

# 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

## 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.†
- 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.

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.

†If symptoms persist, seek the advice of a healthcare professional. These products are not intended to diagnose, treat, cure or prevent any disease.

# Detox Power Foods

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

**AM snack:** 1 serving of fruit, 1 serving of vegetables

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

**PM snack:** 1 serving of fruit, 2 servings 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	Onions
Artichokes	Radicchio
Asparagus	Radishes
Bean sprouts	Rhubarb
Beets	Rocket
Bok choy	Rutabaga
Broccoli	Sauerkraut
Brussels sprouts	Silverbeet
Cabbage (red or white)	Snow peas
Capsicums	Spaghetti squash
Carrots	Spinach
Cauliflower	Spring onions
Celery	Stir-fry vegetables (no sauce)
Collard greens	Summer squash
Cucumber	Tomatoes (fresh)
Dandelion greens	Tomato juice
Eggplant	Tomato juice (no salt), ½ cup
Endive	Tomato paste, 2 Tbsp
Green beans	Tomato sauce, ½ cup (no sugar added)
Green peas	Vegetable juice (no salt), ½ cup
Jerusalem artichokes	Water chestnuts
Jicama	Watercress
Kale	Zucchini
Kohlrabi	
Leeks	
Lettuce (any)	
Mushrooms	
Okra	

## GOOD FATS

2 servings per day

Avocado, 1 small or ½ medium  
Oils (olive, avocado, coconut, grapeseed), 1 Tbsp

## FRUIT

3 servings per day

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

Apple	Kiwi
Apricots, 4 medium	Kumquats, 4 medium
Banana (1 small or ½)	Lemon
Berries (blackberries, blueberries, boysenberries, gooseberries, loganberries, mulberries, strawberries, raspberries), ¾ cup	Lime
Cantaloupe	Loquats
Cherries, 12 large	Lychees, 7
Currants, 3 Tbsp	Mandarin orange
Dates (fresh), 2	Nectarine
Figs (fresh), 2	Orange
Grapefruit	Papaya, ½ medium
Grapes (10 total or ½ cup)	Passion fruit
Guava	Peach
Honeydew melon	Pear
	Pineapple, ½ cup
	Plum
	Pomegranate, ½ small
	Raisins, 2 Tbsp
	Sharon fruit/persimmon
	Starfruit
	Tangerine

## PROTEIN

2 servings per day

1 Serving: 85 g/3 oz unless otherwise noted

Chicken or turkey (without skin)  
Eggs (2)  
Egg whites (3)  
Fresh fish (salmon, tuna, cod, sardines, flounder,  
prawns, 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, 85 g/3 oz  
Organic non-GMO tofu, 170 g/6 oz  
Quinoa, snack: ½ cup; meal: 1 cup  
Spirulina (2 Tbsp)

## Other Rules:

No sugars or artificial sweeteners  
No alcohol  
No coffee, soda or other caffeinated beverages  
No grains or starches  
Water (minimum of eight glasses per day)  
First thing every morning, drink the juice of  
one-half of a lemon in a cup of warm water.  
Supplementation: based on your weight  
management needs.

## 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 the detox. By the end of the week, you  
should feel energised.

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:

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