

gotrim™

7-Day Detox

A DAY ON 7-DAY DETOX

Below is an example of some of the foods you can eat. Drink at least eight glasses (236 ml each) of water daily, and supplement based on your Weight Management Profile recommendation. The NutriClean 7-Day Cleansing System with Stevia, Probiotics 10 and our Isotonix Daily Essentials Packets will help you achieve the best results.



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

WHY IT'S FOR YOU

You want to jump-start your weight management journey and receive the maximum benefit from the GoTrim Weight Loss Solution. 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.



Isotonix Daily Essentials Packets

- With each complete and convenient packet, you can be sure that you're giving your body the essential vitamins, minerals and nutrients it needs daily*

Oxygen Extreme

- Source of antioxidants for the maintenance of good health

Probiotics 10

- Helps support intestinal/gastrointestinal health
- Contains 10 scientifically chosen probiotic strains and 10 billion CFUs

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!

7-Day Detox Power Foods

Breakfast: 3 servings of vegetables, 1 serving of fruit, 1 serving of protein

A.M. Snack: 1 serving of fruit, 1 serving of vegetables

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

P.M. Snack: 1 serving of fruit, 2 serving of vegetables

Dinner: 3 servings of vegetables, 1 serving of good fat

VEGETABLES

Unlimited servings per day

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

Alfalfa sprouts
Artichokes
Arugula
Asparagus
Bean sprouts
Beets
Bell peppers
Bok choy
Broccoli
Brussels sprouts
Cabbage (red or white)
Carrots
Cauliflower
Celery
Chard
Collard greens
Cucumber
Dandelion greens
Eggplant
Endive
Green beans
Green peas
Jerusalem artichokes
Jicama
Kale
Kohlrabi
Leeks
Lettuce (any)
Mushrooms
Okra
Onions
Radicchio
Radishes
Rhubarb
Rutabaga
Sauerkraut
Scallions
Snow peas
Spaghetti squash
Spinach
Stir-fry vegetables (no sauce)
Summer squash
Tomatoes (fresh)
Tomato juice (no salt), 1/2 cup
Tomato paste, 2 Tbsp
Tomato sauce (no sugar added), 1/2 cup
Vegetable juice (no salt), 1/2 cup
Water chestnuts
Watercress
Zucchini

FRUIT

3 servings per day

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

Apple
Apricots, 4 medium
Banana (1 small or 1/2)
Berries (blackberries, blueberries, boysenberries, gooseberries, loganberries, mulberries, strawberries, raspberries), 3/4 cup
Cantaloupe
Cherries, 12 large
Currants, 3 Tbsp
Dates (fresh), 2
Figs (fresh), 2
Grapefruit
Grapes (10 total or 1/2 cup)
Guava
Honeydew melon
Kiwi
Kumquats, 4 medium
Lemon
Lime
Loquats
Lychees, 7
Mandarin orange
Nectarine
Orange
Papaya, 1/2 medium
Passion fruit
Peach
Pear
Pineapple, 1/2 cup
Plum
Pomegranate, 1/2 small
Raisins, 2 Tbsp
Sharon fruit/persimmon
Starfruit
Tangerine

GOOD FATS

2 servings per day

Avocado, 1 small or 1/2 medium
Oils (olive, avocado, coconut, grapeseed), 1 Tbsp

Other Rules:

No sugars or artificial sweeteners
No alcohol
No coffee, soda or other caffeinated beverages
No dairy, grains or starches
Water (minimum of 8 cups per day)
First thing every morning, drink the juice of one-half of a lemon in a cup of warm water.
Supplementation: Isotonix® Daily Essentials Packets, TLS® CORE Fat & Carb Inhibitor, NutriClean® 7-Day Cleansing System with Stevia

PROTEIN

2 servings per day

1 serving: 88 g (3 oz), unless otherwise noted

Chicken or turkey (without skin)
Eggs (2)
Egg whites (3)
Fresh fish (salmon, tuna, cod, sardines, flounder, shrimp, lobster, snapper, trout, etc.)
Canned tuna, salmon or sardines (packed in water)

VEGETARIAN OPTIONS*

Chia seeds, 2–3 Tbsp
Chickpeas, 1 cup (not canned)
Hemp hearts, 3–4 Tbsp
Lentils, 1 cup (not canned)
Nutritional yeast, 2 Tbsp
Organic non-GMO tempeh, 3 oz
Organic non-GMO tofu, 6 oz
Quinoa, snack: 1/2 cup; meal: 1 cup
Spirulina, 2 Tbsp

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

Detox Tips:

Do not engage in strenuous physical activity, even if you are used to it. Instead, participate in yoga, walking or gentle stretching.

Get plenty of rest and sleep. You may feel more tired than usual the first few days of detox. By the end of the week, you should feel energized.

Use spices and herbs, small amounts of low-sodium soy sauce, salt, pepper and vinegar.

Choose raw or lightly steamed vegetables.

Do not skip meals.

This is a great time to meditate, listen to relaxing music and engage in other stress-reduction activities.

Think about the commitment you are making to yourself, what you stand to gain and how accomplished you will feel.

How often you participate in a 7-day detox program will depend on your particular needs. Some people choose to complete the detox up to four times a year (every three months). It is recommended that you undergo a detox program one to three times each year.

Pro-tip:

Utilize fresh chili peppers, jalapeño, garlic, ginger, parsley, cilantro, basil and spices to flavor your foods.