

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
