



# QuickStart Guide

Let's Start Tracking!

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# Welcome to JumpstartMD!

We're excited to support you on your journey to lasting weight loss and better health.

JumpstartMD is a medically proven, science-backed approach that focuses on **the quality of your calories—not the quantity**. Instead of counting calories or feeling deprived, you'll learn how to enjoy satisfying, nutrient-dense foods that naturally promote fat burning. Big picture, our approach is simple:

## Eat real, nutrient-dense food that is:

- Low in carbohydrate
- Rich in high quality protein
- Replete with healthy, natural fats

Whole, fresh foods



Nutrient rich carbs



Moderate protein



Healthy fats



Over the coming weeks, you'll discover why conventional advice—eat less, avoid fat, exercise more—often fails. Today, we're starting with the essentials.



## Your First Steps

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For now and during your next few visits, focus on:

- ✓ Limiting carbohydrates
- ✓ Ensuring adequate consumption of high-quality protein
- ✓ Embracing healthy fats

Most importantly, you should **never feel hungry or miserable**.  
If you do, let us know—we're here to help!

# The JumpstartMD Food Pyramid

The traditional USDA food pyramid, with grains as its foundation, was never supported by solid science. In fact, it may have contributed to the rise in obesity and chronic disease. Instead, **use the JumpstartMD Food Pyramid as your guide**— a visual reminder of what a healthy diet (and approach to weight loss) looks like.



# All Calories Are Not Created Equal

Calories come from three macronutrients: protein, fat and carbohydrates. But **not all calories are the same**—your body processes each type differently, impacting both your weight and overall health.

Below, you'll see the three macronutrients: **Protein, Carbohydrates, and Healthy, Natural Fats** – the building blocks of a balanced diet.

Protein



Carbohydrates



Natural Healthy Fats



# Eat High Quality Protein— But Not Too Much

Protein is essential for building muscle, bones, skin and blood—and it naturally helps control hunger. You’ll find it in meat, seafood, eggs, dairy, nuts, and legumes (like beans, tofu, and seitan).

At JumpstartMD, we follow a “Goldilocks” approach to protein: not too little, but not too much.

## Your First Protein Goals

For now and during your next few visits, focus on:

- ✓ **Identify** high quality protein-rich foods
- ✓ **Portion correctly**—aim for 3–4 oz. of meat or seafood at lunch and dinner (about the size of your palm or a deck of cards)
- ✓ **Use protein (and healthy fats) to replace carbs** in your diet

### Remember:

Many protein sources naturally contain healthy fats, which are beneficial and shouldn’t be avoided.

## AVOID FOR NOW\*

- **Beans**
- **Chickpeas**
- **Lentils**

While these are good sources of protein, they also are high in carbohydrate and should be avoided at this time Box.

\*You may be able to add back limited quantities in two weeks. Tell your health coach or clinician if this is of interest

\*\*Beans can be included week 1 for vegetarians / vegans. Limit to 1 cup daily





## RECOMMENDED PROTEIN

Meat (all kinds)

Poultry (all kinds)

Fish and seafood

Full-fat dairy (cheese, cottage cheese, plain Greek yogurt, etc.)

Eggs (whole)

Soy-based proteins (tofu, seitan and tempeh, etc.)



# Don't Fear Healthy, Natural Dietary Fat

Despite common myths, **dietary fat is not fattening**. In fact, it plays a crucial role in weight loss, weight maintenance, and overall health by:

- ✓ Curbing hunger and promoting fullness
- ✓ Encouraging fat burning
- ✓ Stabilizing blood sugar for optimal weight loss
- ✓ Supporting heart health and reducing disease risk
- ✓ Aiding brain function and cognitive performance
- ✓ Forming a key part of cell membranes

## How to Think About Fat:

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- ✓ **Let go of dietary fat phobia**—embrace healthy, natural dietary fats
- ✓ **Eat fat until satisfied**—no need to overdo it
- ✓ **Choose full-fat foods** over low-fat or non-fat versions



# Recommended Healthy, Natural Dietary Fats

Eat healthy, natural fats until satisfied, including:

- ✓ **Saturated fats** – Found in eggs, low carb dairy (whole cream, butter, cheese, unsweetened Greek yogurt), meats, fish, and coconut oil. Despite common myths, these fats do not increase heart disease risk.
- ✓ **Monounsaturated fats** – Found in olive oil, avocado oil, nuts, seeds, and avocados.

## Portion Guidelines

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For now and during your next few visits, focus on:

- ✓ **Nuts & seeds** – Limit to a small handful per day (use as a condiment).
- ✓ **Avocado** – Limit to ½ per day due to carb content





NUTS (ALL)	Seeds (all)	Oils	Dairy	Plant based
Almonds	Chia	Avocado	Butter	Avocado
Cashews	Flax	Coconut	Ghee	Olives Coconut: flakes & milk (unsweetened)
Macadamia	Hemp	Olive	Heavy Cream: Liquid or whipped (unsweetened)	
Peanuts	Sesame	Safflower (high-oleic)		
Pistachios	Sunflower	Sesame		
Walnuts				

### AVOID THESE INFLAMMATORY FATS

- **Polyunsaturated vegetable oils (aka “partially hydrogenated”):** corn, soybean, sunflower, cottonseed, safflower (non-high-oleic); margarine, butter substitutes and other trans-fats.

# Cut the Carbs

Carbohydrates—especially those from **grains, starches, sugars, and processed foods**—encourage fat storage and increase the risk of diseases like type 2 diabetes.

## Key Facts About Carbs

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For now and during your next few visits, focus on:

- ✓ Your body doesn't need them—it can adapt to generate energy needs from fat, in particular.
- ✓ During weight loss, you'll avoid most carbs to facilitate fat burning.
- ✓ In the Lifestyle phase, you'll gradually reintroduce carbs in amounts tailored to your needs.

## Allowed Nutrient Dense “Low Glycemic” Carbs for Weight Loss

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- ✓ **Non-starchy vegetables** (nutrient-dense, fiber-rich)
- ✓ **Low glycemic fruits** (added later, based on progress)

These foods provide fiber, vitamins, minerals, and antioxidants—without promoting weight gain.



# Recommended Nutrient Dense Carbs

FREE VEGETABLES (EAT AS MUCH AS YOU'D LIKE)	
Alfalfa sprouts	Greens (chicory, mustard, spinach, Swiss chard)
Bamboo shoots	Lettuces (arugula, green and red leaf, frisee, radicchio, romaine, etc.)
Bok choy	Mushrooms, raw
Celery	Endives





PREFERRED VEGETABLES (LIMIT TO ROUGHLY 2 CUPS IN TOTAL PER DAY)		
Artichoke hearts	Cauliflower	Okra
Artichokes	Cucumber	Radishes
Asparagus	Eggplant	Sauerkraut
Bean sprouts	Green beans	Snow peas
Bell peppers	Jicama	Spaghetti squash
Broccoli	Kale	Squash, summer (including zucchini)
Brussel sprouts	Leeks	Tomatoes
Cabbage	Mushrooms, cooked	Turnips

**Note:** Onions are surprisingly high in carbohydrates and should be used sparingly.

# Avoid Nutritionally Empty Carbs

Clear your pantry, refrigerator, and kitchen of high-carb foods, and do your best to avoid them when eating out.

At first, this may feel challenging since these foods are staples of the modern diet. But stick with it—within a couple of weeks, cravings will fade or even disappear.

AVOID GRAINS AND REFINED CARBS INCLUDING, BUT NOT LIMITED TO		
Buns	Couscous	Pastries
Biscuits	Crackers	Pie
Bread	Donuts	Popcorn
Bulgur	Granola	Pretzels
Cakes	Granola bars	Quinoa
Cookies	Oatmeal	Rice
Cereal	Muffins	Tortillas
Chips	Pasta	Turnips

**Note:** Instead of telling yourself that you “can’t” eat these foods, experiment with describing yourself as someone who “doesn’t” eat these foods.

Psychologists who specialize in behavior change have found that this slight shift (from a restriction to a personal definition) makes it much more likely that people will stick to their desired habits.



**AVOID FRUIT FOR YOUR FIRST 3 WEEKS.**



**AVOID STARCHES:**

Carrots (for now)	Peas, green
Cassava / yuca	Potatoes
Corn	Sweet potatoes / yams
Parsnips	Winter squash (e.g. acorn, butternut)





<b>AVOID SUGARS AND SWEETENERS (LOOK FOR THESE ON INGREDIENT LABELS)</b>		
Agave nectar	Fructose	Molasses
Carob	Fruit syrup concentrate	Rice syrup, brown rice syrup
Cane syrup, cane crystals, evaporated cane juice	Glucose	Sugar (white, brown, cane, invert, etc.)
Corn syrup	High Fructose Corn Syrup (HFCS)	Sucrose
Syrup (maple, chocolate, cane, fruit)	Honey	
Dextrin, dextrose	Malt syrup, maltodextrin, maltose	
<b>AVOID SWEETS</b>		
Candy, including sugar-free	Jelly/Jam	Yogurt, sweetened
Chocolate	Juice (all kinds, even if it says "no sugar added")	Yogurt, frozen
Dates	Non-diet soda	
Ice cream	Sorbet/Sherbet	

# Alternative and Artificial Sweeteners

In general, **avoid sweeteners**—even alternatives—since they can:

- ⊘ Habituate the body to food sweetness and trigger sugar cravings
- ⊘ Disrupt gut bacteria, potentially leading to weight gain and disease

## If You Must Use Sweeteners, Choose These (Limit to 1–2 Servings/Day)

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- ✓ Allulose
- ✓ Monk fruit
- ✓ Stevia (pure form, not powdered)
- ⊘ **Avoid powdered artificial sweeteners** mixed with fillers like dextrin or maltodextrin, which contain hidden sugars.



## Beverages: Water is Best

For hydration, **water should always be your first choice**. Aim for 80–100 oz. of fluid daily, with at least half coming from water, unless advised otherwise by your clinician or coach.

### Alcohol Guidelines

- ✓ Best results come from **avoiding alcohol** altogether.
- ✓ If you do drink, **limit to 1–2 low/no-carb drinks, no more than 1–2 times per week**.
- ⊘ **Avoid beer and sugary mixed drinks entirely.**

ADDITIONAL BEVERAGE OPTIONS	
Coffee and tea	Limit 1 - 2 per day if caffeinated (note: dairy milk and some milk alternatives are higher in carbs; if you like your coffee or tea lightened, use half and half, heavy cream or suggested milk alternative instead.
Non-caloric beverage	No limit (i.e. sparkling water). Lemon / lime squeeze is fine. Limit diet soda to 12 ounces per day
Salty broth or bouillon	1 - 2 cups per day encouraged for first few weeks
Almond, coconut, hemp and soy milks (unsweetened)	Limit 16 ounces per day



AVOID LIQUID CARBS		
<b>ALL HIGH-CARB BEVERAGES</b>		
Soda	Sweetened tea/coffee	Sweetened milks
Rice and oat milk	Punch	Tonic water
All fruit juice (even if it says no sugar added)		
<b>HIGH-CARBOHYDRATE ALCOHOLIC BEVERAGES</b>		
Non-lite beer	High sugar mixed drinks	Drink mixes

**One soda**  
contains the equivalent  
of 10 cubes of sugar



# Exercise: For Wellness, Not Weight Loss

Exercise is great for overall health, physique, and well-being—but despite common belief, **it's not the key to weight loss.**

## Guidance Based on Your Current Routine

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**Already exercising?** Keep it up! Just be aware that you may experience a temporary dip in performance as your body adapts to a low-carb diet.

**New to exercise?** Focus on adjusting your diet first. We can help you build a fitness plan later.

For now, **limiting carbs and consuming moderate amounts of high-quality protein and healthy fats** is the most effective way to drive weight loss and promote metabolic health.



# Preventing and Treating Side Effects

## Guidance Based on Your Current Routine

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A **low-carb diet causes increased water and sodium (salt) losses**, which can lead to temporary side effects. These are normal and easily managed with proper hydration and electrolyte (especially salt) replacement.

## How to Prevent and Treat Side Effects

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- ✓ **Replenish fluids** – Drink 80–100 oz. of fluids daily, mostly water.
- ✓ **Replace sodium (salt)** – Consume 2–4 grams of salt (sodium chloride) daily by:
  - Salting your food liberally
  - Drinking 1–2 cups of bone, miso, bouillon, or other salty broth
- ✓ **Supplement electrolytes** – Add JumpstartMD electrolyte replacement to your water

**Important:** If you have congestive heart failure or kidney disease, consult your JumpstartMD clinician to individualize your sodium and fluid intake.



## Remedies for Specific Side Effects

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- ✓ **Dizziness:** Drink 2 cups of salted broth.
- ✓ **Fatigue:** Increase water intake, limit caffeine, and drink 2 cups of salted broth regularly.
- ✓ **Headaches:** Drink more water and 2 cups of salted broth. Use over-the-counter pain relievers as needed.
- ✓ **Leg Cramps:** Increase water intake, drink 2 cups of salted broth, and consult your clinician about JumpstartMD Essential Tri-Mag or other electrolytes.
- ✓ **Constipation:** Increase water, drink 2 cups of salted broth, and discuss JumpstartMD supplements (Omega-3, Tri-Mag, Fiber, Gut Support Pack, other) with your clinician.

## When to Seek Help

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If symptoms **persist or worsen**, call your **primary JumpstartMD Center** or speak with your **health coach or clinician** at your next visit.\*

\*Seek urgent medical attention if concerned.

# Worksheet: What Will I Eat?

Please look over the previous categories of recommended macronutrients and the following meal and snack options to identify what you find appealing.

Next, use the foods you've selected to come up with two days' worth of breakfast, lunch and dinner meals plus four snack options.



# Meal Ideas

## Breakfast

- **Bacon**
- **Chia seed pudding:** mix chia seeds with a JumpstartMD approved milk alternative, heavy cream, or half and half; flavor with vanilla extract, nuts, and approved sweetener if desired
- **Eggs (any way):** fried, scrambled, poached, coddled, baked, hardboiled, soft-boiled, etc., and cooked in heavy cream, cheese, butter, and/or olive oil
- **Full-fat plain Greek yogurt with optional toppings:** unsweetened nuts, unsweetened coconut shavings, vanilla extract
- **JumpstartMD coffee:** mix in 2 scoops of JumpstartMD Collagen Powder into hot or iced coffee or espresso, and add heavy cream or an approved milk alternative. As an option add a healthy dietary fat such as butter, ghee, coconut or MCT oil, and, only if needed, an approved sweetener
- **Low-carb smoothie:** make with your preferred combination of full-fat plain Greek yogurt, JumpstartMD protein powder or collagen, non-starchy greens, nut butter, etc.
- **Omelet or frittata:** cook in olive oil and/or butter and make with your preferred combination of cheese, heavy cream, mushrooms, meat, and non-starchy vegetables
- **Sausage** (links or patties)
- **Smoked fish** (e.g. salmon, trout)



## Lunch/Dinner

- **Arugula salad** with shaved parmesan, goat cheese, or feta +/- added eggs / meats / seafood / non- starchy vegetables
- **Baked, grilled, poached, broiled salmon** (or any fish) with garlic butter, salt and pepper, etc
- **Braised greens**
- **Broiled portobello:** topped with shallots, garlic butter, and parsley
- **Bun-free hamburger** with cheese, wrapped in lettuce (avoid fries, and watch for sugar / high fructose corn syrup in the ketchup)
- **Bun-free hot dog** link with mustard Caesar salad with dressing (hold the croutons)
- **Canned sardines or tuna** in olive oil Chef salad with ham, cheddar cheese, hard-boiled egg and blue cheese dressing
- **Creamed spinach**
- **Frittata** (see the description under breakfast for ideas)
- **Grilled lamb chops**
- **Grilled or sautéed shrimp**
- **Low-carb nicoise salad:** lettuce, hardboiled eggs, tuna, anchovies, capers, olives, olive oil vinaigrette (hold the potatoes)
- **Mixed green salad** with feta crumbles and olive oil and balsamic dressing
- **Roasted or grilled pork**
- **Roll-up** (large dill pickle wrapped with roast beef deli meat and dipped in mustard or cream cheese)
- **Rotisserie chicken**
- **Sautéed mushrooms**
- **Sautéed Swiss chard** with garlic and butter
- **Steak** with herbed butter melted on top
- **Stir-fry with tofu** and/or chicken, pork, bok choy, mushrooms, snow peas, and bamboo shoots
- **Warm spinach salad** with olive oil, salt, pepper and nutmeg +/- goat cheese



## Snack Ideas

- **Beef or turkey jerky** (no added sugar)
- **Salty broth**
- **Celery** stuffed with cream cheese or no sugar added peanut butter
- **Cheddar cheese** cubes or sticks
- **Cottage cheese, full-fat**
- **Dill pickle**
- **Eggs** deviled or hardboiled
- **Full-fat string cheese**
- **JumpstartMD protein bars or protein shakes**
- **Laughing Cow or Babybel cheese**
- **Nuts** (small handful, no-sugar-added)
- **Pepperoni or salami slices**
- **Plain Greek yogurt**, full-fat, with no sugar, added toppings (coconut, nuts, seeds)
- **Smoked salmon** with cream cheese, dill, and/or sliced cucumbers

## Additional Resources

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- ✓ Explore the JumpstartMD app and ask Rumi for meal ideas aligned with your plan.
- ✓ View aligned recipes in our “Favorite Recipe Blogs” handout
- ✓ Check out JumpstartMD approved delivery services in our “Meal and Grocery Delivery” handout
- ✓ Ramp up your kitchen creations with some ideas from our “Kitchen Supplies” handout.

## What Should I Buy?

Now you know what foods to eliminate from your home and diet, please use the next few days to stock up on some healthier alternatives. Replace the foods you've discarded with your favorite low carb **no sugar added\*** options.

**If you have questions about specific foods, jot them down and bring them to your next visit.**

- **Almond / coconut flour**
- **Butter and ghee** (grass fed)
- **Canned fish in olive oil**
- **Cheese** (all kinds)
- **Chicken/poultry\*** (all kinds)
- **Cream cheese**
- **Crème fraiche**
- **Eggs**
- **Fresh, frozen or canned non-starchy vegetables\***
- **Full-fat cottage cheese**
- **Full-fat plain Greek-style yogurt\***
- **Half & half / heavy cream**
- **Herbs, seasonings & spices\***
- **Lemons / limes**
- **Meat\*** (all kinds)
- **Non-sweetened beverages** (coffee, black or herbal tea, seltzer, unsweetened cocoa, etc.)
- **Nuts** (no sugar added)
- **Nut and seed butters\*** (peanut, almond, etc.)
- **Oils** (avocado, olive, coconut, canola, high oleic safflower, sesame)
- **Olives / capers / artichoke hearts**
- **Salad dressings\***
- **Salsa\***
- **Salty broth** (chicken, beef, miso, bone, or vegetable)
- **Sauces & condiments\*** (mustard, soy sauce and sauerkraut, etc.)
- **Seafood and shellfish** (all kinds)
- **Seeds** (chia, flax, pumpkin, etc.)
- **Sour cream**
- **Sweeteners** (optional, see list on page 19)
- **Tomato sauce\***
- **Tofu / tempeh / seitan**
- **Unsweetened soy, almond, hemp or coconut milk** (not rice or oat milk)
- **Vanilla or other extract\***

# Your Assignment

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- 1 Clean out your kitchen** – Remove high-carb foods from your pantry, fridge, and counters. Stock up on low-carb alternatives.
- 2 Follow a structured meal plan** – Eat breakfast, lunch, and dinner, with 1–2 optional snacks (mid-morning or mid-afternoon). If interested in intermittent fasting, discuss options with your clinician.
- 3 Avoid high-carb foods** – No grains, starches, sugars, or (for now) fruits.
- 4 Load up on “Free” veggies** and enjoy up to 2 cups from the “preferred” list.
- 5 Eat high quality protein** – Keep meat and seafood portions to 3–4 oz. (about the size of your palm or a deck of cards) at lunch and dinner.
- 6 Embrace healthy, natural fats** – Eat fat to satisfaction (not too little, not too much).
- 7 Stay hydrated** – Drink 80–100 oz. of water daily. Avoid beverages with carbs.
- 8 Replenish sodium (salt) losses** – Liberally salt your food and drink 1–2 cups of salty broth per day to prevent side effects from dietary changes.
- 9 Limit alcohol** – Avoid alcohol for best results. If drinking, stick to 1–2 no or low-carb drinks, no more than 1–2 times per week. Avoid beer and sweetened mixed drinks entirely.

## Parting Thoughts

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You have taken the first courageous step on an important journey to improved health and well-being. We are here to support and guide you along that path. Thank you for the trust and confidence you have placed in us.

As you go through this guide at home, please record any questions or concerns that arise, so that you can ask them at your next visit

### **Need Help? We've Got You!**

If you're not seeing the results you want on any JumpstartMD plan, your clinician is here to help. They can:

- ✓ Refine your nutrition plan
- ✓ Adjust macros & portion sizes
- ✓ Explore medications, hormone therapy, or supplements for extra support
- ✓ Recommend fitness strategies to optimize results

**Your success is our priority!**