

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