



Ultimate Jumpstart Approved Foods

Lean Proteins

4-6 Ounces Per Meal

Beef (*lean cuts*)
Chicken Breast
Eggs
Elk
Flounder
Grouper
Haddock
Herring
Liver
Lobster

Mahi Mahi
Orange Roughy
Oysters
Red Snapper
Rockfish
Salmon
Sardine
Sea Bass
Shrimp
Swordfish

Talapia
Tofu
Trout
Tuna
Turkey Breast
Venison

Healthy Fats

1 Serving Per Meal

Coconut Oil (1T)
Olive Oil (1T)
Sesame Oil (1T)

Sunflower Oil (1T)
Avocado (1/4 fruit)
Pumpkin Seeds (1/4 cup)

Almonds (1/4 cup)
Natural Almond Butter (2T)
Natural Peanut Butter (2T)

Vegetables

2 Cups Per Meal

Arugula
Asparagus
Bell Peppers
Broccoli
Brussels Sprouts
Cabbage
Carrots

Cauliflower
Celery
Endive
Green Beans
Kale
Romaine Lettuce
Mushrooms

Onions
Scallion
Snow Peas
Spinach
Squash
Tomatoes
Zucchini

High Protein Snacks

1 Serving Per Snack

2% Cottage Cheese (1/2 cup)
0% Fat Greek Yogurt Plain (6 ounces,
less than 6 grams of sugar)

Sliced Turkey Breast (3-5 slices)
Lean Shake (1 Scoop)
Hard Boiled Eggs (2 whole)

Other

White Wine Vinegar
Red Wine Vinegar
Teriyaki Sauce

Balsamic Vinegar
Apple Cider Vinegar
Lime Juice

Lemon Juice
Unsweetened Almond Milk (1 cup)