

gotrim™

Fat Shredder

Lose 4.5 kilograms in two weeks*

A DAY ON FAT SHREDDER

Below are examples of some of the foods you can eat. Drink at least eight glasses (250 mL/8 oz each) of water daily, and supplement based on your Weight Management Profile recommendation.



BREAKFAST

Veggie omelette



A.M. SNACK

Strawberry & spinach shake



LUNCH

Salad with turkey meatballs†



P.M. SNACK

Tuna-filled celery sticks



DINNER

Tuscan cod



POST-WORKOUT

Nutrition Shake

WHY IT'S FOR YOU:

You're extremely committed to achieving swift weight management 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® Nutrition Shake

- Healthy meal replacement.
- Includes 24 vitamins, minerals and essential nutrients, including eight B vitamins, and also antioxidants vitamin C and E for protection from free-radical damage.
- Contains 10-11 grams of dietary fibre and 18 grams of high-quality soy protein to handle your hunger.

Isotonix® Digestive Enzymes

- Promotes healthy digestion.
- Supports the digestion of nutrients.
- Relieves symptoms of stomach upset.†
- Enhances immune system function.

Isotonix OPC-3®

- May assist in the maintenance of healthy cholesterol and blood sugar levels in healthy individuals.
- Demonstrates anti-inflammatory activity.
- Contains antioxidants that protect the cells and tissues from damage by free radicals.

Isotonix® Multivitamin

- Contains 100% or more of the daily value of many essential vitamins and minerals.
- Supports metabolism and conversion of food into energy, thyroid function, adrenal functions and hormones.
- Assists in the maintenance or improvement of general well-being.

†All recipes are found on au.gotrim.com

*You should consult your physician before beginning this or any other weight management program. Individuals following the Go Trim Lifestyle System can expect to lose 0.45–0.9 kilograms per week.

†If symptoms persist, seek the advice of a healthcare professional. ‡This product is not intended to diagnose, treat, cure or prevent any disease.

Fat Shredder Power Foods

Breakfast: 1 serving of protein, 3–4 servings of vegetables

AM snack: Nutrition Shake (1 scoop), 1 serving of fruit

Lunch: 1 serving of protein, 3–4 servings of vegetables, 1 serving of good fat

PM snack: 1 serving of vegetables, 1 serving of protein

Dinner: 1 serving of protein, 3–4 servings of vegetables, 1 serving of good fat

Post Workout: Nutrition Shake (2 scoops)

VEGETABLES

9–12 servings per day

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

Alfalfa sprouts
Artichokes
Asparagus
Bean sprouts
Beets
Bok choy
Broccoli
Brussels sprouts
Cabbage (red or white)
Capsicums
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Endive
Green beans
Green peas
Greens (beet, collard, dandelion, kale, mustard, turnip)
Hot peppers
Jerusalem artichokes
Jicama
Kohlrabi
Leeks
Lettuce (any)
Mushrooms
Okra
Onions
Radicchio
Radishes
Rhubarb
Rocket
Rutabaga
Sauerkraut
Silverbeet
Snow peas
Spaghetti squash
Spinach
Spring onions
Stir-fry vegetables (no sauce)
Summer squash
Tomatoes (fresh)
Tomato paste, 2 Tbsp
Tomato sauce (no sugar added), ½ cup
Water chestnuts
Watercress
Zucchini

TLS® NUTRITION SHAKE

2 shakes per day

1 shake as a snack and 1 post workout

GOOD FATS

2 servings per day

Avocado, ½ medium
Avocado oil (1 Tbsp)
Coconut cream (2–3 Tbsp)
Coconut oil (1 Tbsp)
Olive oil (1 Tbsp)
Olives (check serving size; watch for sodium content)

FRUIT

1 serving per day

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

Apple
Apricots, 4 medium
Banana, ½ large, 1 small
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, ½ cup or 10 total
Guava
Honeydew melon, 1 cup
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
(no extra sugar added)
Sharon fruit/Persimmon
Starfruit
Tangerine/Tangelo

PROTEIN

4 servings per day

1 serving (women): 113–170 g/4–6 oz with breakfast, lunch and dinner; 57–85 g/2–3 oz with snacks

1 serving (men): 170–227 g/6–8 oz with breakfast, lunch and dinner; 57–85 g/2–3 oz with snacks

Chicken or turkey (without skin)
Eggs or egg whites
Fresh fish (salmon, tuna, cod, sardines, flounder, snapper, trout, etc.)
Seafood (prawns, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)
Canned tuna, salmon or sardines (packed in water)
TLS® Nutrition Shake

VEGETARIAN OPTIONS*

Chia seeds or hemp hearts (3–4 Tbsp)
Nutritional yeast (3–4 Tbsp)
Organic non-GMO tempeh
Organic non-GMO tofu
Quinoa
Spirulina (3–4 Tbsp)
Veggie or garden burger (grain-free)

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

Pro Tip:

Utilise fresh garlic, ginger, parsley, cilantro, basil and spices to flavour your foods.

Other Rules:

No sugar
No grains or starches
No alcohol
Water (minimum of eight glasses per day)
Supplementation (based on your Weight Management Profile recommendation)
Exercise (5–6 days per week)
Daily journaling

Be sure to either have a meal or snack within 30 minutes of your workout.