



# Rapid Results

## A DAY ON RAPID RESULTS:

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



### BREAKFAST

Veggie omelet



### A.M. SNACK

Chocolate raspberry shake



### LUNCH

Sunburst chicken salad



### P.M. SNACK

Lettuce wraps



### DINNER

Grilled salmon and asparagus



### WATER

Eight (240 ml) glasses daily

## WHY IT'S FOR YOU:

You're extremely committed to achieving swift weight-management goals through an effective program. Get ready to break unhealthy habits and start losing fat and inches.



**GoTrim™ Slim:** Assists in promoting lean muscle mass

**TLS® CORE:** Helps inhibit carbohydrate absorption in the body

**TLS® Green Coffee:** May help to inhibit the conversion of sugar into fat

**TLS® Trim Tea:** Supports healthy weight management and helps curb appetite

**TLS® Trim Café:** Promotes fat burning

**TLS® Nutrition Shake:** Extra nourishment for between meals

\*All recipes are found on [sg.gotrim.com](http://sg.gotrim.com)

\*\*You should consult your physician before beginning this or any other weight management program. The results may not be typical. Individual results may vary.

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, 1/2 medium  
Nuts and seeds, reference 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  
Kiwi fruit  
Kumquats, 4 medium  
Lemon  
Lime  
Loganberries, ¾ cup  
Loquats  
Lychees, 7  
Mandarin orange  
Mulberries, ¾ cup  
Nectarine  
Orange  
Papaya, 1/2 medium  
Passion fruit  
Peach  
Pear  
Pineapple, 1/2 cup  
Plum  
Pomegranate, 1/2 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.)  
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 Management 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 Nutrition Shake is a great post-workout recovery snack.