

Ignite Approved Foods



Independent Distributor

8-DAY JUMPSTART APPROVED FOODS

Lean Proteins

4-6 oz. per meal

Beef (lean cuts) Eggs
Chicken Breast Elk
Flounder Grouper
Haddock Herring
Liver Lobster
Mahi Mahi Oysters
Red Snapper Rockfish
Salmon Sardine
Sea Bass Shrimp
Swordfish Talapia
Tofu Trout
Tuna Venison

Turkey Breast
Natural Almond Butter (2T)
Natural Peanut Butter (2T)
Orange Roughy

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)

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

High Protein Snacks

1 serving per snack

2% Cottage Cheese (1/2 cup)
0% Fat Greek Yogurt Plain (6 ounces)
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

POST-JUMPSTART LOW CARB APPROVED FOODS

Lean Proteins

4-6 oz. per meal

Beef Eggs
Chicken Breast Elk
Flounder Grouper
Herring Liver
Lobster Mahi Mahi
Orange Roughy Oysters
Red Snapper Salmon
Sardine Scallops
Sea Bass Shrimp
Swordfish Tilapia
Tofu Tuna
Turkey Venison
Turkey Bacon
Turkey Sausage

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)

High Protein Snacks

1 serving per snack

2% Cottage Cheese (1/2 cup)
0% Fat Greek Yogurt Plain (6 ounces)
Sliced Turkey Breast (3-5 slices)
Lean Shake (1 Scoop)
Hard Boiled Eggs (2 whole)
Macadamia Nuts (1/4 cup)

Grains

1 serving per meal
Whole Wheat Bread (1 slice)
Steel Cut Oats (1/2 cup)

Vegetables

2 cups. per meal

Artichokes Arugula
Asparagus Beets
Bell Peppers Bok Choy
Brussels Sprouts Broccoli
Cabbage Carrots
Cauliflower Celeriac
Celery Cilantro
Chicory Chili Peppers
Chives Collard
Greens Cauliflower
Cucumbers Eggplant
Endive Fennel
Ginger Green Beans
Kale Leeks
Lettuce (Romaine) Okra
Mushrooms Onion
Mustard Greens Parsnip
Scallion Snap Peas
Snow Peas Spinach
Squash Turmeric
Turnips Watercress
Zucchini

Fruits

1/2 cup per day

Blueberries Blackberries
Raspberries Strawberries
Medium Orange

Other

Red Wine Vinegar
White Wine Vinegar
Lemon Juice
Lime Juice
Teriyaki Sauce
Balsamic Vinegar

POST-JUMPSTART KETO APPROVED FOODS

Fatty Proteins

4-6 oz. per meal

Beef Eggs
Elk Flounder
Grouper Herring
Lamb Liver
Lobster Mahi Mahi
Orange Roughy Oysters
Salmon Sardine
Scallops Sea Bass
Shrimp Swordfish
Tilapia Tofu
Tuna Turkey
Turkey Bacon Red Snapper
Turkey Sausage
Pork (avoid added sugar)
Bacon/Sausage (avoid sugar)

Healthy Fats

2 serving per meal

Coconut Oil (1T)
Olive Oil (1T)
Avocado Oil (1T)
Butter/Ghee (1T)
MCT Oil (1T)
Avocado (1/4 fruit)

High Fat Snacks

1 serving per snack

2% Cottage Cheese (1/2 cup)
Almond Butter (3T)
Macadamia Nuts (1/4 cup)
String Cheese (1 stick)
Walnuts (1/2 cup - halves)
Lean Shake

Vegetables

2 cups. per meal

Artichokes Arugula
Asparagus Beets
Bell Peppers Bok Choy
Brussels Sprouts Broccoli
Cabbage Carrots
Cauliflower Celeriac
Celery Cilantro
Chicory Chili Peppers
Collard Greens Chives
Cucumbers Eggplant
Endive Fennel
Ginger Green Beans
Kale Leeks
Mushrooms Okra
Lettuce (Romaine) Onion
Mustard Greens Parsnip
Scallion Snow Peas
Spinach Squash
Turmeric Turnips
Watercress Zucchini

Other

White Wine Vinegar
Red Wine Vinegar
Balsamic Vinegar
Lime Juice
Lemon Juice

Notes:

Ultimate Approved Foods



Independent Distributor

8-DAY JUMPSTART APPROVED FOODS

Lean Proteins

4-6 oz. per meal

Beef (lean cuts) Eggs
 Chicken Breast Elk
 Flounder Grouper
 Haddock Herring
 Liver Lobster
 Mahi Mahi Oysters
 Red Snapper Rockfish
 Salmon Sardine
 Sea Bass Shrimp
 Swordfish Talapia
 Orange Roughy Tofu
 Trout Tuna
 Turkey Breast Venison
 Natural Almond Butter (2T)
 Natural Peanut Butter (2T)

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)

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

High Protein Snacks

1 serving per snack

2% Cottage Cheese (1/2 cup)
 0% Fat Greek Yogurt Plain (6 ounces)
 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

POST-JUMPSTART LOW CARB APPROVED FOODS

Lean Proteins

4-6 oz. per meal

Chicken Breast Eggs
 Elk Flounder
 Grouper Herring
 Liver Lobster
 Orange Roughy Mahi Mahi
 Oysters Red Snapper
 Salmon Sardine
 Scallops Sea Bass
 Shrimp Swordfish
 Tilapia Tofu
 Tuna Turkey
 Turkey Bacon Venison
 Turkey Sausage

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)

Other

White Wine Vinegar
 Red Wine Vinegar
 Balsamic Vinegar
 Lime Juice
 Lemon Juice

Vegetables

2 cups. per meal

Artichokes Arugula
 Asparagus Beets
 Bell Peppers Broccoli
 Brussels Sprouts Bok Choy
 Cabbage Carrots
 Cauliflower Celeriac
 Celery Cilantro
 Chicory Chili Peppers
 Collard Green Chivess
 Cauliflower Cucumbers
 Eggplant Endive
 Fennel Ginger
 Green Beans Kale
 Lettuce (Romaine) Leeks
 Mustard Greens Mushrooms
 Okra Onion
 Parsnip Scallion
 Snap Peas Snow Peas
 Spinach Squash
 Turmeric Turnips
 Watercress Zucchini

High Protein Snacks

1 serving per snack

2% Cottage Cheese (1/2 cup)
 0% Greek Yogurt (6 oz)
 Hard Boiled Eggs (2 whole eggs)
 Turkey Breast (3-5 slices)
 Lean Shake (1 scoop)
 Cheese (2 ounces)

POST-JUMPSTART KETO APPROVED FOODS

Fatty Proteins

4-6 oz. per meal

Beef Steak Eggs
 Elk Flounder
 Grouper Herring
 Lamb Liver
 Lobster Mahi Mahi
 Orange Roughy Oysters
 Red Snapper Salmon
 Sardine Scallops
 Sea Bass Shrimp
 Swordfish Tilapia
 Tofu Tuna
 Turkey Bacon Turkey
 Turkey Sausage
 Pork (avoid added sugar)
 Bacon/Sausage (avoid sugar)

Healthy Fats

2 serving per meal

Coconut Oil (1T)
 Olive Oil (1T)
 Avocado Oil (1T)
 Butter/Ghee (1T)
 MCT Oil (1T)
 Avocado (1/4 fruit)

Other

White Wine Vinegar
 Red Wine Vinegar
 Balsamic Vinegar
 Lime Juice
 Lemon Juice

Vegetables

2 cups. per meal

Artichokes Arugula
 Asparagus Beets
 Bell Peppers Bok Choy
 Brussels Sprouts Broccoli
 Cabbage Carrots
 Cauliflower Celeriac
 Celery Cilantro
 Chicory Chili Peppers
 Collard Greens Chives
 Cucumbers Endive
 Eggplant Fennel
 Ginger Green Beans
 Kale Leeks
 Lettuce (Romaine) Mushrooms
 Mustard Greens Okra
 Onion Parsnip
 Scallion Snow Peas
 Spinach Squash
 Turmeric Turnips
 Watercress Zucchini

High Fat Snacks

1 serving per snack

Almond Butter (3T)
 Macadamia Nuts (1/4 cup)
 String Cheese (1 stick)
 Walnuts (1/2 cup - halves)
 Lean Shake

Notes:

Core Meal Plans Drink at least 64 oz of water each day.



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CORE LOW CARB MEAL PLAN	
Wake up	~8 oz water
Breakfast	~4-6 oz Lean Protein ~1 cup Fruit ~1 cup (prepared) Oats
Morning Snack	~High protein snack ~2 Xyng
Lunch	~4-6 oz. Lean Protein Meal ~ 2 cups Vegetables ~1 serving Healthy Fats
Afternoon Snack	~Lean shake
1/2 hr. b-4 Lunch	~2 Cheat w/ Water
Dinner	~4-6 oz. Lean Protein Meal ~ 2 cups Vegetables ~1 serving Healthy Fats
Before Bed	~1-2 Flush* w/ 12 oz. water

CORE KETO MEAL PLAN	
Wake up	~8 oz water
Breakfast	~4-6 oz Fatty Protein ~1 cup Vegetables ~ 2 servings Healthy Fats
Morning Snack	~High Fat Snack ~2 Xyng
Lunch	~4 oz Fatty Protein ~ 2 cups Vegetables ~2 servings Healthy Fats
Afternoon Snack	~Lean Shake
1/2 hr. b-4 Lunch	~2 Cheat w/ Water
Dinner	~4-6 oz. Fatty Protein Meal ~ 2 cups Vegetables ~1 serving Healthy Fats
Before Bed	~1-2 Flush* w/ 12 oz. water

NOTES*

Starting with 1 **Xyng** capsule with food, gradually work up to 2 capsules on an empty stomach.

Take **Flush** daily as part of the 8-day jumpstart; then take an 8 day break. Then, take every Saturday and Sunday as a mini cleanse.

Always take **Cheat** with at least 8oz of water.

Contact your coach w/ questions.

CORE KETO APPROVED FOODS

Fatty Proteins

4 oz. per meal

Beef Steak	Eggs
Elk	Flounder
Grouper	Herring
Lamb	Liver
Lobster	Mahi Mahi
Orange Roughy	Oysters
Red Snapper	Salmon
Sardine	Scallops
Sea Bass	Shrimp
Swordfish	Tilapia
Tofu	Tuna
Turkey	Turkey
Bacon	Turkey Sausage
Pork (avoid added sugar)	
Bacon/Sausage (avoid sugar)	

Vegetables

2 cups. per meal

Artichokes	Arugula
Asparagus	Beets
Bell Peppers	Bok Choy
Brussels Sprouts	Broccoli
Cabbage	Carrots
Cauliflower	Celeriac
Celery	Cilantro
Chicory	Chili Peppers
Collard Greens	Chives
Cucumbers	Eggplant
Endive	Fennel
Ginger	Green Beans
Kale	Leeks
Lettuce (Romaine)	Okra
Mustard Greens	Mushrooms
Onion	Parsnip
Scallion	Snow Peas
Spinach	Squash
Turmeric	Turnips
Watercress	Zucchini

Healthy Fats

2 serving per meal

Coconut Oil (1T)
Olive Oil (1T)
Avocado Oil (1T)
Butter/Ghee (1T)
MCT Oil (1T)
Avocado (1/4 fruit)

High Fat Snacks

1 serving per snack

Almond Butter (3T)
Macadamia Nuts (1/4 cup)
String Cheese (1 stick)
Walnuts (1/2 cup - halves)
Lean Shake

Other

White Wine Vinegar
Red Wine Vinegar
Balsamic Vinegar
Lime Juice
Lemon Juice

Lean Smoothie

Mix 1 scoop of Lean with 8 oz. water, almond milk, rice milk, or coconut milk.

Add-in options in shaker or with ice in blender:

- Chocolate: 1T unsweetened baking cocoa
- Coffee: 1T instant coffee crystals
- Mocha: combine coffee crystals and baking cocoa
- Spice: cinnamon, nutmeg cloves, or other favorites
- Fruity: add Global Blend/ Xypstix

CORE LOW CARB APPROVED FOODS

Lean Proteins

4-6 oz. per meal

Chicken Breast	Elk
Flounder	Grouper
Herring	Liver
Lobster	Mahi Mahi
Orange Roughy	Oysters
Red Snapper	Salmon
Sardine	Scallops
Sea Bass	Shrimp
Swordfish	Tilapia
Tofu	Tuna
Turkey Bacon	Turkey
Turkey Sausage	Venison

Vegetables

2 cups. per meal

Arugula	Asparagus	Beets
Bell Peppers	Bok Choy	Broccoli
Brussels Sprouts	Cabbage	Carrots
Cauliflower	Celeriac	Celery
Chili Peppers	Cilantro	Chicory
Collard Greens	Cauliflower	Chives
Cucumbers	Eggplant	Endive
Green Beans	Fennel	Ginger
Lettuce (Romaine)	Kale	Leeks
Mustard Greens	Mushrooms	Okra
Onion	Parsnip	Scallion
Snap Peas	Snow Peas	Spinach
Squash	Turmeric	Turnips

Fruits

1/2 cup/day

Blueberries	Blackberries
Raspberries	Strawberries

High Protein Snack

1 serving/snack

2% Cottage Cheese (1/2 cup)
0% Fat Greek Yogurt Plain (6 oz)
Sliced Turkey Breast (3-5 slices)
Lean Shake (1 Scoop)
Hard Boiled Eggs (2 whole)
Cheese (2 oz.)

Healthy Fats

1 serving/meal

Coconut Oil (1T)
Olive Oil (1T)
Sesame Oil (1T)
Sunflower Oil (1T)
Avocado (1/4 fruit)
Pumpom Seeds! (1/4 cup)

Other

Balsamic Vinegar
White Wine Vinegar
Red Wine Vinegar
Lime Juice
Lemon Juice

Grains

<u>1 serving/day:</u> Sprouted Bread (1 slice)	Steel Cut Oats (1/2 cup)
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