gotrim Fat Burning

A DAY ON FAT BURNING:

Below are examples of some of the foods you can eat. Drink at least 8 glasses (8 oz 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



A.M. SNACK Strawberry and



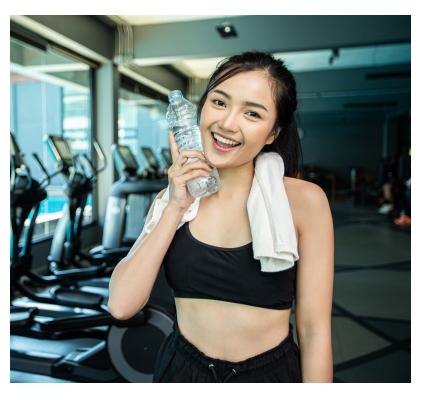
LUNCH Salad with turkey meatballs



P.M. SNACK Tuna-filled celery sticks



POST WORKOUT



GoTrim™ Slim: Assists in promoting lean muscle mass TLS® CORE:

Helps inhibit carbohydrate absorption in the body

TLS[®] Green Coffee: May help to inhibit the conversion of sugar into fat

TLS® Trim Tea: Supports healthy weight management and helps curb appetite

TLS[®] Trim Café: Promotes fat burning

TLS® Nutrition Shake: Extra nourishment for between meals

*All recipes are found on sg.gotrim.com

DINNER

Tuscan cod

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 Burning Power Foods

Breakfast: 1 serving of protein, 2–4 servings of vegetables, 1 serving of good fat
A.M. Snack: Nutrition Shake, 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: Nutrition Shake

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 choy 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

NUTRITION SHAKE

Two shakes per day

One shake as a snack, one post-workou *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, 34 cup Grapefruit Grapes, 1/2 cup or 10 total Guava Honeydew melon Kiwifruit Kumquats, 4 medium Lemon Lime Loganberries, 34 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) Nutrition Shake

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.