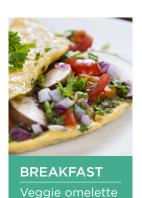
gotrim 7-Day Detox





A.M. SNACK
Green smoothie

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.



LUNCH
Strawberry
chicken salad



P.M. SNACK
Vegetable
medley



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.

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 Artichokes Asparagus Bean sprouts Beets Bok choy Broccoli Brussels sprouts Cabbage (red or white) Capsicums Carrots Cauliflower Celery Collard greens Cucumber Dandelion greens Eggplant Endive Green beans Green peas Jerusalem artichokes Jicama Kale Kohlrabi Leeks Lettuce (any) Mushrooms

Onions Radicchio Radishes Rhubarb Rocket Rutabaga Sauerkraut Silverbeet Snow peas Spaghetti squash Spinach . Spring onions Stir-fry vegetables (no sauce) Summer squash Tomatoes (fresh) Tomato juice (no salt), ½ cup Tomato paste, 2 Tbsp Tomato sauce, ½ cup (no sugar added) Vegetable juice (no salt), ½ cup Water chestnuts Watercress

GOOD FATS

2 servings per day

Okra

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

Zucchini

Pro Tip:

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

FRUIT

3 servings per day

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

Apricots, 4 medium Banana (1 small or ½) Berries (blackberries, blueberries, boysenberries, gooseberries, loganberries, mulberries, strawberries, raspberries), 34 cup Cantaloupe Cherries, 12 large Currants, 3 Tbsp Dates (fresh), 2 Fias (fresh), 2 Grapefruit

Grapes (10 total or ½ cup) Honeydew melon

Kumquats, 4 medium Lemon Lime Loquats Lychees, 7 Mandarin orange Nectarine Orange Papaya, ½ medium Passion fruit Peach Pear Pineapple, ½ cup Plum Pomegranate, 1/2 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 lowsodium 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.