



Café Menu Plan

WHY USE CAFÉ WITH THE GOTRIM™ CAFÉ MENU PLAN?

If you are looking for a simple, convenient way to help manage your weight, you may be closer than you think. Café uses a three-pronged approach to tackle weight management, targeting: satiety, appetite control and metabolic balance. It also contains ingredients that support cardiovascular health.[‡]

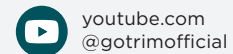
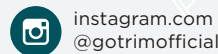
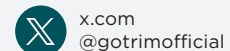
Following the GoTrim Café Menu plan will provide you with food choices that fuel your body with needed nutrients to maximize fat burning while adding variety and flavorful fare to your diet.



WHY USE CAFÉ?

In a 10-week study, participants who used GoTrim®+ (IGOOB131®) lost 28 pounds and 6.3% body fat compared to the control group, who only lost 1.5 pounds and 1.9% body fat.^{**}

Should you be interested in any other products, please consult your Coach for details.



[GoTrim.com](https://www.gotrim.com) #GoTrimJumpStart #FindYourFit

[†]Lipids in Health and Disease 2009, 8:7 DOI: 10.1186/1476-511X-8-7

^{*}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.

[‡]The average person using 300 mg of GoTrim[™] per day, eating sensibly and exercising regularly, can expect to lose up to 2 pounds per week and 4.1% body fat percentage lost over a 10 week period of time.

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^{**}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.

Café Power Foods

Breakfast: 1 serving of protein, 2 servings of vegetables, 1 serving of fruit

A.M. Snack: 1 serving of fruit, ½–1 serving of protein

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

P.M. Snack: ½–1 serving of protein or 1 serving of dairy and 1 serving of vegetables

Dinner: 1 serving of protein, 2–4 servings of vegetables, 1 serving of good fat

*Should you like to incorporate whole grains, beans or legumes into your program, it is recommended to limit them to no more than 2 servings per day

VEGETABLES

6–9 servings per day

1 serving: 1–2 cups unless otherwise noted

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
Ginger
Green beans
Green peas
Greens (beet, collard, dandelion, kale, mustard, turnip)
Hot peppers
Jerusalem artichokes
Jicama
Kohlrabi
Leeks
Lettuce (any)
Malanga
Mushrooms
Okra
Olives
Onions
Parsley
Pimientos
Radicchio
Radishes
Rhubarb
Rutabaga
Salsa
Sauerkraut
Scallions
Snow peas (no sugar)
Spinach
Squash leaves
Stir-fry vegetables (no sauce)
Taro root, ¼ cup
Tomatoes (fresh)
Tomato juice (no salt), ½ cup
Tomato paste, 2 Tbsp.
Tomato sauce, ½ cup
Vegetable juice (no salt), ½ cup
Vegetable soup (low-fat), ½ cup
Water chestnuts
Watercress
Zucchini

COACH: _____

WEBSITE: _____

PHONE: _____

FRUIT

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
Casaba melon
Cherries, 12 large
Currants, 3 Tbsp
Dates (fresh), 2
Figs (fresh), 2
Gooseberries, ¾ cup
Grapefruit
Grapes
Guava
Honeydew melon
Jackfruit
Kiwifruit
Kumquats, 4 medium
Lemon
Lime
Loganberries, ¾ cup
Loquats
Lychees, 7
Mandarin orange
Melon balls
Mulberries, ¾ cup
Nectarine
Orange
Papaya, ½ medium
Passion fruit
Peach
Pear
Pineapple, ½ cup
Plum
Pomegranate, ½ small
Raisins, 2 Tbsp
Sharon fruit
Starfruit
Tangelo
Tangerine

GOOD FAT

2 servings per day

Oils (olive, avocado, coconut, etc.)
Avocado, ½ medium
Nuts and seeds

PROTEIN

4–6 servings per day

1 serving (women): 4–6 oz with breakfast,
lunch and dinner

1 serving (men): 6–8 oz with breakfast, lunch
and dinner

Nutrition Shake
Chicken or turkey (without skin)
Eggs or egg whites
Fresh fish (salmon, sardines, flounder, snapper,
trout, tuna, etc.)
Lean veal
Red meat (limited to 1–2 servings per week) (beef,
pork, lamb, buffalo or venison)
Seafood (shrimp, scallops, clams, lobster, calamari,
squid, octopus, mussels, etc.)
Organic non-GMO tempeh
Organic non-GMO tofu
Veggie or garden burger (grain-free)
Canned tuna, salmon or sardines (packed in water)

DAIRY

1–2 servings per day

Those on a dairy-free diet may omit.

Milk
Cheese
Plain Greek yogurt
Yogurt
Sour cream

GOTRIM™ CAFÉ

Mix one stickpack with 6 fl. oz. of water. Can be used with hot or cold water. Most effective if taken 30–60 minutes before a meal, but not required. May use more or less water depending on preference of tea taste.

Other Rules:

Avoid alcohol
No sugar
No grains
Water (minimum of 8 cups per day)
Supplementation (may add additional supplements, as they all can be taken together if there are no contraindications)
Exercise (at least 3 days per week)