 g Protein 51 g Fat 24 g Products: 1-2 Xr2 and 1 Probiotix after dinner
Before Bed	12 oz. water Product: 2 Flush

Keto-Approved Foods

Higher-Calorie

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

Fatty Proteins

6 Ounces Per Meal

Bacon	Elk	Oysters	Shrimp
Beef	Flounder	Pork (avoid added sugar)	Swordfish
Boca Burgers (low-carb)	Grouper	Red Snapper	Tilapia
Chicken (dark meat)	Herring	Salmon	Tofu
Eggs	Lamb	Sardine	Tuna
	Liver	Sausage	Turkey
	Lobster	Scallops	Turkey Bacon
	Mahi Mahi	Sea Bass	Turkey Sausage
	Orange Roughy	Shellfish	

Healthy Fats

3 Serving Per Meal

Avocado (1/2 fruit)	MCT Oil (2 T)
Avocado Oil (2 T)	Olive Oil (2 T)
Butter/Ghee (2 T)	Pumpkin Seeds, unsalted (1/2 C)
Cheese (2 oz.)	Sesame Seeds, unsalted (1/2 C)
Coconut Oil (2 T)	Sunflower Oil (2 T)

Vegetables

2 Cups Per Meal

Artichokes	Cabbage	Fennel	Scallion
Arugula	Carrots	Ginger	Snow Peas
Asparagus	Cauliflower	Green Beans	Spinach
Bell Peppers	Celeriac	Kale	Squash
Bok Choy	Celery	Leeks	Tomatoes
Broccoli	Chicory	Lettuce (Romaine)	Turmeric
Brussels Sprouts	Chili Peppers	Mushrooms	Turnips
Butternut Squash	Chives	Mustard Greens	Watercress
	Cilantro	Okra	Zucchini
	Collard Greens	Onion	
	Cucumbers	Parsnips	
	Eggplant	Radishes	
	Endive		

High-Fat Snacks

1 Serving Per Snack

Almonds, unsalted (1/2 C)	String Cheese (1 stick)
Macadamia Nuts, unsalted (1/3 C)	Walnuts, unsalted (3/4 C halves)
Natural Almond Butter (3 T)	

Other

Apple Cider Vinegar	Lime Juice	Unsweetened Almond Milk (1 C)	Vinegar
Balsamic Vinegar	Lemon Juice	Unsweetened Cashew Milk (1 C)	White Wine Vinegar
	Red Wine Vinegar	Unsweetened Coconut Milk (1 C)	
	Soy Sauce (low-sodium)		
