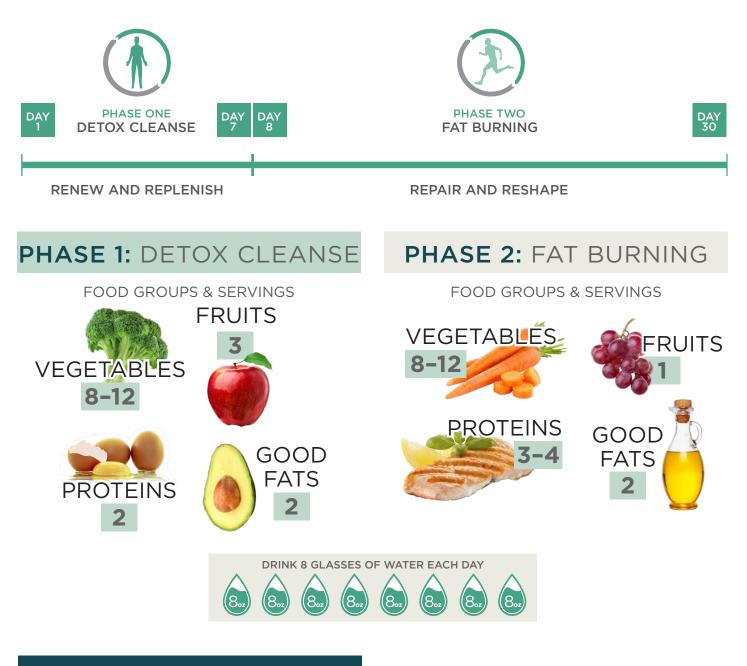
## GoTrim 30-Day Jump-Start 30 Days to cleanse your system and slim down

Detoxify, burn fat and refresh your body.



## **1 SERVING SIZE**

Vegetables	1–2 big cups
Good Fats	1 tbsp
Fruits	1 cup/1 medium fruit
Proteins	
Phase 1:	3 oz
Phase 2 – women:	4–6 oz for main meals;
	2–3 oz for snacks
Phase 2 – men:	6–8 oz for main meals;
	2–3 oz for snacks



\*Use in conjunction with a balance diet and regular exercise.