

gotrim™

Rapid Results

Lose 0.9-1.36kg (2-3 lbs) per week*

A DAY ON RAPID RESULTS:

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



BREAKFAST
Veggie omelet



A.M. SNACK
Chocolate raspberry shake



LUNCH
Sunburst chicken salad



P.M. SNACK
Lettuce wraps



DINNER
Grilled salmon and asparagus



WATER
Eight (8 oz) 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 inches.



Available on ca.Gotrim.com

TLS® Nutrition Shake: Great snack or occasional meal replacement

TLS® ACTS: Helps reduce the symptoms of stress, such as fatigue, sleeplessness, irritability and inability to concentrate

Available on www.shopglobal.com

TLS® CORE: Supports leptin sensitivity, which may help inhibit carbohydrate absorption and may help to manage hunger and stimulate lipolysis

GoTrim™ Slim: Supports your metabolism and promotes fat breakdown without compromising muscle mass.

TLS® Thermochrome V6: Increases energy and promotes thermogenesis

TLS® Trim Tea: Helps promote weight loss and helps curb appetite

TLS® Trim Cafe: Helps promote weight loss and helps curb appetite

*All recipes are found on ca.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 kg (1–2 lb) per week. Many U.S. products are made available through the Personal Consumption Program on SHOPGLOBAL.COM in Canada. The Personal Consumption Program allows products that are available only in the U.S. to be shipped to Canada for personal consumption only; such products cannot be resold in Canada. Visit your SHOPGLOBAL.COM site today!

Rapid Results Power Foods

Breakfast: 1 serving of protein, 2 servings of vegetables, 0-1 serving of good fat

A.M. Snack: Nutrition Shake, 1 serving of fruit

Lunch: 1 servings of protein, 2-3 servings of vegetables, 1 serving of good fat

P.M. Snack: 0-1 serving of fruit, 1 serving of protein or 1 serving of vegetables or both

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

VEGETABLES

6-9 servings per day

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

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

STARCH

1 serving per day

1 serving: ½-1 cup

Acorn squash, ½ cup
Butternut squash, 1 cup
Kabocha, 1 cup
Purple potato, ½ of medium size
Quinoa, ½ cup
Sweet potato, ½ of medium size
Taro, ½ cup
Yam, ½ of medium size

GOOD FATS

2-4 servings per day

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

FRUIT

1-2 servings per day

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

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

APPROVED SWEETENERS

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

PROTEIN

4-6 servings per day

1 serving (women): 118-177 g (4-6 oz)
with breakfast, lunch and dinner; 59-88 g
(2-3 oz) with snacks

1 serving (men): 177-236 g (6-8 oz)
with breakfast, lunch and dinner; 59-88 g
(2-3 oz) with snacks

Chicken or turkey (without skin)
Eggs or egg whites
Fresh fish (salmon, tuna, cod, sardines, flounder,
snapper, trout, etc.)
Red meat (limited to 1-2 servings per week of beef,
pork, lamb, buffalo, veal, bison or venison)
Seafood (shrimp, scallops, clams, lobster, calamari,
squid, octopus, mussels, crab, etc.)
Nutrition Shake*

VEGETARIAN OPTIONS**

Chia seeds, 3-4 tbsps
Hemp hearts, 3-4 Tbsp
Lentils (not canned)
Nutritional yeast, 4 Tbsp
Organic non-GMO tempeh
Organic non-GMO tofu
Quinoa
Spirulina, 4 Tbsp
Veggie or garden burger (grain-free)

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

NUTRITION SHAKE

1 shake per day

*The Shake, when consumed, is
considered a protein serving.

Other Rules:

Detox (7 days, optional)
No alcohol (for at least 21 days)
Water (minimum of 8 cups per day)
No grains
No dairy
No sugar
Supplementation (based on your Weight
Management Profile recommendation)
Exercise (4-5 days per week)
Daily journaling

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