gotrim Fat Shredder

A DAY ON FAT SHREDDER:

Below are examples of some of the foods you can eat. Drink at least eight glasses (240 ml each) of water daily, and supplement based on your Weight Management Profile recommendation.

WHY IT'S FOR YOU:

You're extremely committed to achieving swift weight management goals through an effective program. You'll shed fat and feel better, physically and emotionally, knowing you can do anything you set your mind to.



BREAKFAST Veggie omelette



Strawberry and spinach shake



LUNCH Salad with turkey meatballs



DINNER Tuscan cod

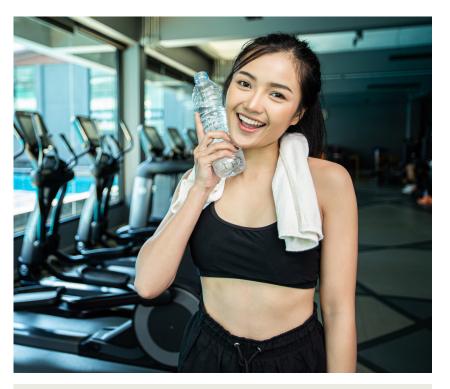




P.M. SNACK Tuna-filled celery sticks



POST WORKOUT NutriShake



NutriClean Fiber With L-Glutamine & Probiotics: Supports digestive health and bowel regularity

TLS® NutriShake: Provides extra nourishment between meals

Isotonix Daily Essentials Kit: Includes four essential supplements to promote long-term health and optimal nutrition

Isotonix Digestive Enzymes Plus Powder: Provides enzymes that promote nutrient absorption from foods

Timeless Evergreen Formula: Helps protect the body from the negative effects of free radicals

Isotonix Isochrome Powder: Helps with energy and stamina

You should consult your physician before beginning this or any other weight management program. The results may not be typical. Individual results may vary.

These products are not intended to diagnose, treat, cure or prevent any disease.

Fat Shredder Power Foods

Breakfast: 1 serving of protein, 2-4 servings of vegetables, 1 serving of good fat
A.M. Snack: NutriShake, 1 serving of fruit
Lunch: 1 serving of protein, 2-4 servings of vegetables, 1 serving of good fat
P.M. Snack: 1 serving of vegetables, 1 serving of protein
Dinner: 1 serving of protein, 3-4 servings of vegetables, 1-2 servings of fat
Post Workout: NutriShake

VEGETABLES

8-12 servings per day

1 serving: 1/2-1 cup, all leafy greens 1 cup

Alfalfa sprouts Artichokes Arugula Asparagus Bean sprouts Beets **Bell peppers** Bok chov Broccoli Brussels sprouts Cabbage (red or white) Carrots Cauliflower Celery Chard Cucumber Eggplant Endive Green beans Green peas Greens (beet, collard, dandelion, kale, mustard, turnip) Hot peppers Jerusalem artichokes Jicama Kohlrabi Leeks Lettuce (any) Mushrooms Okra Onions Radicchio Radishes Rhubarb Rutabaga Sauerkraut Scallions Snow peas Spaghetti squash Spinach Stir-fried vegetables (no sauce) Summer squash Tomatoes (fresh) Tomato paste, 2 Tbsp Tomato sauce, 1/2 cup Water chestnuts Watercress Zucchini

NUTRISHAKE

Two shakes per day

One shake as a snack, one post-workout *Each shake is considered a protein serving*.

GOOD FATS

3-4 servings per day

Avocado oil, 1 Tbsp Coconut cream, 2–3 Tbsp Coconut oil, 1 Tbsp Olive oil, 1 Tbsp Olives, check serving size and watch for sodium content

FRUIT

1 serving per day

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

Apple Apricots, 4 medium Banana, 1/2 large, 1 small Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), ³/₄ cup Cantaloupe Cherries, 12 large Currants, 3 Tbsp Dates (fresh), 2 Figs (fresh), 2 Gooseberries, ³/₄ cup Grapefruit Grapes, 1/2 cup or 10 total Guava Honeydew melon Kiwifruit Kumquats, 4 medium Lemon l ime Loganberries, 3/4 cup Loquats Lychees, 7 Mandarin orange Mulberries, 34 cup Nectarine Orange Papaya, 1/2 medium Passion fruit Peach Pear Pineapple, ¹/₂ cup Plum Pomegranate, 1/2 small Raisins, 2 Tbsp (no extra sugar added) Sharon fruit/Persimmon Starfruit Tangerine/Tangelo

PROTEIN

4-6 servings per day

1 serving (women): 4–6 oz with breakfast, lunch and dinner; 2–3 oz with snacks

1 serving (men): 6–8 oz with breakfast, lunch and dinner; 2–3 oz with snacks

Chicken or turkey (without skin) Eggs or egg whites Fresh fish (salmon, tuna, cod, sardines, flounder, snapper, trout, etc.) Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.) Canned tuna, salmon or sardines (packed in water) NutriShake

VEGETARIAN OPTIONS

Download the Vegan and Vegetarian handout for more information Chia seeds or hemp hearts, 3–4 Tbsp Nutritional yeast, 3–4 Tbsp Organic non-GMO tempeh Organic non-GMO tofu Quinoa Spirulina, 3–4 Tbsp Vegqie or garden burger (grain-free)

APPROVED SWEETENERS

Monk fruit powder Stevia Yacon syrup

Pro tip:

Utilize fresh garlic, ginger, parsley, cilantro, basil and spices to flavor your foods.

Other Rules:

No sugar No grains or starches No dairy No alcohol Water (minimum of 8 cups per day) Supplementation (based on your Weight Management Profile recommendation) Exercise (5–6 days per week) Daily journaling

Be sure to have either a meal or snack within 30 minutes of your workout.