

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