

gotrim™  
Health Guide and  
Journal

CREATE YOUR OWN SUCCESS

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# SUCCESS STORIES

## 12 WEEK PROGRESS



Scott Maimone



Joy Lynch



Zachary Enrico



Youa Xiong



Miguel Acevedo



Meghan Dostou

Individuals following the GoTrim Lifestyle System as part of a healthy diet and exercise program can expect to lose 0.45 – 0.91 grams per week. Consult your health care provider before starting any weight management or exercise program.

A photograph of a young couple in a kitchen. The woman, on the left, has curly hair and is wearing a light blue button-down shirt over a white top. She is smiling and holding a white tablet. The man, on the right, has short dark hair and a beard, wearing a blue long-sleeved sweater. He is smiling and looking at the woman. In the foreground, there is a wooden cutting board with various vegetables like mushrooms, bell peppers, and green onions, along with several white bowls. The background is softly blurred, showing a kitchen setting.

GET READY TO  
CREATE YOUR OWN  
Success

# INTRODUCTION

## TAKING CONTROL

What the mind conceives, the body can achieve with commitment and dedication.

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Congratulations! Making the decision to get healthy and lose those unwanted kilograms for good takes courage and drive. We always put others first, making commitments to everyone but ourselves. It's time to stop neglecting our goals to get in shape and be healthy, fit and energetic. Making positive, healthy changes will not only affect you but also your spouse, your kids and countless others. You should be proud of yourself for taking the first step and proud of the changes that will take place around you!

THIS WILL BE THE LAST PROGRAM  
YOU WILL EVER NEED!

## WHAT IS THE GOTRIM LIFESTYLE SYSTEM?

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### WHY ARE WE DIFFERENT?

GoTrim is NOT a diet. It is a lifestyle, teaching behaviour modification based on a four-pronged approach to permanent results:

- **Low-Glycaemic-Impact Eating:** Eat foods to help your body lose fat and your blood sugar and metabolism
- **Body Composition:** Focus on body fat loss and preserving lean muscle
- **Science-Based Supplementation:** Utilise customised supplementation to accelerate your results and support your body's needs
- **Education:** Knowledge is power; learn how to eat for a lasting lifestyle change and health improvement.

The GoTrim Lifestyle System is designed to meet your specific health and weight management goals. For some, that might mean losing 10 pounds (4.5 kg). For others, it may be losing 50–100 pounds (23–45 kg), managing cholesterol, improving energy or just fitting into your favourite pair of jeans. You can even utilise the GoTrim Lifestyle System to maintain a healthier lifestyle for your entire family. No matter what your goal is, GoTrim is there to help you achieve it. GoTrim is not a diet; it is a way of life. There is no kilojoule or point counting, no weighing foods or fat counting. You will eat real foods and discover new food combinations that fuel your metabolism. With GoTrim, you'll learn why diets don't work, and you'll never have to starve yourself again.

### WHY CHOOSE LOW-GLYCAEMIC-IMPACT EATING?

GoTrim encompasses low-glycaemic-impact eating, which is superior for supporting healthy blood sugar and weight management. Through low-glycaemic-impact eating, GoTrim emphasises key components to get your metabolism operating at optimal levels: fat loss and lean muscle maintenance. GoTrim Lifestyle System offers multiple low-glycaemic-impact menu plans designed to fit your personal weight management and lifestyle goals. When you create new, healthy behaviours, you won't feel deprived and hungry. Consequently, you'll never need to diet again.

### SUPPLEMENTATION

Making better food choices and exercising are key to losing weight — but many times that's not enough. Many of us need extra support to recover from years of dieting, stress, eating junk and inactivity. Our scientifically developed supplements address different processes in your body that may have hindered your weight management efforts. Whether you struggle with cravings, overeating, a slow metabolism,

stress or stubborn belly fat, supplementation can provide the platform for optimal performance.

### ACHIEVING OPTIMAL BODY COMPOSITION

More important than the number on the scale is having a healthy body fat percentage. GoTrim addresses this in a variety of ways in three of our four-pronged approaches: a low-glycaemic-impact eating plan, supplementation and exercise. A regular and consistent exercise plan to build or maintain your lean muscle is crucial to your goals and enjoying life into your golden years. Your metabolism is fueled by muscle. Excess fat slows down your metabolism, increases the chances of hormonal imbalances and puts stress on your joints. The more lean muscle you have, the more energy you feel, and your body burns fat even at rest.

We have success stories in GoTrim with all age groups and all fitness levels because of our holistic approach. Therefore, we don't have a set or strict exercise plan that would exclude or eliminate people from this pillar of our comprehensive lifestyle.

We encourage you to find your fit when it comes to your fitness routine. It is more important that you are engaged in regular exercise than not, so find the activities you enjoy. Find classes you love. Grab a friend or workout buddy for accountability. We have several free resources on our website you can check out for ideas or a place to start.

### EDUCATION

This 12-week educational journal, our social media channels, our YouTube channel and our [au.GoTrim.com](http://au.GoTrim.com) blog are all ways we help to further your knowledge of our GoTrim lifestyle.

### WEBSITE SUPPORT WITH AU.GOTRIM.COM

[au.GoTrim.com](http://au.GoTrim.com) is your all-encompassing interactive weight management tool. The platform offers support, resources and coaching tips in addition to providing free menu plans, recipes, educational videos, product information and valuable instruction.

[au.GoTrim.com](http://au.GoTrim.com) allows you to participate in a weight management program in the comfort of your own home. If you are uncomfortable with or don't have time to go to the gym or a support group meeting, [au.GoTrim.com](http://au.GoTrim.com) is the perfect fit. [au.GoTrim.com](http://au.GoTrim.com) helps you monitor your progress and keeps you on track, ensuring that you accelerate your weight management success.\*

\*This product(s) is not intended to diagnose, treat, cure or prevent any disease. Warning: If you are currently using prescription drugs, have an ongoing medical condition or you are pregnant or breastfeeding, consult your healthcare practitioner before using this product. Some items might only be available in the U.S. or for personal consumption via SHOP.COM Global. Please visit [ShopGlobal.com](http://ShopGlobal.com) for more information.



will ensure your body gets the best sources of these foods plus the nutrients it needs to fuel your metabolism so you can lose weight.

### **LOW-FAT DIETS**

Fat gets a lot of attention for many good reasons. The wrong types of fats can raise cholesterol levels in the blood, increasing a person's risk for heart disease. While some people have found success using low-fat diets, there are many arguments as to whether low-fat is best.

Fat adds flavour, fullness and texture to foods. In order to make low-fat foods taste better, manufacturers add more sugar to compensate for the reduced fat by adding more sugar. Since this often raises your blood sugar levels, your body is more likely to store fat instead of burn it. The GoTrim Lifestyle System will help you understand the difference between good and bad fats, allowing you to make more informed decisions about your diet. You will learn all about the different types of fats in the coming weeks.

### **LOW-KILOJOULE DIETS**

Kilojoules, kilojoules, kilojoules: They're all around us. Whether it's a cheeseburger, a hot fudge sundae, a blueberry muffin or an egg-white omelette, we can't escape them. That's why many believe a surefire method for weight management is cutting the number of kilojoules consumed each day. This is not optimal because food provides the body with the energy and nutrients it needs to function properly. You cannot starve yourself thin. Eating is essential to losing weight.

Kilojoule-restricted diets put the body in a state of controlled starvation, which ultimately slows your metabolism. Kilojoules are not the enemy. They are simply a measure of the energy you consume, which your body then uses as fuel. Restricting your fuel can keep you from reaching your weight management goals. The GoTrim Lifestyle System is not about restriction. Rather, it is about learning which foods will keep you satiated, reduce cravings and fuel your body in a healthy way.

### **CARBOHYDRATE-COUNTING DIETS**

Carbohydrate-counting diets are not the same as low-carb diets. Carb-counting refers to a system of setting a maximum amount of carbohydrates consumed per meal or per day. The theory is that this will keep blood levels in a targeted range. While results may vary, the types of carbohydrates consumed may have a negative impact on weight management and general health.

Not all carbohydrates are created equal, which is why GoTrim focuses on eating quality carbohydrates that will provide sustained energy, fat loss, and cardiovascular and blood sugar support.

### **TREND DIETS**

The vast market of trend diets continues to grow each year, from diets like hCG injections/drops with drastically low kilojoule intake (500 per day) to shakes-only diets. With countless high protein, low-fat, high-fat, keto, fasting, soup and the latest celebrity diets, it is no wonder people are confused and frustrated. These and other trend diets perpetuate muscle loss, thus slowing your metabolism. The result is often rapid weight loss, followed by quick and significant weight gain. Trend diets actually make it extremely difficult to maintain weight management. With this type of rapid weight management, hormones will signal the body to store all kilojoules as fat. Moreover, once you go off the diet, you will end up with

## **WELCOME TO A NEW DAY**

You have taken the first step to a healthier, more energetic and more confident new you!

It doesn't matter how you found GoTrim Lifestyle System; all that matters is you did. Whether you have already tried to lose weight through trendy diet programs or are making the commitment for the first time, we are here to help.

## **WHY OTHER DIETS HAVE FAILED YOU**

Other diet programs can potentially help you lose weight, but are the requirements of those programs the best ways to keep the weight off permanently? Is it something that you can continue to do for the rest of your life? Maintaining a healthy weight depends on eating right, exercising and committing daily to change unhealthy behaviours into better ones.

## **THAT'S WHY GOTRIM IS DIFFERENT**

Other programs tell you what they think works. GoTrim is all about what works for *you*. GoTrim is about education and implementation.

## **A LOOK AT POPULAR DIETS**

### **HIGH-PROTEIN, LOW-CARB DIETS**

Proponents of high-protein/low-carbohydrate diets talk about how protein-filled foods can leave you satisfied and satiated without adding carbohydrates. These programs often eliminate fruits and vegetables as well as starches and grains. The problem is that most of the weight lost on these diets is water weight and muscle, not body fat. With GoTrim, you'll learn to balance your meals with the proper sources and amounts of protein, carbohydrates and fats. This

more excess weight than before, in the form of fat, not muscle. By cutting kilojoules or losing weight dramatically, you also cut the fuel your body needs to burn fat and stay energised.

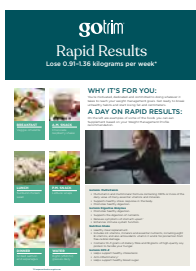
Many diets restrict the types of foods you eat but do not educate participants on how to eat for life. With the GoTrim Lifestyle System, the focus is on eating real foods. You will be able to shop at your local food market and dine out at restaurants. You will learn to make healthy weight management choices that can lead to long-lasting results. It's not a matter of how many kilojoules you consume but what type of kilojoules you are consuming. The GoTrim Lifestyle System will be sustainable because you will create new habits with foods you enjoy.

### CHOOSE THE GOTRIM PLAN THAT'S RIGHT FOR YOU

Everybody approaches weight management differently. Some people can dive headfirst into a really strict program, while others need to ease their way into a new way of eating. With GoTrim, you can approach your goals in a way that's right for you. Through [au.GoTrim.com](http://au.GoTrim.com), you can fill out a brief profile, and the site will recommend the GoTrim menu plan and GoTrim products that will help you achieve maximum success. Here's a snapshot of each GoTrim menu plan:

#### RAPID RESULTS

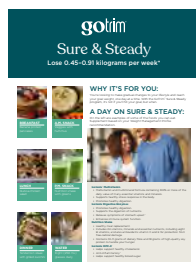
You're motivated, dedicated and committed to doing whatever it takes to reach your weight management goals. Get ready to break unhealthy habits and start losing fat and centimeters.



- Lose 2–3 pounds (0.9–1.36 kg) per week.
- Protein- and vegetable-rich meals.
- Do an optional detox to jump-start weight management.
- Get supplements to support your goals.
- Modify behaviours to break unhealthy habits.
- Implement a gradual workout plan designed to maintain lean muscle.

#### SURE & STEADY

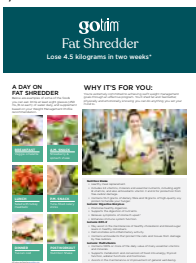
You're looking to gradually change your lifestyle and reach your goal weight, one day at a time. With the GoTrim Sure & Steady program, it's not *if* you'll hit your goal but *when*.



- Lose 1–2 pounds (0.45–0.9 kg) per week.
- Achieve steady results with less dramatic lifestyle changes.
- Quality whole grains, protein- and vegetable-rich meals.
- Supplements to support your goals.
- Behaviour modification, setting you up for long-term success.
- Recommended workout plan.

#### FAT SHREDDER

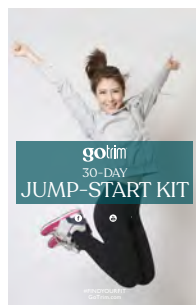
You're extremely committed to achieving swift weight management goals through an effective program. You'll shed fat and feel better physically and emotionally, knowing you can do anything you set your mind to.



- Dig deep with a 2-week, high-intensity program.
- Lose up to 10 pounds (4.5 kg) in two weeks.
- Get supplements to support your goals.
- Implement full-body, high-intensity workouts.

### 30-DAY JUMP-START PROGRAM

If you are ready and motivated to make a change and get results quickly and safely, our comprehensive 30-Day Jump-Start program is just the place to begin. We know you want fast results without compromising flavour or satiety, and that is what we provide. 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 Phase 2, you will modify your food plan and add in exercise. Here is where you really will see a loss of fat and centimeters. Included is a powerful combination of our products to maximise results: Ultimate Aloe Juice, Isotonix Multivitamin, Isotonix OPC-3, Isotonix Digestive Enzymes, and a GoTrim Chocolate and Vanilla Nutrition Shake. Also included are a step-by-step guide and a tracking sheet. A complete recipe booklet and exercise guide are also free to download for this program.



#### CONTINUED COMMITMENT

You're at a healthy weight and want to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but are looking for a plan with flexibility, allowing the occasional indulgence.



- Focus on maintaining optimal body composition.
- Maintain your target weight.
- Eat balanced meals consisting of quality whole grains, protein, dairy, good fats, low GI starches, fruits and vegetables.
- Get supplements to support your health.
- Continue on an active lifestyle.

#### MAINTAIN A HEALTHY LIFESTYLE WITH GOTRIM

Your life plan: Once you've lost the weight with GoTrim, you'll keep it off because GoTrim teaches you healthy eating principles that you can carry with you throughout your life. For maintenance, follow the 80/20 rule: eat 80% quality, low-GI meals, and you can enjoy 20% indulgence. GoTrim arms you with the tools to control your food, instead of letting food control you.



### WEIGHT MANAGEMENT PROFILE

Take your free Lifestyle and Weight Management Profile online at [au.GoTrim.com](http://au.GoTrim.com) to get your own customised plan.





# Eat Better Not Less

## MAINTAIN A HEALTHY LIFESTYLE WITH GOTRIM

Your life plan: Once you've lost the weight with GoTrim, you'll keep it off because GoTrim teaches you healthy eating principles that you can carry with you throughout your life. For maintenance, follow the 80/20 rule: eat 80% quality, low-GI meals, and you can enjoy 20% indulgence. GoTrim arms you with the tools to control your food, instead of letting food control you. With [au.GoTrim.com](http://au.GoTrim.com), you can transition into a maintenance phase with low-GI menu plans. You can help maintain your new weight by continuing to journal, track your foods and keep up with your exercise.

You can start your weight management journey with any plan. However, if you find that you're not meeting the expectations you've set for yourself, you can re-evaluate at the end of each month.

### GOAL SETTING

You set goals and make commitments every day. Commitments to your family, school, loved ones — to just about everyone but yourself. Well, it's time to make the most important commitment — to YOU. Start this program when you are ready. It may take you a few days to prepare. Clean the junk food out of your house. Get in the right mindset to achieve your goal of being a healthier and thinner you. You are worth it!

### WHAT ARE YOUR GOALS?

Check all the outcomes that are important to you.

When setting goals, you should think long-term as well as short-term.

#### CHECK YOUR GOALS

- Weight management
- Increase energy
- Decrease body fat
- Eat healthier
- Improve complexion
- Improve blood sugar management
- Preparing foods
- Not skipping meals
- Other \_\_\_\_\_

Break these up into intervals. Your short-term goals will keep you on track on a daily basis, and your long-term goals will help you stay motivated on your journey. Remember, no one else can set your goals for you — this is something you have to do on your own.

The goals you set for your weight management journey will set you up for nothing but success. Goals provide a plan for you as you transition to a healthier lifestyle. Your short-term goals are the stepping stones to your ultimate long-term goal.

How many times have you started a "diet" on a Monday morning by saying, "I am going to exercise every day, no matter what"? Or, "I will never eat desserts again"? Often, dieters set unrealistic goals and expectations, which tend to lead to frustration and disappointment. Even though vowing to "never eat desserts again" may seem innocent, approaching goals this way can set you up for disappointment. Goals that contain words that leave no room for error, such as "always," "never," "every," and "must" can set you up to feel guilty by insisting on perfection. In addition, unrealistic and overly aggressive weight management goals — for example, losing 15 pounds (7 kilograms) a week — can set you up for frustration. It's OK to dream big. Just be smart about it and use these tips for creating weight management goals that will help you achieve your dreams.

Creating SMART goals helps you focus your time and energy on the areas that count and sets you up for success. The key to setting weight management goals is to remember they need to be Specific, Measur-

able, Attainable, Relevant and Time-bound. Make sure your goals are detailed (e.g. I will journal my meals; I will exercise three times per week; I will fit into my size 10 dress by the reunion in three months). When planning your SMART goals, write down everything and go through all the details. When and where will you do it? How will you fit exercise into your busy schedule? What do you need to get started? This way you'll be able to track your progress and see if you're meeting your goals.

### SPECIFIC

Specify exactly what you plan to do by tomorrow or next week. Say, "I'm going to walk 25 minutes after dinner Monday, Wednesday, Thursday and Friday evening this week," rather than "I'm going to exercise." Or, "I am going to drink 8 cups of water every day this week," rather than "I will drink more water."

A goal needs to be as specific as possible so you can work toward it and achieve it. "Manage weight" as a goal is too vague. What exactly do you want to achieve and how? Why do you want to do it?

### MEASURABLE

For example, how far are you going to walk? For how long? How many days each week are you going to walk? Quantify your goals, then track your progress.

Be sure to review your progress each week. Were you able to successfully meet your goals last week? Think about what worked and what didn't, then plan for how you will reach your goals next week.

Track your progress by writing down each milestone. Those victories build momentum, excitement and confidence to keep you motivated toward your overall goal.

### ATTAINABLE

Set goals that are within your capabilities and that take into account your limitations. Consider your personal fitness level, health concerns, availability and motivation. Tailoring your expectations to your personal situation helps you set attainable goals.

A reasonable goal for many people is losing 5% to 10% of their current weight. It's a good idea to plan to lose 1 to 3 pounds (0.45 to 1.3 kg) a week, but keep track of the centimeters lost too. Often, centimeters will decrease before weight. You can use this Health Guide & Journal to track your food and remain accountable for everything that you do to reach your goal!



**RELEVANT**

In order to achieve long-term success, you have to find goals you can live with and incorporate into your daily schedule.

Setbacks are a natural part of behaviour change. Everyone who successfully makes changes in his or her life has experienced hitches along the way. Identifying potential roadblocks — a big holiday meal or office barbeque, for example — and brainstorming specific strategies to overcome them can help you stay on course or get back on course.

**TIME-BOUND**

Timing is crucial to your success. Choose a definite start date for your weight management program and don't put that date off. Be sure to account for life circumstances that might hamper your efforts, such as work or school demands, vacations or relationship problems. You may need to resolve some issues before starting. Your daily behaviours and habits will make your goals tangible.

**MY GOALS:** (write out 1–3 short-term or long-term goals)

\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
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\_\_\_\_\_
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\_\_\_\_\_

**ACTIVITY:** What commitments will you make to achieve your goals?

- I, \_\_\_\_\_, promise to:
• Implement low-glycaemic-impact eating at each meal and snack. I will not starve my body. Instead, I will feed it with the right foods to fuel my metabolism.
• Rid my mind of negative self-talk and replace it with positive affirmations.
• Plan my meals ahead of time, preparing my body for successful weight management with each meal and snack.
• Take my supplements as scheduled, to support my weight management efforts.
• Journal daily to understand my weight management struggles and to implement new behaviour modification techniques.
• Forgive myself for the past and look forward. I will jump right back on track with the next meal. I cannot change the past so I will accept it and move on.

Potential Challenges:

\_\_\_\_\_
\_\_\_\_\_
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Plans to Overcome:

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\_\_\_\_\_

Signed, \_\_\_\_\_

**REASSESS AND ADJUST YOUR GOALS AS NEEDED**

Be willing to change your goals as you make progress in your weight management plan. If you started small, you might be ready to take on larger challenges. Or, you might find that you need to adjust your goals to better fit your new lifestyle.

Remember, you don't have to do it alone. Talk to your GoTrim Coach, doctor, family and friends for support. Anticipate how you'll handle challenging situations and the minor setbacks, or obstacles that may come your way.

But don't forget the bottom line: The key to successful weight management is being committed and consistent.



Missi lost a total of 20 lbs (9 kg)†

**CHART YOUR PROGRESS PHOTOS:**

Taking "before" photos will be the best motivation for achieving your weight management goals, and will also serve as a powerful reminder of where you never want to be again. A picture is worth a thousand words. You will be so proud when you reach your goal — especially if you have a tangible reminder of how far you have come.

FULL BODY BEFORE & AFTER PHOTOS	
<b>Body Positioning</b>	• Front and back photos: Place your hands on your hips • Side photos: Place your hands on or at your sides
<b>What to Wear</b>	• Wear form fitting clothes • Wear the same clothing in your before and after photo
<b>Photo Setup</b>	• Photograph with plain background • Take photos from the same direction each time — approximately 6–12 feet (2–4 meters)

**WEIGHT:**

Weigh yourself weekly, not daily. The weight was not gained in one day and it will not be lost in one day either. You can lose 38 centimeters before you lose half a kilogram! Weigh yourself on the same day, at the same time, each week while wearing the same type of clothing.

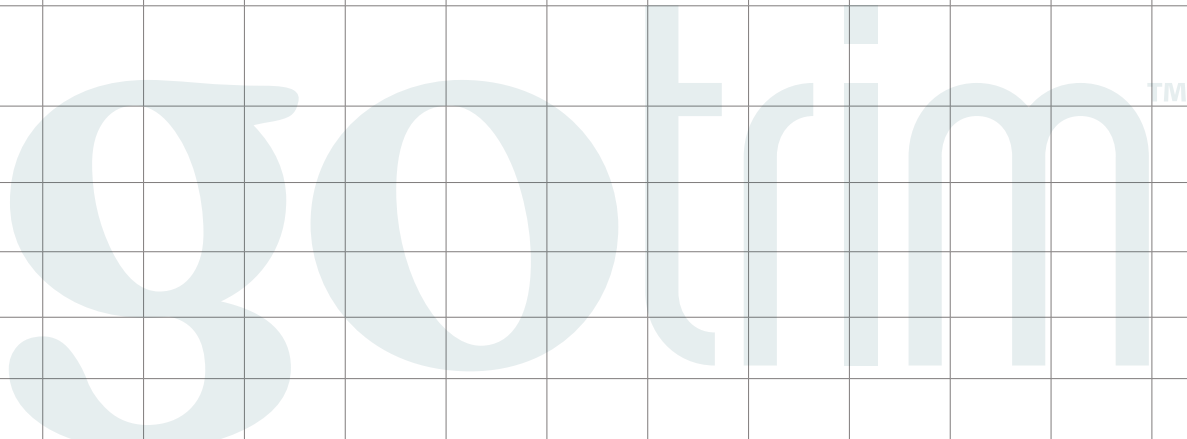
†The results shown in these testimonials may not be typical. Individual results may vary. The persons sharing their stories are Independent UnFranchise Owners of Market Australia.

## MEASUREMENT TRACKING SHEET

We encourage you to measure weekly. It is motivating to see progress in as many measurements of success as possible.

**NAME:** \_\_\_\_\_ **HEIGHT:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

	START	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
DATE	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
WEIGHT													
BODY FAT%													
MUSCLE WEIGHT OR %													
CHEST													
WAIST													
HIPS													
NECK													
BICEP													
THIGH													
CALF													



Week 1 Shirt Size: \_\_\_\_\_

Week 12 Shirt Size: \_\_\_\_\_

Week 1 Pant Size: \_\_\_\_\_

Week 12 Pant Size: \_\_\_\_\_

**Other measurements of success to pay attention to:**

- Quality of sleep, more energy throughout the day and improved mood
- Your ability to go up and down stairs or do more push ups and sit ups
- Enjoying healthy foods more and more, fewer and fewer cravings
- More endurance during your workouts or daily routine

**BODY FAT PERCENTAGE:**

If you have access, obtain your initial body fat percentage (the percent of fat mass vs. lean body mass). Your GoTrim coach, doctor or local gym may have calipers or an Electrical Impedance Device (handheld or scale, like a Tanita, Omron or Rolli-fit scale) to record body fat percentage and other measurements. You may choose to invest in a scale or device that measures body fat as well. Remember, we are interested in fat loss, not just losing weight.

**MEASUREMENTS:**

Take full-body measurements in 1–4 week intervals, starting on the first day of your program. Use a soft tape measure to record your waist circumference and other measurements. As you follow the GoTrim program, you will be losing fat and centimeters while building muscle. One of the best ways to measure your progress without a scale is how your clothing fits you. Changes in body fat percentage and centimeters are a better indicator of progress than weight alone.

**SHARE YOUR PROGRESS!**

At the end of your 12-week program, take “after” photos to show off all your hard work on this journey. Submit your success story to [au.GoTrim.com](http://au.GoTrim.com) or email your before and after pictures to [findyourfit@marketaustralia.com](mailto:findyourfit@marketaustralia.com), along with your success story. Also, be sure to post your results on the GoTrim Facebook page. Your success and your journey will inspire others. Mail a hard copy of any photos to:

**MARKET AUSTRALIA**  
**ATTN: GoTrim Lifestyle System**  
**4/5 Dunn Road**  
**Smeaton Grange, NSW, 2567**



Real Food, Real Meals  
**Simplicity**

## DETOX

“Food Can Either Be the Best Form of Medicine or the Slowest Form of Poison.”

The first step when starting your journey with GoTrim is to detoxify your body. Detox is not something to fear. It is common to be hesitant, but those who participate in a detox reap the greatest rewards. It is a systemised way of cleansing your body and your mind to prepare for a lifestyle change. Detoxing involves eating mostly vegetables and fruits for 4–7 days, with some proteins and oils, and drinking plenty of water while getting lots of rest. Your initial commitment to detox will enhance the results you achieve with GoTrim and help rid you of unhealthy habits right from the start.\*

\*If you are currently under the supervision of a healthcare practitioner for an ongoing medical condition, please consult your healthcare practitioner prior to beginning a detox.

### WHY DETOX?

The detox program is optional, but highly recommended for optimal results. This systemised detox is intended to:

- Cleanse your body of toxins and impurities
- Engage your digestive system and prepare your body to flush fat
- Jump-start your metabolism to burn fat
- Reset your palate to crave healthy, fat-burning foods and reduce cravings for salt, fat and sugar
- Help you mentally prepare for your new lifestyle and transformation
- Improve your body's ability to absorb nutrients

### PREPARING TO DETOX

- **Set your detox goal** How many days will you detox? (4–7 days depending on your plan)
- **Get organised** Prepare a list of what you may eat for meals and snack times; create a grocery list
- **Purge** Clean out your cabinets and refrigerator of junk food (cake, candy, processed foods, and chips) to mentally prepare yourself. Donate foods to the local food bank
- **Enlist support** from your family, friends, GoTrim Coach or roommates. If you have a buddy to participate with you it may be easier
- **Watch the Detox Video** on [au.GoTrim.com](http://au.GoTrim.com) for additional information and education on detox week

### RULES FOR OPTIMAL DETOX

Every morning, drink the juice of half a lemon in warm water to aid in emulsifying fat

Warm lemon water:

- Aids your gall bladder, which is responsible for fat digestion

- Is a natural detoxifier and may help rid your body of toxins
- May help to satisfy cravings

Eliminate caffeine-containing beverages (e.g. coffee, black tea)

- Large quantities of caffeine can interfere with healthy detoxification
- One cup of black coffee per day is permitted if you are unwilling to remove it from your diet or are having unfavourable withdrawals. It is advised to refrain from caffeine during your detox period.
- Consider switching to organic coffee to minimise unwanted impurities; or, switch to tea like green tea or kombucha tea for their antioxidant properties and digestive support.

Eat as many vegetables as you like, with leafy greens as the base

- Mix it up and make your plate colourful, but be sure to include dark green leafy vegetables
- Use spices and herbs to add flavour to vegetables
- Raw is best, but vegetables may be steamed, grilled or lightly sautéed in broth
- Avoid starchy vegetables like sweet potato

Eat two 80 gram servings of lean proteins daily

Eat two servings of healthy oils daily

Eat fruits each day, but limit them to three servings per day maximum

Drink plenty of liquids (e.g. filtered, purified, or mineral water, decaffeinated herbal teas, broths)

- Proper hydration is required for all metabolic processes but will also help you to curb cravings and feel more satiated
- Proper hydration assists your body in flushing out the impurities

Remove these foods: dairy, artificial sweeteners, sugar, grains, beans, legumes, nuts, seeds and processed foods.

Refrain from alcohol for at least 21 days

Sleep as much as possible. The naturally occurring plant compounds in fruits and vegetables – staples of your detox menu – help accelerate the cleansing process. This may make you feel a little more tired than usual the first couple of days. Do not engage in strenuous physical activity even if it is a part of your normal routine.

- Consider yoga, walking, gentle stretching or swimming





## Shed Kilograms And Cleanse The Digestive System With The The Right Supplementation

### TIPS DURING DETOX

- Preparation is key! Plan ahead, review recipes and get creative. Make soups or veggie platters in advance to have items ready to go during the week.
- Step out of the three-meals-a-day mindset. Food is food, so just eat at regular intervals. You may need to eat every two hours to stay full. As long as you're following the guidelines, you may eat all the vegetables you want!
- Don't skip meals or allow yourself to go hungry. There is plenty of food you can eat! The goal is to normalise your metabolism and release fat. To do this, you must feed your body regularly. Skipping meals will encourage fat storage.
- For flavour, add cucumber or mint leaves to water, or fruit to unflavoured seltzer.
- Seasonings help spice up your meals. Suggestions: garlic, lemon, dill, basil, mint, sea salt, pepper, yellow mustard or low sodium soy sauce along with other spices and herbs.
- Avoid store-bought condiments or dressings, which typically contain large amounts of hidden fats or sugars.
- Use this time to meditate, read motivational books, listen to relaxing music and engage in other stress-reduction activities.
- You may initially feel more tired due to the detoxification process, but by the end of your detox you should feel more energetic.
- Refer to the detox recipes on [au.GoTrim.com](http://au.GoTrim.com) for dressings, marinades, soups and other interesting detox dishes.

### CONSTIPATED?

You may think that adding so many vegetables will make you run to the bathroom, but this is not true! You will not be tied to the bathroom during this detox! The goal is to become regular, not over- or underactive. Because there is bulk in the fibrous vegetables you consume during detox, some people may feel constipated. Don't worry! Here are some things to consider:

- Are you drinking enough water?
- Are all your veggies raw? Cooking them may aid in their breakdown.
- Consider nutritional support. Supplements that may be helpful include: Isotonix® Digestive Enzymes, Isotonix® Magnesium, Isotonix® Vitamin C, Isotonix® Complete Greens or Ultimate Aloe® juice.

Talk to your GoTrim Lifestyle System coach to find the right supplement regimen for you!

### MANAGING HUNGER

- Eat more vegetables
- Drink more water, tea, or low sodium vegetable broth
- Try to limit your exposure to triggers that make you think of eating (e.g. kitchen, watching TV at night)
- Engage in alternate activities when experiencing cravings (e.g. organise a closet or engage in an unstressful activity that may give you a sense of accomplishment)
- Get out of the house, like walking or taking a drive.

A close-up photograph of a clenched fist, appearing weathered and dirty, holding a vibrant red ribbon. Attached to the ribbon is a silver, heart-shaped medal. The background is a bright, hazy sky with a sunburst effect at the top, and the entire scene is filled with a multitude of small, dark, star-like specks, suggesting a night sky or a microscopic view. A semi-transparent teal rectangular box is overlaid on the center of the image, containing the text.

# Healthy Supplements Solutions



## WHAT COULD A DAY LOOK LIKE? WHAT WOULD I EAT?

Before starting detox, watch the detox video on [au.GoTrim.com](http://au.GoTrim.com) and be sure to download the Detox Power Foods handout located on [au.GoTrim.com](http://au.GoTrim.com). It is strongly recommended that you eat pure, organically grown foods to support the ideals of clean eating. If you cannot find organic foods or choose not to purchase them, please ensure you wash your fruits and vegetables thoroughly.

## SUPPLEMENTS FOR DETOX

The recommended supplements combine four of our most popular products to support your health, wellness and weight management. Shed kilograms and cleanse the digestive system with the Detox Menu Plan.



**ULTIMATE ALOE** Ultimate Aloe Juice provides the body with over 200 nutrients, enzymes, vitamins and minerals, Ultimate Aloe Juice includes 13 of the 17 essential minerals needed for good nutrition including fibre and amino acids.

The aloe plant has been used to promote health for thousands of years. Ultimate Aloe is a source of over 200 nutrients, enzymes, vitamins and minerals, including 13 of the 17 essential minerals needed for good nutrition. Because the typical diet consists of many foods unintended for digestion, maintaining a healthy digestive tract is important to the overall health of the body. This is true because a healthy digestive tract ensures proper absorption of nutrients from the food we eat.



**ISOTONIX OPC-3™** This menu plan is also paired with our all-star antioxidant, Isotonix OPC-3™, which helps fight free radicals. OPCs are among today's promising free-radical fighters and are effective in neutralising harmful free radicals and oxidants built up in the body. Thanks to the power of Pycnogenol®\*, Isotonix OPC-3 helps fight oxidation and free radicals in the gut.



**ISOTONIX MULTIVITAMIN** While following a detoxification plan, it's a good idea to take a multivitamin to supplement your body with essential nutrients. Containing 100% or more of most of the daily values of many vitamins and minerals, the multivitamin supports immune function, metabolism and the conversion of food into energy, liver function, kidney function, thyroid function, adrenal function, hormonal balance and helps maintain healthy digestive function maintenance.

\*Pycnogenol is a registered trademark of Horphag Research Ltd. If you are using prescription medications or have an ongoing medical condition, consult your healthcare provider before using these products.

# GOTRIM DETOX TRACKING SHEET

Print 7 copies

DATE: \_\_\_\_\_ | \_\_\_\_\_ | \_\_\_\_\_

## SLEEP

FILL IN THE NUMBER OF HOURS YOU GOT:



\_\_\_\_\_

You should be getting an average of 7-8 hours of sleep per night

## DETOX WEEK

No Sugar or Sweeteners  
No Caffeine  
No Grains or Starches

No Dairy  
No Alcohol



## WHAT I ATE TODAY

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

SNACK (OPTIONAL)

TIME: \_\_\_\_:\_\_\_\_ AM  
PM

TIME: \_\_\_\_:\_\_\_\_ AM  
PM

TIME: \_\_\_\_:\_\_\_\_ AM  
PM

TIME: \_\_\_\_:\_\_\_\_ AM  
PM

TIME: \_\_\_\_:\_\_\_\_ AM  
PM

TIME: \_\_\_\_:\_\_\_\_ AM  
PM

**DAILY SERVINGS CHECKLIST:**  
CHECK ALL THAT APPLY

VEGETABLES



(1-2 cups raw)

PROTEINS



(85 grams)

FRUITS



(1 medium fruit or 1 cup)

GOOD FAT



(1 Tbsp)

**HYDRATION:**  
CHECK A GLASS FOR EACH 250 ml GLASS YOU DRANK TODAY



2500 ml

**SUPPLEMENTS & VITAMINS:**

WRITE IN THE NAMES OF THE PRODUCTS YOU USED TODAY (READ THE LABEL FOR DIRECTIONS).



\_\_\_\_\_  
\_\_\_\_\_

**DETOXING:**

DO NOT ENGAGE IN STRENUOUS PHYSICAL ACTIVITY EVEN IF IT IS A PART OF YOUR NORMAL ROUTINE. CONSIDER YOGA, WALKING, GENTLE STRETCHING, OR SWIMMING.

## DAILY AFFIRMATION:

“Making myself a priority with GoTrim is the best thing I can do for myself, my health and my loved ones.”

## TODAY, I'M GRATEFUL FOR:

## DAILY STRESS REDUCTION:

**DEEP BREATHING:** Sit with your back straight; your shoulders should be relaxed (but not slouched) and facing forward • Place both hands on your stomach and inhale all the way through your nose, slowly and deeply, until you are completely filled with air • Hold for three seconds and exhale slowly (keeping your hands on your stomach) through your mouth until all the air is gone • Do this in the AM and PM, and any time during the day you need to de-stress and regroup.



One thing I did for myself today is:

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The obstacle(s) that I faced today were:

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How I overcame, or plan to overcome the obstacle(s) if they happen again:

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Notes or questions for my Coach:

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## MY GOAL FOR TOMORROW IS:

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# Weekly Reflection

## CONGRATULATIONS!

You've made it through the detox week with the GoTrim Lifestyle System!

### Eating

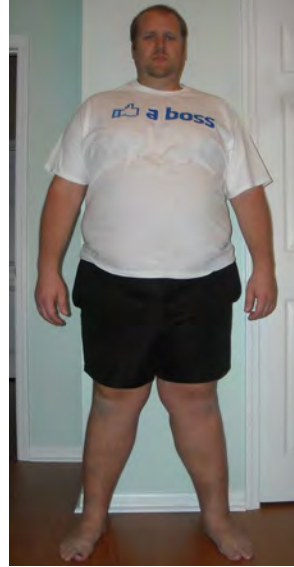
Knowing your portion sizes and eating in moderation are two essential changes in your new lifestyle. Learning to fill up your plate with proteins, fresh vegetables, fresh fruits and healthy fats will ensure you see results. More healthy decisions will soon become habits rather than choices.

### Affirmation

This week has been about beginnings, first steps and recognising opportunities. Your commitment and decision to simply trust the process reflects patience and wisdom. Overcoming the inertia is definitely the hardest part, but this initial push is what makes all the other changes possible!

### Stress Reduction

You can find peace within yourself by performing calming activities that allow your body and mind to relax, freeing yourself from the chaos of your surroundings. Mindful breathing, solitude and soothing, peace-welcoming activities such as yoga and massage sessions will bring your stress levels down by grounding you physically and mentally.



BEFORE



AFTER

SUCCESS STORY: Dan lost 110 lbs (50 kg)<sup>†</sup>

“I don’t ever feel like I’m on a diet. Thank you, TLS; losing this weight saved my life.” — Dan B.

<sup>†</sup>TLS has transitioned to a new brand name GoTrim.

## WEEKLY WEIGH-IN

LAST WEEK’S WEIGHT:	TODAY’S WEIGHT:
LAST WEEK’S WAIST MEASUREMENT:	TODAY’S WAIST MEASUREMENT:

<sup>†</sup>The results shown in these testimonials may not be typical. Individual results may vary. The persons sharing their stories are Independent UnFranchise Owners of Market Australia.

It is important for me to reach my goal and live a healthier lifestyle because:

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This week's negative remarks:

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My positive message replacement:

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What I did well this past week:

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What I will do better this upcoming week:

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One new thing I will implement next week to boost my success:

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**Get Prepared For Next Week!**



# Eat Smarter

Protein and Fibre At Every Meal Makes  
Burning Fat No Big Deal

# CHAPTER 1

## Low-Glycaemic-Impact Eating 101

“The adage goes: You are what you eat. If that is true, then it is time to re-evaluate what you put into your body.”

THIS WILL BE THE LAST PROGRAM  
YOU WILL EVER NEED!

We understand: Sometimes life gets in the way. It's easier to pull into a drive-thru or order a delivery pizza than prepare a full meal when you're short on time.

But what is timely, convenient and cheap isn't always what's best. The quality of food you put into your body is going to determine how successful you are in achieving your weight management goals and good health for a lifetime. That's why the GoTrim Lifestyle System abides by the principles of low-glycaemic-impact eating. A low-glycaemic-impact diet consists of fruits, vegetables, beans and legumes, along with lean proteins from both meat and dairy sources. A low-glycaemic-impact diet also consists of healthy fats from foods such as oils and nuts.

## HEALTH TIP

### BENEFITS OF LOW-GLYCAEMIC-IMPACT EATING

- Low-glycaemic-impact diets may support the body's sensitivity to insulin
- Low-glycaemic-impact carbohydrates help maintain normal blood sugar levels
- Low-glycaemic-impact carbohydrates may support a healthy heart
- Low-glycaemic-impact diets have been shown to help people lose and control weight
- Low-glycaemic-impact carbohydrates may help maintain normal blood cholesterol levels
- Low-glycaemic-impact diets may help minimise carbohydrate cravings
- Low-glycaemic-impact carbohydrates may help manage hunger and keep you fuller for longer
- Low-glycaemic-impact diets may help minimise energy crashes
- Low-glycaemic-impact carbohydrates might help prolong physical endurance

While changing your eating habits isn't easy at first, all it takes are some simple changes to start living the low-glycaemic-impact lifestyle and reaping its many benefits. Eating low glycaemic is not only helpful in weight management, but also in reducing a number of health risks that are elevated when we don't take care of our bodies.

Whether you're a professional on the go, a stay-at-home parent or a university student, low-glycaemic-impact eating is designed to fit into and benefit any lifestyle. In this section, you'll learn more about the combination of glycaemic index and glycaemic load, and how low-glycaemic-impact eating can help you achieve and maintain your weight management goals.

### WHAT DOES LOW GLYCAEMIC MEAN?

In 1981, Dr. David J. Jenkins and a team of researchers at the University of Toronto created the glycaemic index to help diabetes patients manage their blood sugar levels. The glycaemic index (GI) is a ranking system for foods containing carbohydrates, which measures how quickly these foods will cause your blood sugar to rise.

Glycaemic index is measured on a scale of 1 to 100 (1 being low and 100 being high). While the glycaemic index was originally developed for diabetics, you do not have to be diabetic to reap the benefits of low-glycaemic-impact eating.

#### GLYCAEMIC INDEX RATINGS

LOW 0-55	MEDIUM 56-69	HIGH 70 AND ABOVE
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Low-GI foods produce little to no fluctuations in blood sugar and insulin levels. Foods with a high GI (including things like white rice, potatoes, most breads, cake, candy, popcorn and cookies) rapidly raise blood sugar levels. Why is this important?

WHEN YOUR BLOOD SUGAR  
RISES QUICKLY, YOUR BODY  
INCREASES INSULIN PRODUCTION,  
TELLING THE BODY TO STORE FAT.

Have you ever eaten a food thinking it is healthy because it is low fat, whole grain or low kilojoule? This can be misleading because it may be all those things but it still breaks down to sugar quickly. If this is true, this food is considered high GI and will raise the body's blood sugar rapidly, signaling it to store fat.

Controlling the GI of your foods promotes normal blood sugar levels and enables the body to stay in fat-burning mode. By changing your diet and eating low glycaemic impact, you will feel energised, alert and productive.

### WHAT IS GLYCAEMIC LOAD?

While the glycaemic index tells you how a food affects your blood sugar levels, it doesn't tell you how much of that particular food is in a serving. It is important to take both the glycaemic index and glycaemic load into consideration to understand the full effect a food has on your blood sugar.

Glycaemic load (GL) reflects not only the GI of a food, but also the amount ingested. Each number of the GL is equivalent to 1 gram of carbohydrates from pure glucose. The lower the GL, the smaller the amount of glucose, which is best.

#### GLYCAEMIC LOAD

LOW 0-10	MEDIUM 11-19	HIGH 20 AND ABOVE
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GL is very important because it helps explain some GI ratings that would otherwise be misleading. Let's look at carrots, for example. Raw carrots are considered a high-GI food even though they are relatively low in carbohydrate and have health benefits. However, carrots have a low GL because it would take almost 750 ml (3 cups) of carrots to equal 50 grams of carbohydrates. Since most people do not eat 3 cups of carrots, enjoying them on your GoTrim journey is permitted.

Glycaemic load paints a more realistic picture of how a food can affect blood sugar/glucose levels by taking into account the glycaemic index of foods and their serving size.

When you put both the GI and GL together to come up with a meal plan, you're on your way to following low-glycaemic-impact eating, which helps you choose foods in appropriate amounts and in the correct combinations to support normal blood sugar levels for longer periods of time.

GLYCAEMIC INDEX = How FAST  
GLYCAEMIC LOAD = How MUCH



## MAINTAIN NORMAL BLOOD SUGAR LEVELS

Dietitians and weight-management experts now use the glycaemic index as a tool to reduce cravings and appetite, and improve eating habits. Research shows that following a diet designed to keep blood sugar from rising after meals helps keep food from being stored as fat.

## HYPOGLYCAEMIA

Hypoglycaemia relates to low blood glucose levels. When the level of glucose — the body's primary source of energy and fuel — falls too low, your body has insufficient amounts of fuel to function normally. Hypoglycaemia or low blood glucose may occur when a person is not eating frequently enough, exercised without the proper nutrient support, or when a diabetic has injected too much insulin. This can lead to extreme fatigue, sluggishness and sometimes damaging symptoms. Hypoglycaemia is most commonly treated with diet modification.

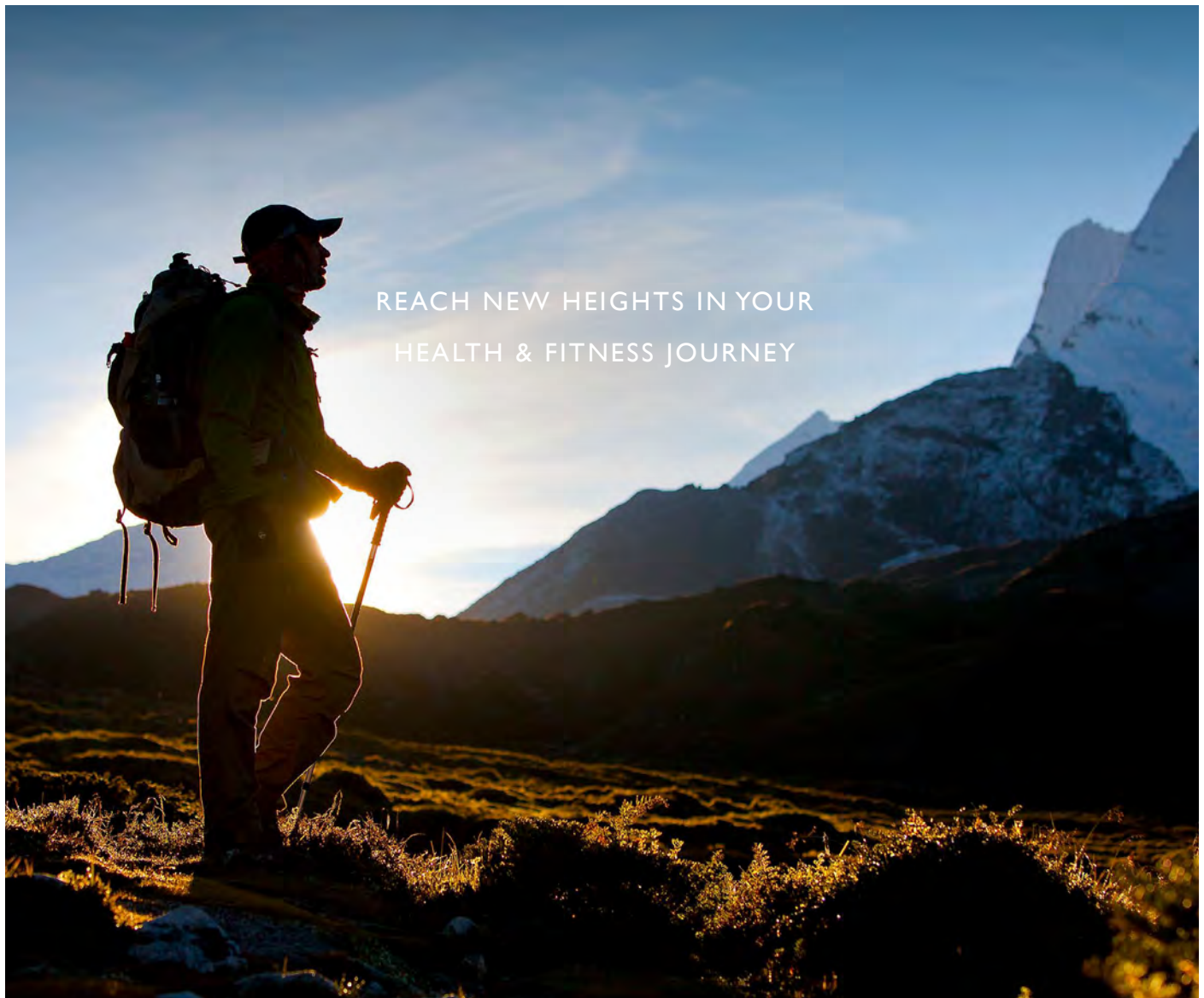
## CAN I FOLLOW GOTRIM IF I AM A VEGETARIAN OR VEGAN? YES!

### VEGETARIANS

Being a vegetarian is an excellent way to stay healthy. There is a wealth of scientific evidence that shows vegetarian diets have a profound impact on promoting cardiovascular health, cellular health and healthy blood sugar levels. Eating a variety of fresh fruits, vegetables, legumes, nuts and whole grains is a great way to ensure that your body is getting what it needs to stay energised and healthy.

The GoTrim Lifestyle System fits perfectly into a vegetarian lifestyle. Many vegetarians and vegans eat a diet that is high in carbohydrates, so eating the right carbohydrates, in the right quantities, is essential to ensuring your body is getting adequate levels of protein, fibre and essential vitamins and minerals. Low-GI foods help to keep you full and satisfied longer than high-GI foods, and they help to maintain normal blood sugar levels, which burns more body fat to help keep your metabolic rate at an optimal level.

Because of their dietary restrictions, vegetarians need to be mindful of nutrient intake when planning meals. Certain nutrients frequently found in meat products, such as protein, B vitamins (especially B12), iron, zinc and calcium must be incorporated into meals through other sources. The GoTrim Lifestyle System will help you make smarter food choices that are rich in these nutrients and assist you in your weight management goals. Living a low-GI lifestyle is easy for vegetarians to follow because most vegetarians are already eating a diet rich in low-GI foods. Legumes like chickpeas, black beans, and kidney beans should be a regular part of a vegetarian diet. Vegetarians will naturally eat a diet higher in carbohydrates and lower in protein, so it is important for vegetarians to choose low-GI carbs like whole grains. Quinoa, millet, spelt, kamut, amaranth and wild rice are the best choices and are also good sources of protein.



## WHAT WILL I BE EATING?

GoTrim is customised for you. You are given different plans to help achieve your weight management goals with maximum success, so you have basic guidelines to follow. Here is a quick glance at each of the meal plans. You may find yourself starting in one place and switching to another place in the menu plan that can better help achieve your current weight management goal.

Other than our 7-day Detox and 14-day Fat Shredder, all our plans are healthy lifestyles you can stay on and maintain, so if you don't have weight to lose but want to be healthier, our plans will work for you!

THE PLANS	FAT SHREDDER	RAPID RESULTS	SURE & STEADY	CONTINUED COMMITMENT
<b>RESULTS TO EXPECT</b>	<ul style="list-style-type: none"> <li>Lose up to 10 lbs. (4.5 kg) in 2 weeks</li> </ul>	<ul style="list-style-type: none"> <li>Lose 2–3 lbs. (0.9 – 1.36 kg) per week</li> </ul>	<ul style="list-style-type: none"> <li>Lose 1–2 lbs. (0.45 – 0.9 kg) per week</li> </ul>	<ul style="list-style-type: none"> <li>A guide to healthy, everyday living at your target weight</li> </ul>
<b>WHY IT'S FOR YOU</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>	<ul style="list-style-type: none"> <li>You're motivated, dedicated and committed to do whatever it takes to reach your weight management goals. Get ready to break unhealthy habits and start losing fat and centimeters.</li> </ul>	<ul style="list-style-type: none"> <li>You're looking to make gradual changes to your lifestyle and reach your goal weight, one day at a time. With the GoTrim Sure &amp; Steady program it's not if you'll hit your goal, but when.</li> </ul>	<ul style="list-style-type: none"> <li>You're at a healthy weight and are looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but are looking for a plan with flexibility, allowing the occasional indulgence.</li> </ul>
<b>WHAT YOU'LL DO</b>	<ul style="list-style-type: none"> <li>Strict regimen for quick results</li> <li>GoTrim supplements</li> <li>Full body, high-intensity workouts</li> </ul>	<ul style="list-style-type: none"> <li>Protein and vegetable-rich meals</li> <li>GoTrim supplements</li> <li>Behaviour modification to break unhealthy habits</li> <li>Gradual workout plan designed to maintain lean muscle</li> </ul>	<ul style="list-style-type: none"> <li>Steady results with less dramatic lifestyle changes</li> <li>Quality whole grains, protein and vegetable-rich meals</li> <li>GoTrim supplements</li> <li>Behaviour modification, setting you up for long-term success</li> <li>Recommended workout plan</li> </ul>	<ul style="list-style-type: none"> <li>Maintain your target weight</li> <li>Balanced meals consisting of quality whole grains, protein, dairy, low-glycaemic-index starches, fruits and vegetables.</li> <li>GoTrim supplements</li> <li>Emphasises an active lifestyle</li> </ul>

gotrim™

# Rapid Results

Lose 0.91–1.36 kilograms per week\*



**BREAKFAST**

Veggie omelette



**A.M. SNACK**

Chocolate raspberry shake



**LUNCH**

Sunburst chicken salad



**P.M. SNACK**

Lettuce wraps



**DINNER**

Grilled salmon and asparagus



**WATER**

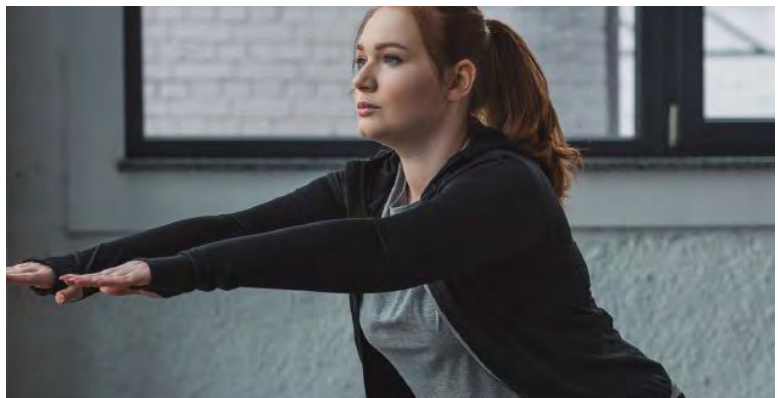
Eight (250 ml) glasses daily

## WHY IT'S FOR YOU:

You're motivated, dedicated and committed to doing whatever it takes to reach your weight management goals. Get ready to break unhealthy habits and start losing fat and centimeters.

## A DAY ON RAPID RESULTS:

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.

All recipes are found on [au.gotrim.com](http://au.gotrim.com).

\*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. These products is not intended to diagnose, treat, cure, or prevent any disease.

†If symptoms persist, seek the advice of a healthcare professional.

# gotrim™

## 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

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<sup>†</sup>If symptoms persist, seek the advice of a healthcare professional.

The GoTrim family of products can be found on [au.GoTrim.com](http://au.GoTrim.com)



# Continued Commitment

A guide to healthy, everyday living at your target weight\*

## A DAY ON CONTINUED COMMITMENT

Below are some examples of the foods you can eat.



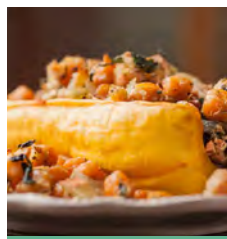
### BREAKFAST

Veggie egg scramble



### A.M. SNACK

Chocolate coconut shake<sup>†</sup>



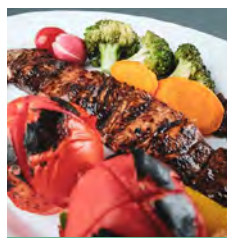
### LUNCH

Chicken salad squash boats<sup>†</sup>



### P.M. SNACK

Peanut butter apple-cinnamon wedges



### DINNER

Baked pork loin and grilled veggies



### WATER

Eight (250 ml) glasses daily

All recipes are found on [au.gotrim.com](http://au.gotrim.com)

## WHY IT'S FOR YOU

You're at a healthy weight and looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but looking for a plan with flexibility, allowing the occasional indulgence.



### Isotonix<sup>®</sup> 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.<sup>†</sup>
- Enhances immune system function.

### TLS<sup>®</sup> 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<sup>®</sup>

- Helps support healthy cholesterol.
- Anti-Inflammatory.<sup>†</sup>
- 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. These products are not intended to diagnose, treat, cure, or prevent any disease.

<sup>†</sup>If symptoms persist, seek the advice of a healthcare professional.

The GoTrim family of products can be found on [au.GoTrim.com](http://au.GoTrim.com)

# gotrim™

## 7-Day Detox



**BREAKFAST**  
Veggie omelette



**A.M. SNACK**  
Green smoothie



**LUNCH**  
Strawberry chicken salad



**P.M. SNACK**  
Vegetable medley



**DINNER**  
Spicy carrot soup



**SNACK (optional)**  
Serving of fruit

All recipes are found on [au.GoTrim.com](http://au.GoTrim.com).

### WHY IT'S FOR YOU:

You want to jump-start your weight management journey and receive the maximum benefit from GoTrim Lifestyle System\*. Whether this is your first time participating in GoTrim or you're stuck in a plateau, this 7-Day Detox will help curb your appetite for sweet, salty and fatty foods, while supporting your weight management efforts.

### A DAY ON DETOX:

On the left 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.

#### MEET OUR FAMILY OF PRODUCTS

The products in your program will be customised to meet your needs.



#### Isotonix OPC-3®

- Helps support healthy cholesterol.
- Anti-Inflammatory.<sup>‡</sup>
- Helps support healthy blood sugar.

#### 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.

#### Ultimate Aloe®

- Source of more than 200 nutrients, enzymes, vitamins and minerals, including 13 of 17 essential minerals needed for good nutrition.
- Contains no high fructose corn syrup, artificial sweeteners, thickeners or emulsifiers.
- Source of amino acids.

\*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. These products are not intended to diagnose, treat, cure, or prevent any disease.

<sup>‡</sup>If symptoms persist, seek the advice of a healthcare professional.

The GoTrim family of products can be found on [au.GoTrim.com](http://au.GoTrim.com)

# 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

All recipes are found on [au.gotrim.com](http://au.gotrim.com)

\*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. These products are not intended to diagnose, treat, cure, or prevent any disease.

†If symptoms persist, seek the advice of a healthcare professional.

### 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.

The GoTrim family of products can be found on [au.GoTrim.com](http://au.GoTrim.com)

**RAPID RESULTS SAMPLE MENU (ONE DAY)**

Serving sizes are consistent with your menu plan

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
<p><b>Egg-White Muffins:</b>                      1 cup asparagus                      ½ cup mushrooms                      ½ cup onions                      ½ cup tomatoes                      ½ cup egg whites</p> <p>Preheat oven to 175 C. Slice vegetables. Mix egg whites with vegetables. Pour into nonstick muffin trays. Bake at 175 C for 20–30 minutes.</p>	<p><b>Pineapple Shake:</b>                      1 serving                      Nutrition Shake                      1 cup water                      ½ cup fresh pineapple slices</p> <p>Blend all ingredients until a smooth consistency is reached.</p>	<p><b>Prawn and Veggie Kabobs:</b>                      Stack serving size of prawn                      1 bell pepper                      ½ cup onion                      1 cup Portobello mushrooms</p> <p>Cut all vegetables into thick chunks. Drizzle olive oil on the prawns. Grill until prawn is pink and cooked through. Skewer vegetables and prawns.</p>	<p><b>Healthy Roll-Ups:</b>                      2 Slices of turkey                      1 Tbsp of fresh salsa                      Cucumber or zucchini, sliced</p> <p>Spread salsa over slices, place veggies on top and roll them up.</p>	<p><b>Broiled Fish with Warm Eggplant Salad:</b>                      1 sole fish fillet                      ¼ cup peeled eggplant                      ½ Tbsp olive oil                      ¼ cup onion                      ½ Tbsp capers                      1 chopped tomato                      1 Tbsp fresh parsley                      ¼ Tbsp balsamic vinegar</p> <p>Preheat oven to 175 C. Place fish in oven and cook until it flakes. Then heat olive oil in a nonstick skillet. Add eggplant and sauté for 10 minutes until soft. Add onion, capers, tomato, parsley and balsamic vinegar; sauté for 3–4 minutes. Season with salt and pepper.</p>

**SURE & STEADY SAMPLE MENU (ONE DAY)**

Serving sizes are consistent with your menu plan

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
<p><b>Blueberry Power Pancakes:</b>                      3 egg whites                      1 serving of Nutrition Shake –Vanilla                      ½ cup oats (uncooked)                      ½ cup blueberries                      1 Tbsp almond milk                      ½ tsp baking powder                      Dash of cinnamon</p> <p>Mix all ingredients together. Cook on a skillet over medium heat until golden brown. Serve with maple flavoured agave nectar.</p>	<p><b>Chocolate Coconut Shake:</b>                      1 serving Nutrition Shake – Chocolate                      ¼ cup unsweetened coconut                      2 cups spinach                      1 cup water</p> <p>Blend all ingredients until a smooth consistency is reached.</p>	<p><b>Go Green Salad:</b>                      4 slices turkey                      3 cups romaine                      2 cups spinach                      ½ cup tomato                      ½ cup avocado                      ½ cup zucchini                      ½ cup alpha sprouts</p> <p>Chop romaine and spinach and place in a bowl. Slice zucchini, avocado and tomato. Add to a bowl with sprouts and turkey. Dress with coconut oil and pomegranate vinegar blend.</p>	<p><b>Healthy Mixed Platter:</b>                      1 apple                      1 cucumber                      Handful of almonds</p> <p>Slice apple and cucumber.</p>	<p><b>Zesty Red Snapper with Mushrooms:</b>                      1 red snapper fillet                      2 Tbsp lemon juice                      1 cup mushrooms                      ½ tsp (each) paprika, tarragon and oregano                      ¼ tsp salt                      ⅛ tsp (each) pepper and red pepper flakes</p> <p>Preheat oven to 200 C. Mix all of the spices together in a small bowl. Brush fish fillet with lemon juice. Rub fish with herb mixture; place in an ungreased baking dish. Cook mushrooms with lemon juice in a skillet over medium heat for 2 minutes. Add mushrooms to fish. Cover and bake until fish flakes with fork, 15–20 minutes. *Serving suggestion: Serve with 2 cups of steamed vegetables.</p>





**CONTINUED COMMITMENT SAMPLE MENU (ONE DAY)**

Serving sizes are consistent with your menu plan

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
<p><b>Chicken Breakfast Burrito:</b> 57g–85g chicken 2 eggs ¼ cup onion, sliced 1 cup spinach 1 tortilla</p> <p>In a skillet over medium heat sauté chicken until cooked. Add eggs and scramble. Add vegetables. Sauté for 2 minutes. Top tortilla with chicken mixture.</p>	<p><b>Chocolate and Peanut Banana Shake:</b> 1 serving Nutrition Shake — Chocolate Delight 1 cup spinach 1 cup unsweetened almond milk/water 1 Tbsp natural peanut butter 1 banana</p> <p>Blend all ingredients until a smooth consistency is reached.</p>	<p><b>Turkey and Veggie Soup:</b> ½ lb lean ground turkey 1 Tbsp olive oil ¼ cup onions, celery, garlic (each) Salt and pepper to taste ¾ cup chicken broth ½ cup water Dash of oregano ¾ cup chopped sweet potatoes ½ cup of leeks, Brussels sprouts (each)</p> <p>Cook turkey until browned in olive oil. Put aside. In the same skillet, sauté ingredients 3 and 4 for 3 minutes. In a pot, add ingredients 5 through 8. Cover; bring to boil. Add sautéed vegetables, turkey, leeks and Brussels sprouts. Cover. Simmer for 25 minutes.</p>	<p><b>Sweet, Nutty Treat:</b> 1 apple Dash of cinnamon Handful walnuts</p> <p>Slice apple and sprinkle it with cinnamon. Enjoy with a handful of walnuts.</p>	<p><b>Mushroom and Swiss Turkey Burgers:</b> ¼ lb lean ground turkey 1 garlic clove ½ Tbsp basil 1 serving Swiss cheese Dash of salt and red pepper flakes ¼ cup mushrooms ½ cup onions</p> <p>In a skillet, sauté mushrooms and onions. Mix ingredients 1 through 5, shape into patties. Cook until golden brown. Add vegetables. Serve on a whole wheat bun.</p>

**DETOX SAMPLE MENU (ONE DAY)**

Serving sizes are consistent with your menu plan

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
<p><b>Green Egg Sauté:</b> 3 egg whites 3 cups of sautéed broccoli and asparagus 2 Tbsp olive oil Salt &amp; pepper to taste</p> <p>Sauté broccoli and asparagus in olive oil. Plate the veggies. Fry egg whites in the same skillet.</p>	<p><b>Green Smoothie:</b> 2 cups kale ½ peeled lemon 1 inch peeled ginger 1 cucumber 2 celery stalks 1 green apple ½ cup water 1 Tbsp coconut oil</p> <p>Blend all ingredients until a smooth consistency is reached.</p>	<p><b>Salmon Salad:</b> 85 grams salmon 1 cup spinach Handful water chestnuts 2 Tbsp scallions ¼ cup brussel sprouts 1 sliced grilled pear</p> <p>Sauté salmon in a skillet for 10 minutes. Plate with pear. Sauté remaining ingredients for 5 minutes. Dress with rice vinegar.</p>	<p><b>Sweet and Salty Crunch Salad:</b> 3 cups of snow peas Handful olives ½ cup cucumber ½ cup tomato ½ apple Dash of cinnamon</p> <p>Slice cucumber, apple and tomato. Place in a small bowl. Add snow peas, olives and cinnamon.</p>	<p><b>Sweet Potato and Veggie Soup:</b> ½ tsp olive oil ¼ cup onions, celery, garlic (each) ¾ cup chicken broth ½ cup water ¾ cup chopped sweet potatoes</p> <p>In a skillet, sauté onions, celery and garlic for 3 minutes. In a pot, add chicken broth, water and chopped sweet potatoes. Cover; bring to boil. Add sautéed ingredients. Cover. Simmer for 25 minutes.</p>	<p><b>Pepper Plate:</b> 1 orange capsicum 1 yellow capsicum</p> <p>Slice peppers and serve on a plate.</p>

**FAT SHREDDER SAMPLE MENU (ONE DAY)**

Serving sizes are consistent with your menu plan

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
<p><b>Veggie and Salsa Omelet:</b> 3 egg whites ½ tsp olive oil 2 cups sautéed spinach 1 cup asparagus ½ cup onions ½ cup fresh salsa</p> <p>Add olive oil to a skillet, sauté ingredients 3 through 5 over medium heat. Add egg whites. Cook until a golden yellow colour. Top with salsa.</p>	<p><b>Blueberry Shake:</b> 1 serving Nutrition Shake 1 cup spinach ¾ cup blueberries ½ cup water</p> <p>Blend all ingredients until a smooth consistency is reached.</p>	<p><b>Saucy Salmon Salad:</b> 85 grams salmon 2 Tbsp olive oil 2 Tbsp low-sodium soy sauce 2 Tbsp garlic 2 Tbsp Dijon mustard 2 cups broccoli 2 cups cauliflower and carrots</p> <p>Marinate salmon for 30 minutes with ingredients 2 through 5. Steam broccoli, cauliflower and carrots in a large pot. Sauté salmon over medium heat in a skillet for 10 minutes. Plate veggie medley with salmon.</p>	<p><b>Nutrition Shake:</b> 1 serving Nutrition Shake 1 cup water</p> <p>Blend all ingredients until a smooth consistency is reached.</p>	<p><b>Spicy Chicken Cups:</b> 1 sliced onion 6 chicken breasts 2 cups chicken stock 1 tsp sea salt ½ tsp (each) coriander, cumin ¼ tsp (each) cayenne pepper, black pepper 1 cup water 2 tsp garlic powder ¼ lettuce head</p> <p>Place onion in slow cooker. Add ingredients 2 through to 8. Cook on low for 5–6 hours. Spoon filling into lettuce leaves. Serve with cucumber, coriander and avocado topping.</p>



## WHEN COOKING, REMEMBER

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### THE TRUTH ABOUT RICE

Rice is a staple food, especially in many Asian diets. Rice is not off limits with some of our menu plans, especially when it's mixed with good fats and low-glycaemic-index vegetables. The glycaemic index of rice can vary dramatically from very high to very low depending on the type and how it's cooked. When choosing rice, look for basmati, brown or wild rice. Most rice will fall into the medium- to high-glycaemic-index range, so it is important to keep rice portions small and to pair them with low-glycaemic-index vegetables and protein.

### THE TRUTH ABOUT POTATOES

Potatoes vary on the GI scale from medium to high depending on the variety and how they are cooked. The highest GI values for potatoes are on freshly cooked and instant mashed potatoes. Potatoes aren't off limits with the GoTrim Lifestyle System; they should just be eaten in moderation. Sweet potatoes or yams are a better choice because they have more fibre than white potatoes. Always pair potatoes with low-glycaemic-index vegetables and protein sources. If you are a meat and potatoes person, try adding some variety to your meals with sweet potatoes or yams, legumes or basmati rice.

### APPEALING ALTERNATIVES

Quinoa (pronounced KEEN-wah) is a wonderful source of pro-

tein, cultivated for thousands of years in South America. Look for quinoa or lentil pastas for a healthful alternative to wheat pastas. Millet, another ancient grain, is high in vitamins and minerals. This small yellow grain can be a nice change of pace, especially when cooked as porridge for breakfast and topped with nuts and fruits. Corn tortillas are a hearty change from the wheat variety, and tasty bean and lentil-based products from India, like papadums, make an exciting alternative to gluten-based breads.

### HEALTHY DOESN'T MEAN BORING

Grilling, steaming, sautéing and roasting are fast and nutritious ways to cook your food. Recommended cooking tools include an indoor/outdoor grill, salad crispener and steamer. When stir-frying, use vegetable sprays or rub the bottom of the pan with oil on a napkin or paper towel. Avocado oil and pure coconut oil are great healthy oils to cook with. You can also flavour dishes with lemon juice, vinegar, natural extracts (vanilla, banana, strawberry, almond and orange), chicken bouillon (low salt, low fat) and soy sauce or tamari (low salt). Changing your eating habits doesn't have to be boring. Fresh herbs and spices are great ways to make the same vegetables and proteins taste different each time, and ensure you have no need for high sugar sauces and dressings. Try herbs like garlic, ginger, turmeric, basil, coriander, parsley, mint. Spices like cayenne, curry, cumin and salt-spice blends are some of our favourites.

# GOTRIM DAILY TRACKING SHEET

Print seven copies

DATE: \_\_\_\_\_ | \_\_\_\_\_ | \_\_\_\_\_

## SLEEP

FILL IN THE NUMBER OF HOURS YOU GOT:



\_\_\_\_\_

You should be getting an average of 7-8 hours of sleep per night

## HEALTHY EATING TIP:

To stay on track meal prep 2x a week or on the weekends, so you are set up to succeed.



## WHAT I ATE TODAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK (OPTIONAL)
TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM

## DAILY SERVINGS CHECKLIST:

CHECK ALL THAT APPLY

PLEASE REFER TO YOUR GOTRIM MENU PLAN FOR PROGRAM SPECIFIC POWER FOODS AND SERVING SIZES.

VEGETABLES



PROTEINS



FRUITS



DAIRY



GOOD FAT



LOW-GI STARCHES



WHOLE GRAINS



## HYDRATION:

CHECK A GLASS FOR EACH 250 ml GLASS YOU DRANK TODAY



2000 ml

## SUPPLEMENTS, SHAKES & VITAMINS:

WRITE IN THE NAMES OF THE PRODUCTS YOU USED TODAY (READ THE LABEL FOR DIRECTIONS).



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## EXERCISE:

CHECK EACH EXERCISE YOU PERFORMED TODAY



CARDIO: # OF MINUTES

\_\_\_\_\_



YOGA/STRETCH: # OF MINUTES

\_\_\_\_\_



WEIGHT TRAINING: # OF MINUTES

\_\_\_\_\_



OTHER: # OF MINUTES

\_\_\_\_\_



# Weekly Reflection

## CONGRATULATIONS!

You've made it through another week of your journey with the GoTrim Lifestyle System!

### Eating

Eating healthy is much easier when you plan ahead. Be conscious of the amount of sugar and salt in foods. Finding foods that are naturally sweet, like carrots and apples, will help satisfy your sweet tooth. Never think of foods as "off limits" and know that every small choice you make will benefit you in the long run.

### Affirmation

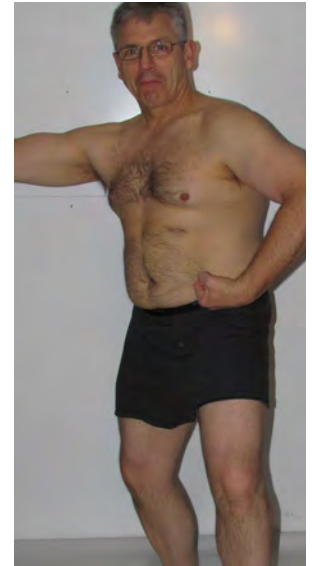
A moment's worth of courage is all that's required to bring about a lifestyle change — that's what this week has been about: the ability to make a different choice in that moment, which takes you down a different path. Whether it's choosing not to give in to old cravings, choosing a new form of exercise or choosing to try a new supplement, each positive choice you make moves you forward on your path to success.

### Stress Reduction

You can relax by doing enjoyable things that you rarely have time to do. Finding time to do the small things that bring you pleasure can be the difference between a stressful, boring day that leads you to unhealthy habits and a refreshing day in which you find enjoyment. Even if it is as simple as getting to bed a little earlier, do it because *you* want to.



BEFORE



AFTER

SUCCESS STORY: Michael lost 15.5 inches (39.37 cm)!†

**"My goal was to feel better and look better. I had no idea I'd feel and look this great. Thanks for creating such a great program that's allowed me to be the husband and father I enjoy being, with the energy to keep up for many years to come!" -Michael B.**

## WEEKLY WEIGH-IN

LAST WEEK'S WEIGHT:	TODAY'S WEIGHT:
LAST WEEK'S WAIST MEASUREMENT:	TODAY'S WAIST MEASUREMENT:

†The results shown in these testimonials may not be typical. Individual results may vary. The persons sharing their stories are Independent UnFranchise® Owners of Market Australia

It is important for me to reach my goal and live a healthier lifestyle because:

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This week's negative remarks:

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My positive message replacement:

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What I did well this past week:

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---

What I will do better this upcoming week:

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---

---

One new thing I will implement next week to boost my success:

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**Get Prepared For Next Week!**

A photograph of a metal can, possibly a tin, with a teal-colored text overlay. The can is centered and has a reflective surface. The text is white and reads "Reading Labels Smart".

Reading Labels  
Smart

# CHAPTER 2

## How To Read Labels

“It is not about what foods you cannot eat,  
but what you *can* eat with the GoTrim Lifestyle System.  
Choosing the best food options  
begins with reading labels effectively.”

THIS WILL BE THE LAST PROGRAM  
YOU WILL EVER NEED!



## A QUICK GLANCE AT HOW TO READ LABELS

When buying something in a box, can, bag or container, reading food labels is the best way to determine if a food is "GoTrim friendly" or not. Most people already read labels but, unfortunately, are not looking for the right things. Reading labels does not have to be tricky, but there are some common mistakes that people make when they turn over a package to read the label.

**Look at the serving size and how many servings are in the entire container. A rule of thumb is to only eat the serving size.**

**Remember: we don't count kilojoules on GoTrim!**

**Look for Total Fat 5 grams or less except for the good fats.**

**Try to keep net carbs 9 grams or under..**

**Fibre should be at least 5 grams.**

**Choose foods with 5 grams of sugar or less. Beware of added sugars. Keep in mind dairy products have natural sugar in them.**

**Look for 5 or more grams of protein.**

**Always look at the ingredients for preservatives, sugars and high fructose corn syrup. The fewer ingredients the better!**

### Nutrition Facts

**Serving Size: 1 bar (45g)**

**Servings Per Container: 8 bars**

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Amount Per Serving

**Calories 160**      **Calories from Fat 50**

---

% Daily Value\*

**Total Fat** 6g 9%

    Saturated Fat 3g 15%

    Trans Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 140mg 6%

**Potassium** 140mg 4%

**Total Carbohydrate** 18g 6%

    Dietary Fiber 5g 20%

    Sugars 3g

    Sugar Alcohol 7g

**Protein** 15g 30%

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Vitamin A 0%      •      Vitamin C 0%

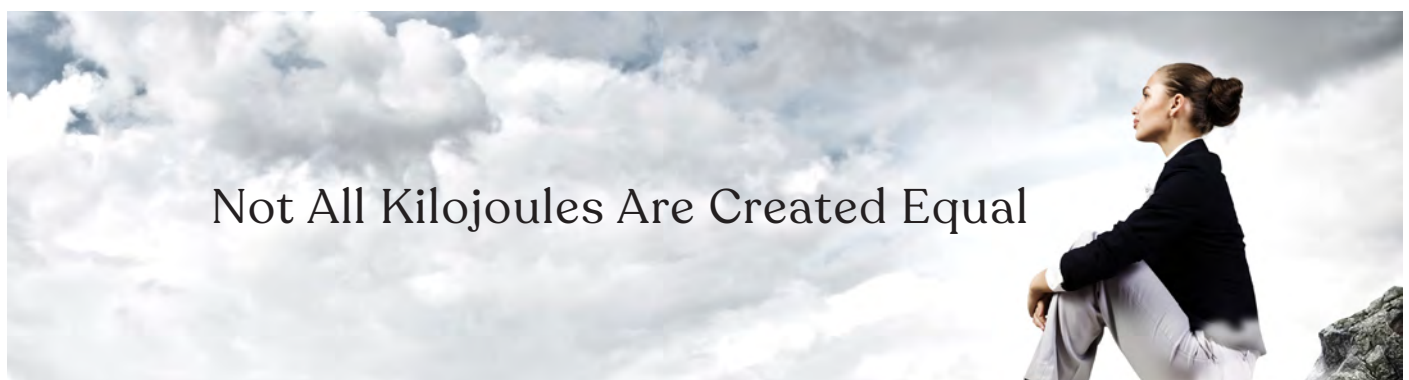
Calcium 6%      •      Iron 10%

\*Percent Daily Values are based on a 2,000-calorie diet.

**Ingredients:** Chocolate flavored coating (maltitol, palm kernel oil, whey protein hydrolysate, cocoa powder (processed with alkali), cocoa powder, sugar, palm oil, soy lecithin, natural and artificial flavor, sucralose), soy protein isolate, polydextrose, tapioca syrup, maltitol syrup, glycerin, hydrolyzed gelatin, whey protein concentrate, soy crisp (soy protein isolate, tapioca starch, calcium carbonate), whey protein isolate, cocoa powder (processed with alkali), almond butter, canola oil, acacia gum, fractionated palm kernel oil, water, natural flavors, soy lecithin, cocoa powder, caramel color, monoglycerides, sucralose, mixed tocopherols, soybean oil, titanium dioxide.

**Contains: Almonds, milk and soybeans.**

**This product is manufactured in a facility that uses tree nuts, peanuts, and eggs.**



**REMEMBER:**  
**“PROTEIN AND FIBRE AT EVERY MEAL  
MAKES LOSING WEIGHT NO BIG DEAL.”**

**HOW TO READ LABELS:**

All labels have a uniform layout. Here are some tips on how to read each section:

**SERVING SIZE:**

- You don't need to weigh and measure your food, but try paying close attention to serving sizes to ensure you only eat one serving.
- For example:
  - Do you eat just the recommended serving size of almond or nut butter?
  - Have you ever eaten only ½ cup of cereal? Or one slice of cheese?
  - Did you know that some companies alter serving sizes to market for higher protein or lower fat?
  - Do you use more than 1–2 tablespoons of salad dressing when you dress your salad?

**KILOJOULES:**

- GoTrim doesn't advocate counting kilojoules. It is the quality of foods you eat that are important for fat loss efforts.
- So when is it important to pay attention to kilojoules? Being aware of kilojoules can help you navigate making healthier choices, especially when you are eating out.
  - Did you know that one piece of cheesecake is typically about 5,857 kilojoules?
  - Did you know that a tuna grinder at a sandwich shop can have upwards of 8,368 kilojoules?

**FAT:**

- A good rule of thumb is to stay under 5 grams of fat.
- The exception is for healthy fats, such as olive oil and nuts, as a reasonable excess amount of good fats is fine.
- Refer to the NUTRITION chapter for a more in-depth look at fats.

**CHOLESTEROL:**

- Many people think eating low fat and low cholesterol will automatically ensure that their own cholesterol levels will be managed. This, however, is not the whole picture. Sugar and foods that break down to sugar have a large role in your body synthesising cholesterol, which is why the GoTrim Lifestyle System can have positive effects on a person's blood lipid profile.

**SODIUM:**

- Unless your healthcare practitioner has specifically put you on a salt restricted diet, it is important to know salt is not the enemy! Your body needs a healthy amount of salt to help maintain the right

balance of fluid in your body, help transmit nerve impulses and help your muscles contract and relax.

- With the GoTrim Lifestyle System, you are not eating processed foods, so adding a serving size or less of salt to your food is okay (sea, kosher, or Himalayan salts are recommended over iodised or processed salt)
- Foods with high sodium content are those which are canned, prepared and processed

**TOTAL CARBOHYDRATES:**

- The total carbohydrates found in a food are broken into sub-categories. Once you learn how to calculate the net carbs of a food, you will have a better picture of whether or not that food is GoTrim-friendly.
  - Fibre – the higher the fibre content, the slower that food will break down, keeping you full longer. Look for at least 5 grams.
  - Sugar – this will negatively affect your blood sugar. Look for fewer than 5 grams.
    - Added sugar – this element on nutrition labels will help you discern whether there is naturally occurring sugar in a food (like milk sugar in dairy products) or whether there are added grams of sugar to sweeten food.
  - Sugar alcohols or glycerin – does not affect your blood sugar level, but be aware that if eaten in large quantities, many people experience gastrointestinal discomfort.
  - Other carbs – these may or may not have an effect on blood sugar.

**PROTEIN:**

- Stick to your meal plan for suggested serving sizes of protein and see the NUTRITION section of this health guide for more information on protein.
- 18-25 grams of protein in any one sitting (for a meal or snack) is a good target.
- As a general rule, women should consume 113-170 grams (4-6 oz) and men should consume 170-227 grams (6-8 oz) of protein for a meal. Both men and women should have 57-85 grams (2-3 oz) of protein with snacks.
- Though there is no need to count grams of protein, keep in mind that some proteins (like eggs and dairy) tend to have fewer grams of protein per serving than things like chicken or fish.
  - A general rule is there are 7 grams of protein per ounce in cooked meats.

**CALCULATING NET CARBOHYDRATES FROM THE INFORMATION ON THE LABEL**

(How much of the total carbohydrate content will affect my blood sugar?)

**Total Carbs Minus Dietary Fibre Minus Sugar Alcohols Minus Glycerin = Net Carbs**

A GoTrim-approved low-glycaemic-index food will be net carbs of 9 g or under.

## LABEL READING TIPS

- “Fat free” foods typically have a higher sugar content and often contain artificial ingredients.
- Labels that read “fat free,” “no fat” or “trans-fat free” actually still have ½ gram or less per serving and can therefore be misleading.
- A food labeled as “lite” means that the food contains ½ of the kilojoules or ½ the fat of the original product, but doesn’t mean that it is a low-fat food or that it is healthy.
- Organic or gluten-free foods (see Nutrition and Grain section) do not automatically indicate a healthy low-GI food.
- Low-fat foods are actually better for you than fat-free foods, usually containing less sodium and fewer than 3 grams of fat per serving.
- Reduced sodium is not the same as low sodium (<140 mg of sodium per serving) or no sodium (<5 mg per serving). The term reduced means that the food has 25% less sodium than the original food. For example if a can of soup had 1,000 milligrams of sodium, the reduced food would still be high sodium with 750 milligrams of sodium. Eating fresh foods that are naturally low in salt and deciding not to buy processed foods will help your body stay in healthy balance.
- Ingredients on labels are listed from highest quantity to lowest quantity.
- Look for small ingredient lists and ingredients you can pronounce!
- There are multiple names for sugar (see below) — don’t be fooled! Sometimes there could be up to five types of sugars in one ingredient list so that it doesn’t appear as the first ingredient on the list!

**The best foods are the ones that don’t require a label!**

## A WORD ABOUT ARTIFICIAL SWEETENERS

Using any kind of sweetener (artificial or low-GI), can impact your cravings for carbohydrates or sweets, so be careful if you are trying to replace sugar with sweeteners, even ones that have a minimal effect on your blood sugar. We want to change our taste for foods that are sweet, and that can only be done by reducing or eliminating sweets from our diet.



Some studies show that the introduction of sweeteners, even if kilojoule-free, can yield an insulin response because it tricks the body. Some research has also shown that your body’s ability to know it is satiated can be negatively impacted from using artificial sweeteners.

Here is a quick guide to sweeteners, including our best picks. Just use them in moderation.

### RED LIGHT SWEETENERS

Avoid these for their potential detrimental health effects:

- Aspartame (also branded as Nutrasweet or Equal) – shown in studies to exacerbate headaches and potentially affect mood, anxiety, hunger/satiety mechanism and more.
- Saccharin (also branded as Sweet n Low) – carcinogenic in larger amounts.

### YELLOW LIGHT SWEETENERS

These should be used in moderation. They may not be top choices, but yellow sweeteners can work well if baking or used in smaller amounts in foods (e.g. shakes, bars as a better alternative to sugar).

- Sucralose (also branded as Splenda) – studies have demonstrated safety with use despite rumours.
- Whey Low – derived from milk sugar, fruit sugar and table sugar, but lower glycaemic impact.
- Sugar alcohols – higher amounts may yield discomfort (gas pains or gastrointestinal discomfort), but have virtually no effect on blood sugar (xylitol – found in gum with dental benefit, sorbitol, maltitol, erythritol).
- Agave (if good quality) – pours like honey but if not processed, will be low GI; look for raw certified and organic, with a low-GI seal.
- Coconut palm sugar/Coconut nectar - from the sap of the coconut palm tree buds. It tastes like brown sugar but has a lower GI (35) and it is minimally processed.

### GREEN LIGHT SWEETENERS

These sweeteners are derived from preferred sources and should not impact your blood sugar negatively. Use in moderation.

- Monk fruit – derived from the actual monk fruit in Asia; found in grocery stores in packets.
- Stevia – derived from a Peruvian plant, this herb is up to 500 times as sweet as sugar, so very little is needed.
- Yacon syrup comes from yacon plant (sweet root vegetable) and has a very low glycaemic index (GI = 1) and high in antioxidants, potassium and fibre. It tastes similar to honey but may cause digestive upset for some people if taken in a high amount.

### ALTERNATE NAMES FOR SUGAR

- Turbinado (raw sugar)
- Malt syrup, corn syrup, brown rice syrup, sorghum syrup
- Barley malt
- Maltodextrin, dextrose
- Maple syrup
- Molasses
- Treacle
- Cane sugar or cane juice, fruit juice concentrate
- Glucose, sucrose, fructose, maltose, xylose
- Honey
- Lactose (milk sugar)

# You Have Options When It Comes To Replacing Sugar

We suggest using fresh fruit,  
stevia or monk fruit powder



# GOTRIM DAILY TRACKING SHEET

Print seven copies

DATE: \_\_\_\_\_ | \_\_\_\_\_ | \_\_\_\_\_

## SLEEP

FILL IN THE NUMBER OF HOURS YOU GOT:



\_\_\_\_\_

You should be getting an average of 7-8 hours of sleep per night

## HEALTHY EATING TIP:

Every week, try a new recipe, a new vegetable or fruit you have never had!



## WHAT I ATE TODAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK (OPTIONAL)
TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM

## DAILY SERVINGS CHECKLIST:

CHECK ALL THAT APPLY

PLEASE REFER TO YOUR GOTRIM MENU PLAN FOR PROGRAM SPECIFIC POWER FOODS AND SERVING SIZES.

VEGETABLES



PROTEINS



FRUITS



DAIRY



GOOD FAT



LOW-GI STARCHES



WHOLE GRAINS



## HYDRATION:

CHECK A GLASS FOR EACH 250 ml GLASS YOU DRANK TODAY



2000 ml

## SUPPLEMENTS, SHAKES & VITAMINS:

WRITE IN THE NAMES OF THE PRODUCTS YOU USED TODAY (READ THE LABEL FOR DIRECTIONS).



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## EXERCISE:

CHECK EACH EXERCISE YOU PERFORMED TODAY



CARDIO:  
# OF MINUTES

\_\_\_\_\_



YOGA/STRETCH:  
# OF MINUTES

\_\_\_\_\_



WEIGHT TRAINING:  
# OF MINUTES

\_\_\_\_\_



OTHER:  
# OF MINUTES

\_\_\_\_\_

DAILY  
AFFIRMATION:

“I am successful at everything I do, overcoming obstacles makes me stronger.”

TODAY,  
I'M GRATEFUL FOR:

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DAILY  
STRESS  
REDUCTION:

**FIND A FUN OR FULFILLING PROJECT:** If weather and resources permit, work outside in your yard or garden • Wear clothes that you don't mind getting dirty, and take your time • If this is not an option, organise cluttered areas, work on fix-ups/projects that you've been putting off inside your home – completing a project can provide a sense of relief



One thing I did for myself today is:

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The obstacle(s) that I faced today were:

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How I overcame, or plan to overcome the obstacle(s) if they happen again:

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Notes or questions for my Coach:

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MY GOAL  
FOR TOMORROW IS:

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# Weekly Reflection

## CONGRATULATIONS!

You've made it through another week of your journey with the GoTrim Lifestyle System!

### Eating

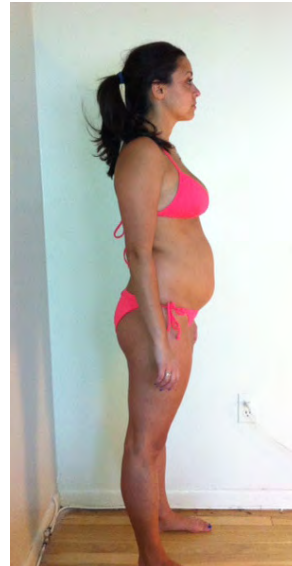
Learn to listen to your body. Do not overindulge and stop when you are satisfied. Eating slowly and taking the time to enjoy your meals will allow more time for your food to digest and to tell your brain to stop eating.

### Affirmation

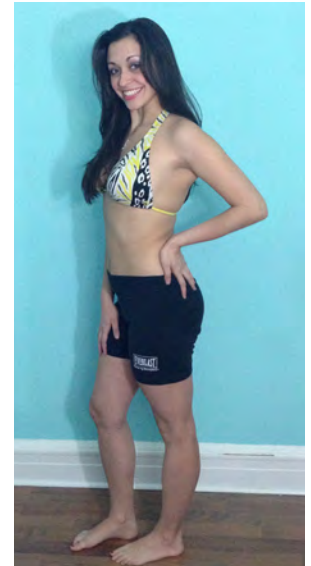
One of the main lessons of this week is that you are not trapped if you don't want to be. You never have to live today the way you've lived yesterday. The power of rejuvenation is behind you — it is always possible to cleanse the body of toxins and rebuild from the inside. Feel the past fall away behind you. You are not what you have done; you are what you're doing now, today.

### Stress Reduction

Put positive energy toward neglected tasks to reduce stress. When backburner items pile up on your to-do list, it can be overwhelming. Take the time to do even the smallest tasks that you have put off. After you have marked items off your to-do list, relax and take the time to do something that brings you enjoyment.



BEFORE



AFTER

**SUCCESS STORY:** Cheryl lost 18 lbs (8 kg)<sup>†</sup>

“TLS changed me in so many ways, from cooking delicious healthy meals to waking up early to hit the gym. TLS allowed me to redevelop skills I thought I had lost: discipline, self-control, determination and motivation. I want to inspire others to make the same changes in their lives!” -Cheryl A.

<sup>†</sup>TLS has transitioned to a new brand name GoTrim.

## WEEKLY WEIGH-IN

LAST WEEK'S WEIGHT:	TODAY'S WEIGHT:
LAST WEEK'S WAIST MEASUREMENT:	TODAY'S WAIST MEASUREMENT:

<sup>†</sup>The results shown in these testimonials may not be typical. Individual results may vary. The persons sharing their stories are Independent UnFranchise® Owners of Market Australia.

It is important for me to reach my goal and live a healthier lifestyle because:

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This week's negative remarks:

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My positive message replacement:

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What I did well this past week:

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What I will do better this upcoming week:

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One new thing I will implement next week to boost my success:

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**Get Prepared For Next Week!**



A photograph of a muscular man from the back, wearing boxing gloves and shorts. A teal text box is overlaid on his back, containing the text "Improving Stamina".

Improving  
**Stamina**

# CHAPTER 3

## Improving Metabolism

“Improving your metabolism takes time.  
It is a process to retrain your body  
to work more efficiently.”

THIS WILL BE THE LAST PROGRAM  
YOU WILL EVER NEED!

## HORMONES AND THEIR EFFECT ON HUNGER AND METABOLISM

### GHRELIN AND LEPTIN

Hormones impact your metabolism and weight no matter your age, gender or race. Specifically, there are three main hormones — leptin, ghrelin and cortisol — and two hormone-secreting glands — the thyroid and adrenal glands — that play major roles in weight management. When you are hungry, ghrelin is released, telling the body you are hungry and need food. Until you satisfy your body's need for nutrients, ghrelin levels remain high, so you remain hungry. When you start eating, your body's fat cells release leptin, which tells your brain you are satisfied. Research suggests that people who are overweight have high levels of leptin, which causes them to be leptin resistant. People with leptin resistance have high levels of circulating leptin, causing them to not feel full when they should. People with a body fat percentage higher than normal and people who do not get adequate sleep are also at risk for leptin resistance. When you lose weight, you will become more sensitive to leptin and actually stop eating when you're full.

### WHAT CAN CAUSE LEPTIN RESISTANCE?

- Poor eating habits.
- Lack of sleep.
- Chronic stress.
- Nutrient deficiencies.

### CORTISOL

**Cortisol is the hormone released when you're stressed. There are many different types of stress you can experience.**

- Emotional stress (which is relative to the person experiencing it).
- Physical stress (being overweight, having chronic inflammation, lack of sleep, reduced hydration).
- Chemical stress (medications, environmental toxins).

### Elevated cortisol levels may lead to:

- Visceral (abdominal) fat.
- Difficulty sleeping.
- Weakened muscles and bones.
- Suppressed immune system.
- Elevated blood pressure.
- Reduced thyroid function.

### THYROID AND ADRENAL FUNCTION

Your thyroid and adrenal glands are imperative to metabolism. Any imbalance to the hormones can lead to metabolic changes. Having reduced thyroid function or adrenal fatigue may cause weight gain, sluggish metabolism, dry skin, low energy levels, poor sleep, joint discomfort and mood fluctuations. Having an imbalance to any of your hormones stresses your body further. If this is an issue, there may be times you are eating healthily and exercising, yet you are not seeing results.

### THE TRIAD APPROACH FOR IMPROVING METABOLISM

How can you rev up your metabolism and become leptin sensitive? The best way is to increase your body's need for energy and provide nutritional support. This allows your body to work optimally. To do this, use the triad approach to repair, maintain and boost metabolism:

1. Eat a healthy low-glycaemic-impact diet and avoid alcohol for at least 21 days.
2. Exercise, including cardiovascular, strength training and flexibility.
3. Supplement to provide nutrient balance and support.

By following your GoTrim Plan, you will automatically be following this approach!

### EATING TO SUPPORT HEALTHY HORMONES AND METABOLISM

**Avoid blood sugar crashes or low kilojoule intake (no skipping meals or "eating like a bird!")**

- Remember — GoTrim is not about kilojoule restriction! You need to eat to lose so fuel the fire!
- Eating a low-kilojoule diet can be extremely detrimental for metabolic repair because it backfires, causing you to lose muscle and slowing your metabolism.

### Replace high-GI foods with lean protein-rich foods

- Your body burns twice as many kilojoules digesting protein as it does carbs or fat.
- Good sources of protein are lean grass-fed beef, turkey, fish, chicken, tofu, eggs and dairy products.
- A higher protein diet, coupled with lots of vegetables as suggested in your GoTrim meal plan, can help boost your metabolism and ensure your body stays in a fat-burning mode.

### Spice up your foods

- Spicy foods have natural chemicals that can kick your metabolism into a higher gear.
- Cooking foods with a tablespoon of chopped red or green chili pepper can boost your metabolic rate.
- The effect is probably temporary, but if you eat spicy foods often, the benefits may add up.
- For a quick boost, spice up high-fibre dishes with red pepper flakes.

### Eat more frequently

- When you eat large meals with many hours in between, your metabolism slows down between meals.
- Having a small meal or snack every three to four hours keeps your metabolism cranking, so you burn more kilojoules over the course of a day.
- Several studies have also shown that people who snack regularly eat less at mealtime.
- You should never go more than four hours, while you're awake, without eating!

### Hydrate!

- Your body requires water to process kilojoules.
- If you are even mildly dehydrated, your metabolism may slow down.
- In one study, adults who drank eight or more glasses of water a day burned more kilojoules than those who drank four.
- To stay hydrated, drink a glass of water before every meal and snack.
- Snack on fresh fruits and vegetables, which naturally contain water.
- Some studies suggest sipping cold water throughout the day can increase your metabolism by up to 30% for that day as your body regulates its temperature and warms you up.

### EXERCISE

- The best way to burn additional fat is through exercise — both during and after a workout!
- Even walking after meals will improve your metabolic rate.
- Exercise can help to boost muscle, which increases your body's energy needs.

See more on exercise in upcoming chapters!



You Can't Out-Train  
An Unhealthy Diet

## WHICH SUPPLEMENTS ARE RIGHT FOR YOU?

### TARGETED SUPPLEMENTATION

GoTrim Lifestyle System offers science-based supplementation that addresses unique and important parts of maintaining a healthy weight. Supplementation is something that can be used short- or long-term, depending on your needs. Years of unhealthy eating, lack of exercise, and attempting unhealthy diets can all cause severe damage to your metabolism. Supporting your body with the right nutrients through targeted supplementation can provide great benefits and accelerate your results.

GoTrim Lifestyle System offers a range of supplements that can best fit your weight management needs.

#### **ACTS (ADRENAL, CORTISOL, THYROID AND STRESS SUPPORT FORMULA) (available from [global.shop.com](http://global.shop.com))\*** Do you feel your metabolism is sluggish? Are you stressed? Long history of dieting?

- Adrenal and cortisol support — the body's adrenal glands naturally release hormones when we are faced with stress. One such hormone, cortisol, has been shown to increase blood sugar, suppress the immune system and hinder proper metabolism. If stress levels don't subside, the body can produce excess glucose, and this will often lead to binge eating and the body's storage of fat. This product can help promote healthy cortisol levels.
- Thyroid support — If increased cortisol levels are present, the thyroid can be negatively impacted, which can lead to lethargy, which can affect your interest in activity or exercise. The combination of being sedentary, having less energy, and craving or eating more makes it seemingly impossible to lose weight. ACTS has a blend of ingredients to maintain normal thyroid function.
- Stress support — Stress, in any form, can affect your best efforts to lose weight. When your body senses stress it will remain in "flight mode" and conserve fat/energy. When in this state, it doesn't matter how well you eat or how much you exercise, your body will fight you every step of the way. ACTS helps the body adapt to stress and has adaptogenic properties, which means it will adapt to your body's specific response to stress and help to bring you back to balance.
  - Ever notice how, when stressed, some people become more anxious, others binge eat, and others become lethargic and oversleep? An adaptogenic blend of ingredients will help your body restore balance. Specially formulated with holy basil, rhodiola, and ashwaganda, ACTS helps minimise the symptoms of stress, such as fatigue, sleeplessness, irritability, and inability to concentrate.

#### **GOTRIM SLIM**

Do you want to target belly fat?  
Do you want to promote lean muscle mass?

- Made with clinically proven ingredient Slendacor® that helps shed kilograms and improve body shape
- This revolutionary supplement assists your metabolism and promotes fat breakdown without compromising muscle mass
- Helps keep your cholesterol and glucose levels on track

#### **THERMOCHROME V6**

(available from [global.shop.com](http://global.shop.com))\*

Do you want to increase energy  
and promote weight management through fat burning?

- Thermochrome V6 uses high quality ingredients, including green tea, yerba mate and theobromine, providing a source of caffeine that is more gentle on the body without compromising on caffeine's benefits for energy, thermogenesis and metabolic drive.
  - Thermochrome V6 has 100 mg of caffeine per tablet, 200 mg per serving. A serving is equivalent to approximately 1.5 cups of coffee.
  - Our unique thermogenic blend includes a science backed ingredient Capsimax™. It assists the body to burn stored fat and increase the body's ability to use fat for energy, creating an increased kilojoule burn and metabolic shift.
  - Thermochrome V6 also includes B vitamins, Vitamin C, L-tyrosine and Chromium and other synergistic ingredients to ensure the best results in energy, mental focus, kilojoule burn, curbing appetite and weight management.
  - This is a great product for shift workers, students, coffee, or energy drink users, and those looking to lose unwanted kilograms and have sustainable energy without the jittery feeling.



Real People,  
Real Food,  
Real Success

**CORE FAT & CARB INHIBITOR\***  
(available from [global.shop.com](http://global.shop.com))  
Do you feel like you're always hungry, crave carbohydrates and find it difficult to stop eating?

- Leptin is the hormone that tells us when we are full.
- The higher our body fat, the more leptin resistant we are, causing us to overeat. We want our bodies to be leptin sensitive, so that we can recognise when we are full and stop eating at that point.
- Key Ingredients:
  - Lepticare® – helps support leptin sensitivity, supporting the ability of leptin to enter the brain and signal the stomach that it is full.
  - Chromium – helps maintain normal blood sugar levels (healthy glucose metabolism).
  - White kidney bean extract – helps inhibit the unnecessary absorption of carbohydrates.

**GREEN COFFEE PLUS GARCINIA CAMBOGIA\***  
(available from [global.shop.com](http://global.shop.com))  
Do you want to accelerate fat burning?  
Do you prefer a decaffeinated fat burning product?

- By using stored fat as a source of energy, fat burning is accelerated, which promotes reduced BMI (height-to-weight ratio) when used as part of the GoTrim system.
- Green Coffee Plus Garcinia Cambogia uses Svetol® green coffee extract, the most clinically researched brand, proven to support healthy weight management and to help maintain healthy blood glucose levels, making it superior to competitors.
- The addition of garcinia cambogia helps to reduce appetite and help maintain blood sugar levels.
- This product also supports cognitive health.

**TRIM TEA\***  
(available from [global.shop.com](http://global.shop.com))  
Do you want help with curbing your appetite or promoting healthy weight management?

- Helps curb appetite and supports metabolic balance to help promote healthy weight.
- The ingredient WellTrim iG®\*\* is a natural and clinically tested seed extract for weight management.
- Supports levels of adiponectin hormone to help maintain healthy insulin sensitivity.

**TRIM CAFÉ\***  
(available from [global.shop.com](http://global.shop.com))  
Are you on a quest for lasting weight management and like a hot or cold caffeinated drink?

When used in conjunction with regular exercise and a balanced diet, Trim Café may promote an effective, multi-layered method to weight management.

- Contains caffeine.
- Contains Columbian Arabica Coffee Powder.
- Contains WellTrim iG®.\*\*
- Provides three main mechanisms of action to promote healthy weight management: fullness, appetite control and metabolic balance.

**NUTRITION SHAKE\***  
Do you tend to skip meals or are looking for a quick snack?

Nutrition Shakes are a great snack or occasional meal replacement and provide the energy and nutrition you need to sustain you during the day.

- 24 essential vitamins and minerals.
- 10-11 grams of dietary fibre, 18 grams of high-quality soy protein and less than 2.2 grams sugar.
- In today's on-the-go culture, skipping meals is fairly common. The problem is that when we skip meals, we are not giving our body the fuel it needs to reach our weight management goals.



\*Product images subject to change

\*These statements have not been evaluated by the Food and Drug Administration. This product(s) is not intended to diagnose, treat, cure or prevent any disease. Most of these products are available for personal consumption at [SHOP.com](http://SHOP.com) Global. Please visit [ShopGlobal.com](http://ShopGlobal.com) for more information.

†Svetol is a registered US trademark of Naturex, Inc. \*\*WellTrim iG is a registered US trademark of Icon Group, LLC.

# GOTRIM DAILY TRACKING SHEET

Print seven copies

DATE: \_\_\_\_\_ | \_\_\_\_\_ | \_\_\_\_\_

## SLEEP

FILL IN THE NUMBER OF HOURS YOU GOT:



\_\_\_\_\_

You should be getting an average of 7-8 hours of sleep per night

## HEALTHY EATING TIP:

Eat moderate portions and stick to serving sizes.



## WHAT I ATE TODAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK (OPTIONAL)
TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM

## DAILY SERVINGS CHECKLIST:

CHECK ALL THAT APPLY

PLEASE REFER TO YOUR GOTRIM MENU PLAN FOR PROGRAM SPECIFIC POWER FOODS AND SERVING SIZES.

VEGETABLES



PROTEINS



FRUITS



DAIRY



GOOD FAT



LOW-GI STARCHES



WHOLE GRAINS



## HYDRATION:

CHECK A GLASS FOR EACH 250 ml GLASS YOU DRANK TODAY



2000 ml

## SUPPLEMENTS, SHAKES & VITAMINS:

WRITE IN THE NAMES OF THE PRODUCTS YOU USED TODAY (READ THE LABEL FOR DIRECTIONS).



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## EXERCISE:

CHECK EACH EXERCISE YOU PERFORMED TODAY



CARDIO: # OF MINUTES

\_\_\_\_\_



YOGA/STRETCH: # OF MINUTES

\_\_\_\_\_



WEIGHT TRAINING: # OF MINUTES

\_\_\_\_\_



OTHER: # OF MINUTES

\_\_\_\_\_

## DAILY AFFIRMATION:

“Eating is for fuel not feelings and moving my body is for life not punishment.”

## TODAY, I'M GRATEFUL FOR:

## DAILY STRESS REDUCTION:

**MAKE YOUR OWN FUN:** Have an in-house dance party, game night, go out to karaoke, or host your own karaoke night • Have fun, and let loose. What makes you smile? Go do that!



One thing I did for myself today is:

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The obstacle(s) that I faced today were:

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How I overcame, or plan to overcome the obstacle(s) if they happen again:

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Notes or questions for my Coach:

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## MY GOAL FOR TOMORROW IS:

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# Weekly Reflections

## CONGRATULATIONS!

You've made it through another week of your journey with the GoTrim Lifestyle System!

### Eating

Understand that you are not on a diet, you are changing your lifestyle, which is the key. Making small changes and allowing your body to adapt slowly to the changes will help you become more successful. Take your focus off foods and see the big picture.

### Affirmation

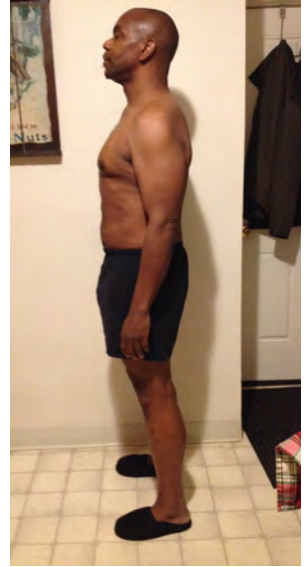
This is the time to recognise and understand exactly who you are doing this for: yourself and no one else. You have wisely chosen to stop thinking about your problems and start solving them. This means more than just standing out in a crowd; it also means stepping away from it when you have to. Pay yourself the respect you deserve by giving yourself the room and the time to grow.

### Stress Reduction

Push the limits of self-expression and appreciation. Look at life with new and refreshed eyes. Pamper yourself and experiment with a new look, take the time to pour yourself into writing or start a new project.



BEFORE



AFTER

**SUCCESS STORY:** Judy lost 31.4 lbs (14.2 kg)<sup>†</sup>

“I took on this challenge for myself, but also as an example of hope and inspiration for my friends and family. If you are truly ready to make a change in your life, health-wise and nutrition-wise, give TLS a try! And stick with it.” -Judy N.

<sup>†</sup>TLS has transitioned to a new brand name GoTrim.

## WEEKLY WEIGH-IN

LAST WEEK'S WEIGHT:	TODAY'S WEIGHT:
LAST WEEK'S WAIST MEASUREMENT:	TODAY'S WAIST MEASUREMENT:

<sup>†</sup>The results shown in these testimonials may not be typical. Individual results may vary. The persons sharing their stories are Independent UnFranchise® Owners of Market Australia.

It is important for me to reach my goal and live a healthier lifestyle because:

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This week's negative remarks:

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My positive message replacement:

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What I did well this past week:

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What I will do better this upcoming week:

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One new thing I will implement next week to boost my success:

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**Get Prepared For Next Week!**

A woman with long brown hair in a ponytail is in a starting crouch on a dark floor. She is wearing a dark tank top, light-colored leggings, and red and white sneakers. Her right hand is on the floor, and her head is down. A semi-transparent teal rectangle is overlaid on the center of the image, containing white text.

What Moves You?  
**Strength**

# CHAPTER 4

## Exercise And Body Composition

“It’s not about kilograms; it is about centimeters.  
You have to build muscle to burn fat.”

THIS WILL BE THE LAST PROGRAM  
YOU WILL EVER NEED!

Exercise is a key factor in achieving and maintaining healthy weight management. Choosing the right type of exercise is very important. The most effective exercise programs contain a combination of cardiovascular, strength and flexibility training. GoTrim helps you discover how to begin a balanced exercise program, and the importance of fitting in these three types of training each week. When you exercise, you are burning stored fat to build and preserve lean body mass. Lean body mass fuels your metabolism.

**PLEASE NOTE:** You should always check with your physician before starting any exercise program.

### CARDIOVASCULAR EXERCISE

One of the most effective ways to burn stored body fat is to engage in cardiovascular exercise. It changes body composition and lowers body fat. Over time, it improves your ability to utilise carbohydrates. Cardiovascular exercise boosts metabolism, burns kilojoules, reduces body fat and is a cornerstone of good health. It is also marvelous for stress reduction. There is no replacement for cardiovascular exercise!

Cardiovascular exercise is also commonly referred to as aerobic exercise — they're interchangeable terms.

Cardiovascular activity three days a week will produce results. However, you may experience more dramatic results if you are able to allot 30-60 minutes per day, five days a week.

It involves continuous movement without stopping, such as:

- Bicycling or stationary biking
- Walking or jogging
- Using a treadmill, cross-trainer, stair-stepper or elliptical machine
- Swimming
- Dancing

If you haven't been exercising, you should build up slowly:

- Start with five minutes, three to five times each week
- Each week, add one to two minutes to your routine until you reach 30 minutes of continuous cardiovascular exercise
- Keep the intensity moderate and don't overdo it
- Rotate the cardiovascular exercise you do — walk briskly one day, try a low-impact exercise video another day, and give a stair-stepper a try on another

GoTrim follows the Centers for Disease Control and Prevention's basic recommendations for physical activity. For more information, visit [CDC.gov](http://www.cdc.gov). Fitness Australia recommends at least 150 minutes of moderate-intensity cardiovascular exercise or 75 minutes of vigorous cardiovascular exercise per week.†

### STRENGTH TRAINING

For the purpose of reducing body fat, strength training is every bit as important as cardiovascular exercise. It is also an important part of achieving and maintaining overall health and fitness. Losing weight quickly without engaging in strength training often means that much of the loss experienced comes from healthy, lean muscle instead of body fat. If you have lost and regained weight through yo-yo dieting, kilojoule restriction or other trend diets, you've most likely lost quite a bit of muscle and gained it back as body fat.

With a regular strength-training program, you can reduce body fat, increase lean muscle mass and burn kilojoules more efficiently. As you gain muscle, your body increases its energy demands and burns more kilojoules at a much higher rate. The more you exercise your muscles,

the easier it becomes to manage your weight. This is known as the "Recomposition Effect."

In the absence of strength training, muscle mass naturally diminishes with age. Over time, this decrease in muscle tissue will also result in a higher relative amount of body fat. Strength training, however, can help you preserve, regenerate and enhance your muscles, no matter your age.

Strength training will also help you:

- Develop strong bones. Strength training increases bone density.
- Exercising your muscles regularly may help to protect your joints from injury and helps prevent muscle pulls.
- Boost your stamina. As you get stronger, you won't become fatigued as easily when engaging in other forms of exercise, in or out of the gym.
- Sharpen your focus. Some research suggests that regular strength training helps improve mental clarity and attention span.

For all these reasons, strength training should be a part of your exercise program. Best of all, though, strength training is fun. A productive session will tone, tighten and trim in as little as 20 or 30 minutes. Unlike cardiovascular exercise, you do not need to do strength training daily. Two to four strength training workouts a week, performed on nonconsecutive days, are enough to make great progress.

### HEALTH TIP

Remember: When you have more muscle mass than body fat your body is in fat burning mode. When body fat is greater than muscle mass, your metabolism slows down and fat is stored.

There are many ways to strength train, and all of them are effective:

- Perform three to five movements that exercise all the major muscles and combine them into a 20- to 30-minute workout routine. Perform this routine three times weekly
- Over time, add more exercises to this fundamental routine. As you become more accustomed to strength training, alternate the movements used for each session. Eventually build up to five or six of these routines that you can rotate between for fun and variety.
- As with cardiovascular workouts, try to make each strength training workout just a little bit better than the one before. Either by working a little longer, working a little harder, using a little more weight or resting a little bit less. Doing any of these means improvement.
- If possible, go to a gym and utilise trainers from time to time. They can provide additional instruction, feedback and advice.
- For a little more variety, try training for strength in a group setting (e.g. boot-camp style class).
- Try exercising during commercial breaks while watching TV. During each commercial break, try a 20/20/20 set (20 sit-ups, 20 pushups, 20 squats) or any other exercise combination you enjoy (front kicks, overhead press, high knees, etc.). All exercises can be modified to meet your fitness level.

†<http://www.heartfoundation.org.au/SiteCollectionDocuments/physical-activityin-patients-with-cvd-management-algorithm.pdf>

## FLEXIBILITY TRAINING

Flexibility is the range of motion of a joint and its surrounding muscles. Flexibility training will help to improve circulation, range of motion, posture, balance and endurance, and decrease stress and tension. Training can be done anytime and anywhere, and can dramatically improve your sense of well-being.

### THE BENEFITS OF FLEXIBILITY TRAINING

An examination of the reported research and empirical evidence supports the following benefits of stretching:

1. Increases functional range of motion
2. Reduces lower back pain and injury
3. Improves posture
4. Increases blood flow and nutrients to soft tissues
5. Promotes mental relaxation

A very effective way to incorporate flexibility training into your overall fitness routine is to use it as part of your cool-down after your cardiovascular and strength training sessions. This helps increase blood flow and supports injury prevention.

Stretching after a good workout also helps to start the recovery process and slowly relaxes the body after the higher intensity state experienced during exercise.

It is important to remember the following when engaging in flexibility training:

- Always stretch slowly and evenly. Do not stretch one side more than the other
- Never stretch to the point of feeling pain or discomfort
- Never bounce or jerk while stretching, (as this can cause injury to the muscle).
- Breathing intensifies the stretch, supports healthy circulation and promotes relaxation. Do not hold your breath while you stretch.

Having a baseline physical fitness assessment will help you make realistic, achievable goals. Once those goals are reached, you can re-assess your physical condition and make new ones. Here are some of the important things to keep in mind when conducting your physical fitness assessment:

## BODY COMPOSITION

The body functions best when it consists of the proper proportion of muscle, fat, organs and bone. Your body composition is determined by the ratio of these elements against the body's mass. While bone and organ weight remain relatively constant, everyone's fat and muscle weight varies. The percent of body weight that is made up of fat and muscle is an important indicator of body composition and overall health. Fat is essential to many body functions, but a ratio of high body fat to low muscle mass puts you at higher risk for health problems. If you have excess fat, your body will fail to work at the optimal level.

Focusing on your body fat percentage is much more important than focusing on your weight. Weight can be deceiving because muscle is very dense and takes up less space than fat. Remember that muscle weighs more than fat.

Your weight should not be your health and fitness indicator. Instead, use your muscle-to-fat ratio to determine your health and fitness level. Simply put — don't be fooled! There is such a thing as "skinny fat" — a person who appears thin may still have a high body fat percentage, and therefore be unhealthy and at risk for cardiovascular health issues. If you have tried to lose weight by cutting kilojoules or dieting without

exercise, your lean muscle may have decreased, resulting in an increased body fat percentage. Low-glycaemic-impact eating along with exercise will prevent that from happening, and you will be able to improve your health and reverse the damage that has been done because of dieting.

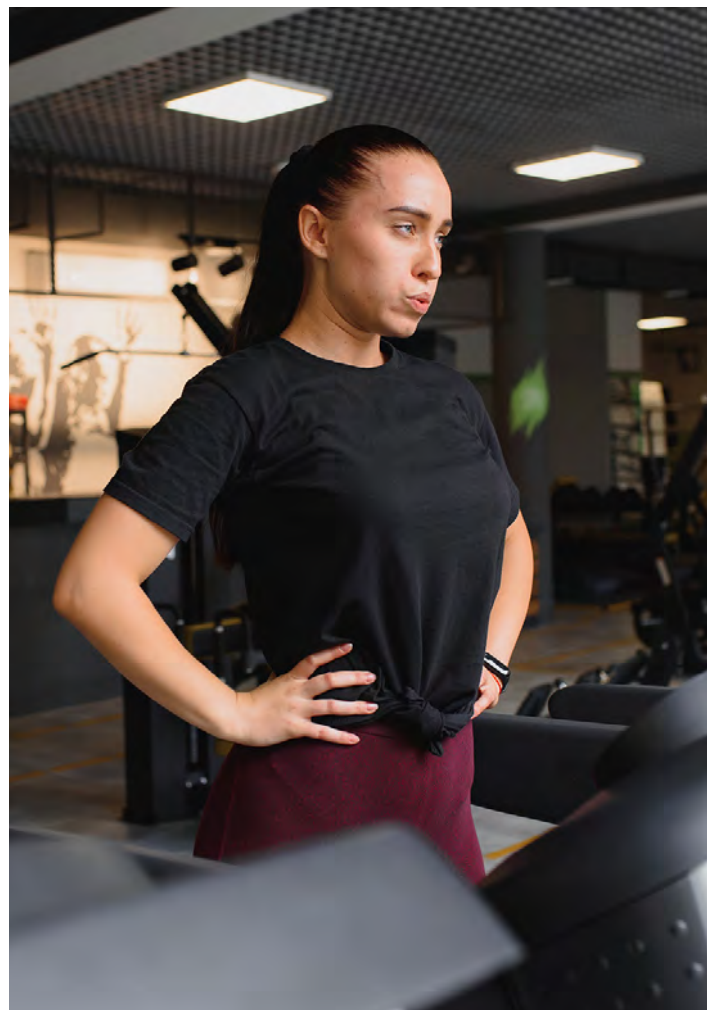
## MEASURING BODY COMPOSITION

The weight scale is not a complete picture. The more accurate measurements of our progress and journey to a healthy body fat percentage is best done by measuring our centimeters. Measuring every two to four weeks at the chest, waist and hips will give us a better indication of how we are doing. Having someone else help you measure is always more accurate.

There are some medical ways to measure fat that are expensive and not accessible to many, but with technology advancements we now have access to specialty scales without spending a fortune. Using a Tanita, Omron or Rolli-Fit scale that measures these different tissues in the body can be a great way to monitor your own body composition.

Be sure to measure with the same device at the same time of day for a consistent and more accurate picture of your progress.

For the most accurate reading: Measure yourself every day for a week at the same time of the day. Then take those numbers and average them out.



# GO TRIM DAILY TRACKING SHEET

Print seven copies

DATE: \_\_\_\_ | \_\_\_\_ | \_\_\_\_\_

## SLEEP

FILL IN THE NUMBER OF HOURS YOU GOT:



\_\_\_\_\_

You should be getting an average of 7-8 hours of sleep per night

## HEALTHY EATING TIP:

Use fresh herbs and spices to create a variety of flavours in your meals.



## WHAT I ATE TODAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK (OPTIONAL)
TIME: ____ : ____ AM PM	TIME: ____ : ____ AM PM	TIME: ____ : ____ AM PM	TIME: ____ : ____ AM PM	TIME: ____ : ____ AM PM	TIME: ____ : ____ AM PM

## DAILY SERVINGS CHECKLIST:

CHECK ALL THAT APPLY

PLEASE REFER TO YOUR GOTRIM MENU PLAN FOR PROGRAM SPECIFIC POWER FOODS AND SERVING SIZES.

VEGETABLES



PROTEINS



FRUITS



DAIRY



GOOD FAT



LOW-GI STARCHES



WHOLE GRAINS



## HYDRATION:

CHECK A GLASS FOR EACH 250 ml GLASS YOU DRANK TODAY



2000 ml

## SUPPLEMENTS, SHAKES & VITAMINS:

WRITE IN THE NAMES OF THE PRODUCTS YOU USED TODAY (READ THE LABEL FOR DIRECTIONS).



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## EXERCISE:

CHECK EACH EXERCISE YOU PERFORMED TODAY



CARDIO: # OF MINUTES

\_\_\_\_\_



YOGA/STRETCH: # OF MINUTES

\_\_\_\_\_



WEIGHT TRAINING: # OF MINUTES

\_\_\_\_\_



OTHER: # OF MINUTES

\_\_\_\_\_

**DAILY AFFIRMATION:**

“I am strong and capable of changing my life for the better.”

**TODAY, I'M GRATEFUL FOR:**

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**DAILY STRESS REDUCTION:**

**TAKE TIME TO RELAX & BREATHE:** Stretching, yoga, meditation, visualisations, a hot bath, a stroll through the woods/park, a spa treatment or massage all go a long way. Be sure to engage in some down time and self care for your mental and physical health.



One thing I did for myself today is:

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The obstacle(s) that I faced today were:

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How I overcame, or plan to overcome the obstacle(s) if they happen again:

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Notes or questions for my Coach:

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**MY GOAL FOR TOMORROW IS:**

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# Weekly Reflection

You've made it through a milestone on your GoTrim Lifestyle System journey!

The person reading this page is not the same one who signed the commitment at the beginning of their journey!

The first 30 days is the beginning of a lifestyle you can continue for life.

Current Weight: \_\_\_\_\_

Current Body Fat: \_\_\_\_\_

Waist Measurement: \_\_\_\_\_

Chest Measurement: \_\_\_\_\_

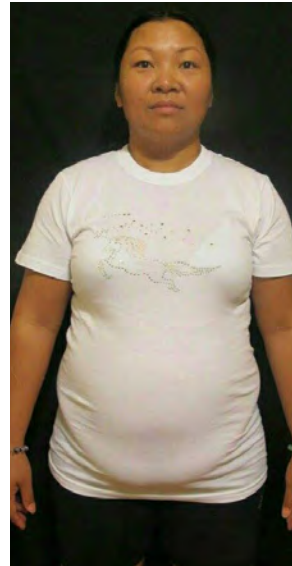
Hips Measurement: \_\_\_\_\_

Bicep Measurement: \_\_\_\_\_

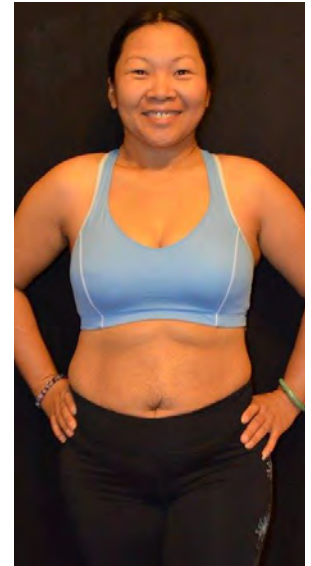
## Here's what you should be noticing so far on your journey with the GoTrim Lifestyle System:

- Your clothes are fitting better
- Your energy levels are increasing
- You are getting more restful sleep

You're seeing results, and you may be tempted to stay satisfied with those results and backslide. Stay focused. Continue to journal. This is a critical time, as you don't want to plateau. You want to continue to burn fat and centimeters.



BEFORE



AFTER

SUCCESS STORY: Chau lost 45 lbs (20.4 kg)<sup>†</sup>

**“I’m much happier, more optimistic and I have lots of energy! My favourite TLS supplements are the Core and the CLA. After the initial weight loss using the 7-Day Detox, I found these two products really worked for losing the remaining excess weight to reach my goal.”**  
-Chau D.

\*TLS has transitioned to a new brand name GoTrim.

Here are some tips from our Certified GoTrim Coaches to help you move forward for your next milestone:

**“When you are eating good food, you can eat a lot of it. Make sure you aren’t thinking you’re on a ‘diet’ and start thinking you’re living the GoTrim lifestyle.”**

**“Usually fear and anger motivate people at the start of the program. At this point you are finding your true motivation to change your life.”**

<sup>†</sup>The results shown in these testimonials may not be typical. Individual results may vary. The persons sharing their stories are Independent UnFranchise® Owners of Market Australia.

It is important for me to reach my goal and live a healthier lifestyle because:

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This week's negative remarks:

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My positive message replacement:

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What I did well this past week:

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What I will do better this upcoming week:

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One new thing I will implement next week to boost my success:

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**Get Prepared For Next Week!**



Meal Choices  
Smart

# CHAPTER 5

## Planning And Dining Out

“People do not plan to fail, they fail to plan.”

THIS WILL BE THE LAST PROGRAM  
YOU WILL EVER NEED!

## PLANNING AND DINING OUT

You have heard the old saying, “People do not plan to fail, they fail to plan.” As you’re working towards making those small daily changes that lead to long-lasting healthy habits, you will still need to live your life. It is unrealistic to avoid social gatherings, restaurants or other activities because you are fearful of unhealthy choices sabotaging your goals. GoTrim Lifestyle System is a lifestyle program that recognises the importance of working towards goals while still enjoying life.

## EATING OUT

Eating out shouldn’t stress you out. Sometimes you have to eat out because of travel, hectic schedules, or maybe you just hate to cook. The GoTrim Lifestyle System is not a restrictive diet. It’s a practical, simple-to-follow, easy-to-incorporate lifestyle. It’s about eating certain foods in moderation, substituting one type of food for another, and making smarter choices — such as adding good fats, vegetables or protein — to lower the glycaemic impact of a meal.

## TIPS FOR EATING OUT

Look at restaurants’ online menus first and make choices ahead of time. Most restaurants publish menu and nutrition information to their website.

Have a healthy snack before you leave (e.g. almonds, raw veggies, Nutrition Shake). Going to a restaurant hungry is like grocery shopping hungry: you overindulge your senses.

Don’t wear elastic-waist pants!

Start your meal with a healthy soup, clear broth or consommé or side salad.

- Starting with a clear soup or salad increases your body’s awareness and will expedite satiation
- You will be less likely to overeat when your meal comes

Drink water before your meal.

Ask the server to refrain from putting “starter” items on the table like bread, chips or popcorn. Even if you end up ordering healthy foods, the higher-GI foods will spike your blood sugar beforehand

Be the first person to order so you are not tempted by other less healthy dishes that may be ordered. If you can’t order first, make your healthy decision, close your menu and know that you are making the right choice for a healthier you!

Order items that are roasted, braised, steamed, grilled, broiled or pan seared. Fried foods are not just high in fat; they are usually breaded in high-GI carbohydrates

Don’t be afraid to ask for things that are not shown on the menu.

- Often you can create your own meals if you see some of the ingredients on the menu
- Ask for healthier substitutions

Be salad savvy.

- Pile on fresh greens, beans and veggies, but don’t drown it with high-fat dressings or toppings like cheese, bacon or croutons
- Pick healthier dressings (olive oil and vinegar, even a generous squeeze of lemon)
- Ask for dressings on the side and dip your fork into the dressing before taking a bite of salad.

Beware of these words: buttery, sautéed, pan-fried, au gratin, Newburg, Parmesan, cheese sauce, scalloped, au lait, a la mode or au fromage (with milk, ice cream or cheese).

Avoid buffets whenever possible. If you are at a buffet, stick to proteins and vegetables.

Be careful of portion sizes.

- Restaurants typically serve 2-3 times the portion we should be eating.
- Ask for a to-go container with your meal so you can fill it as soon as you are satisfied, or immediately put half of the meal aside.

Be patient. It gets easier!

- As you continue on the program, your taste buds will change. Items that were sweet before will taste too sweet. You will also crave healthier foods that naturally fuel your metabolism.

Managing dessert

- Ask yourself if this is supporting your goal. Are you still hungry? How will you feel after eating it?
- Order hot beverages instead, like coffee or tea.
- If you do decide to partake, stick to the three-bite rule (aren’t the first, middle and last bites the best anyway?) — then don’t feel guilty, just stay on track and move forward.

## THE COST OF EATING HEALTHY

Eating healthy doesn’t have to be costly. Some people think it is more expensive to eat healthier. Though it is true that organic veggies may cost a bit more than nonorganic, eating healthy doesn’t have to hurt your budget. Consider these quick tips and thoughts on the cost of eating healthy:

- Plan your meals to avoid waste. Just buy the produce you need instead of allowing it to go bad.
- Visit local farmers’ markets or join local co-ops to reduce the cost of fresh produce and meats
- Eat out less to add dollars to your monthly food budget
- Refrain from buying processed or prepackaged foods — these carry the biggest costs in your grocery cart. One box of high-GI cereal can cost \$5.00. That same \$5.00 can buy you salad ingredients for three separate meals or one to two dozen eggs!
- When it comes to your health, pay now...or pay later. Invest in your health! Medications, time off from work, and doctor’s bills cost much more. You are worth the investment in healthy foods.

## WHAT ABOUT ALCOHOL CONSUMPTION?

While you are on the GoTrim Lifestyle Solution, you may wonder about alcohol. Can you lose weight and consume alcohol at the same time? If you want to lose weight quickly, then the answer is no. You should avoid alcohol. You gave it up during your first 21 days, and we recommend refraining from alcohol for as long as possible. Once you reach your weight management goal, exceeding a few drinks weekly could sabotage your weight management.

## ALCOHOL METABOLISM

Alcohol is metabolised differently than other foods and beverages. Normally, your body creates energy by using kilojoules to digest and convert the food you eat into energy. Alcohol needs no digestion, meaning alcohol jumps to the head of the line for absorption. In essence, your liver makes alcohol its priority. As a result, the carbohydrates (glucose) and dietary fats are just changed into body fat, waiting to be carried away for permanent fat storage in the body. Those empty kilojoules can wreak havoc on your metabolism, causing

you to continue the weight-gain cycle.

Knowing that consuming alcohol entails extra kilojoules, it may be tempting to “hoard” some kilojoules by skipping a meal or two, which just makes the struggle with weight worse. If you go out for a few drinks on an empty stomach, you are more likely to munch on snacks, adding to the unwanted kilojoules you’re trying to eliminate. Alcohol also causes your blood sugar to drop, which is why people tend to binge eat when they drink.

If you plan to have a drink, eat a healthy meal first!

You’ll feel fuller, which will help keep you from excess drinking. You will also help to offset the sharp rise in blood sugar. You should never consume alcohol on an empty stomach. If you are worried about a looming night out with friends, include an extra 30 minutes of exercise to help balance your kilojoules — instead of skipping a meal.

Alcohol affects your body in other negative ways.

1. Sleep. You may think that having a glass of wine before bed is relaxing. In reality, it decreases the quality of our sleep. Alcohol before bed is counterproductive for weight management, since lack of sleep stimulates appetite.
2. Appetite. Wait to order a drink until you are done with your meal. To avoid overdrinking, sip a glass of water in between each alcoholic beverage.
3. Health. Over time, excessive alcohol use can lead to serious

health problems, including stomach ulcers, liver disease and heart troubles.

#### LIQUOR VS. BEER/WINE: THE FACTS

Compared to beer and wine, you might think that drinking liquor is a better option, because it has fewer carbohydrates. But, it is important to watch the empty kilojoules we consume, and liquor only has a few less kilojoules than beer or wine. Plus, it is often mixed with other ingredients, adding even more empty kilojoules. Hard liquor contains around 100 kilojoules per shot, so adding a mixer increases kilojoules even more. If you are going to mix liquor with anything, opt for seltzer water or club soda, instead of fruit juice or regular/diet soda. Sweeter drinks, whether liquor or wine, tend to have more sugar, and therefore more kilojoules. Dry wines usually have fewer kilojoules than sweet wines.

Remember: you get slimmer each day that you keep the alcohol away. You can do it. Your social life and sanity will survive.



**IF YOU ARE GOING TO MIX LIQUOR WITH ANYTHING, OPT FOR SELTZER WATER OR CLUB SODA, INSTEAD OF FRUIT JUICE OR REGULAR/DIET SODA.**



#### **DINING OUT QUICK GUIDE**

You can maintain a low-glycaemic-index diet when eating out, it just takes commitment to achieving your goals. Don't be intimidated by a new menu; simply bear in mind that you have two main goals: Keep the GI rating and fat content (particularly the saturated fat content) of your meal as low as possible.

Rest assured that you can achieve these goals no matter where you are by applying a few simple guidelines. The information to the right will help you make your menu choice in specialised restaurants.

## ITALIAN

Italian food gets a bad rap, but in reality it can be the basis of a healthy diet.

Look for

- Salads with vinegar dressing
- Tomato-based sauces
- Olives
- Spinach
- Lean grilled meats
- Fish
- Spaghetti squash

Avoid

- Breads
- Cream sauces
- Cheese sauces
- Too much oil
- Low-fibre pastas

## FRENCH

French food can be very low-GI friendly. Be careful of rich breads, cheeses and sauces.

Look for

- Tomato- or wine-based sauces
- Mediterranean-style dishes
- Broiled dishes
- Steamed dishes
- Poached dishes
- Salads or vegetables
- Broth-based soups

Avoid

- Bread
- High-fat sauces
- Cheese

## INDIAN

Indian cuisine is generally low-GI friendly. It features legumes, chicken, fish, vegetables and yogurt.

Look for

- Dhansak and dhal
- Vegetable-based sauces
- Milk
- Tandoori-style meat
- Tikkas
- Side salad
- Vegetable side dish

Avoid

- Butter or coconut sauces
- Kormas or masala
- Rice
- Papadums and breads
- Fried foods

## GREEK

Greek food is also known as generally healthy. However, when eating out at a Greek restaurant, remain vigilant.

Look for

- Roasted lamb or chicken
- Baked fish and chicken
- Greek salads without feta
- Hummus with vegetables
- Kalavia soup
- Melit janosalata

Avoid

- Filo dough
- Feta cheese
- Excessive olive oil

## JAPANESE

Practically anything in an authentic Japanese restaurant works into a low-GI meal plan, even sushi.

Look for

- Miso soup
- Soy beans
- Sushi, sashimi
- Yakitori, teriyaki and sukiyaki
- Grilled dishes
- Steamed or grilled vegetables

Avoid

- Rice
- Tempura

## FAST FOOD

Fast-food restaurants can spell trouble. Most menu items are high in fat and sodium.

Look for

- Grilled items
- Small portions
- Side salads
- Wraps
- Sandwiches without the bread

Avoid

- Fried foods
- Fries
- Diet soda
- Dressing

## MEXICAN

Most Mexican restaurants in the United States serve high-starch, high-fat foods (including chips).

Look for

- Salsa
- Tomato-based sauces
- Grilled meats
- Fresh guacamole

Avoid

- Sour cream
- Cheese
- Nachos
- Refried beans
- Wheat tortillas

## CHINESE & THAI

These cuisines are normally good low-GI options, with many dishes containing vegetables. Chinese and Thai can also be low in fat.

Look for

- Vegetables or lean proteins
- Steamed and stir-fried dishes
- Thai salads
- Clear broth soups
- Chili, basil and lime sauces

Avoid

- Rice-based dishes
- Sweet and sour sauces
- Fried foods
- Duck
- Coconut milk or cream
- Noodle-based dishes
- White rice



# GOTRIM DAILY TRACKING SHEET

Print seven copies

DATE: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

## SLEEP

FILL IN THE NUMBER OF HOURS YOU GOT:



\_\_\_\_\_

You should be getting an average of 7-8 hours of sleep per night

## HEALTHY EATING TIP:

If you supplement, exercise, take medications, drink coffee/caffeine be sure to drink additional glasses of water.



## WHAT I ATE TODAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK (OPTIONAL)
TIME: ____ : ____ AM PM	TIME: ____ : ____ AM PM	TIME: ____ : ____ AM PM	TIME: ____ : ____ AM PM	TIME: ____ : ____ AM PM	TIME: ____ : ____ AM PM

## DAILY SERVINGS CHECKLIST:

CHECK ALL THAT APPLY

PLEASE REFER TO YOUR GOTRIM MENU PLAN FOR PROGRAM SPECIFIC POWER FOODS AND SERVING SIZES.

VEGETABLES



PROTEINS



FRUITS



DAIRY



GOOD FAT



LOW-GI STARCHES



WHOLE GRAINS



## HYDRATION:

CHECK A GLASS FOR EACH 250 ml GLASS YOU DRANK TODAY



2000 ml

## SUPPLEMENTS, SHAKES & VITAMINS:

WRITE IN THE NAMES OF THE PRODUCTS YOU USED TODAY (READ THE LABEL FOR DIRECTIONS).



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

## EXERCISE:

CHECK EACH EXERCISE YOU PERFORMED TODAY



CARDIO:  
# OF MINUTES

\_\_\_\_\_



YOGA/STRETCH:  
# OF MINUTES

\_\_\_\_\_



WEIGHT TRAINING:  
# OF MINUTES

\_\_\_\_\_



OTHER:  
# OF MINUTES

\_\_\_\_\_

## DAILY AFFIRMATION:

“To show respect for myself and my body, I choose to make healthy choices. I am worth it.”

## TODAY, I'M GRATEFUL FOR:

\_\_\_\_\_  
\_\_\_\_\_

## DAILY STRESS REDUCTION:

**MAKE A CONNECTION:** Reach out to an old friend, call your parent or sibling. Have a conversation with your child. Connection is far more fulfilling than food. See how many people you can talk to this week.



One thing I did for myself today is:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The obstacle(s) that I faced today were:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How I overcame, or plan to overcome the obstacle(s) if they happen again:

\_\_\_\_\_  
\_\_\_\_\_  
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Notes or questions for my Coach:

\_\_\_\_\_  
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## MY GOAL FOR TOMORROW IS:

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# Weekly Reflection

## CONGRATULATIONS!

You've made it through another week of your journey with the GoTrim Lifestyle System!

### Eating

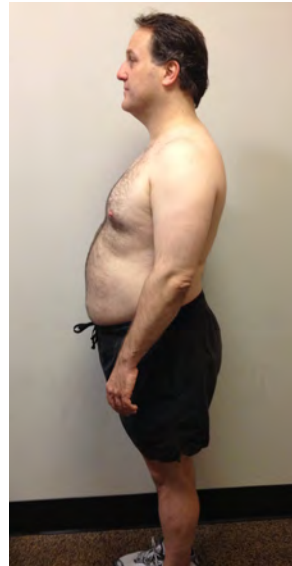
Take small steps; making changes over time and gradually letting your body adapt will eventually lead to a healthy lifestyle. Every change matters, and it is the small and consistent ones that make the biggest differences.

### Affirmation

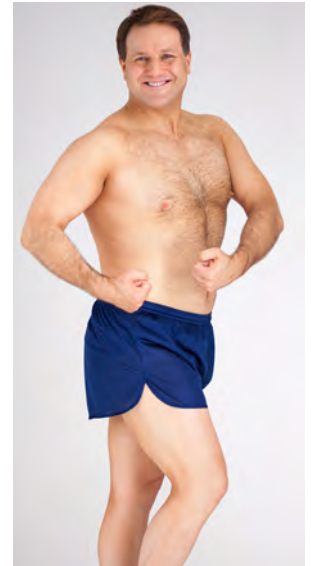
The best way out of a hole is to stop digging and start climbing. In other words, if you have indulged, refrain from using that as a reason to go off the rails completely. Commitment is part of success, but continuity and consistency follow close behind. Days will come to you only one at a time — goals are great, but the quest is what's best. Whether it's a breakthrough day or not, remember that every day of your new lifestyle is worth celebrating.

### Stress Reduction

You can manage your emotions by freely expressing them. Don't be afraid to reach out to others. When you keep your emotions bottled up, you stifle your ability to deal with stressful situations. Ask for help and talk to a friend so that stress doesn't consume you internally. When you are honest about your emotions, you free yourself to conquer problems and feel a sense of relief.



BEFORE



AFTER

SUCCESS STORY: Stephen lost 51 lbs (23 kg)<sup>†</sup>

“I have lost 51 pounds (23 kilograms) so far. What I love most about the TLS program is that I was actually able to gain muscle. In fact, I added a full inch and a half on my arms!” - Stephen M.

<sup>†</sup>TLS has transitioned to a new brand name GoTrim.

## WEEKLY WEIGH-IN

LAST WEEK'S WEIGHT:	TODAY'S WEIGHT:
LAST WEEK'S WAIST MEASUREMENT:	TODAY'S WAIST MEASUREMENT:

<sup>†</sup>The results shown in these testimonials may not be typical. Individual results may vary. The persons sharing their stories are Independent UnFranchise® Owners of Market Australia.

It is important for me to reach my goal and live a healthier lifestyle because:

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This week's negative remarks:

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My positive message replacement:

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What I did well this past week:

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What I will do better this upcoming week:

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One new thing I will implement next week to boost my success:

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**Get Prepared For Next Week!**

A top-down view of a white ceramic bowl filled with a healthy salad. The salad consists of cooked quinoa, fresh spinach leaves, sliced cherry tomatoes, and chunks of avocado. The bowl is placed on a light-colored wooden surface. A silver fork is visible in the upper left corner, and a few loose spinach leaves are scattered around the bowl. A semi-transparent dark teal rectangle is overlaid on the center of the bowl, containing the text "Eat Right, Stay Strong".

Eat Right, Stay  
**Strong**

# CHAPTER 6

## Nutrition: Proteins, Fats, Carbs

*(PLUS GRAINS AND SENSITIVITIES)*

“Many people are overfed and undernourished.  
Proper nutrition helps you live a long and healthy life.”

THIS WILL BE THE LAST PROGRAM  
YOU WILL EVER NEED!

It is important to remember that the GoTrim Lifestyle System does not require you to restrict food groups. To repair, improve, and rebalance your metabolism and stay healthy, your body needs a healthy amount of proteins, fats and carbohydrates in your daily diet. In this chapter, we will look more closely at these three macronutrients. We will also explore good and bad versions of both fats and carbs. Once you fully understand these distinctions, you will be better able to make choices about which foods you incorporate long-term into your new lifestyle.

## PROTEIN

Protein is important for metabolism and building muscle mass, and plays critical roles in your body. Your body has trillions of cells, which make up your muscles, organs and bones. Protein is required in each of these cells to ensure they perform at their best. Without adequate protein consumption, your body starts to find ways that it can get protein — or it will start breaking down existing muscle mass for protein. Here are a few reasons why we need protein to function optimally:

- Required for recovery after workout, injury or illness
- Disease-fighting antibodies are made up of protein
- Protein aids in energy production, blood sugar stabilisation and metabolism
- Without protein, you would be malnourished
- Without enough protein, muscle tissue decreases, fat increases and you may be prone to frequent injuries
- Without adequate protein your hair may thin and fall out and your bones and nails become brittle
- Protein makes you feel full longer and offers the highest thermic burn, meaning your kilojoule burn is higher if you take in proper amounts of lean protein

## HOW DO I KNOW HOW MUCH PROTEIN I REQUIRE?

If you follow your GoTrim plan, you should be consuming adequate amounts of protein. However, everyone is different. Requirements can increase depending on gender or physical activity regimen. In a study published in *Nutrition & Metabolism*, people who increased their protein intake to 30 percent of their daily diet lost about 11 pounds (5 kg) over the 12 week study without employing any other

dietary measures. Here is one method to calculate the right amount of protein for your body:

**CALCULATING PROTEIN INTAKE**  
 $WEIGHT (lb) \div 2.2 = WEIGHT (kg)$   
 $WEIGHT (kg) \times 1.3 \text{ (normal activity)} = PROTEIN (g)$   
 $WEIGHT (kg) \times 2.0 \text{ (extremely active)} = PROTEIN (g)$

Take your weight in kilograms (divide pounds of weight by 2.2 to get this number) and multiply by 1.3 (2 if you are extremely active). Example: if you weigh 180 lbs. (82 kilograms), you would need about 106 grams of protein daily.

In an earlier chapter we discussed how 18-25 grams (4-6 ounces for women and 6-8 ounces for men) of protein per serving is a good target for meals while 2-3 ounces are a target for snacks. You can see that if you had three meals with 18-25 grams of protein in each meal and another 10-25 in a snack, you would be between 50-100 grams. When in doubt, add a little bit more protein, as most people do not consume enough.

## COMPLETE VS. INCOMPLETE PROTEINS

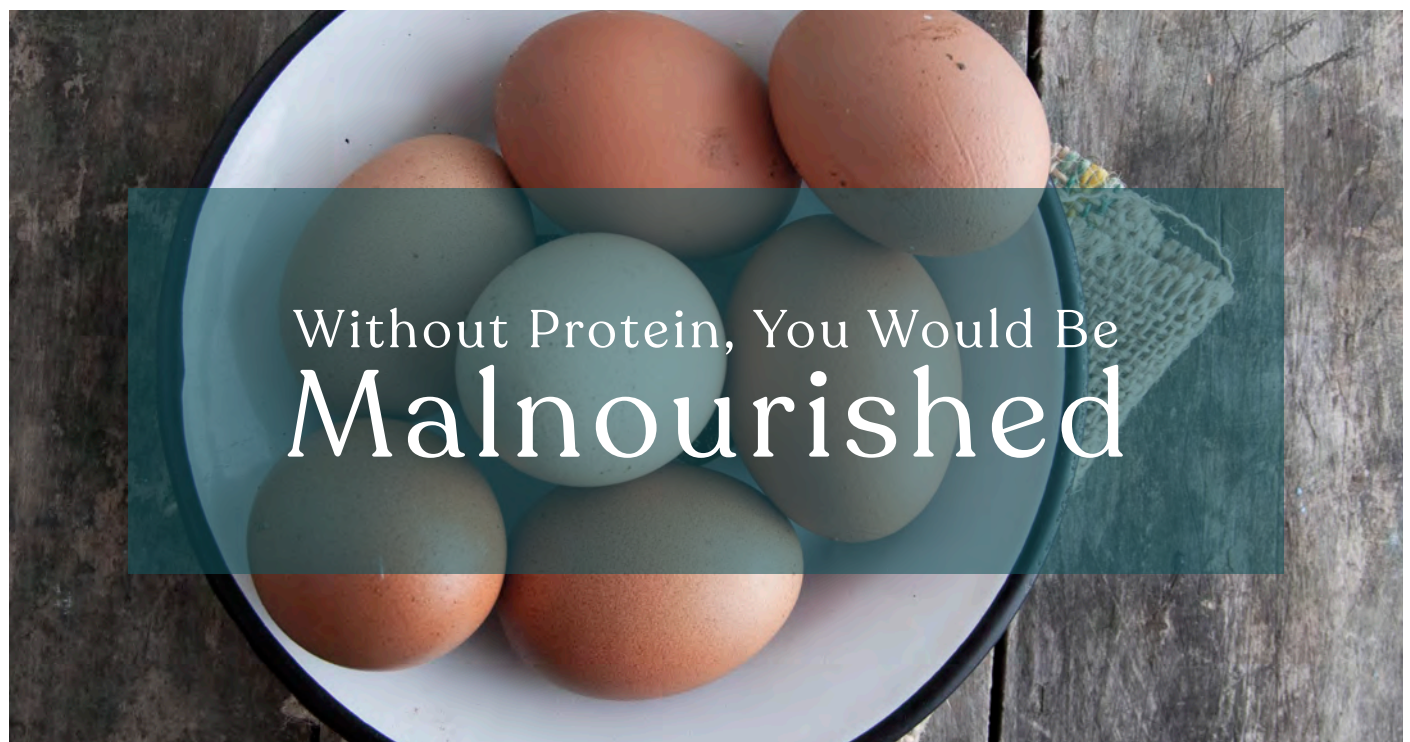
Protein sources are labeled according to how many amino acids they provide. Amino acids are the building blocks of protein. They are essential and play a key role in the structure of a cell, the transport and storage of nutrients, and healing the body.

### COMPLETE PROTEINS:

- Provide all the essential amino acids
- Meat, poultry, fish, soy and select grains like quinoa are all complete proteins

### INCOMPLETE PROTEINS:

- Missing one or more of the essential amino acids
- To derive all the amino acids required to make a complete protein, two or more incomplete proteins must be mixed together — these are called complementary proteins



You will always hear your GoTrim Coach say “protein and fibre at every meal makes burning fat no big deal.”

Because it may be unrealistic to eat complete proteins at every meal, or you may be a vegetarian, we suggest combining complementary proteins when needed. If you are not a vegetarian, be careful how many servings of carbohydrates you are consuming when trying to achieve a complete protein.

If you are vested in being sure you preferentially lose fat, you should take in enough protein to ensure you maintain the muscle you have and have the building blocks for creating new muscle. Muscle will make you stronger, more toned and will help you burn kilojoules, even when you are inactive.

Remember: muscle dictates metabolism!

## FAT

There are three main groups of fats:

### SATURATED FATS

- Solid at room temperature (think butter or hardened bacon fat)
- Generally known as bad fats and are found in processed foods
- Some saturated fats have health benefits and these are okay to consume in moderation (e.g. coconut oil)

### UNSATURATED FATS

- Generally regarded as good fats and are found in nuts, plants and plant oils
- Liquid at room temperature; some are healthier picks than others
- Monounsaturated fats — help lower LDL (bad) cholesterol and increase HDL (good) cholesterol (e.g. extra virgin olive oil, avocado oil and fish oil)
- Polyunsaturated fats — help lower bad cholesterol, but too much can lower good cholesterol (e.g. corn oil, safflower oil and soybean oil)

### TRANS FATS

- The worst of the bad fats, these are chemically modified fats that are created by adding hydrogen to liquid vegetable oils, which makes them more solid
- These fats are added to foods to make them more shelf-stable
- They will appear as modified, fractionated or hydrogenated oils in the ingredient lists

### BEST PICKS FOR HEALTHIEST FATS INCLUDE

- Extra virgin olive oil (be sure it is real 100% olive oil and has an expiration date to avoid food fraud)
- Avocado
- Salmon and other fish
- Grape seed or avocado oil
- Nuts (almonds, Brazil nuts)
- Coconut oil (is a saturated fat, but is OK in small quantities and a great alternative to butter)

## CARBOHYDRATES

In the past years, the reputation of carbohydrates has swung wildly. Carbs have been touted as the feared food in fad diets, yet carbohydrates are your body's main source of energy and dictate how full you feel, how mentally alert you are, and how much energy you have throughout the day. Some carbs have also been promoted as a healthful nutrient associated with lower risk of chronic disease.

You can reap the health benefits of good carbohydrates and minimise your health risk of bad carbs if you know which ones to choose.

Carbohydrates are found in almost every food. People usually refer to carbs as starchy foods like breads, cereals, and potatoes, but carbohydrates are found in everything from vegetables to ice cream (in the form of sugar).

## GOTRIM IS SLOW-CARB, NOT NO-CARB

### HEALTHY CARBS

Complex carbohydrates – slow absorption and provide sustained energy:

- Fibre-filled carbs that get absorbed slowly in your system, avoiding sugar spikes in blood sugar
- Plant foods that deliver fibre, vitamins, minerals, and phytochemicals:
  - Fruits and vegetables
  - Beans
  - Low-GI whole grain foods

### CARBS TO AVOID

Simple carbohydrates – spike your blood sugar and contribute to cravings and fat storage

- Refined and processed carbohydrates that strip away beneficial fibre
- Rice
- White bread or some whole wheat, stone ground, and multigrain breads
- Cereals, even if they tout “whole grain”; it takes 8 grams of whole grain to equal 1 gram of fibre
- Potatoes

\*Many products use marketing tactics to make you think they are beneficial to your health or weight management efforts, but are really high-GI or contain less-healthy grains.

### THE IMPORTANCE OF FIBRE

You cannot judge a carb as “good” or “bad” without considering its fibre content. While adults should be consuming at least 25 grams of fibre daily, most eat less than 10 grams. Our ancestors consumed upwards of 100 grams of fibre daily!

Unlike most nutrients, fibre is not digested or absorbed into the bloodstream, and therefore doesn't get used for energy. Instead, fibre is excreted from our bodies. It passes quickly through your digestive tract mostly intact, and is not broken down.

The fact that fibre is mostly left intact is a good thing, as it creates bulk that aids in moving stool and harmful carcinogens through your digestive tract. The bulk also helps to keep you full longer. Insufficient amounts of fibre in your diet may cause irregularity, constipation and sluggishness.

**FIBRE IS A SUPERHERO. IT ABSORBS FAT AND TOXINS AND REMOVES THEM FROM THE BODY THROUGH ELIMINATION.**



## TWO TYPES OF FIBRE: SOLUBLE AND INSOLUBLE

According to the Mayo Clinic, "Soluble fibre dissolves with water and creates a gel-like substance that helps to lower blood cholesterol and glucose levels." Insoluble fibre, on the other hand, "absorbs water which adds bulk to your digestive tract and helps to move things through quickly."

- Soluble fibre foods: oats, oat bran, peas, rice bran, legumes, beans, apples and citrus fruits
- Insoluble fibre foods: whole wheat flour, wheat bran, rye, cabbage, carrots, Brussels sprouts and nuts

### AN IMPORTANT DISCUSSION ON GRAINS: HOW DO GRAINS AFFECT YOUR WEIGHT MANAGEMENT EFFORTS?

#### WHAT IS A GRAIN?

- A grain is a carbohydrate
- Grains are the seeds or fruits of various food plants including cereal grasses
- Benefits of grains may include:
  - Good source of energy
  - Add fibre to aid in digestion
  - Keep you lean
  - Provide nourishment for your brain and nervous system (within limits)

#### WHAT IS A WHOLE GRAIN?

- If you are to eat grains, they should always be whole grains that include all the essential parts, and naturally occurring nutrients of the entire grain seed
- Just because a food is whole grain, or made with whole grains, doesn't mean it is low GI
- Whole grains:
  - Whole oats or steel cut oats
  - Brown rice or wild rice
  - Bulgur, buckwheat and barley
  - Amaranth, kamut, spelt, quinoa, millet and farro are all ancient grains and are high in nutrition and fibre.
  - Whole rye
  - Sprouted grains

How will I know if something is not made with whole grain? Look for these words:

- Cracked, crushed, rolled, extruded or cooked wheat/oats/grains
- 100% wheat (this is not the same as 100% whole wheat)
- Multigrain
- Seven-grain/12-grain
- Stone-ground
- Bran
- Cracker wheat

NOTE: If a grain (whole or not) is made into a flour, it likely to be high-glycaemic. Even if it is not, what it is mixed with to create a baked good often will be.

Are you following the RAPID RESULTS program? Remember that you will be eliminating grains. If you are following the SURE & STEADY plan, stick to the allotted servings of grains per day to achieve best results.

#### GRAIN SENSITIVITY

Grain sensitivity occurs when you have an excess of insulin and

glucose in the body. If you've yo-yo dieted, you're more than likely grain-sensitive. What does that mean? Your body does not properly respond to or break down grains (even whole grains). As a result, you can develop inflammation that will further hinder your weight management efforts and may have a negative long-term impact on your health.

It may seem grim, but it's not. You can retrain your body through healthy eating habits, proper supplementation and exercise programs to help your body metabolise grains efficiently.

#### ARE YOU GRAIN-SENSITIVE?

- Do you retain water easily, especially around the mid-section?
- Do your fingers and feet swell?
- Do you feel bloated after you've eaten carbs or foods containing small amounts of carbs?
- Do you feel fatigued after eating a quality meal containing carbs?
- Do you have stomach issues?
- Do you have skin disturbances like acne, eczema or psoriasis?
- Are you finding your fat management slow?

#### CARB SENSITIVITY

Here's an easy test to find out if you're carb-sensitive:

- Measure your waist
- Eliminate grains for three complete days (72 hours straight), consuming lean proteins and vegetables (a majority of which should be green)
- Do not consume starchy carbs or carbs containing grains
- After 72 hours, measure your waist again
- If you see a reduction, it's pretty safe to say you're grain-sensitive
- While this is not 100% foolproof, it's a good indicator that grains are not your friend

#### GLUTEN SENSITIVITY

Gluten sensitivity is becoming more common. Gluten-sensitive individuals often struggle to get the full nutritional benefit of the foods they eat, and their immune systems may be weakened by foods containing gluten. Suboptimal health and illness can follow, with a myriad of possible symptoms. Fatigue, depression, abdominal and bowel complaints, joint aches and bone pain are some of the more common symptoms associated with gluten sensitivity.

Gluten sensitivity has been linked to gluten intolerance. Don't confuse this with celiac disease, which is an autoimmune deficiency. When gluten is digested by someone who has been diagnosed with celiac disease by a physician, the body produces antibodies that attack the small intestine.

#### WHAT IS GLUTEN, ANYWAY?

Gluten is the elastic protein in grains, like wheat, rye and barley. Its elasticity is why French bread holds together, why angel food cakes rise so high, and why New York bagels are so doughy. Gluten is the glue that holds together baked goods and pasta. In fact, gluten comes from the same Latin root as glue. Think of gluten as the glue of wheat, rye and barley. Gluten is also part of the genetic structure of spelt, durum, semolina, kamut, couscous and triticale.

Genuine whole grains — the kind that haven't been processed, stripped of fibre and depleted of nutrients — provide a steady supply of energy. Whether you have been tested for gluten issues or not, a wider variety of grains means a wider variety of the vitamins, minerals, phytochemicals and fibres that promote overall health.

Some individuals even have increased food cravings as a reaction to consuming gluten, but are unaware of the reason they have the desire to eat continuously.

#### ARE GLUTEN-FREE ALTERNATIVES GOOD FOR ME?

There are a lot of gluten-free alternatives to your favourite foods. However, not all of them are going to help you meet your weight management goals. Many of these gluten-free foods are marketed as healthy alternatives, but don't be fooled — gluten-free junk food is still junk food. In addition, you have to consider which grains they are using to make up for the gluten they have omitted. Many gluten-free products have corn, GMO soy, and rice (all high GI) as a substitute for gluten. The healthiest way to eat gluten-free is to eliminate grains or stick to non-gluten-containing whole grains, like quinoa.

#### I HAVE ELIMINATED GRAINS. DO I WANT TO ADD GRAINS BACK IN?

You are the only one who can answer this question, but you can talk to your GoTrim Coach about it too. Here are a few questions to ask yourself before you add them back:

- How long have you eliminated them for?
- Do you feel better since eliminating grains?
- Do you sleep better, have fewer headaches or feel less bloated?
- Are you losing weight at optimal speed?
- Do you miss them?
- Are they a trigger for cravings or overeating?

GoTrim is about living a healthy lifestyle, so if adding grains into your life is how you can maintain this lifestyle, then adding them back in may be your best option. When you do, be careful to pay attention to any signs or symptoms that a particular grain may not bode well

with you or hinder your weight management efforts. It is always important to remember serving size while consuming grains. Often times a serving size of bread is only one slice.

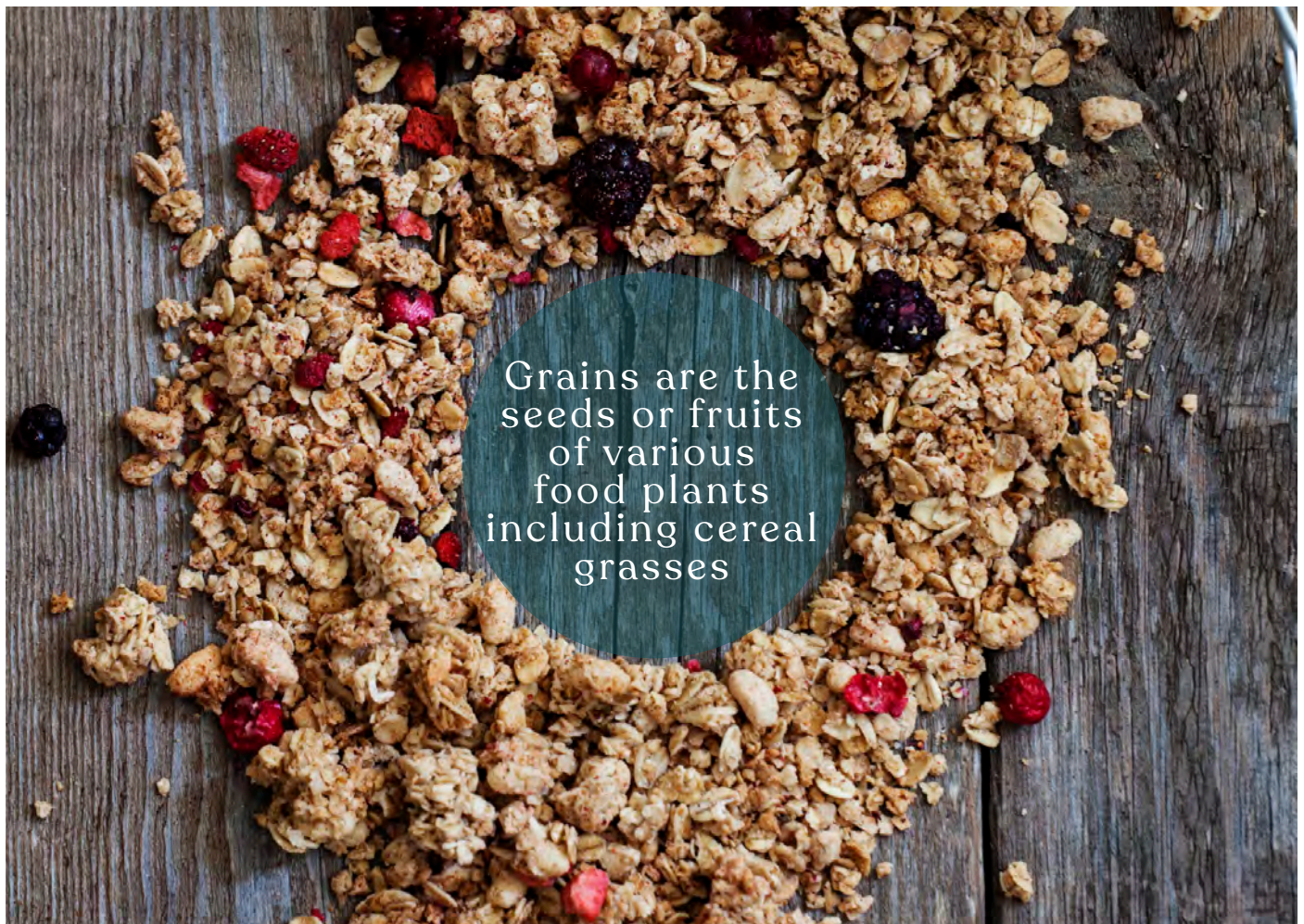
#### HOW DO I ADD GRAINS BACK IN?

- Choose low-GI, whole grains
- Add one back at a time and journal your intake and your response — you could have a negative response from a food up to 72 hours after eating it. If a new grain is the only thing added, and you respond negatively, you will know that perhaps that was not the best grain to try.
- Don't over-consume grains — once you figure out which ones work best for you, add them in just a few times a week or not more than once per day to be sure you are supporting your goals
- Is your weight management slowing down? You may consider going back to a grain-free lifestyle until you get closer to your goal and achieve better health or a more repaired metabolism.
- Remember: Your body can be fully fueled and energised from the carbohydrates that vegetables and fruits offer

Don't forget what you learned earlier: how to calculate net carbs to determine if it is low-GI. Look for single digits!

$$\text{Net Carbs} = \text{Total Carbs} - \text{Dietary Fibre} - \text{Sugar Alcohol} - \text{Glycerin}$$
$$\text{GL} = \text{Glycaemic Index} / 100 \times \text{Net Carbs}$$

Ideally, you want to have the net carbs of the foods you eat in the single digits to help prevent your blood sugar from spiking. The importance of net carbs and weight management is that you stay in a fat-burning zone.



# GOTRIM DAILY TRACKING SHEET

Print seven copies

DATE: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

## SLEEP

FILL IN THE NUMBER OF HOURS YOU GOT:



\_\_\_\_\_

You should be getting an average of 7-8 hours of sleep per night

## HEALTHY EATING TIP:

Find yourself craving sweets at night? Save one of your fruit servings for an evening snack.



## WHAT I ATE TODAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK (OPTIONAL)
TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM

## DAILY SERVINGS CHECKLIST:

CHECK ALL THAT APPLY

PLEASE REFER TO YOUR GOTRIM MENU PLAN FOR PROGRAM SPECIFIC POWER FOODS AND SERVING SIZES.

VEGETABLES



PROTEINS



FRUITS



DAIRY



GOOD FAT



LOW-GI STARCHES



WHOLE GRAINS



## HYDRATION:

CHECK A GLASS FOR EACH 250 ml GLASS YOU DRANK TODAY



2000 ml

## SUPPLEMENTS, SHAKES & VITAMINS:

WRITE IN THE NAMES OF THE PRODUCTS YOU USED TODAY (READ THE LABEL FOR DIRECTIONS).



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## EXERCISE:

CHECK EACH EXERCISE YOU PERFORMED TODAY



CARDIO:  
# OF MINUTES

\_\_\_\_\_



YOGA/STRETCH:  
# OF MINUTES

\_\_\_\_\_



WEIGHT TRAINING:  
# OF MINUTES

\_\_\_\_\_



OTHER:  
# OF MINUTES

\_\_\_\_\_



# Weekly Reflection

## CONGRATULATIONS!

You've made it through another week of your journey with the GoTrim Lifestyle System!

### Eating

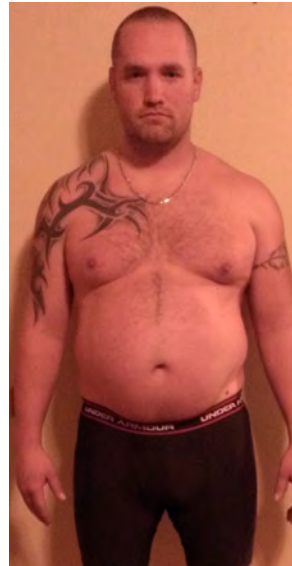
Learn to experiment with new ingredients and substitute healthy ones when possible, like cauliflower-based rice instead of rice, using zucchini or spaghetti squash for noodle dishes. When eating out, learn how to order in a way that supports your health goals. Realise that you are changing your lifestyle and your daily choices affect the rest of your life.

### Affirmation

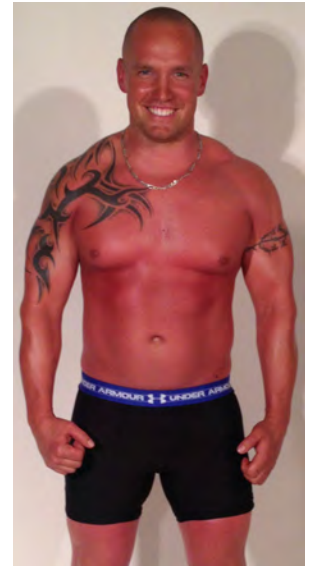
Self-investment is what's needed to make dreams into realities. The reality of health and fitness is that the short-term, daily investments you make are guaranteed to build up and bring rewarding returns. The sooner you start giving time and energy to your health and wellness, the faster you will begin reaping the benefits, delivering steadfastness and confidence.

### Stress Reduction

Actively engage with the people, places and things around you. You cannot fully enjoy your life if you don't acknowledge everything that it has to offer. Revel in the beauty of nature. Create something new and enjoy the company of good friends. Find a new appreciation for your life by taking full advantage of your surroundings.



BEFORE



AFTER

**SUCCESS STORY:** Kyle lost 26 lbs (11.8 kg)<sup>†</sup>

“I can't say enough about the TLS products and how such a small commitment at a minimal price is helping me add years to my life. I will continue my 'TLS Lifestyle' to the fullest. TLS isn't just another diet to me; it is MY lifestyle!” -Kyle H.

<sup>†</sup>TLS has transitioned to a new brand name GoTrim.

## WEEKLY WEIGH-IN

LAST WEEK'S WEIGHT:	TODAY'S WEIGHT:
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One new thing I will implement next week to boost my success:

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**Get Prepared For Next Week!**



Healthy Habits  
**Smart**

# CHAPTER 7

## Creating Healthy Habits

“Motivation is what gets you started;  
habit is what keeps you going.”

THIS WILL BE THE LAST PROGRAM  
YOU WILL EVER NEED!





# You Have The Power Within You To Change Your Habits

## ACTIONS DICTATE OUTCOMES:

### CHANGE YOUR DAILY HABITS TO CHANGE YOUR HEALTH

You are on your way to better health through a new lifestyle. Habits that you create today can last you a lifetime. A habit is a routine of behaviour that is repeated regularly and tends to occur subconsciously. We all have habits that we would like to change. Now is the time to focus on the unhealthy habits that are holding you back from reaching your weight management and health goals. GoTrim is about living a healthy lifestyle and that includes building on small victories throughout your journey. Repetition is key. Small, consistent changes will add up to great results. Start by becoming aware of positive habits you can continue or create, and identify unhealthy habits that you would like to replace.

### CAN YOU RELATE TO THESE UNHEALTHY HABITS? ARE ANY OF THEM HOLDING YOU BACK?

Skipping breakfast/skipping meals — you probably always plan to have your mobile phone charged before you leave the house, or you bring your charger with you. Do you do the same thing to be sure your body is fueled?

Impulse-buying at the grocery store.

Eating mindlessly while watching TV, reading, or when bored, even if you are not hungry.

Deciding what to eat at the last minute instead of planning ahead.

Here are some suggested healthy habits you may want to implement:

#### 1. PLAN — DON'T SET YOURSELF UP TO FAIL.

- You will need a strategy for meals and snacks. Identify new favourites and plan ahead to have these readily available.
- Nutrition Shakes is a great item to have with you in case you are in situations where you cannot cook.

#### 2. SHOP WITH A FULL STOMACH.

Grocery shopping on an empty stomach is a recipe for disaster. Prepare a grocery list to avoid impulse-buying, or try using an online shopping service if available in your area. The key to healthy eating starts with stocking healthy food in your pantry and refrigerator.

#### 3. EAT AT REGULAR INTERVALS.

- It is important to not go without food for more than four hours when you are awake. If you're hungry every three hours, eat! Listen to your body, that means your metabolism is working!
- Your body will respond better when you feed it with wholesome, unprocessed food that is rich in nutrients, vitamins, minerals and fibre. This will also support in optimising your metabolism while preventing binge eating.

#### 4. PRACTISE MINDFUL EATING.

- Eat sitting down at a table and from a plate. Be conscious and grateful for your meal.
- If you eat while distracted (in front of the TV or on the go) or if you eat without consciously putting food on a plate or in a bowl (nuts, tortilla chips) you may underestimate the amount consumed.

#### 5. SERVE FOOD ON INDIVIDUAL PLATES DURING FAMILY MEALS.

- Bowls or plates of food on the table beg to be eaten, and will encourage second helpings. It takes 20 minutes for your brain to

receive the signal that you are full.

- CORE® and Trim Tea/Trim Café®, taken as directed, is a great way to assist with overeating.

**6. EAT SLOWLY, CHEW MORE, SAVOUR FOOD.**

- Try resting your fork in between bites. Some people try to rest it three times for three minutes during each meal.
- Drink plenty of water with your meal!

**7. DON'T EAT AFTER DINNER.**

- Many people can consume large amounts of food after dinner
- If you are truly hungry, choose a snack that will support your efforts (frozen Nutrition Shakes in small cups are a great dessert; berry bowl; veggies with a small dollop of hummus)
- Try chewing gum or brushing your teeth after dinner, which may reduce the temptation to eat again.

**8. TREAT SNACKS LIKE MINI-MEALS.**

- The most nutritious snacks contain protein and fibre (lettuce wraps with turkey, apple slices with nut butter, egg cups with spinach, small serving of homemade chicken salad with celery)
- Remember protein and fibre at every meal make losing weight no big deal!
- Try this favourite: Mix one scoop of Nutrition Shake, one egg or

egg white, with one tablespoon of natural nut butter in a small muffin-sized dish. Microwave for one minute. Voila!

**9. PROTEIN-PACK YOUR BREAKFAST.**

- Breakfast should never be skipped. It is the most important meal of the day
- Be sure to include plenty of protein, as it will help reduce cravings during the day:
  - If you are eating eggs make it a veggie omelette for extra nutrition and fibre.
  - If you don't have time, blend a quick Shake with a handful of spinach, frozen berries and add some chia seed or flax seed for extra fibre.

**10. SCHEDULE YOUR EXERCISE.**

- If you don't schedule your exercise, something will come up and you may not follow through. Remember what gets scheduled is what gets done.

To change an existing habit, it may be easier if you have a solution or replacement. Write down unhealthy habits you would like to replace with new habits you would like to adopt and be sure to include a plan to implement your new habit.

UNHEALTHY HABIT I WOULD LIKE TO CHANGE	REPLACEMENT

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DATE: \_\_\_\_\_ | \_\_\_\_\_ | \_\_\_\_\_

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FILL IN THE NUMBER OF HOURS YOU GOT:



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## HEALTHY EATING TIP:

Start with your vegetables first to fill your stomach and savour the rest of your meal mindfully.



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YOGA/STRETCH: # OF MINUTES

\_\_\_\_\_



WEIGHT TRAINING: # OF MINUTES

\_\_\_\_\_



OTHER: # OF MINUTES

\_\_\_\_\_

# DAILY

AFFIRMATION:

“I choose health today and every day!”

# TODAY,

I'M GRATEFUL FOR:

\_\_\_\_\_

\_\_\_\_\_

# DAILY STRESS REDUCTION:

**CREATE A VISION BOARD:** Find images that represent your ultimate goal • Creatively sort these images together on a poster board • Place your vision board in a place where you'll look at it often • A sense of direction can ease stress and worry



One thing I did for myself today is:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The obstacle(s) that I faced today were:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How I overcame, or plan to overcome the obstacle(s) if they happen again:

\_\_\_\_\_

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Notes or questions for my Coach:

\_\_\_\_\_

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# MY GOAL

FOR TOMORROW IS:

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# Weekly Reflection

## CONGRATULATIONS!

You've made it through another week of your journey with the GoTrim Lifestyle System!

### Eating

Plan your largest meals in the beginning of the day; it gives your body more time to work them off. Breakfast is your most important meal because it boosts your metabolism for the day. When your body does crave those "munchies" foods, pick up healthy options, like fresh fruit or nuts or a GoTrim-friendly muffin and granola bar.

### Affirmation

Challenge is part of our learning and helps us to improve and progress in life.

### Remind yourself;

"I am awesome! I am strong! I can do whatever I set my mind to achieve."

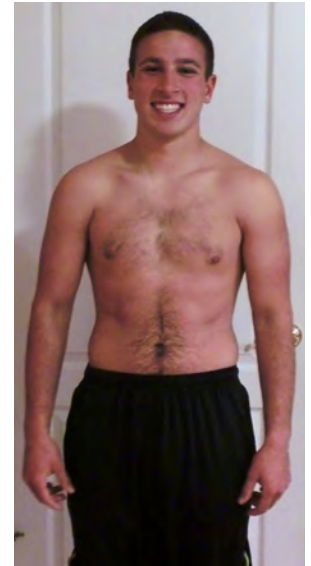
"I will nurture myself by living a healthy lifestyle and being positive."

### Stress Reduction

Perform activities that make you feel better about your life. When life gets overwhelming, take time out for activities you truly enjoy. You'll find that the simplest things, like taking a walk, can help you relax and put things in perspective.



BEFORE



AFTER

SUCCESS STORY: Andrew lost 21 lbs (9.5 kg)<sup>†</sup>

"I was never one to keep to a workout schedule, nor was I great at eating healthy. Now it's a habit to get a grilled chicken salad instead of pizza! The best part is that TLS is my lifestyle. I live it every day!" -Andrew T.

<sup>†</sup>TLS has transitioned to a new brand name GoTrim.

## WEEKLY WEIGH-IN

LAST WEEK'S WEIGHT:	TODAY'S WEIGHT:
LAST WEEK'S WAIST MEASUREMENT:	TODAY'S WAIST MEASUREMENT:

<sup>†</sup>The results shown in these testimonials may not be typical. Individual results may vary. The persons sharing their stories are Independent UnFranchise® Owners of Market Australia.

It is important for me to reach my goals and live a healthier lifestyle because:

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This week's negative remarks:

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My positive message replacement:

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What I did well this past week:

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What I will do better this upcoming week:

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One new thing I will implement next week to boost my success:

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**Get Prepared For Next Week!**

A hiker with a large backpack is seen from the side, looking out over a vast, hazy mountain landscape. The scene is bathed in the warm, golden light of a sunrise or sunset, with the sun low on the horizon. The hiker is wearing a purple long-sleeved shirt and dark leggings. The landscape consists of rolling hills and valleys, with a river or stream visible in the distance. The overall mood is one of tranquility and adventure.

Believe In Yourself  
**Shine On**

# CHAPTER 8

## Believing In Yourself

“You have had accomplishments and devastations in your life,  
and are a stronger person because of them.”

THIS WILL BE THE LAST PROGRAM  
YOU WILL EVER NEED!



## BUILDING A NEW YOU FROM THE INSIDE OUT

You can achieve anything if you first believe that you can. Self-image is the way you see yourself. We form our self-image from experiences. From those experiences, we make decisions. From those decisions, we create beliefs. Our actions are based on those beliefs.

For example, if as a child you are teased for being overweight, you will start to adopt the belief that your weight is part of your identity. Your choices and your decisions — with food and with life — support that identity. Despite making good weight management progress, it's hard to be successful because you may believe being overweight is who you are.

Changes in life can reshape your identity, too. For example, if you've been healthy and fit all your life, and then have your first child, your health may take a backseat to caring for your family. Over time, you may believe that you are less of a priority than your children, your spouse or your job. You stop taking time for yourself. The simplest things like going to the gym or getting a haircut can make you feel guilty about not putting others first.

It's important to recondition your thoughts about yourself to achieve long-term success. This is accomplished by changing your self-image. How you view yourself is going to determine your success with GoTrim. Here are the steps to begin changing and improving your self-esteem:

1. Journal: Make sure you journal. Several studies have shown that people who journal report having significantly less distress (i.e. suffering, sorrow, pain), feel less depressed, and have an overall better mood. Additionally, individuals also report that journaling changes the way they behave towards and around other people.

Remember to continue reading the daily affirmations on each page of your journal. They will help guide you and motivate you in your weight management journey. Remember: You have to motivate and believe in yourself before anyone else will believe in you.

2. Try New Things: Sometimes doing the same things over and over can make you feel like you're stuck in a rut. By stepping outside of your comfort zone and trying new things, you may feel like a new person. When you're busy having fun, you aren't sitting at home trying to keep yourself from eating things that you shouldn't! Focus on a new experience, like completing a 5K walk or run, to help you create a sense of accomplishment and belief in yourself that you can achieve more.

3. Self-Talk: It has been estimated that 75% of our thoughts are negative. You have to learn to be your biggest fan! If you want to improve your self-image, it is important that you learn to believe in yourself.

Take a moment, whether you are getting ready for work, driving to work, or cooking dinner, to say positive things about what you'd like to see happen. When you map out your day with positive words, good things will start to happen in your life. Also surround yourself with positive people. Their positive energy and support will help you treat yourself in a more positive way.

Take a moment to identify and write down the top three negative messages that you tell yourself every day. Transform those negative messages into positive messages below.

### EXAMPLES:

Negative self-talk: "I will never lose weight, I've tried before and failed."

Positive self-talk: "I am so excited about my progress. I am proving to myself that I can do this. This is a journey and I will take it day by day."

Negative view: "I can't have that food."

Positive view that gives you control: "I can have that food; I am just choosing not to today."

NEGATIVE SELF-TALK	POSITIVE SELF-TALK

Don't let anything  
or anyone – even  
yourself – Stand  
between you and  
your goals.



#### **PRACTICE FOR THE WEEK:**

Write out a few positive affirmations and post them where you will see them daily (bathroom mirror, car, mobile phone). Over the next week, read aloud your positive self-affirmations. You may feel silly at first, but your thoughts create your beliefs. If you believe in yourself, you can achieve your goals. Over the next couple of weeks, repeat this exercise until you notice your negative self-doubt is replaced with positive self-confidence.

Do you relate to any of these common self-confidence busters? Here are four proven methods of improving positive self-image.

1. **Lack of Support:** Find a person who believes in you. Even when you don't believe in yourself, you can find people who will support you. They may be family, friends, or co-workers. Start by acknowledging the good you see in others, then ask for the support you need.
2. **Lack of Positive Experiences:** Learn to transfer your experience. If you've never done something, how are you supposed to believe you can do it? It begins with visualisation. See yourself doing something before you do it. Start with the end in mind and picture the positive results you desire. Transfer the experience of visualisation into reality.

List something you accomplished that was difficult, but you were able to complete. It may be earning a degree, completing job training, giving a speech, learning to play a musical instrument, completing a fitness event, or sticking to a budget. When you remind yourself of your past success stories, it can help you feel more confident about your ability to change positively.

3. **Lack of Confidence:** Build your self-confidence muscles. Natural self-confidence can be built by working on it, just like a muscle.

What builds self-confidence? Use questions like: "Why do I believe in myself?" or "Why do I trust my intuition?" These empowering questions

focus your mind on your inner strengths.

4. **Lack of Structure and Discipline:** Install empowering habits. We all have habits. Most are unconscious, many are disempowering. When you exchange your disempowering habits of thought and behaviour to empowering ones, your self-belief will naturally increase. This journal and health guide is preparing you to perform a number of healthy habits daily, such as using food as fuel and making exercise a priority.

Identify your disempowering habits and create action plans to overcome them. For example, if you tend to fall off the wagon due to stress, build simple stress management techniques into each day, such as calling a friend, deep breathing, listening to music, etc. Or if you get derailed by social eating situations, start spending time with friends in ways that do not revolve around eating and drinking.

#### **BELIEVE IN YOURSELF**

Each person has their own time and pace when it comes to working out, managing weight or adopting healthy cooking styles. That doesn't mean you can't do it! Stay in your lane and stay consistent in implementing your daily habits no matter how big or small they are.

#### **NO MORE MENTAL GAMES...**

Your body knows it can do it, but sometimes it takes your brain a little longer to process the information.

When you think about giving up or giving in,  
remember why you started.

# GOTRIM DAILY TRACKING SHEET

Print off 7 copies

DATE: \_\_\_\_ | \_\_\_\_ | \_\_\_\_\_

## SLEEP

FILL IN THE NUMBER OF HOURS YOU GOT:



\_\_\_\_\_

You should be getting an average of 7-8 hours of sleep per night

## HEALTHY EATING TIP:

Start your day with a healthy breakfast to boost your metabolism.



## WHAT I ATE TODAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK (OPTIONAL)
TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM

## DAILY SERVINGS CHECKLIST:

CHECK ALL THAT APPLY

PLEASE REFER TO YOUR GOTRIM MENU PLAN FOR PROGRAM SPECIFIC POWER FOODS AND SERVING SIZES.

VEGETABLES



PROTEINS



FRUITS



DAIRY



GOOD FAT



LOW-GI STARCHES



WHOLE GRAINS



## HYDRATION:

CHECK A GLASS FOR EACH 250 ml GLASS YOU DRANK TODAY



2000 ml

## SUPPLEMENTS, SHAKES & VITAMINS:

WRITE IN THE NAMES OF THE PRODUCTS YOU USED TODAY (READ THE LABEL FOR DIRECTIONS).



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

## EXERCISE:

CHECK EACH EXERCISE YOU PERFORMED TODAY



CARDIO: # OF MINUTES

\_\_\_\_\_



YOGA/STRETCH: # OF MINUTES

\_\_\_\_\_



WEIGHT TRAINING: # OF MINUTES

\_\_\_\_\_



OTHER: # OF MINUTES

\_\_\_\_\_

# DAILY

AFFIRMATION: "I am positive and solution-oriented"

# TODAY,

I'M GRATEFUL FOR:

# DAILY STRESS

REDUCTION:

**PLAN A VACATION:** Even if it is more than a year until you go • Planning something to look forward to will keep you motivated



One thing I did for myself today is:

The obstacle(s) that I faced today were:

How I overcame, or plan to overcome the obstacle(s) if they happen again:

Notes or questions for my Coach:



# MY GOAL

FOR TOMORROW IS:

# Congratulations On Your Milestone!

You've made it through another milestone with the GoTrim Lifestyle System!

The GoTrim lifestyle isn't something you're choosing; it is who you are.

This is the beginning of a lifestyle you can continue for life.

Current Weight: \_\_\_\_\_

Current Body Fat %: \_\_\_\_\_

Waist Measurement: \_\_\_\_\_

Chest Measurement: \_\_\_\_\_

Hips Measurement: \_\_\_\_\_

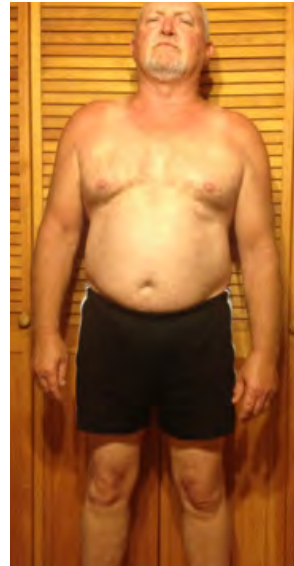
Bicep Measurement: Right: \_\_\_\_\_ Left: \_\_\_\_\_

Thigh measurement: Right: \_\_\_\_\_ Left: \_\_\_\_\_

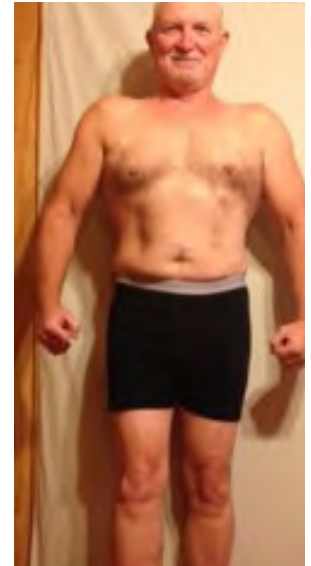
## Here's what you should be noticing at this point on your journey with the GoTrim Lifestyle System:

- Your clothes fit more loosely and you lost centimeters
- You're making better choices, and they come easier to you
- You're choosing the right foods, and you're exercising more often
- Your confidence is improving
- Your energy level is up and you feel amazing.
- If you have weight to lose, you'll definitely have lost some unwanted kilograms

You might find your weight management moving in one of two directions. Some might be seeing slow but steady results week in and week out. Others might be losing pounds or kilograms fast and furiously. Either way, you're seeing success. Sometimes success has a way of worrying people. Some might wonder if the success is real, while others are waiting for the "other shoe to drop." Don't let these results worry you. One way to keep a positive outlook is to surround yourself with like-minded people. Limiting belief systems are learned behaviours. This journey is just as much about your environment and the people you associate with as it is about the actual fat loss. Seek out others who will be supportive of your goals and will help motivate you for further success.



BEFORE



AFTER

SUCCESS STORY: Jeff lost 38 lbs (17.2 kg)<sup>†</sup>

"Before I started TLS I was around 240 pounds (109 kilograms). Our diets were made up mostly of fast foods from pizza places. I'm now feeling better, looking better and have lost over 30 pounds (14 kilograms)! I look forward to healthy eating."

-Jeff F.

<sup>†</sup>TLS has transitioned to a new brand name GoTrim.

Here are some tips from some Certified GoTrim Coaches to help you on your journey.

**"It is helpful to really kick up the effort with exercise. Ensure you are doing cardiovascular exercise and strength training. This will increase lean muscle and burn more fat. Don't forget to stretch after each exercise session."**

**"WATER, WATER, WATER. If you are getting bored with water, consider adding some fruit, cucumber slices or mint leaves to it."**

<sup>†</sup>The results shown in these testimonials may not be typical. Individual results may vary. The persons sharing their stories are Independent UnFranchise® Owners of Market Australia.

It is important for me to reach my goals and live a healthier lifestyle because:

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This week's negative remarks:

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My positive message replacement:

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What I did well this past week:

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What I will do better this upcoming week:

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One new thing I will implement next week to boost my success:

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**Get Prepared For Next Week!**



Overcoming Obstacles  
**Solutions**

# CHAPTER 9

## Overcoming Obstacles

“Being challenged in life is inevitable,  
being defeated is optional.” – Roger Crawford

THIS WILL BE THE LAST PROGRAM  
YOU WILL EVER NEED!



No matter what you try to achieve in life, you will likely run into obstacles. In this chapter, we will explore common weight management obstacles and suggest strategies to overcome these obstacles. Let us explore common eating behaviours that can run you off track. First, identify the type of eater you are (below), and see if you relate to some of the behaviours outlined in this chapter.

Do you believe that once you reach a certain size or weight, you'll be happy? When you say to yourself, "I'll be happy when I reach \_\_\_ kilograms," one of two outcomes can occur. The first is that you never reach that weight and, are never satisfied. The second outcome is that you reach that magical weight and realise that it has absolutely nothing to do with your happiness. This chapter will help you identify different eating triggers and learn behaviour modification techniques to begin your journey to a happier and healthier you.

### WHAT TYPE OF EATER ARE YOU?

It's important to identify the type of eater you are. As you implement some of the different techniques outlined in this chapter, you will uncover which type of eater you are. You will also discover what triggers you to make unhealthy food choices.

The ideal eater, of course, exists only in the abstract. Yet the description can serve as a baseline against which we can measure our own eating habits. What kind of eater are you? You may be more than one type. Recognise your own tendencies so you can spot problems and create new behaviours to achieve your weight management goals.

### FOOD CONSUMPTION TRIGGERS

Choosing to live a healthier lifestyle is a mental decision that you must make each day to be successful. Weight management is 95% mindset; the messages you tell yourself consciously or subconsciously determine your outcome. Transforming your body and mindset is a difficult task and takes commitment every day with every meal and every snack. Studies show that your self-talk can influence the choices you make regarding both exercise and food. Your mind is a powerful tool. Use it to help you create positive new habits and self-talk.

### DO THESE SCENARIOS SOUND FAMILIAR?

Scenario One: You had a bad day at work, got into an argument with your partner over the phone and then got stuck in traffic on the way home. Now that you're finally home, you can hardly wait to put on your sweats and dig into that carton of peanut butter cup ice cream or that bag of chips. (By the way, neither should be in your house!)

Scenario Two: You're sitting at home with nothing particular to do, so you go rooting around your kitchen cupboards just to see what's there. Before you know it, you find yourself sitting at the kitchen table with an empty bag of crackers in front of you.

This is known as "mindless" eating. It's eating in response to factors other than actual hunger. This term defines all of the other reasons that we eat. Do you fall prey to mindless eating? Have you noticed that when you order a super-size meal you typically eat all of it? It's important to identify certain situations, such as watching TV or talking on the phone, that might trigger overeating.

This is not an uncommon habit. There are a whole host of reasons, aside from hunger, that prompt people to eat, including boredom, sadness, nervousness, anxiety, stress and even happiness. These things are all emotions, not signals conveying your body's

need for nourishment. Before you take that bite, think about why you are eating.

We are programmed to eat as a result of feeling hungry, but many people also feel an urge to eat certain foods in certain situations, or when they experience certain emotions. Often, the foods of choice in these cases are unhealthy foods. How do you break the habit of mindless eating? The first step to overcoming this problem is to learn the difference between emotional and physical hunger. Do you know the difference between your body telling you it's hungry and your emotions driving you to eat?

MAJOR TYPES OF EATERS	
<b>STRESS EATER</b>	Eats to relieve or avoid uncomfortable feelings. Food functions as a self-medication to relieve stress and lift mood.
<b>EMOTIONAL EATER</b>	Eats whenever they experience strong emotions of any kind — happiness, sadness, anger or frustration. Food is an escape from emotional intensity.
<b>GRAZER</b>	Snacks throughout the day. Each portion is small, so it's easy to underestimate the total amount of food consumed.
<b>UNCONSCIOUS EATER</b>	Eats while doing other things, like watching TV or reading. Distracted brains do not know what the mouth is doing, so excess food is often ingested.
<b>FEAST-OR-FAMINE EATER</b>	Fasts all day and eats everything in sight in the evening.
<b>WASTE-NOT EATER</b>	Does not want to waste any food. They clean their plate at every meal, often forcing themselves to overeat.
<b>STEALTH EATER</b>	Cleverly hides cookies, candies and other treats in pockets, drawers and the car so that others will not see the food consumed.
<b>IDEAL EATER</b>	Listens to their body's cues and uses food for fuel, not feelings. They are flexible with food choices and eat a variety healthy foods.

## HUNGER

The physical sensation that you need to eat. Think about the rumbling in your stomach. Numerous studies have looked at how hormones initiate and resolve hunger, and how they play a role in determining body weight. The hormone ghrelin triggers the need to eat while leptin reduces the sensation. The physical sensation of hunger, or its absence, is tied to these hormones. The time of day, the timing of meals, emotions, even the types of food you eat all affect these hormones. This is why low-glycaemic-impact eating with the GoTrim Lifestyle System is so powerful. GoTrim supports normal blood sugar and insulin levels, directly affecting your hormone levels.

## APPETITE

The desire to eat. This is what you experience when you think, "Oh, that looks delicious!" Appetite is a sensory response that provokes the desire to eat based on sight, smell or taste. Identifying the difference between hunger and appetite will help you achieve your weight management goals.

## SATIETY

The condition of physically feeling full. When you think, "I couldn't eat another bite," you are satiated. Research has shown that feeling full turns off hunger and appetite. You can feel satisfied longer by eating solids over liquids, not skipping meals, choosing low-GI instead of high-GI foods; and substituting quality over quantity products.

### A FEW NOTES ON FOOD ADDICTION AND COMPULSIVE EATING

"Strength does not come from what you can do. It comes from overcoming the things you once thought you could not."

Now that you understand the difference between hunger, appetite and satiety, it's time to make changes.

## Ask yourself the questions below in the True Hunger Test.

Food addiction and compulsive eating affect a large percentage of people, especially people who have dieted in the past. Much of this compulsion stems from bad habits that have been successively reinforced over the years. In addition, our neurological pathways are changed with the taste of salt, fat and sugar. We are programmed, in a way, to crave these foods. It creates a perpetual cycle of intense cravings for sugar similar to drug or alcohol or any form of addiction. The problem is that you need to eat and cannot abstain from food the way you can with other addictive substances.

You may feel that you get into the habit of eating food when you are not physically hungry but emotionally hungry. You may find yourself eating when you are stressed, bored, frustrated, sad or tired. To work with an addiction may require the assistance of a professional, but awareness is the first step. The goal is then to start breaking the emotional attachment to foods and create indifference. When food doesn't consume your thoughts, you will feel more in control and develop a healthy relationship with food.

## WHAT ARE THE SIGNS OF FOOD ADDICTION OR COMPULSIVE EATING?

Do you often crave certain foods even though you feel full or have just finished a satisfying, healthy meal?

Do you eat to the point of feeling overly stuffed?

Do you justify bad food choices so you can indulge in something that you are craving?

Do you hide unhealthy food or empty packages of unhealthy foods from others?

Do you feel unable to control your eating, even with the knowledge that a food is not healthy?

Do you feel guilty eating particular foods, but repeat the process over and over?

## TRUE HUNGER TEST

### ARE YOU CRAVING SOMETHING SPECIFIC?

If you are really hungry, you'll likely find a host of foods to be satisfying. If it's a craving, only specific foods will fill the void.

### DOES THE CRAVING PASS?

Hunger doesn't go away until you've had something to eat, while cravings sometimes (but not always) pass. Start by drinking a glass of water. If you still feel the need to eat in 15 minutes, you may be experiencing actual hunger.

### HOW HUNGRY ARE YOU REALLY?

Next time you are tempted to overindulge, stop and rate your hunger on a scale of 1 to 10. Force yourself to stop and think about how hungry you actually are, so you can learn to identify instances where you are eating emotionally instead of in response to hunger. You should be eating every few hours to avoid a large dip in your blood sugar.

### WHEN WAS THE LAST TIME YOU ATE?

If it has been a few hours, there is a good chance you truly are hungry. If you just finished dinner, it may be a case of emotional eating.

## TURN OBSTACLES INTO OPPORTUNITIES.

### TIPS FOR OVERCOMING FOOD ADDICTION/COMPULSIVE EATING:

1. Abstain from “trigger foods.” When you abstain from sugary, high-carb, processed foods, you will notice that your cravings for these types of foods diminish greatly over time.
2. Write down reasons why you don’t want to eat these types of foods anymore. For example, “I will lose centimeters off my waist; I’ll live longer; I will increase my energy and feel healthier every day.”
3. Journal. We cannot emphasise enough how important it is to not only write down what foods you are eating but how you feel. Your feelings toward food are very important. When you are aware of your emotions around food, you can consciously make good choices.
4. Eat mindfully. Choosing a wide variety of healthy foods, temperatures, seasonings and spices will help you to stay present and engaged while you are eating. Savour every bite and be grateful for the foods that nourish your body and optimise your health.

Overcoming a food addiction can seem impossible, because you are surrounded by food every day. However, being aware of your feelings around food and taking small steps in changing your attitude toward food can help you break the cycle.

You can do this! You are worth it!

Turn obstacles into opportunities. By addressing only the symptom (your weight), you’ll never permanently solve anything. The weight gain cycle

will continue. When you identify and deal with the underlying problem or issue, you will have learned to value yourself. You will take time to take care of yourself, empowering you to be better each day.

Dedication, commitment and effort are needed to accomplish anything worthwhile. You work hard to achieve success when it comes to raising your family, succeeding in your career, and maintaining a successful, loving relationship. Your wellness should not be an exception to this rule.

When you are counting on your health, fitness and weight management goals to be accomplished by the latest fad, you are really looking for something to take the place of hard work and difficult choices. Don’t be tempted by quick fixes.

Remember, the effort you put into changing your lifestyle is proportional to the results you will enjoy.

### COMMON OBSTACLES AND EXCUSES

- “I don’t have time.”
- “I don’t like to sweat.”
- “I don’t have the money to reorder my supplements or buy healthy foods.”
- “I feel claustrophobic in an exercise class.”
- “The rest of my family would never eat that.”
- “I travel a lot for work.”
- “I’ll start Monday.”
- “I’ll start the first of the year.” “I’ll do it next year.”
- “I’ll start after...”





People who still have a dieter mentality may start playing mental games which can be detrimental. Have you ever told yourself you will eat well all week and exercise daily to save up for a weekend of cheat foods? This thought pattern does not support a lifestyle of healthy eating. When the emphasis is placed on unhealthy foods, you actually are assigning it a higher reward value.

It is unrealistic to think you will never enjoy a food that is unhealthy again. GoTrim is a lifestyle. In the beginning of your journey, it is important to create new habits and establish a pattern of healthy food consumption. The first six weeks are crucial to allow your body to adapt to your new food pattern, regulate your blood sugar, and rebalance or repair your metabolism. You will also be learning which foods make you feel energetic and which ones may not bode well for your goals. The beauty of the GoTrim program is that you can choose the different menu plans that fit your lifestyle for years to come.

Remember that you can always make a better choice in an unhealthy situation: Are you out for ice cream with your family and don't want to abstain?

- Try a small portion in a cup to avoid the unhealthy high-GI cone
- Avoid toppings like sprinkles or candy and try it plain or with fresh fruit

Each time you demonstrate control, you will feel proud instead of guilty, and can build on each successful win.

### **DO YOU FEEL LIKE YOU HAVE HIT A PLATEAU?**

First, determine whether or not you have truly reached a plateau. If you are only judging how fast you believe the scale should move, you may not be looking at the whole picture. Your body can lose 38 centimeters before it loses a kilogram and everyone loses weight, centimeters and body fat at varying paces. The weight didn't go on overnight and will not come off overnight. Trust in the program! When you are following your GoTrim plan, the results will come.

*Plateau: four consecutive weeks without losing any weight, centimeters or body fat.*

### **WAYS TO BREAK THROUGH A PLATEAU**

1. Journal for at least three months, or until your habits become routine and you have reached your goal. Take an honest look at your food and water intake plus your consistency with exercise and supplementation to be sure your actions meet your expected results. Your GoTrim Coach can help to keep you on track.
2. Supplements can help ensure your body has the right nutrients to support optimal metabolism. Are you being consistent? Do you need to switch your regimen?
3. Are you exercising? Your exercise routine should include a variety of exercise (cardio, resistance/strength training and flexibility exercise). Maybe you need to increase the frequency or duration of your workout. Maybe you have solely focused on aerobic exercise and need to add in simple strength-training to your regimen. Be careful not to overtrain. Also, consider finding a workout buddy for accountability and support.
4. Consider doing the detox/cleanse again. Fat holds toxins and detoxing releases these toxins. Detoxing also helps cleanse your palate. If you don't want to do another 4- to 7-day detox, you might consider the two-week FAT SHREDDER program or Phase 2 of the 30-Day Jump-Start Program to accelerate your results.

5. Take inventory of your initial goal. What is your original reason for managing weight and starting on this journey? The plateau you feel may be a perception that you should get quicker results. What successes have you experienced so far? Build on these successes and set new goals.

### **ARE YOU BORED?**

Variety is the spice of life. Many diets often teach you to eat boring, plain diet foods to manage weight. With the GoTrim Lifestyle System, you can eat many varieties of foods that are tasty, eclectic and fulfilling. Focus on all the foods you can eat, rather than dwell on the foods you should avoid. Let's face it, we know an egg white omelette with fresh vegetables is a healthy breakfast, but if that is all you eat for breakfast, you will be so bored that you can't even look at an egg white, let alone eat it!

### **TIPS TO OVERCOME BOREDOM:**

Try one new recipe each week. [au.GoTrim.com](http://au.GoTrim.com) offers hundreds of tasty, easy and satisfying low-glycaemic-impact recipes. Once you try a new recipe, it may become a staple.

Access the GoTrim support page on Facebook to get ideas from other people living the GoTrim lifestyle.

Take your favourite foods and use different spices or variations to change the flavour. For example, try a favourite in a lettuce wrap and create variations to your existing lettuce wrap recipe:

- Chicken salad made with olive oil, celery and Dijon mustard
- Chicken salad with dill and avocado — no mayonnaise
- Chicken salad with lemon, parsley and water chestnuts
- Curry chicken salad using Greek yogurt as your "mayo"

Do food swaps with your friends or fellow GoTrim buddies to try new foods.

Take a break from your favourite foods for a week — you will look forward to them next week!

### **TIPS TO MANAGE HOLIDAYS, VACATIONS AND PARTIES**

Vacations are all about having fun and spending time with loved ones. It shouldn't be a time of stress regarding food choices and it doesn't have to be.

Staying at a hotel or eating out frequently while away?

- Follow the guidelines in the Planning and Dining Out sections of this guide.
- Look at the situation as if you have a personal chef. Ask for your food to be prepared as if you were cooking it yourself without you being the one to have to do the dishes!
- Ask for a mini-fridge and keep some healthy snacks in your hotel room; visit the nearest grocery store to stock up on a few essentials to keep you on track
- Always pack your GoTrim Shakes



## Make Healthy Food Choices, Even While Dining Out

### HOLIDAYS AND PARTIES?

- Use the one-plate rule at gatherings. When appetisers are served buffet style, use one small appetiser plate to put some items on it and do not return for more. Use one plate to eat your main dish as well.
- Bring healthy side dishes to BBQs, holiday events or other parties and include the recipe. Most people would prefer to eat healthy but get pulled into eating typical snack foods. They will be thrilled to have some healthy options and will love to take home the recipe if you leave extras.
- Don't fall into the tradition pitfall. Just because you always serve a certain dish at the holidays doesn't mean that has to be served to enjoy the holiday. While you can serve some healthier alternatives or keep one staple dish, break free from tradition and create a new menu that will make everyone feel better after they eat it!
- Take a family walk. There is nothing worse than eating a huge meal and sitting around all day. After a large family meal, encourage activity like a walk through the neighbourhood, or a game of whiffle ball, football or other game to liven up the party and work off those extra helpings!

### WHAT IS THE NEXT EVENT OR PARTY ON YOUR CALENDAR?

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### WHAT STRATEGIES CAN YOU IMPLEMENT TO PLAN AHEAD TO INCREASE YOUR SUCCESS AND COMFORT AT THAT EVENT?

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# GOTRIM DAILY TRACKING SHEET

Print seven copies

DATE: \_\_\_\_ | \_\_\_\_ | \_\_\_\_\_

## SLEEP

FILL IN THE NUMBER OF HOURS YOU GOT:



\_\_\_\_\_

You should be getting an average of 7-8 hours of sleep per night

## HEALTHY EATING TIP:

To stay on track, avoid the bread basket and appetizers and enjoy your main course instead.



## WHAT I ATE TODAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK (OPTIONAL)
TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM

## DAILY SERVINGS CHECKLIST:

CHECK ALL THAT APPLY

PLEASE REFER TO YOUR GOTRIM MENU PLAN FOR PROGRAM SPECIFIC POWER FOODS AND SERVING SIZES.

VEGETABLES



PROTEINS



FRUITS



DAIRY



GOOD FAT



LOW-GI STARCHES



WHOLE GRAINS



## HYDRATION:

CHECK A GLASS FOR EACH 250 ml GLASS YOU DRANK TODAY



2000 ml

## SUPPLEMENTS, SHAKES & VITAMINS:

WRITE IN THE NAMES OF THE PRODUCTS YOU USED TODAY (READ THE LABEL FOR DIRECTIONS).



\_\_\_\_\_  
\_\_\_\_\_

## EXERCISE:

CHECK EACH EXERCISE YOU PERFORMED TODAY



CARDIO: # OF MINUTES

\_\_\_\_\_



YOGA/STRETCH: # OF MINUTES

\_\_\_\_\_



WEIGHT TRAINING: # OF MINUTES

\_\_\_\_\_



OTHER: # OF MINUTES

\_\_\_\_\_





# Weekly Reflection

## CONGRATULATIONS!

You've made it through another week of your journey with the GoTrim Lifestyle System!

### Eating

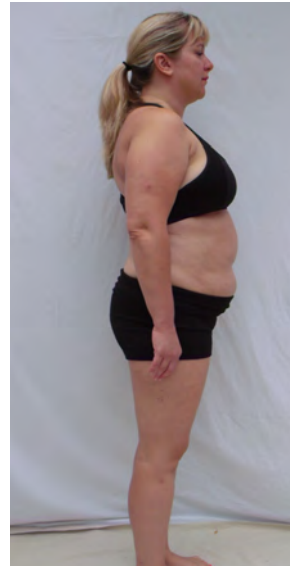
Your new low-GI food choices are providing you a lot of energy and help you stay fuller longer. At mealtimes, make sure you are filling up on non-starchy veggies and fill your salad bowls with leafy greens.

### Affirmation

It's been said that winning is a habit and that strength is a skill. Both statements are true, and by now you will have seen that healthy practices form a virtuous cycle. A strong mind produces a strong body. Over time, cause and effect start to meld, yet the overall message is clear: Health and happiness become self-renewing.

### Stress Reduction

Free your body of tension and unhealthy habits and focus on leisure. When you cut out the things that weigh your body and your mind down, you have learned to incorporate healthy habits as part of your daily routine. Prepare a nice, healthy meal, get out and do physical activity, or visualise yourself in calm surroundings.



BEFORE



AFTER

**SUCCESS STORY:** Bridget lost 20 lbs (9 kg)<sup>†</sup>

“My results are amazing — I have gone down 2 sizes! For the first time in over a decade, I will be wearing a two-piece swimsuit proudly! I exude a high level of energy and smile and talk to everyone! This has been one incredible journey!” -Bridget M.

## WEEKLY WEIGH-IN

LAST WEEK'S WEIGHT:	TODAY'S WEIGHT:
LAST WEEK'S WAIST MEASUREMENT:	TODAY'S WAIST MEASUREMENT:

<sup>†</sup>The results shown in these testimonials may not be typical. Individual results may vary. The persons sharing their stories are Independent UnFranchise® Owners of Market Australia.

It is important for me to reach my goals and live a healthier lifestyle because:

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This week's negative remarks:

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My positive message replacement:

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What I did well this past week:

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What I will do better this upcoming week:

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One new thing I will implement next week to boost my success:

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**Get Prepared For Next Week!**

A person with curly hair, wearing a light blue tank top and dark teal leggings, is performing a yoga pose (Tree Pose) on a mossy rock. They are standing on their right leg with their left foot resting on the right thigh. Their arms are raised straight up, with hands pressed together in a prayer position. The background features a calm lake, a dense green forest, and misty mountains under a soft sky. A semi-transparent dark teal rectangle is overlaid on the center of the image, containing the text "Managing Stress" in white serif font.

# Managing Stress

# CHAPTER 10

## Managing Stress

“You cannot live in a bubble to avoid stress, but by stabilising your blood sugar levels with healthy foods, you will manage your stress better.”

THIS WILL BE THE LAST PROGRAM  
YOU WILL EVER NEED!



## Hormones Impact Your Weight

Stress. Everyone experiences it and everyone copes in their own way. As reviewed earlier, stress can be emotional, physical and chemical. How much stress you experience and how you cope with it will directly affect your health and eating behaviours.

### HOW STRESS AFFECTS YOUR WAISTLINE AND YOUR HEALTH

Stress has a direct correlation to the foods you crave and consume. It is also one of the biggest contributors to excess fat, especially around the midsection. Your best efforts at eating properly will be undermined if you are under high levels of stress — you will still have adipose (fat tissue) around your midsection.

### STRESS AND FOOD CONSUMPTION

It isn't a mystery that when you are stressed out, you typically don't crave broccoli! Research has shown that while under stress, individuals select high fat, salty and sweet foods. These food choices increase perceived stress, depressive symptoms and weight gain. Research has also shown that consuming fruits and vegetables helps to decrease stress, depression and weight gain.

### WHAT HAPPENS IN YOUR BODY WHEN IT IS STRESSED?

Physiological changes occur in the brain and body that encourage weight gain during periods of stress. The amygdala is an almond-shaped set of neurons deep in the brain's temporal lobe. It is part of the limbic system that is involved in many of our emotions and motivations, particularly those related to survival. You may have heard of the "fight or flight" response. Our bodies respond to all stress in the same way. If our body perceives danger or stress of any sort, the brain releases potent hormones (adrenaline, cortisol) that help release sugar into the bloodstream for instant energy. This spikes your blood sugar, which we know we are trying to avoid.

### CORTISOL

Cortisol, when released, doesn't just increase blood sugar; It also raises blood pressure, inhibits insulin production and lowers immune response. Excess levels of cortisol in the bloodstream will elicit cravings and promote fat storage, especially around the midsection.

Research from Yale University shows that fat cells around the stomach have the most cortisol receptors, meaning they attract cortisol, giving you a layer of toxic fat in your abdominal area.

During this time of stress, the body also becomes less sensitive to leptin, which affects our body's ability to manage hunger and satiety. To make matters worse, our brain may magnify the pleasure we obtain from high carbohydrate foods and sweets because they are a source of quick energy that the brain looks for when we are stressed.

### EFFECTS OF CHRONIC STRESS ON YOUR HEALTH INCREASED HEALTH RISK

Chronic stress creates health risk. Continual release of cortisol can affect digestion and metabolism because your body no longer processes the food into fuel efficiently. High levels of stress may cause high levels of cortisol which are linked to higher levels of abdominal fat. Higher levels of abdominal fat are connected to greater health risks.

### ADRENAL FATIGUE

Adrenal fatigue occurs when the adrenal glands are not capable of producing the healthy amount of hormones the body needs. When exposed to prolonged stress, the adrenal glands simply cannot keep up. It is often the result of chronic stress, which can be caused by infections, smoking, poor eating habits, financial pressures or emotional stress. People suffering from adrenal fatigue can feel like they are on an energy roller coaster — they can go from exhausted to energised and back again within just a few hours.

### WHAT ARE POTENTIAL SIGNS OF ADRENAL FATIGUE?

- Cravings for salt or sweets
- Heightened symptoms from PMS, moodiness
- Feelings of unhappiness or depression
- Decreased energy or chronic fatigue
- Fatigue, even after a full night's sleep
- Inability to deal with stress or make decisions easily
- Muscle weakness



# GOTRIM DAILY TRACKING SHEET

Print seven copies

DATE: \_\_\_\_ | \_\_\_\_ | \_\_\_\_\_

## SLEEP

FILL IN THE NUMBER OF HOURS YOU GOT:



\_\_\_\_\_

You should be getting an average of 7-8 hours of sleep per night

## HEALTHY EATING TIP:

To get another serving of vegetables in your day, add zucchini, spinach, kale or cucumber to your GoTrim shake as it won't alter the flavour.



## WHAT I ATE TODAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK (OPTIONAL)
TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM

## DAILY SERVINGS CHECKLIST:

CHECK ALL THAT APPLY

PLEASE REFER TO YOUR GOTRIM MENU PLAN FOR PROGRAM SPECIFIC POWER FOODS AND SERVING SIZES.

VEGETABLES



PROTEINS



FRUITS



DAIRY



GOOD FAT



LOW-GI STARCHES



WHOLE GRAINS



## HYDRATION:

CHECK A GLASS FOR EACH 250 ml GLASS YOU DRANK TODAY



2000 ml

## SUPPLEMENTS, SHAKES & VITAMINS:

WRITE IN THE NAMES OF THE PRODUCTS YOU USED TODAY (READ THE LABEL FOR DIRECTIONS).



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## EXERCISE:

CHECK EACH EXERCISE YOU PERFORMED TODAY



CARDIO:  
# OF MINUTES

\_\_\_\_\_



YOGA/STRETCH:  
# OF MINUTES

\_\_\_\_\_



WEIGHT TRAINING:  
# OF MINUTES

\_\_\_\_\_



OTHER:  
# OF MINUTES

\_\_\_\_\_





# Weekly Reflection

## CONGRATULATIONS!

You've made it through another week of your journey with the GoTrim Lifestyle System! This is what you learned this past week.:

### Eating

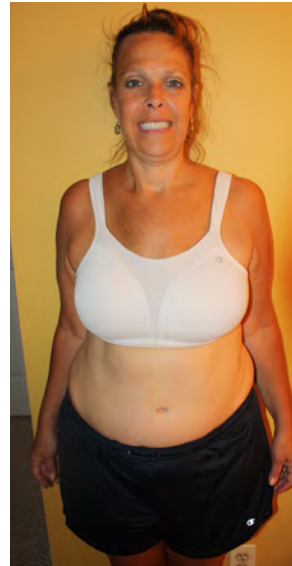
Read all the nutrition labels at the supermarket before placing items in your cart. Analyse all products by avoiding ingredients that are filled with chemicals, additives, sugar, corn syrup, hydrogenated oil and colourings. Choose fresh over frozen and avoid refined polyunsaturated vegetable oils and margarine. Cook your weekday meals on the weekend to avoid making excuses of being too busy to cook healthy.

### Affirmation

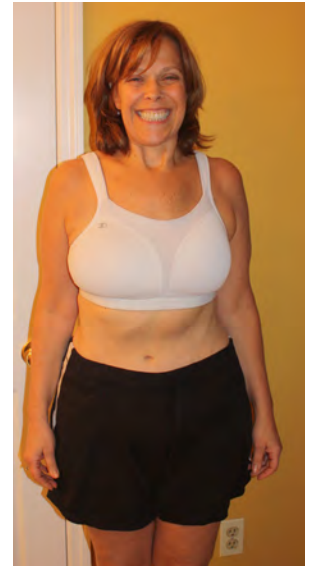
Among the most important lessons of the past week is that placing top priority on your own health and fitness is not a selfish action. Looking after yourself is the best way to be able to look after others.

### Stress Reduction

Treat yourself and others to positive energy and reinforcement. You can get a sense of relief when you do kind acts for others. Treat yourself mentally and physically with meditation and exercise, and feed your spirit with laughter. Unwind, enjoy a nice dinner, talk with others if needed and make sure you get the rest that you need to ease your mind and your body.



BEFORE



AFTER

**SUCCESS STORY:** Maryann lost 14 lbs (6.4 kg)<sup>†</sup>

“My overall health has improved tremendously. I am so happy with these changes and my choice to sign up for TLS. I feel better because I’m eating right and I am so happy with the results.” -Maryann O.

<sup>†</sup>TLS has transitioned to a new brand name GoTrim.

## WEEKLY WEIGH-IN

LAST WEEK'S WEIGHT:	TODAY'S WEIGHT:
LAST WEEK'S WAIST MEASUREMENT:	TODAY'S WAIST MEASUREMENT:

<sup>†</sup>The results shown in these testimonials may not be typical. Individual results may vary. The persons sharing their stories are Independent UnFranchise® Owners of Market Australia.

It is important for me to reach my goals and live a healthier lifestyle because:

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This week's negative remarks:

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My positive message replacement:

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What I did well this past week:

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What I will do better this upcoming week:

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One new thing I will implement next week to boost my success:

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**Get Prepared For Next Week!**



Assessing Results  
**Success**

# CHAPTER 11

## Assessing Results

“Track your habits and watch your progress.”

THIS WILL BE THE LAST PROGRAM  
YOU WILL EVER NEED!

A photograph of three women running outdoors. The woman in the center is wearing a purple halter-neck top and patterned leggings, smiling broadly with her hair flying. To her left is a woman with curly hair in a purple top, and to her right is a woman in a light blue top and grey leggings wearing white earbuds. The background shows a blurred city street with buildings and trees.

Real People  
**Real Results**

With GoTrim, you have realised that you are able to overcome negative beliefs and habits regarding your health and put forth all that you've learned to reach your optimal health.

**LOOK AT WHAT YOU HAVE  
ALREADY ACHIEVED!**

You are now thinking, behaving and acting differently. Although it may have been hard at first, you have discovered that with each passing day, as you eat for health and nourishment, you are starting to love your body and live in it comfortably. But more importantly, as your waistline decreases, you will take on a renewed, more enjoyable way of life. You should be proud of your progress and may want to think about updating your goals to continue moving forward. Remember, this is a journey, not a destination.

**ARE YOU WHERE YOU WANT TO BE?**

If you are not where you want to be, ask yourself a few questions:

- Do you journal regularly?
- Are you eating at least every four hours while awake?
- Are you eating protein and fibre at every meal, including snacks?
- Are you eating all your vegetables? (6–12 cups)
- Are you eating all your fruits? (1–2 servings)
- Are you eating 2 servings of good fats?
- If you eat dairy, are you consuming only two serving sizes?
- If you are eating low-GI starches or grains, are you consuming only the serving size?
- How often do you exercise?
- Are you reading labels?
- Do you drink a minimum of eight glasses of water each day?
- Do you take your supplements consistently?
- How often do you make choices that don't support your goal?
- If you go off track, are you able to get right back on track and forgive yourself?

As you reflect, it is important to recognise areas where you can improve so that you can continue your weight management and health journey.

Write down one or two areas where you can make improvements moving forward:

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**REFLECT ON YOUR JOURNAL**

Look back on your journal and reread how you felt in the beginning of this journey and how you feel now. You have most likely taken notice of trends and patterns that you have changed to help you reach, or move closer to, your goals. Continuing to journal until you achieve your goal is a sure way to stay on track. On top of your food journaling, we suggest you record other wellness measurements (water intake, exercise/activity level, supplements, stress level, sleep quality, energy level, etc.) on a daily basis.

**ASSESS OTHER AREAS OF WELLNESS ON A DAILY BASIS**

Using a scale of 1-5 (5 being the highest) circle how you rate yourself in these important areas of wellness. You may be able to detect patterns that correlate between foods you eat, or events in your life that could be affecting your overall results.

You have new habits and favourite go-to foods that you eat now. Assess how well you have replaced old habits with these wellness indicators:

<b>HOW IS YOUR ENERGY LEVEL/HOW ENERGETIC DO YOU FEEL TODAY?</b>	1 2 3 4 5
<b>HOW IS YOUR STRESS LEVEL/HOW STRESSED DO YOU FEEL TODAY?</b>	1 2 3 4 5
<b>HOW IS YOUR SLEEP QUALITY/HOW WELL DID YOU SLEEP LAST NIGHT?</b>	1 2 3 4 5
<b>HOW IS YOUR SELF-ESTEEM/HOW GOOD DO YOU FEEL ABOUT YOURSELF TODAY?</b>	1 2 3 4 5

List your two favourite breakfasts, lunches, dinners or snacks that are part of your new GoTrim-friendly

<b>BREAKFAST</b>	1. 2.
<b>LUNCHES</b>	1. 2.
<b>DINNERS</b>	1. 2.
<b>SNACKS</b>	1. 2.

# GOTRIM DAILY TRACKING SHEET

Print seven copies

DATE: \_\_\_\_ | \_\_\_\_ | \_\_\_\_\_

## SLEEP

FILL IN THE NUMBER OF HOURS YOU GOT:



\_\_\_\_\_

You should be getting an average of 7-8 hours of sleep per night

## HEALTHY EATING TIP:

Choose at least two colour vegetables with every meal. The more colourful the vegetables are, the more nutritious they are.



## WHAT I ATE TODAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK (OPTIONAL)
TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM

## DAILY SERVINGS CHECKLIST:

CHECK ALL THAT APPLY

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VEGETABLES



PROTEINS



FRUITS



DAIRY



GOOD FAT



LOW-GI STARCHES



WHOLE GRAINS



## HYDRATION:

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2000 ml

## SUPPLEMENTS, SHAKES & VITAMINS:

WRITE IN THE NAMES OF THE PRODUCTS YOU USED TODAY (READ THE LABEL FOR DIRECTIONS).



\_\_\_\_\_

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## EXERCISE:

CHECK EACH EXERCISE YOU PERFORMED TODAY



CARDIO: # OF MINUTES

\_\_\_\_\_



YOGA/STRETCH: # OF MINUTES

\_\_\_\_\_



WEIGHT TRAINING: # OF MINUTES

\_\_\_\_\_



OTHER: # OF MINUTES

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# Weekly Reflection

## CONGRATULATIONS!

You've made it through another week of your journey with the GoTrim Lifestyle System!

### Eating

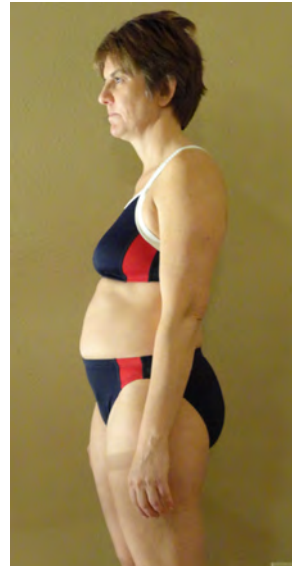
You are finding yourself loving the new GoTrim lifestyle. You crave healthy food because you love the way it makes you feel. This is a great indicator of how well your metabolism is responding to the changes you have made!

### Affirmation

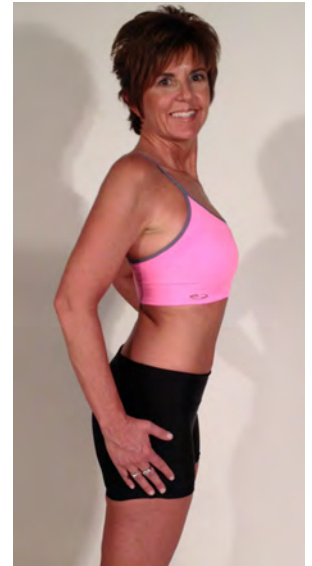
As you assess your results, you realise that you are worth it! You are proud of yourself for making the decision to get healthy. You recognise you can put yourself first and still be a loving partner, parent and caregiver, and your job will not suffer.

### Stress Reduction

Assess which stress reduction exercises worked best for you. Ensure that you perform them daily. By allowing your body to reduce stress, you will continue to benefit mentally and physically.



BEFORE



AFTER

**SUCCESS STORY:** Tracey lost 13 inches (33 cm)<sup>†</sup>

“TLS has proven to me that anyone can do this and it can fit into anyone’s lifestyle. I am sold on ACTS and will be taking it for a very long time! Thank you TLS for changing my life!” -Tracey S.

<sup>†</sup>TLS has transitioned to a new brand name GoTrim.

## WEEKLY WEIGH-IN

LAST WEEK’S WEIGHT:	TODAY’S WEIGHT:
LAST WEEK’S WAIST MEASUREMENT:	TODAY’S WAIST MEASUREMENT:

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It is important for me to reach my goals and live a healthier lifestyle because:

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This week's negative remarks:

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My positive message replacement:

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One new thing I will implement next week to boost my success:

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**Get Prepared For Next Week!**



Living The  
**Lifestyle**

# CHAPTER 12

## Living GoTrim Lifestyle

“You have all the tools and education you need to continue living the GoTrim lifestyle.”

THIS WILL BE THE LAST PROGRAM  
YOU WILL EVER NEED!



Ensure Your Healthy  
**Behaviours**  
Last

Achieving results that last a lifetime is about embracing this new lifestyle. This is the life you now know and love, and are committed to making it second nature, like brushing your teeth. Making small, deliberate modifications to the way you live your life ensures that you will create healthier behaviours. You have changed your life inside out so that you stopped turning to food to mask your feelings or alleviate emotional distress.

In overcoming weight challenges, you need to remember exactly where you started. You've thought about your weight a million times. You may have tried a dozen diets. Then you were introduced to GoTrim. Now you know that your history does not dictate your future and you are able to break the cycle.

## **11 TIPS TO ENSURE YOUR HEALTHY BEHAVIOURS LAST**

### **1. DON'T MAKE EXCUSES.**

Fully understand the consequences of how you intend to live your life from here on out. There are not many choices we have in life, but we do have the choice every day to eat healthy and keep ourselves active. Deep down, you will know if you're letting an excuse get in the way of your continued commitment.

### **2. MAKE A CONTINUED COMMITMENT.**

Permanent fat loss takes time, effort and a lifelong vow. Make sure you are ready to keep up with all the changes that you've made over the last 12 weeks. No one else can make you lose weight or gain weight... except you!

### **3. SET YOUR GOALS.**

Revisit your goals on an ongoing basis. Continue to make SMART goals and both short and long-term goals. Nothing is better than checking a goal you've achieved off your list!

### **4. JOURNAL.**

Continue to journal. Many overlook the importance of journaling for accountability. According to studies, people who journal lose more weight and have a heightened awareness of their nutrient intake. GoTrim recommends you journal until you achieve your goals, and even after if it helps keep you on track. A two-year study proved that individuals who journal and kept food logs lost twice the weight as those who did not.

### **5. REWARD YOURSELF — BUT NOT WITH FOOD!**

As you reach your goals, give yourself a pat on the back and celebrate your success. Get a massage, get a makeover, go on a shopping spree or book a vacation. Do something for yourself that you wouldn't normally do unless you hit a milestone.

### **6. CHOOSE THE RIGHT INFLUENCES.**

By now, most of your friends and family probably know that you've adopted a healthier lifestyle. Beware of those people who insist that because you are at or near your goal weight, you owe it to yourself to indulge a bit. The reality is that you owe it to yourself to remain healthy and not let your hard work be undone. Nothing tastes as good as fit feels!

### **7. DO A CLOSET CLEANUP.**

Throw out or donate the "larger size" wardrobe. Keeping those clothes around means you are thinking of keeping them for "just in case." If you hang on to those larger size clothes, subconsciously you are expecting to fit back into them some day. Having no "larger size" clothes around to return to is a motivating factor in reaching your new goals. Throw out your past!

### **8. DON'T GET DISCOURAGED**

If you have a bad day or are not getting results as fast as you would like, don't use this setback to stop progress entirely. You will experience setbacks; everyone does. They are a natural part of progress. Do not let a bad choice turn into a bad day, which turns into a bad week, then a bad month and so on. Before you know it you're back where you started. The au.GoTrim.com community is available to give you the support you need to stay on track.

### **9. FAIL-PROOF YOUR ENVIRONMENT.**

Have strategies in place to overcome potential challenges and temptations, like eating out, eating away from home or eating too much while you are on vacation or travelling. Take some time to think ahead and plan on overcoming those situations.

- Eat a GoTrim-friendly meal or snack before you go to the party or wedding
- Choose a restaurant that you know has a variety of good choices
- Be confident and assertive with the wait staff and let them know you want your food prepared a certain way, such as dressing on the side, no sauce or baked instead of fried

### **10. KEEP YOUR FOCUS ON LONG-TERM HEALTH.**

Your body is a complex machine. To keep it running optimally in a toxic environment you need to give your body a fighting chance. This includes supplementation for optimal health, not just for weight management. Are you eating 12 servings of vegetables every day? Are you eating a majority of your foods organic? Do you ever consume things that deplete your vitamin stores, like NSAIDS (ibuprofen or the like), alcohol or coffee? We live in a world where getting the bare minimum of nutrients and performing optimally is difficult to do with our highly processed diet. In addition to targeted supplementation, consult your GoTrim Coach about recommendations for optimising your health.

### **11. SHARE YOUR STORY AND PAY IT FORWARD.**

Share your story with others and on au.GoTrim.com and on social media.

- The best way to stay on track is to share your story about where you started and the experiences you had. Share with your co-workers, your friends, family and on social media.
- You will excite others about a better lifestyle, just as someone did for you.
- You will empower others, which will also help you to stay on track. Make the decision each and every day of who you will be and what you will become.

### **BECOME A GOTRIM COACH**

You are the architect of your life! Many people will start asking you to tell them what you have done or share the foods you have eaten. GoTrim is an educational program that focuses on healthy metabolism, low-glycaemic-impact eating, improving body composition, and helps support and rebalance healthy metabolism through science-based supplementation. It is impossible to help people just by telling them what you eat. You now have the ability to impact someone else's life by becoming a GoTrim Coach. Nothing is more powerful than being able to help people achieve their health and weight management goals.

# GOTRIM DAILY TRACKING SHEET

Print seven copies

DATE: \_\_\_\_ | \_\_\_\_ | \_\_\_\_\_

## SLEEP

FILL IN THE NUMBER OF HOURS YOU GOT:



\_\_\_\_\_

You should be getting an average of 7-8 hours of sleep per night

## HEALTHY EATING TIP:

Making noodles with spaghetti squash or zucchini is a great alternative to regular pasta and noodles. Cauliflower is a great alternative to replace rice and potatoes.



## WHAT I ATE TODAY

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK (OPTIONAL)
TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM	TIME: ____:____ AM PM

## DAILY SERVINGS CHECKLIST:

CHECK ALL THAT APPLY

PLEASE REFER TO YOUR GOTRIM MENU PLAN FOR PROGRAM SPECIFIC POWER FOODS AND SERVING SIZES.

VEGETABLES



PROTEINS



FRUITS



DAIRY



GOOD FAT



LOW-GI STARCHES



WHOLE GRAINS



## HYDRATION:

CHECK A GLASS FOR EACH 250 ml GLASS YOU DRANK TODAY



2000 ml

## SUPPLEMENTS, SHAKES & VITAMINS:

WRITE IN THE NAMES OF THE PRODUCTS YOU USED TODAY (READ THE LABEL FOR DIRECTIONS).



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## EXERCISE:

CHECK EACH EXERCISE YOU PERFORMED TODAY



CARDIO: # OF MINUTES

\_\_\_\_\_



YOGA/STRETCH: # OF MINUTES

\_\_\_\_\_



WEIGHT TRAINING: # OF MINUTES

\_\_\_\_\_



OTHER: # OF MINUTES

\_\_\_\_\_





# Congratulations!

You've made it through your journey on the GoTrim Lifestyle System! You're already on your way to a beautiful and healthier new you! You can continue following the plan because it is the healthiest way to eat and live. What you've learned and accomplished can be followed for life.

Final Weight: \_\_\_\_\_

Final Body Fat %: \_\_\_\_\_

Muscle Mass %: \_\_\_\_\_

Waist Measurement: \_\_\_\_\_

Chest Measurement: \_\_\_\_\_

Thigh Measurement: Left: \_\_\_\_\_ Right: \_\_\_\_\_

Hips Measurement: \_\_\_\_\_

Bicep Measurement: Left: \_\_\_\_\_ Right: \_\_\_\_\_

You've realised how determined you are in the last 12 weeks. You've changed your thinking, how you view yourself and how you view everything around you. This is a monumental step and one that you should be proud of!

This isn't the end of a program, but the beginning of a lifestyle you can continue for life.

Here's what you should be noticing now after your GoTrim Lifestyle System journey:

YOUR BODY IS LOOKING DIFFERENT;  
NOT JUST BETTER-FITTING CLOTHES,  
BUT YOUR BODY AS A WHOLE.

No matter where you are — whether you've reached your goals or you're still on your way — it's time to think bigger. You need to assess where you are and create new goals. Understand that you now have the plan to achieve those goals. The GoTrim Lifestyle System has given you the blueprint for your healthier lifestyle.

If you still have further to go in your journey, this would be a great time to detox again and push yourself to the next level. It will be easier for you this time around because you know you can do it!

TAKE A PICTURE AND PLACE YOUR  
PHOTO HERE. LOOK BACK AT YOUR PREVIOUS  
PHOTOS AND SEE THE RESULTS!

GOTRIM HAS ALLOWED YOU TO BE THE BEST,  
HEALTHIER VERSION OF YOURSELF.

BE PROUD OF THE CHANGES YOU'VE MADE!  
BE PROUD OF THE SUCCESS YOU'VE HAD!

**BE PROUD OF YOURSELF, YOU'RE WORTH IT!**

Celebrate the new habits you have incorporated. List them here:

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This week's negative remarks:

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My positive message replacement:

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What I did well this past week:

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What's my next goal? To which GoTrim program am I transitioning to help me get there?

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Celebrate the progress and changes you've seen in your body and health. List them here:

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**You Reached Your Milestone!**

Congratulations!





# GoTrim™

Think of yourself as on the threshold of unparalleled success.

A whole, clear, glorious life lies before you.

**ACHIEVE! ACHIEVE!**

— Andrew Carnegie

**YOU ARE ON YOUR WAY!**

Congratulations for completing the first 12 weeks  
of your GoTrim Lifestyle System Program.

**GOTRIM CORPORATE TEAM**



gotrim™

GoTrim Lifestyle System

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