



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 management journey off 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	PHASE 2 — FAT BURNING
<p>DAYS 1–7</p> <p>Kick off your weight management journey with an invigorating cleanse! Phase 1 will curb cravings for sweet, fatty and salty foods while supporting your weight management efforts. Bursting with fruits and vegetables, this detox is the first step to a brand new you.</p>	<p>DAYS 8–30</p> <p>Accelerate your weight management 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 kilograms of fat and ultimately feel better, both physically and emotionally.</p>

Consult your healthcare provider before starting any weight management or exercise program.



30-Day 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 management and health goals by turning to sugar and being stored as fat.
- **Drink water.** Consume at least 1.9 litres 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 eating bland. You can use fresh garlic, ginger, basil, cilantro, parsley, a dash of salt, pepper, cayenne, turmeric, vinegar, mustard, Bragg® Liquid Aminos or low-sodium soy sauce.
- **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 will taste sweeter, so you won't even need extra sugar!
- **Choose raw, lightly steamed or grilled vegetables.** Vegetables provide vitamins, minerals and nutrients that are important for good health during your journey to good weight management.




TIPS FOR TAKING “BEFORE AND AFTER” PHOTOS

Pictures speak louder than words. Before getting started on your 30-Day Jump-Start program, 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 how much weight you’ve lost at product@marketsingapore.com.sg.



SHOW FULL BODY — HEAD TO TOE



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

30-DAY JUMP-START CHECKLIST

- Clean out the junk 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 POWER FOODS

DAYS 1-7	DAYS 8-30
<ul style="list-style-type: none"> • NutriClean® Advanced Fiber Powder • Isotonix® Daily Essentials Packets (includes Multivitamin, Advanced B-Complex, OPC-3® and Calcium Plus) • CORE Fat & Carb Inhibitor 	<ul style="list-style-type: none"> • NutriClean Advanced Fiber Powder • Nutrition Shake • CORE Fat & Carb Inhibitor • Isotonix Daily Essentials Packets (includes Multivitamin, Advanced B-Complex, OPC-3 and Calcium Plus)



Shop for all products at sg.GoTrim.com!

From left: NutriClean Advanced Fiber Powder, CORE, Isotonix Daily Essentials Packets, Nutrition Shake*

PRODUCT TESTIMONIALS

NUTRICLEAN ADVANCED FIBER POWDER

"As I always eat outside, this is a must for my detox~" – Lee

CORE

"I lost 16 kg in 90 days with its help! Went from a 40 inch to a 36 inch waistline!" – Tom N.

NUTRITION SHAKE

"I lost 13 kg and they are delicious! A must for my weight loss journey!" – Maureen M.

Individuals following the GoTrim Lifestyle System as part of a healthy diet and exercise program can expect to lose 0.5–1 kg per week.

*These products are not intended to diagnose, treat, cure or prevent any disease. Product images are subject to change.

ADDITIONAL PRODUCTS THAT ACCELERATE YOUR RESULTS



1. CAFÉ

- May help to curb appetite
- Promotes fat burning

2. NUTRITION SHAKE:

- Great source of fiber, protein and calcium
- Extra nourishment for between meals

3. GREEN COFFEE PLUS GARCINIA CAMBOGIA:

- May help to inhibit the conversion of sugar into fat
- Promotes a healthy level of body fat while preserving muscle tissue

4. GOTRIM SLIM

- Assists in promoting lean muscle mass
- Stimulates resting energy expenditure/ resting metabolic rate

5. CORE FAT & CARB INHIBITOR:

- Helps inhibit carbohydrate absorption
- May help to reduce fat stored in the body

6. TEA

- May help to curb appetite
- Promotes fat burning

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30-DAY JUMP-START GUIDE

PHASE 1 FOOD AND SUPPLEMENT PLANNER

VIEW POWER FOODS PAGE FOR SUGGESTED FOOD CHOICES

WAKE UP	Mix one packet of the Isotonix® Daily Essentials Packets with 240 ml of water, drink immediately and wait 20 minutes before eating or drinking anything else.*
20 MINUTES LATER	Mix one scoop of the NutriClean® Advanced Fiber Powder in 240 ml of water and drink immediately.*
	Squeeze ½ lemon in 240 ml of warm water and drink immediately.
BREAKFAST	1 serving of fruit 1 serving of protein 3+ servings of vegetables
MID-MORNING SNACK	240 ml of water 1 serving of fruit
SUPPLEMENT	Take two CORE tablets 30–45 minutes before lunch.*
LUNCH	480 ml of water 1 serving of good fat 3+ servings of vegetables
AFTERNOON SNACK	240 ml of water 1 serving of fruit 2+ servings of vegetables
SUPPLEMENT	Take two CORE tablets 30–45 minutes before dinner.*
DINNER	480 ml of water 1 serving of protein 1 serving of good fat 3+ servings of vegetables
EVENING SNACK (OPTIONAL)	240 ml of water 1 serving of vegetables

PHASE 1 RULES

<ul style="list-style-type: none"> • No coffee, soda or other caffeinated beverages • No dairy 	<ul style="list-style-type: none"> • No grains or starches • No alcohol • No sugar, syrup, honey or artificial sweeteners 	<ul style="list-style-type: none"> • Avoid strenuous activity; rather, partake in walking, yoga or stretching.
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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 one packet of the Isotonix® Daily Essentials Packets with 240 ml of water, drink immediately and wait 20 minutes before eating or drinking anything else.*
20 MINUTES LATER	Mix one scoop of the NutriClean® Advanced Fiber Powder in 240 ml water and drink immediately.*
BREAKFAST	240 ml of water 1 serving of protein 3 servings of vegetables
MID-MORNING SNACK	Two scoops of Nutrition Shake with 240 ml of water* 1 serving of fruit
SUPPLEMENT	Take two CORE tablets 30–45 minutes before lunch.*
LUNCH	480 ml of water 1 serving of good fat 1 serving of protein 2 servings of vegetables
AFTERNOON SNACK	1 serving of protein 2 servings of vegetables
SUPPLEMENT	Take two CORE tablets 30–45 minutes before dinner.*
DINNER	480 ml of water 1 serving of protein 1 serving of good fat 3 servings of 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 sg.GoTrim.com

POST-WORKOUT SNACK 1 serving of protein within 30 minutes of exercise
We highly recommend our Nutrition Shake for a convenient and great-tasting way to deliver the protein to promote optimal body composition.

PHASE 2 RULES

• No dairy

• No grains or starches

• No sugar/syrup/
honey/sweeteners

• No alcohol

DAILY FOOD SERVINGS

Vegetables: 8–12 | Fruit: 1 | Protein: 4–5 | Good fats: 2

Download Nutrition Shake Recipes on sg.GoTrim.com for some fun and tasty ideas. They can replace a meal, and can be taken with a dairy alternative like almond milk.

*As directed on label

**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

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| <ul style="list-style-type: none">• 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 | <ul style="list-style-type: none">• Green beans• Green peas• Greens (beet, collard, dandelion, kale, mustard, turnip)• Hot peppers• Jerusalem artichokes• Jicama• Kale• Kohlrabi• Leeks• Lettuce (any)• Malanga• Mushrooms• Okra• Olives• Onions• Parsley• Pimientos• Radicchio• Radishes• Rhubarb | <ul style="list-style-type: none">• 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 |
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GOOD FATS

1 SERVING, 1 TABLESPOON

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|---|---|---|
| <ul style="list-style-type: none">• Oils (olive, avocado, coconut or grapeseed) | <ul style="list-style-type: none">• ½ of a medium avocado | <ul style="list-style-type: none">• Coconut cream, 2–3 Tbsp |
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30-DAY JUMP-START POWER FOODS

FRUITS

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

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

PHASE 1

1 SERVING = 3 OZ,
UNLESS OTHERWISE NOTED

PHASE 2

WOMEN: 1 SERVING = 4–6 oz per meal;
2–3 oz or one Nutrition Shake per snack

MEN: 1 SERVING = 6–8 oz per meal;
2–3 oz or one Nutrition Shake per snack

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| <ul style="list-style-type: none">• Canned tuna, salmon or sardines (packed in water)• Chicken or turkey (without skin)• Eggs (1–2)• Egg whites (3–4)• Lean veal• Fresh fish (salmon, sardines, tuna, flounder, snapper, trout, etc.)• Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.) | <h3>VEGETARIAN PROTEINS</h3> <ul style="list-style-type: none">• Tempeh or tofu• TVP (texturized vegetable protein)• Vegetable or garden burger (grain-free)• Hemp hearts• Chia seeds• Quinoa <p><i>Please download the GoTrim Vegan and Vegetarian handout for more information.</i></p> | <h3>PHASE 2</h3> <ul style="list-style-type: none">• Nutrition Shake |
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Get Ready For Success



GoTrim Lifestyle System

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