

gotrim™

Rapid Results

Lose up to 2-3 pounds per week*

A DAY ON RAPID RESULTS

Below are examples of some of the foods you can eat. Supplement based on your Weight Loss Profile recommendation.



BREAKFAST

Veggie omelette



A.M. SNACK

Chocolate raspberry shake



LUNCH

Sunburst chicken salad



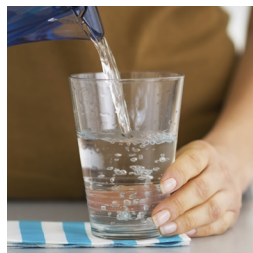
P.M. SNACK

Lettuce wraps



DINNER

Grilled salmon and asparagus



WATER

Eight (8 oz) glasses daily

WHY IT'S FOR YOU

You're extremely committed to achieving swift weight loss goals through an effective program. You'll shed fat and feel better, physically and emotionally, knowing you can do anything you set your mind to.



TLS® ACTS Adrenal, Cortisol, Thyroid & Stress Support Formula: May help to minimize certain stress-related issues (weight gain, difficulty sleeping, etc.)†

TLS® CORE Fat & Carb Inhibitor: Supports leptin sensitivity, which may help to manage hunger and stimulate lipolysis, and helps inhibit carbohydrate absorption†

GoTrim™ Slim: Assists your metabolism and promotes fat breakdown without compromising muscle mass†

TLS® Thermochrome™ V6: Increases energy and promotes thermogenesis†

TLS® Trim Tea: Helps promote weight loss and helps curb appetite†

TLS® Trim Café: Helps promote weight loss and helps curb appetite†

GoTrim™ Nutrition Shakes: Snack or occasional meal replacement†

†All recipes are found on GoTrim.com

*You should consult your physician before beginning this or any other weight management program. Individuals following the GoTrim™ Lifestyle System can expect to lose 1–2 pounds per week.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Rapid Results Power Foods

Breakfast: 1 serving protein, 2 servings vegetables, 0-1 serving good fat

A.M. Snack: Nutrition Shake, 1 serving of fruit

Lunch: 1 serving of protein, 2-3 servings of vegetables, 1 serving of good fat

P.M. Snack: 1 serving of fruit, 1 serving of protein or 1 serving of vegetables, or both

Dinner: 1-2 servings of protein, 2-3 servings of vegetables, 1 serving starch; 1-2 servings of good fat

VEGETABLES

6-9 servings per day

1 serving: ½-1 cup, all leafy greens 1 cup

Alfalfa sprouts
Artichokes
Arugula
Asparagus
Bean sprouts
Beets
Bell peppers
Bok choy
Broccoli
Brussels sprouts
Cabbage (red or white)
Carrots
Cauliflower
Celery
Chard
Collard greens
Cucumber
Dandelion greens
Eggplant
Endive
Greens (beet, kale, mustard, turnip)
Green beans
Green peas
Jerusalem artichokes
Jicama
Kohlrabi
Leeks
Lettuce (any)
Mushrooms
Okra
Onions
Parsley
Radicchio
Radishes
Rhubarb
Rutabaga
Sauerkraut
Scallions
Snow peas
Spaghetti squash
Spinach
Stir-fried vegetables (no sauce)
Summer squash
Swiss chard
Tomatoes (fresh)
Tomato juice (no salt), ½ cup
Tomato paste, 2 Tbsp
Tomato sauce, ½ cup, no sugar added
Vegetable juice (no salt), ½ cup
Water chestnuts
Watercress
Zucchini

STARCH

1 serving per day

1 serving: ½-1 cup

Acorn squash, ½ cup
Butternut squash, 1 cup
Kabocha, 1 cup
Purple potato, ½ of medium size
Quinoa, ½ cup
Sweet potato, ½ of medium size
Taro, ½ cup
Yam, ½ of medium size

GOOD FATS

2-4 servings per day

Oils (olive, avocado, coconut)
Avocado, ½ medium
Nuts and seeds, reference GoTrim™ FAQ for serving sizes
Coconut cream, 2-3 Tbsp
Olives (check serving size and watch for sodium content)

FRUIT

1-2 servings per day

1 serving: 1 medium fruit or 1 cup, unless otherwise noted

Apple
Apricots, 4 medium
Banana
Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), ¾ cup
Cantaloupe
Cherries, 12 large
Currants, 3 Tbsp
Dates (fresh), 2
Figs (fresh), 2
Gooseberries, ¾ cup
Grapefruit
Grapes
Guava
Honeydew melon
Kiwifruit
Kumquats, 4 medium
Lemon
Lime
Loganberries, ¾ cup
Loquats
Lychees, 7
Mandarin orange
Mulberries, ¾ cup
Nectarine
Orange
Papaya, ½ medium
Passion fruit
Peach
Pear
Pineapple, ½ cup
Plum
Pomegranate, ½ small
Raisins, 2 Tbsp
Starfruit
Tangelo
Tangerine

APPROVED SWEETENERS

Monk fruit powder
Stevia
Yacon syrup

PROTEIN

4-6 servings per day

1 serving (women): 4-6 oz with breakfast, lunch and dinner; 2-3 oz with snacks

1 serving (men): 6-8 oz with breakfast, lunch and dinner; 2-3 oz with snacks

Chicken or turkey (without skin)
Eggs or egg whites
Fresh fish (salmon, tuna, cod, sardines, flounder, snapper, trout, etc.)
Red meat, limited to 1-2 servings per week (beef, pork, lamb, buffalo, veal, bison or venison)
Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, crab, etc.)
TLS Nutrition Shake

VEGETARIAN OPTIONS*

Chia seeds, 4 oz
Hemp hearts, 3-4 Tbsp
Lentils (not canned)
Nutritional yeast, 4 Tbsp
Organic non-GMO tempeh
Organic non-GMO tofu
Quinoa
Spirulina, 4 Tbsp
Veggie or garden burger (grain-free)

*Please download the vegan and vegetarian handout for more information.

NUTRITION SHAKE

1 shake per day

The shake, when consumed, is considered a protein serving.

Other Rules:

Detox (7 days, optional)
No alcohol (for at least 21 days)
Water (minimum of 8 cups per day)
No grains
No dairy
No sugar
Supplementation (based on your Weight Loss Profile recommendation)
Exercise (4-5 days per week)
Daily journaling

Be sure to have either a meal or snack within 30 minutes of your workout. If you cannot eat within that time, the GoTrim™ Nutrition Shake is a great post-workout recovery snack.