

Post-Jumpstart Low Carb

You've finished the first eight days! You now have the option to get one higher-carb meal built into your weekly plan. Refer to your Approved Foods list for extra grocery shopping options.

Post-Jumpstart Low-Carb 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-protein snack Example: 6 oz. non-fat Greek yogurt Products: 1 Xyng
Lunch	4-6 oz. lean protein, 1-2 C vegetables, and 1 serving healthy fats Example: Zucchini Noodles with Kale Pesto Chicken 630 Calories Products: 2 Cheat (30 minutes prior to meal), 1 Trimstix, 1 Spryng
Afternoon Snack	High-protein snack Example: 1 Lean shake Products: 1 Accelerate
Dinner	4-6 oz. lean protein, 1-2 C vegetables, and 1 serving healthy fats Example: Balsamic Meatballs 230 Calories Products: 1 Xr2 and 1 Probiotix after dinner
Before Bed	12 oz. water Product: 2 Flush

Low-Carb Approved Foods

This is a suggested list of approved foods to help guide you through the Low-Carb plan. Feel free to customize your meal plans to your preferences with the list below.

Pay special attention to the Post-Jumpstart additions to include after your initial 8-day program.

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

Healthy Fats

1 Serving 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 (1T)
Sunflower Oil (1 T)
Walnuts,
unsalted (1/2 C)

Vegetables

1-2 Cups Per Meal

Alfalfa Sprouts
Artichokes
Arugula
Asparagus
Bok Choy
Broccoli
Brussels Sprouts

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

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

Parsnips
Radishes
Snap Peas
Snow Peas
Spaghetti Squash
Spinach
Turmeric
Turnips
Watercress
Zucchini

Fruits-Optional

Fruits are higher in carbohydrates. If you choose to add fruit to your diet, limit your serving to 1/4 C a few times a week.

Blackberries
Blueberries
Cantaloupe
Honeydew
Peaches
Raspberries

Strawberries
Tomatoes
Watermelon

High-Protein Snacks

1 Serving Per Snack

2% Fat Cottage Cheese (1/2 C)
Beans
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.)

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