

# Post-Jumpstart Low Carb Higher-Calorie

Xyngular's Low-Carb plan requires you to remain under 60 grams of carbohydrates each day. The higher-calorie meal plan option increases to 70 grams and increases the calories allowed for your cheat day.

This higher-calorie plan is great for individuals who are very active or have more than 40 lbs. to lose.

Post-Jumpstart Low-Carb Sample Meal Plan—Higher-Calorie	
Wake Up	8 oz. of water
Breakfast	6 oz. lean protein, 2 servings of healthy fats, 1 cup fruit Example: Asian Style Omelet and blueberries   378 Calories Products: 2 Axion, 1 oz. Global Blend, 3 Advanced Omega
Mid-Morning Snack	High-protein snack Example: 1/2 C 2% fat cottage cheese Product: 1 Xyng
Lunch	6 oz. lean protein, 3 C vegetables, and 2 servings healthy fats Example: Southwest Turkey Burgers   369 Calories Products: 2 Cheat (30 minutes prior to meal), 1 Trimstix, 1 Spryng
Afternoon Snack	High-protein snack Products: 1 Accelerate and 1 scoop Lean shake
Dinner	6-8 oz. lean protein, 3 C vegetables, and 2 servings healthy fats Example: Steak Chimichurri with Tomato Salad   521 Calories Products: 1 Xr2 and 1 Probiotix after dinner
Before Bed	12 oz. water Product: 2 Flush

## Higher-Calorie High Carb Meal Guidelines

This Post-Jumpstart plan allows you to add one high-carb meal per week. A high-carb meal, even with a higher-calorie plan each week can help you stay on track, satisfy cravings, and boost your metabolism.

- Limit your high-carb meal to once per week.
- Your single high-carb meal should contain no more than half your total daily calorie limit, 750-850 calories for women, and 900-1000 calories for men.
- Do not exceed 1900 calories per day for women and 2100 calories for men.

# Low-Carb Approved Foods

## Higher-Calorie

This is a suggested list of approved foods to help guide you through the Low-Carb Higher-Calorie 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)  
Boca Burgers (low-carb)  
Chicken  
Eggs  
Elk

Flounder  
Grouper  
Herring  
Liver  
Lobster  
Mahi Mahi  
Orange Roughy  
Oysters  
Pork

Red Snapper  
Salmon  
Sardine  
Scallops  
Sea Bass  
Shrimp  
Steak  
Swordfish  
Tilapia

Tofu  
Tuna  
Turkey  
Turkey Bacon  
Turkey Sausage  
Venison

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### Healthy Fats

2 Servings Per Meal

Almonds, unsalted (1/4 C)  
Avocado (1/4 fruit)  
Cheese (2 oz.)  
Coconut Oil (1 T)  
Macadamia Nuts, unsalted (1/4 C)

Natural Almond Butter (2 T)  
Natural Peanut Butter (2 T)  
Olive Oil (1 T)  
Peanuts, dry roasted (1/4 C)  
Pistachios (1/4 C)

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

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### Vegetables

3 Cups Per Meal

Alfalfa Sprouts  
Artichokes  
Arugula  
Asparagus  
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  
Snap Peas  
Snow Peas  
Spaghetti Squash  
Spinach  
Turmeric  
Turnips  
Watercress  
Zucchini

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### Fruits

1 Serving Per Snack

Blackberries (1/2 C)  
Blueberries (1/2 C)  
Cantaloupe (1/2 C)

Honeydew (1/2 C)  
Peaches (1/2 C)  
Raspberries (1/2 C)

Strawberries (1/2 C)  
Tomatoes (1/2 C)  
Watermelon (1/2 C)

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### High-Protein Snacks

1 Serving Per Snack

2% Fat Cottage Cheese (1/2 C)  
Beans (1/4 C)  
Cheese (2 oz.)  
Hard-Boiled Eggs (2 whole eggs)

Hummus (1/4 C)  
Lean Shake (1 scoop)  
Non-Fat Greek Yogurt (6 oz., less than 6g of sugar)

Turkey Breast (3–5 oz.)  
Vinegar  
White Wine Vinegar

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### Other

Apple Cider Vinegar  
Balsamic Vinegar  
Lemon Juice  
Lime Juice  
Red Wine Vinegar

Soy Sauce (low-sodium)  
Unsweetened Almond Milk (1 C)  
Unsweetened Cashew Milk (1 C)  
Unsweetened Coconut Milk (1 C)  
White Wine Vinegar

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