



gotrim™

30-Day  
Jump-Start Kit



# Ready, Set, Go!

Creating your own success  
has never been easier.

## OVERVIEW

Our 30-Day Jump-Start Kit is designed to start your weight loss journey the right way. We know you want fast results without compromising flavor or satiety, and that is why this Jump-Start is just the place to start. The two phases will get you looking and feeling great in no time. Phase 1 is a cleanse — a fresh start that not only gently cleanses your digestive tract but helps curb your cravings and prepares you for the second phase, which is the fat-burning phase. During the second phase, you will modify your food plan and add in exercise.\* This is where you really will see a loss of fat and inches.

### PHASE 1 — DETOX CLEANSE

#### DAYS 1-7

Kick off your weight loss journey with an invigorating cleanse! Phase 1 will curb cravings for sweet, fatty and salty foods while supporting your weight loss efforts. Bursting with fruits and vegetables, this detox is the first step to a brand new you.

### PHASE 1 — FAT BURNING

#### DAYS 8-30

Accelerate your weight loss efforts during Phase 2, which is specially created to target stubborn fat. During these weeks, you will reach the maximum phase of fat loss. You will shed those extra pounds of fat and ultimately feel better, both physically and emotionally.

\*Consult your health care provider before starting any weight management or exercise program.

Results not typical. Individuals following the GoTrim™ Lifestyle System as part of a healthy diet and exercise program can expect to lose 1-2 pounds per week.



# Jump-Start Strategies

- **Get plenty of sleep.** Getting adequate sleep helps your body function optimally and burn more fat.
- **No skipping meals.** Do not go more than four hours without eating while awake. As our plan outlines, consistently eating keeps your blood sugar levels even throughout the day. This assists with having more energy and being able to burn more fat!
- **No alcohol.** We know this may be a challenge for some, but alcohol negatively impacts your weight loss and health goals by turning to sugar and storing as fat.
- **Drink water.** At least 64 oz a day. There are so many health benefits aside from weight loss, so drink up.
- **Use spices and fresh herbs to enhance your meals.** Eating healthy should not mean bland. You can use fresh garlic, ginger, basil, cilantro and parsley. And a dash of salt, pepper, hot peppers, cayenne, turmeric, vinegar, mustard, Bragg® Liquid Aminos or low-sodium soy sauce goes a long way.
- **No grains, starches or dairy.** You'll be getting your carbohydrates from fruits and vegetables!
- **No sugar or artificial sweeteners.** Once you complete your cleanse week, you will notice your taste buds naturally adjust and foods taste sweeter, so you won't even need extra!
- **Choose raw, lightly steamed or grilled vegetables.** While there are studies that show raw vegetables may be better at times, we just want you to get your vegetables in!



## TIPS FOR TAKING “BEFORE AND AFTER” PHOTOS

**Pictures speak louder than words.** Before getting started on your 30-Day Jump-Start, be sure to take “before” photos. After just 30 days, you will see the physical rewards of your hard work.

- Photos should be full-body shots (from head to toe) consisting of one shot each from the front, side and back. Posing for a “before” picture in a bathing suit isn’t the thing most people like to do, but seeing how far you’ve come and the change to your shape is worth it! If you prefer to do it privately, just set your camera or cell phone camera to a timer and take the photos by yourself. Just be sure to take them!
- Photographic area should be well lit; dim lighting prevents detailed viewing.
- Along with your photo, we would love to hear about your journey. Be sure to tell us your story, along with how many inches and the weight you’ve lost!

[findyourfit@marketamerica.com](mailto:findyourfit@marketamerica.com)



**SHOW FULL BODY — HEAD TO TOE**



Ditch the diets for good; our system will keep your blood sugar levels even throughout the day, which assists in improving energy and mood while keeping you in fat-burning mode!

### 30-DAY JUMP-START CHECKLIST

- Clean out the junk food in the house.
- Go grocery shopping for approved foods.
- Make additional copies of the tracking sheet.
- Tell your friends and family you are committed to your program so they can support you.
- Take your before pictures, weight and measurements.

## 30-DAY JUMP-START CHECKLIST

| DAYS 1–7  | DAYS 8–30   |
|---|---|
| <ul style="list-style-type: none"> <li>• NutriClean® 7-Day Cleansing System with Stevia</li> <li>• Isotonix® Daily Essentials Packets (includes Multivitamin, Activated B-Complex, OPC-3® and Calcium Plus)</li> <li>• CORE Fat &amp; Carb Inhibitor</li> </ul> | <ul style="list-style-type: none"> <li>• Nutrition Shakes</li> <li>• CORE Fat &amp; Carb Inhibitor</li> <li>• Isotonix Daily Essentials Packets (includes Multivitamin, Activated B-Complex, OPC-3 and Calcium Plus)</li> </ul> |



From left: NutriClean 7-Day Cleansing System with Stevia, CORE Fat & Carb Inhibitor, Isotonix Daily Essentials Packets, Nutrition Shakes

## PRODUCT TESTIMONIALS

### NUTRICLEAN 7-DAY CLEANSING SYSTEM

“This has been my best cleanse ever. Gentle, easy, effective, with increased energy as an added plus.” – Kathleen S.\*

### CORE

“I lost 35 lbs in 90 days with its help! Went from a 40-inch to a 36-inch waistline!” – Tom N.\*

### NUTRITION SHAKE

“I lost 30 lbs and they are delicious! A must for my weight loss journey!” – Maureen M.\*

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

\*Results not typical. Individuals following the GoTrim™ Lifestyle System as part of a healthy diet and exercise program can expect to lose 1–2 pounds per week.

## ADDITIONAL PRODUCTS THAT COMPLEMENT YOUR RESULTS



### 1. NUTRITION SHAKE

**Delicious and Nutritious –**

19 grams of protein and 10 grams of fiber. Great meal replacement or snack.

### 2. ACTS ADRENAL, CORTISOL, THYROID AND STRESS SUPPORT FORMULA

**Support Mental Clarity –** Helps minimize certain stress-related issues. Promotes healthy levels of cortisol, dopamine and serotonin helping to support mood.

### 3. THERMOCHROME® V6

**Increases Energy –** Increases energy, promotes weight loss and may help curb appetite.

### 4. GOTRIM™ SLIM

**Promotes Reduced Fat for a Lower BMI**

– Helps shed pounds and improve body shape; this revolutionary supplement assists with your metabolism and promotes fat breakdown without compromising muscle mass.

### 5. CORE FAT & CARB INHIBITOR

**Helps Curb Hunger and Inhibit Carbs –**

Helps manage hunger, inhibit carbohydrate absorption and assist in weight loss.

### 6. TEA AND CAFÉ

**Supports Weight Loss –** Mix with water and drink daily to promote a feeling of fullness. Helps curb appetite and promotes weight loss.

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\*Results not typical. Individuals following the GoTrim™ Lifestyle System as part of a healthy diet and exercise program can expect to lose 1–2 pounds per week.

## 30-DAY JUMP-START GUIDE

### PHASE 1 FOOD AND SUPPLEMENT PLANNER

VIEW POWER FOODS PAGE FOR SUGGESTED FOOD CHOICES

|                          |  |
|--------------------------|--|
| WAKE-UP                  | Mix 1 packet of Isotonix® Daily Essentials with exactly 8 oz of water, drink immediately and wait 20 minutes before eating or drinking anything else.* |
| 20 MIN. LATER            | Mix one scoop of NutriClean® Advanced Fiber Powder in 8 oz water, drink immediately.*  |
|                          | Take two release capsules from blister pack — decrease these if necessary.   |
|                          | Squeeze ½ lemon in 8 oz warm water, drink immediately.   |
| BREAKFAST                | 1 serving fruit   1 serving protein   3+ servings vegetables   |
| MID-MORNING SNACK        | 8 oz water   1 serving fruit   |
| SUPPLEMENT               | Take two Core tablets 30–45 minutes before lunch.  |
| LUNCH                    | 16 oz water   1 serving good fat   3+ servings vegetables  |
| AFTERNOON SNACK          | 8 oz water   1 serving fruit   2+ servings vegetables  |
| SUPPLEMENT               | Take two Core tablets 30–45 minutes before dinner.   |
| DINNER                   | 16 oz water   1 serving protein   1 serving good fat   3+ servings vegetables  |
| EVENING SNACK (OPTIONAL) | 8 oz water   1 serving vegetable   |
| BEFORE BED               | Take the clear packet of NutriClean detox supplements with a large glass of water.   |

### PHASE 1 RULES

- |  |  |   |
|--|--|---|
| <ul style="list-style-type: none"> <li>• No coffee, soda or other caffeinated beverages</li> <li>• No dairy</li> </ul> | <ul style="list-style-type: none"> <li>• No grains or starches</li> <li>• No alcohol</li> <li>• No sugar, artificial sweeteners, syrup or honey</li> </ul> | <ul style="list-style-type: none"> <li>• Avoid strenuous activity; rather, partake in walking, yoga or stretching.</li> </ul> |
|--|--|---|

### DAILY FOOD SERVINGS

VEGETABLES: UNLIMITED | FRUIT: 3 | PROTEIN: 2 (1 SERVING = 3 OZ) | GOOD FATS: 2

\*As directed on label



## 30-DAY JUMP-START GUIDE

### PHASE 2 FOOD AND SUPPLEMENT PLANNER

VIEW POWER FOODS PAGE FOR SUGGESTED FOOD CHOICES

|                   |  |
|-------------------|--|
| WAKE-UP           | Mix 1 packet of the Isotonix® Daily Essentials with exactly 8 oz of water, drink immediately and wait 20 minutes before eating or drinking anything else.* |
| BREAKFAST         | 16 oz water   1 serving protein   3 servings vegetables  |
| MID-MORNING SNACK | 2 scoops of Nutrition Shake in 8 oz of water   1 serving fruit   |
| SUPPLEMENT        | Take two Core tablets 30–45 minutes before lunch.  |
| LUNCH             | 16 oz water   1 serving good fat   1 serving protein   2 servings vegetables   |
| AFTERNOON SNACK   | 1 serving of protein   2 servings vegetables   |
| SUPPLEMENT        | Take two Core tablets 30–45 minutes before dinner.   |
| DINNER            | 16 oz water   1 serving protein   1 serving good fat   3 servings vegetables   |

### EXERCISE

For overall cardiovascular health, the American Heart Association recommends at least 30 minutes of moderate-intensity aerobic activity at least five days per week.\*\*  
*Integrate our 30-Day Jump-Start Exercise Plan, downloadable on gotrim.com*

POST-WORKOUT SNACK  
 1 serving of protein within 30 minutes of exercise

### PHASE 2 RULES

|   |            |                         |              |
|---|------------|-------------------------|--------------|
| • No sugar, artificial sweeteners, syrup or honey | • No dairy | • No grains or starches | • No alcohol |
|---|------------|-------------------------|--------------|

### DAILY FOOD SERVINGS

VEGETABLES: 8–12 | FRUIT: 1 | PROTEIN: 4–5 (refer to power food list for specific serving size for men and women) | GOOD FATS: 2

Download the Shaking & Baking recipe document for tasty shake ideas.  
 The shakes can be made with a dairy alternative like almond milk in Phase 2.

\*As directed on label

\*\*[http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults\\_UCM\\_307976\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307976_Article.jsp)

# 30-DAY JUMP-START POWER FOODS

## VEGETABLES

1 SERVING = 1-2 CUPS, UNLESS OTHERWISE NOTED

- |   |  |   |
|---|--|---|
| <ul style="list-style-type: none"><li>• Alfalfa sprouts</li><li>• Artichokes</li><li>• Arugula</li><li>• Asparagus</li><li>• Bean sprouts</li><li>• Beets</li><li>• Bell peppers</li><li>• Bok choy</li><li>• Broccoli</li><li>• Brussels sprouts</li><li>• Cabbage (red or white)</li><li>• Carrots</li><li>• Cauliflower</li><li>• Celery</li><li>• Chard</li><li>• Collard greens</li><li>• Cucumber</li><li>• Eggplant</li><li>• Endive</li><li>• Green beans</li></ul> | <ul style="list-style-type: none"><li>• Green peas</li><li>• Greens (beet, collard, dandelion, kale, mustard, turnip)</li><li>• Jerusalem artichokes</li><li>• Jicama</li><li>• Kohlrabi</li><li>• Leeks</li><li>• Lettuce (any)</li><li>• Mushrooms</li><li>• Okra</li><li>• Onions</li><li>• Radicchio</li><li>• Radishes</li><li>• Rhubarb</li><li>• Rutabaga</li><li>• Salsa</li><li>• Sauerkraut</li><li>• Scallions</li><li>• Snow peas</li><li>• Spaghetti squash</li></ul> | <ul style="list-style-type: none"><li>• Spinach</li><li>• Stir-fry vegetables (no sauce)</li><li>• Summer squash</li><li>• Tomatoes (fresh)</li><li>• Tomato juice (no salt), ½ cup</li><li>• Tomato paste, 2 Tbsp</li><li>• Tomato sauce, ½ cup</li><li>• Vegetable juice (no salt), ½ cup</li><li>• Water chestnuts</li><li>• Watercress</li><li>• Zucchini</li></ul> |
|---|--|---|

## GOOD FATS

1 SERVING, 1 TABLESPOON

- Oils (olive, avocado, coconut, grapeseed) • Avocado, ½ medium • Coconut cream, 2-3 Tbsp

# 30-DAY JUMP-START POWER FOODS

## FRUITS

1 SERVING = 1 MEDIUM-SIZED FRUIT OR 1 CUP, UNLESS OTHERWISE NOTED

- |   |  |   |
|---|--|---|
| <ul style="list-style-type: none"> <li>• Apple</li> <li>• Apricots, 4 medium</li> <li>• Banana</li> <li>• Berries, <math>\frac{3}{4}</math> cup (blueberries, strawberries, raspberries, boysenberries, blackberries)</li> <li>• Cantaloupe</li> <li>• Cherries, 12 large</li> <li>• Currants, 3 Tbsp</li> <li>• Dates (fresh), 2</li> <li>• Figs (fresh), 2</li> <li>• Gooseberries, <math>\frac{3}{4}</math> cup</li> <li>• Grapefruit</li> </ul> | <ul style="list-style-type: none"> <li>• Grapes</li> <li>• Guava</li> <li>• Honeydew melon</li> <li>• Kiwifruit</li> <li>• Kumquats, 4 medium</li> <li>• Lemon</li> <li>• Lime</li> <li>• Loganberries, <math>\frac{3}{4}</math> cup</li> <li>• Loquats</li> <li>• Lychees, 7</li> <li>• Mandarin orange</li> <li>• Mulberries, <math>\frac{3}{4}</math> cup</li> <li>• Nectarine</li> <li>• Orange</li> </ul> | <ul style="list-style-type: none"> <li>• Papaya, <math>\frac{1}{2}</math> medium</li> <li>• Passion fruit</li> <li>• Peach</li> <li>• Pear</li> <li>• Pineapple, <math>\frac{1}{2}</math> cup</li> <li>• Plum</li> <li>• Pomegranate, <math>\frac{1}{2}</math> small</li> <li>• Raisins, 2 Tbsp</li> <li>• Sharon fruit</li> <li>• Starfruit</li> <li>• Tangelo</li> <li>• Tangerine</li> </ul> |
|---|--|---|

## PROTEINS

### PHASE 1

1 SERVING = 3 OUNCES, UNLESS OTHERWISE NOTED

### PHASE 2

*WOMEN:* 1 SERVING = 4–6 OZ BREAKFAST, LUNCH AND DINNER; 2–3 OZ SNACKS  
*MEN:* 1 SERVING = 6–8 OZ BREAKFAST, LUNCH AND DINNER; 2–3 OZ SNACKS

- |   |   |  |
|---|---|--|
| <ul style="list-style-type: none"> <li>• Chicken or turkey (without skin)</li> <li>• Eggs (1–2)</li> <li>• Egg whites (3–4)</li> <li>• Fresh fish (salmon, sardines, tuna, flounder, snapper, trout, etc.)</li> <li>• Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)</li> <li>• Canned tuna, salmon or sardines (packed in water)</li> </ul> | <h3>VEGETARIAN PROTEINS</h3> <ul style="list-style-type: none"> <li>• Organic, non-GMO tofu or tempeh</li> <li>• Veggies or garden burger (grain free)</li> <li>• Hemp hearts</li> <li>• Chia seeds</li> <li>• Quinoa</li> </ul> <p>Please download the Vegan and Vegetarian handouts for more information.</p> | <h3>PHASE 2</h3> <ul style="list-style-type: none"> <li>• Nutrition Shake</li> </ul> |
|---|---|--|



# Get Ready for Success!



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