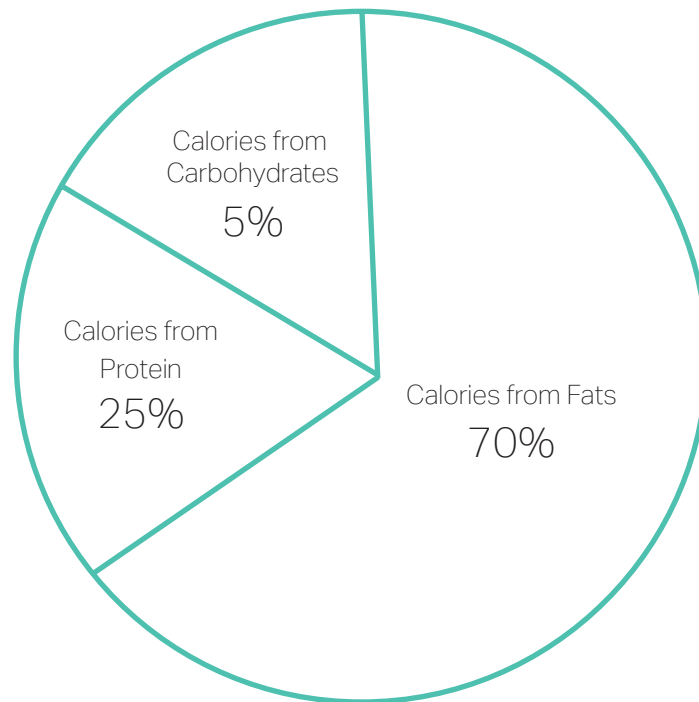


Post-Jumpstart Keto Higher-Calorie

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
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

3 Serving Per Meal

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

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

Vegetables

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 (1/2 C)
Macadamia Nuts, unsalted (1/3 C)
Natural Almond Butter (3 T)

String Cheese (1 stick)
Walnuts, unsalted (3/4 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
