



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)
Chicken
Chicken Sausage (2 links)
Eggs

Fish
Protein Powder (Xyngular Lean)
Shellfish
Tofu

Tuna
Turkey
Turkey Bacon (2 slices)
Turkey Sausage (2 links)

Non-Starchy Vegetables 1-2 C

Alfalfa Sprouts
Artichokes
Arugula
Asparagus
Bell Peppers
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower

Celery
Chili Peppers
Collard Greens
Cucumbers
Eggplant
Green Beans
Kale
Leeks
Lettuce
Mushrooms

Mustard Greens
Okra
Onion
Radishes
Scallion
Spinach
Turnips
Watercress
Zucchini

Healthy Fats 1Tbs

Almonds (unsalted)
Avocado (1/2 fruit)
Avocado Oil
Coconut Oil
Flax Seeds
Grapeseed Oil

Macadamia Nuts (unsalted)
Natural Almond Butter
Natural Peanut Butter
Olive Oil
Peanuts (unsalted)
Pecans (unsalted)

Pumpkin Seeds (unsalted)
Sesame Oil
Sunflower Oil
Walnuts (unsalted)





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

*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 1/2 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)

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

