



8-Day Jumpstart

Foods We Love

Focus on high-protein, vegetables, and healthy fat options! Check this list for foods we love on your 8-Day Jumpstart.

Lean Proteins 4-6 oz

Beef (lean cuts)	Fish	Tuna
Chicken	Protein Powder (Xyngular Lean)	Turkey
Chicken Sausage (2 links)	Shellfish	Turkey Bacon (2 slices)
Eggs	Tofu	Turkey Sausage (2 links)

Non-Starchy Vegetables 1-2 C

Alfalfa Sprouts	Celery	Mustard Greens
Artichokes	Chili Peppers	Okra
Arugula	Collard Greens	Onion
Asparagus	Cucumbers	Radishes
Bell Peppers	Eggplant	Scallion
Broccoli	Green Beans	Spinach
Brussels Sprouts	Kale	Turnips
Cabbage	Leeks	Watercress
Carrots	Lettuce	Zucchini
Cauliflower	Mushrooms	

Healthy Fats 1Tbs (unless otherwise specified)

Almonds (1/4 C unsalted)	Macadamia Nuts (1/4 C unsalted)	Pecans (1/4 C unsalted)
Avocado (1/4 fruit)	Natural Almond Butter	Pumpkin Seeds (1/4 C unsalted)
Avocado Oil	Natural Peanut Butter	Sesame Oil
Coconut Oil	Olive Oil	Sunflower Oil
Flax Seeds	Peanuts (1/4 C unsalted)	Walnuts (1/4 C unsalted)
Grapeseed Oil		





Drinks 8 oz

Black Coffee*
Black Tea*
Infused Water
Ex: Lemon, lime, mint,
ginger, cucumber

Sparkling Water (flavored
and unflavored)
Unsweetened Almond Milk
Unsweetened Cashew Milk
Unsweetened Coconut Milk

*Monitor caffeine intake.

Condiments

Apple Cider Vinegar
Balsamic Vinegar
Dijon Mustard
Hot Sauce (low sodium)

Mayonnaise
Lemon Juice
Lime Juice
Red Wine Vinegar

Seasonings & Spices
(fresh and dried)
White Wine Vinegar

Snacks 1/4 C

Almonds (unsalted)
Avocado
Dill Pickle (low sodium)
Edamame
Eggs
Grilled Chicken

Hummus
Kale Chips
Macadamia Nuts (unsalted)
Peanuts (unsalted)
Peanut Butter and Celery
Pecans (unsalted)

Pumpkin Seeds (unsalted)
Sunflower Seeds (unsalted)
Turkey Breast
Vegetables
Walnuts (unsalted)

Pro Tip: Mix up your daily snacks and try something new every day.

Food to Avoid

Alcohol
Baked Goods
Dairy
Fried Foods
Fruit

High-Fat Foods
Ex: Deli meat, margarine
High-Sodium Foods
Ex: Pork (bacon, sausage, salami)
Pasta
Pre-Packaged Foods

Soda (including diet soda)
Sugar-Sweetened Beverages
Vegetable Juice
Vegetable Oil

