



gotrim™
30-Day Jump-Start
Program Recipes

Phase 1 Breakfast

Dr. Nancy's GoTrim-Friendly Pancakes

- 2 eggs
- 1 banana
- ¼ tsp baking powder

Mix all ingredients together in a blender/Nutribullet. Pour batter onto frypan at 160–175C. This makes 8 good-sized pancakes. You can eat them ALL, as they count as 1 serving of protein for any of the menu plans.

Blend a handful of berries in the blender to make homemade "syrup" with no sugar added.

Egg White Muffins

- 1 cup asparagus, chopped
- ½ cup mushrooms, chopped
- ½ cup onions, chopped
- ½ cup tomatoes, chopped
- ½ cup egg whites

Mix asparagus, mushrooms, onions, tomatoes and egg whites in a bowl. Pour mixture into a nonstick muffin tray. Bake at 175C for 20–30 minutes.

Spanish Chicken Breakfast

- 55–85 g chicken breast, sliced
- ½ cup capsicum, chopped
- ¼ cup onions, chopped
- ¼ cup mushrooms, chopped
- 1 cup spinach, chopped
- Fresh salsa

In a nonstick frypan over medium heat, sauté chicken until cooked. Add capsicum, onions, mushrooms and spinach and cook for 1–2 minutes. Put mixture in a bowl and top with fresh salsa.

Egg White Veggie Bake

- 3 egg whites
- ½ cup broccoli, chopped
- ½ cup asparagus, chopped
- ¼ cup fresh basil, chopped
- 1 Tbsp olive oil cooking spray

Coat a small glass baking dish with oil. Add egg whites. Add vegetables. Bake at 175C for 20–30 minutes, or until done. Season with salt and pepper to taste.

On-The-Go Breakfast

When you are running behind, you need something quick or something you can eat in the car; remember, never skip a meal! We suggest having a few boiled eggs in the fridge for anytime you need a breakfast on the go.

Tupperware and Go

- 2 boiled eggs, peeled
- ¼ – ½ avocado, sliced
- Few slices of tomato or handful of grape tomatoes
- Small apple

Green Smoothie

- 2 cups kale
- ½ lemon, peeled
- 1-inch fresh ginger, peeled
- 1 cucumber, roughly chopped
- 2 celery stalks
- 1 green apple, roughly chopped
- ½ cup water

Add all ingredients to a blender. Blend until desired consistency is reached.

Phase 1 Snacks

Keep it Simple

Piece of fruit with a boiled egg

Or

Piece of fruit with your favourite cut up veggies



Old Faithful

Snack-sized leftovers from yesterday's dinner or lunch!

Chia Seed Fruit Pudding

1 handful of your favourite berries, serve with homemade chia seed pudding

How to make chia seed pudding; (Approved vegan/vegetarian protein)
Soak 1 Tbsp of chia seeds in small, wide-opening container in the fridge overnight in 120 ml of our Ultimate Aloe® Juice Strawberry Kiwi or unsweetened almond milk.

Phase 1 Daily Food Servings

Vegetables:

Unlimited servings

(1 serving = 1–2 big cups)

Fruit:

3 servings

(1 serving = 1 cup/1 medium fruit)

Protein:

2 servings

(1 serving = 85 g)

Good fats:

2 servings

(1 serving = 1 Tbsp)

Phase 1 Lunch & Dinner

Colourful Veggie Kebabs

- 1 capsicum, chopped
- ½ onion, chopped
- 1 cup portobello mushrooms, chopped
- ½ cup grape tomatoes, chopped
- Drizzle of extra virgin olive oil
- Skewer sticks

Place vegetables onto skewer sticks. Drizzle with extra virgin olive oil. Grill until veggies are cooked.

Broiled Basa with Warm Eggplant Salad

- 1 basa fish fillet
- ¼ cup eggplant, peeled and chopped
- ½ Tbsp olive oil
- ¼ cup onion, chopped
- ½ Tbsp capers
- 1 tomato, chopped
- 1 Tbsp fresh parsley
- ¼ Tbsp balsamic vinegar

Preheat oven to 175C. Place basa in oven, cook until it flakes. Then heat olive oil in nonstick frypan. Add eggplant and sauté for 10 minutes until soft. Add onion, capers, tomato, parsley and balsamic vinegar, sauté for 2–3 minutes. Season lightly with salt and pepper.

Veggie Lettuce Wraps

- Lettuce
- Avocado, sliced
- Tomato, sliced
- ½ cup zucchini, sliced
- ½ cup alfalfa sprouts

Stuff tomato, avocado, zucchini and alfalfa sprouts into a lettuce leaf. Season with yellow mustard, salt and pepper to taste. Serve with a bowl of homemade vegetable soup.

Grilled White Fish with Salad

- 1 white fish fillet
- 1 cup spinach
- ½ cup zucchini, sliced
- ½ cup Brussels sprouts, chopped
- 2 spring onion stalks, chopped
- Handful of water chestnuts
- 1 pear, sliced
- rice vinegar

On a grill, place fish. Grill until cooked. In a nonstick frypan, sauté zucchini, Brussels sprouts and spring onions until cooked. Place sautéed vegetables on top of fresh spinach, top with water chestnuts and pear. Dress with rice vinegar.

Cauliflower “Fried Rice”

- 1 head cauliflower
- 1 Tbsp sesame oil
- 1 Tbsp garlic
- 1 cup carrots, chopped
- 1 cup mushrooms, chopped
- 2 eggs, scrambled
- 3 Tbsp low-sodium soy sauce
- 2 spring onions, chopped

In a food processor/blender, add cauliflower. Blend until pieces resemble the size of rice grains. In a frypan, add sesame oil, garlic, carrots, cauliflower, mushrooms, soy sauce and eggs. Stir well, cook for 1–3 minutes or until desired. Serve with spring onions on top and season with salt and pepper to taste.

Saucy Salmon Salad

- 85 g salmon fillet
- 1 Tbsp olive oil
- 1 Tbsp low-sodium soy sauce/liquid amino acid
- 1 Tbsp fresh garlic, finely diced
- 1 Tbsp Dijon mustard
- 2 cups broccoli, chopped
- 1 cup cauliflower, chopped
- 1 cup carrots, chopped

In a shallow dish, add olive oil, soy sauce, garlic, mustard and salmon. Marinate salmon for at least 30 minutes. Steam broccoli, carrots and cauliflower in a pot until cooked. Sauté salmon in a nonstick frypan for 5–10 minutes. Plate salmon with veggies.

Zucchini Spaghetti

- 2 zucchini, large
- ½ cup onions, chopped
- 1 Tbsp olive oil
- ½ cup pasta sauce, low sugar
- Dash of garlic powder
- Dash of red pepper flakes

In a nonstick frypan, add olive oil and onions. Cook until soft, set aside. Place zucchini in a vegetable spiraliser. Add zucchini, garlic powder, red pepper flakes and cooked onions to the same nonstick frypan, cook for 1–2 minutes. While cooking, heat up pasta sauce in the microwave. Place cooked zucchini mixture in a bowl, add pasta sauce.

Eggplant Casserole

- 1 or 2 eggplants, sliced
- 1 can crushed tomatoes (or stewed)
- 1 container mushrooms
- 1 large onion, chopped
- Any spices you like. We suggest garlic, oregano, basil, etc.
- canola or avocado oil

Toss eggplant in a little canola or avocado oil. Place on cookie sheet and put under grill (set to low) for 10–15 minutes.

In a casserole dish, put a little sauce on bottom then layer eggplant, mushrooms, onions and sauce. Keep layering until you reach the top. Cover and cook for one hour at 190C.

Let cool, serve and enjoy.

Quick Flash Asian Stir Fry

- Chop up your favourite stir fry veggies:
 - Broccoli, cauliflower, carrots, onions, capsicums, mushrooms
- Mince 1–2 cloves of fresh garlic and a nub of fresh ginger
- Fresh basil leaves (optional)

In a large stir fry pan combine:

- 1 Tbsp of sesame oil
- ¼ cup of low-sodium vegetable stock
- ½ cup of low-sodium soy sauce (or less if just cooking for one)

Heat on high until it nears a boil and toss in fresh garlic and ginger. After 45 sec.–1 minute, toss in hardest veggies first (careful, it will spit and splash as it is hot). Then add softer veggies, keep stirring, lower heat and stir in pan until just tender.

Pre-prepare appropriate servings of grilled chicken or prawns and cook in a separate pan with same sauce combination. Add protein and fresh basil to the pan just before veggies are ready.

Enjoy this flavour-filled satisfying dish; you won't even miss the rice!

Phase 2 Breakfast

Stack ‘Em Up Egg and Cauliflower Cakes

- ½ head cauliflower
- 1 large spring onion
- Fresh spinach
- 3 eggs
- 1 avocado, peeled and pitted
- Juice of 1 lemon
- Extra-virgin olive oil
- Pinch red chili flakes
- Salt and pepper
- Salsa or fresh tomato

Grate cauliflower on a box grater. Finely chop 1 large spring onion. Transfer to a large bowl and mix with 1 egg and a large pinch of salt.

In a large frypan over medium heat, heat olive oil. Add 2 big scoops of cauliflower mixture to pan and shape into a round patty. Repeat to make a second patty. Let cook until golden brown, about 5 minutes, then carefully flip. Cook 3 more minutes, transfer to a plate. In same frypan, fry remaining 2 eggs and set aside.

In a small bowl, mash avocado with lemon juice. Season with salt.

How to “stack it”

Place cauliflower cake on plate, spread avocado mixture, place spinach on top, add an egg on top of that and top with salsa or fresh tomato. Sprinkle with red chili flakes.

Power Pancakes

- 2 eggs
- 2 scoops Nutrition Shake – Vanilla
- 5 Tbsp applesauce, unsweetened
- 1 cup spinach, chopped
- Dash of cinnamon and nutmeg

In a bowl mix eggs, Nutrition Shake, applesauce, spinach, cinnamon and nutmeg. Cook in a nonstick frypan until golden brown.

Flourless Apple Cinnamon Muffins – Nutrition Shake

Increase protein with this breakfast on the go. They are quick and easy to make!

- 1 egg
- 2–3 Tbsp organic applesauce (no sugar added)
- ¼ tsp baking powder
- 2 scoops Nutrition Shake – Vanilla
- Dash of cinnamon (nutmeg optional)
- ¼ cup of apple, finely chopped (optional)
- Cooking spray

(After 30-Day Jump-Start you can add pecans or walnuts)

Preheat oven to 200C, grease small glass container (5x5) or muffin tins. Cooking time may vary — usually 12–18 minutes for 5x5 container and 10–12 minutes for muffin.

Mix egg, applesauce and baking powder. Add protein powder. Add chopped apple and spices as desired. Sprinkle with cinnamon.

Egg White Veggie Bake

- 3 egg whites
- ½ cup broccoli, chopped
- ½ cup asparagus, chopped
- ¼ cup fresh basil, chopped
- 1 Tbsp olive oil cooking spray

Coat a small glass baking dish with oil. Add egg whites. Add vegetables. Bake at 175C for 20–30 minutes or until done. Season with salt and pepper to taste.

Spanish Chicken Breakfast

- 55-85 g chicken breast, sliced
- ½ cup capsicum, chopped
- ¼ cup onions, chopped
- ¼ cup mushrooms, chopped
- 1 cup spinach, chopped
- Fresh salsa

In a nonstick frypan over medium heat, sauté chicken until cooked. Add capsicum, onions, mushrooms and spinach and cook for 1–2 minutes. Put chicken and veggie mixture in a bowl and top with fresh salsa.

Greek Omelette

- 2 eggs
- 5 cherry tomatoes, halved
- 3 kalamata olives, pitted and chopped
- 1–2 spring onions, thinly sliced
- Black pepper and salt
- Olive oil, coconut oil or canola oil

Combine eggs, tomatoes, olives and green onions in a bowl and whip together. Coat frypan with oil, pour in mixture and scramble until egg is fully cooked. Add pepper and salt to taste.



Phase 2 Daily Food Servings

Vegetables:

8–12 servings
(1 serving = 1–2 big cups)

Fruit:

1 serving
(1 serving = 1 cup/1 medium fruit)

Protein:

3–4 servings
(Women: 1 serving = 110–170 g for breakfast, lunch and dinner; 55–85 g for snacks)
(Men: 1 serving = 170–230 g for breakfast, lunch and dinner; 55–85 g for snacks)

Good fats:

2 servings
(1 serving = 1 Tbsp)

Phase 2 Snacks

**Note: Phase 1 snacks are approved in this phase as well.*

Go-To TLS Nutrition Shake

- 230 ml water
- 1 or 2 scoops Nutrition Shake – Chocolate or Vanilla

Blend and drink immediately.

The Incredible Hulk Chocolate Shake

- 230 ml water
- 2 scoops Nutrition Shake – Chocolate
- Large handful of spinach
- 3–4 Ice cubes (optional)

Blend and drink immediately.

(After the 30-Day Jump-Start Program, you can add 1 Tbsp of almond butter)

Chocolate Banana Delight

- 230 ml water
- 2 scoops Nutrition Shake – Chocolate
- Large handful of spinach
- ½ of a large banana or 1 small banana
- 1 Tbsp of chia seeds (approved vegan protein)
- 3–4 ice cubes (optional)

Blend and drink immediately.

Mocha Shake

- 230 ml water
- 2 scoops Nutrition Shake – Chocolate or Vanilla
- 1 packet of Café*
- 3–4 ice cubes (optional)

Blend and drink immediately.

Cucumber Vanilla Green Tea Latte Shake

- 230 ml water
- 2 scoops Nutrition Shake – Vanilla
- Large handful of spinach
- Small chunks of fresh cucumber
- 1 tsp of matcha green tea powder
- 3–4 ice cubes (optional)

Blend and drink immediately.

The Apple Pie ala Mode Shake

- 230 ml water
- 2 scoops Nutrition Shake – Vanilla
- Dash of cinnamon
- ½ apple cubed (fresh or even better frozen)
- 3–4 ice cubes (optional)

Blend and drink immediately.

The Mint Shamrock Shake

- 230 ml water
- 2 scoops Nutrition Shake – Vanilla
- 2 drops mint extract
- Large handful spinach
- 3–4 ice cubes (optional)

Blend and drink immediately.

*Available on [SHOPGLOBAL.COM](https://www.shopglobal.com)



Phase 2 Lunch & Dinner

Colourful Prawn Kebabs

- 110-170 g prawns
- 1 capsicum, chopped
- ½ onion, chopped
- 1 cup portobello mushrooms, chopped
- ½ cup grape tomatoes, chopped
- Drizzle of extra-virgin olive oil

Place prawns and vegetables onto skewer sticks. Drizzle with extra virgin olive oil. Grill until prawns are pink and cooked through.

Grilled Basa with Warm Eggplant Salad

- 1 basa fish fillet
- ¼ cup eggplant, peeled and chopped
- ½ Tbsp olive oil
- ¼ cup onion, chopped
- ½ Tbsp capers
- 1 tomato, chopped
- 1 Tbsp fresh parsley
- ¼ Tbsp balsamic vinegar

Preheat oven to 175C. Place basa in oven, cook until it flakes. Then heat olive oil in nonstick frypan. Add eggplant and sauté for 10 minutes until soft. Add onion, capers, tomato, parsley and balsamic vinegar, sauté for 2–3 minutes. Season lightly with salt and pepper.

Veggie Lettuce Wraps

- Lettuce
- Avocado, sliced
- Tomato, sliced
- ½ cup zucchini, sliced
- ½ cup alfalfa sprouts

Stuff tomato, avocado, zucchini and alfalfa sprouts into a lettuce leaf. Season with yellow mustard, salt and pepper to taste. Serve with a bowl of homemade vegetable soup.

Grilled White Fish with Salad

- 1 white fish fillet
- 1 cup spinach
- ½ cup zucchini, sliced
- ½ cup Brussels sprouts, chopped
- 2 spring onions, chopped
- Handful of water chestnuts
- 1 pear, sliced

On a grill, place fish and pear. Grill until cooked. In a nonstick frypan, sauté zucchini, Brussels sprouts and spring onions until cooked. Place sautéed vegetables on top of fresh spinach, top with water chestnuts and pear. Dress with rice vinegar.

Green Tofu Smoothie

- 2 cups kale
- ½ lemon, peeled
- 1-inch fresh ginger, peeled
- 1 cucumber, roughly chopped
- 2 celery stalks
- 1 green apple, roughly chopped
- ½ cup water
- 1 serving soft organic tofu

Add all ingredients to a blender. Blend until desired consistency is reached.

Cauliflower “Fried Rice”

- 1 head cauliflower
- 1 Tbsp sesame oil
- 1 Tbsp garlic
- 1 cup carrots, chopped
- 1 cup mushrooms, chopped
- 2 eggs, scrambled
- 3 Tbsp low-sodium soy sauce
- 2 green onions, chopped

In a food processor/blender, add cauliflower. Blend until pieces resemble the size of rice grains. In a frypan, add sesame oil, garlic, carrots, cauliflower, mushrooms, soy sauce and eggs. Stir well, cook for 1–3 minutes, or until desired. Serve with green onions on top and season with salt and pepper to taste.

Saucy Salmon Salad

- 85 g salmon fillet
- 1 Tbsp olive oil
- 1 Tbsp low-sodium soy sauce/liquid amino acid
- 1 Tbsp fresh garlic, finely diced
- 1 Tbsp Dijon mustard
- 2 cups broccoli, chopped
- 1 cup cauliflower, chopped
- 1 cup carrots, chopped

In a shallow dish, add olive oil, soy sauce, garlic, mustard and salmon. Marinate salmon for at least 30 minutes. Steam broccoli, carrots and cauliflower in a pot until cooked. Sauté salmon in a nonstick frypan for 5–10 minutes. Plate salmon with veggies.

Zucchini Spaghetti and Meatballs

- 85 g lean ground, organic turkey
- 2 zucchini, large
- ½ cup onions, chopped
- 1 Tbsp olive oil
- ½ cup pasta sauce, low sugar
- Dash of garlic powder
- Dash of red pepper flakes

In a nonstick frypan, add olive oil and onions. Cook until soft, set aside. Shape turkey into small balls. Place turkey in the same frypan. Cook until golden brown, set aside. Place zucchini in a vegetable spiraliser. Add zucchini, garlic powder, red pepper flakes and cooked onions to the same nonstick frypan, cook for 1–2 minutes. While cooking, heat up pasta sauce in the microwave. Place cooked zucchini mixture in a bowl. Top with turkey meatballs and add pasta sauce.

Turkey Chili

- 450 g ground turkey breast
- 1 green (or your favourite) capsicum, diced
- 1 onion, diced
- 1 can diced tomatoes
- No sugar added traditional spaghetti sauce
- About 2 cups low-sodium vegetable stock
- 1 small/med zucchini, cubed
- About 5–7 radishes, sliced
- 1–2 carrots, finely chopped
- 1 large celery stalk, finely chopped
- 1 clove fresh garlic, minced (or tsp of garlic powder)
- Dash of cumin
- 2–3 Tbsp of chili powder (to taste)
- Salt and pepper (to taste)
- 1 Tbsp olive oil

Brown meat, capsicum, onion, olive oil, salt and pepper. Add in tomatoes, sauce, stock, veggies and seasoning. Let simmer on low for at least an hour or until veggies are tender.

Enjoy!



Chicken Stuffed Portobello

- 2 medium/large portobello mushrooms, washed
- 85 g shredded chicken
- ¼ onion, finely chopped
- Large handful of spinach, chopped
- Basil, oregano, salt and pepper to taste

Mix together and spoon into the mushroom. Top with diced tomatoes or salsa. Place mushrooms on tin foil on baking sheet. Bake in oven at 190C for 25 min.

