



# Sure & Steady

Lose 0.45–0.91 kilograms per week\*



## BREAKFAST

Banana protein pancakes



## A.M. SNACK

Veggies with hummus



## LUNCH

Quinoa chicken salad



## P.M. SNACK

TLS® Nutrition Shake with greens



## DINNER

Tenderloin steak with grilled zucchini



## WATER

Eight (250 mL) glasses daily

## WHY IT'S FOR YOU:

You're looking to make gradual changes to your lifestyle and reach your goal weight, one day at a time. With the GoTrim™ Sure & Steady program, it's not if you'll hit your goal, but when.

## A DAY ON SURE & STEADY:

On the left are examples of some of the foods you can eat. Supplement based on your Weight Management Profile recommendation.



### Isotonix® Multivitamin

- Multivitamin and multimineral formula containing 100% or more of the daily value of many essential vitamins and minerals.
- Supports healthy stress response in the body.
- Promotes healthy digestion.

### Isotonix Digestive Enzymes

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

### 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 OPC-3®

- Helps support healthy cholesterol.
- Anti-Inflammatory.†
- Helps support healthy blood sugar.

\*You should consult your physician before beginning this or any other weight management program. Individuals following the GoTrim 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.

# Sure & Steady Power Foods

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

**AM snack:** 1 serving of snack protein, 1 serving of vegetables

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

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

**Dinner:** 1 serving of protein, 2–3 servings of vegetables, 1 serving of starch, 1 serving of good fat

## VEGETABLES

8–9 servings per day

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

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

## 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

## APPROVED SWEETENERS

Monk fruit powder	On occasion: local honey, high-quality agave or coconut sugar
Stevia	
Yacon syrup	

## GOOD FATS

2 servings per day

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

## FRUIT

2 servings per day

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

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

## WHOLE GRAINS

1 serving per day

1 serving: ½ cup

Amaranth  
Barley (pearled or hulled)  
Buckwheat (kasha, groats)  
Farro  
Kamut  
Millet  
Noodle (only black bean, lentil, edamame, arrowroot or mung bean noodle – see packaging for serving size)  
Oatmeal (rolled or steel-cut)  
Rice (authentic basmati, brown)  
Spelt  
Sprouted grain bread

## PROTEIN

5–6 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.)  
Red meat (limited to 1–2 servings per week) (beef, pork, lamb, veal, bison or venison)  
Seafood (prawns, scallops, clams, lobster, calamari, squid, octopus, mussels, crab, etc.)  
Canned tuna, salmon or sardines (packed in water)  
TLS® Nutrition Shake

### VEGETARIAN OPTIONS\*

Beans (red, black garbanzo, lima, mung, pinto, soy, black-eyed)  
Chia or hemp seeds (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.

## TLS® NUTRITION SHAKE

Max. 3 scoops per day

When used as a snack, 1 scoop

When used as a meal, 2 scoops

## Other Rules:

Detox (seven days, optional)  
No alcohol (for at least 21 days)  
No water (minimum of 8 glasses per day)  
No sugar  
Supplementation (based on your Weight Management Profile recommendation)  
Exercise (3–5 days per week)  
Daily journaling

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