

GoTrim 30-Day Jump-Start

30 DAYS TO CLEANSE YOUR SYSTEM AND SLIM DOWN

Detoxify, burn fat and refresh your body.



DAY 1

PHASE ONE
DETOX CLEANSE

DAY 7

DAY 8



PHASE TWO
FAT BURNING

DAY 30

RENEW AND REPLENISH

REPAIR AND RESHAPE

PHASE 1: DETOX CLEANSE

FOOD GROUPS & SERVINGS

FRUITS

3



GOOD
FATS

2

VEGETABLES

8-12



PROTEINS

2

PHASE 2: FAT BURNING

FOOD GROUPS & SERVINGS

VEGETABLES

8-12



PROTEINS

3-4



FRUITS

1



GOOD
FATS

2



DRINK 8 GLASSES OF WATER EACH DAY



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

