

# gotrim™

## 7-Day Detox

### A DAY ON 7-DAY DETOX

Below is an example 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 Loss Profile recommendation. The NutriClean® 7-Day Cleansing System with Stevia, TLS® CORE Carb & Fat Inhibitor and our Isotonix® Daily Essentials Packets will help you achieve the best results.



**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 loss journey and receive the maximum benefit from the 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 loss efforts.



**Isotonix Daily Packets:** With each complete and convenient packet, you can be sure that you're giving your body the essential vitamins, minerals and nutrients it needs daily.†

**NutriClean 7-Day Cleansing System with Stevia:** Helps maintain digestive health and cleanse the colon and bowel and detoxify the liver†

**TLS® CORE Fat & Carb Inhibitor:** Supports leptin sensitivity, which may help to manage hunger and stimulate lipolysis, and helps inhibit carbohydrate absorption†

†All recipes are found on GoTrim.com

†You should consult your physician before beginning this or any other weight management program. Individuals following the Lifestyle System can expect to lose 1–2 pounds per week.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# 7-Day Detox Power Foods

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

**A.M. Snack:** 1 serving of fruit, 1 serving of vegetables

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

**P.M. Snack:** 1 serving of fruit, 2 serving 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  
Arugula  
Asparagus  
Bean sprouts  
Beets  
Bell peppers  
Bok choy  
Broccoli  
Brussels sprouts  
Cabbage (red or white)  
Carrots  
Cauliflower  
Celery  
Chard  
Collard greens  
Cucumber  
Dandelion greens  
Eggplant  
Endive  
Green beans  
Green peas  
Jerusalem artichokes  
Jicama  
Kale  
Kohlrabi  
Leeks  
Lettuce (any)  
Mushrooms  
Okra  
Onions  
Radicchio  
Radishes  
Rhubarb  
Rutabaga  
Sauerkraut  
Scallions  
Snow peas  
Spaghetti squash  
Spinach  
Stir-fry vegetables (no sauce)  
Summer squash  
Tomatoes (fresh)  
Tomato juice (no salt), 1/2 cup  
Tomato paste, 2 Tbsp  
Tomato sauce, 1/2 cup (no sugar added)  
Vegetable juice (no salt), 1/2 cup  
Water chestnuts  
Watercress  
Zucchini

## FRUIT

3 servings per day

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

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

## GOOD FATS

2 servings per day

Avocado, 1 small or 1/2 medium  
Oils (olive, avocado, coconut, grapeseed), 1 Tbsp

## Other Rules:

No sugars or artificial sweeteners  
No alcohol  
No coffee, soda or other caffeinated beverages  
No dairy, grains or starches  
Water (minimum of 8 cups per day)  
First thing every morning, drink the juice of  
one-half of a lemon in a cup of warm water.  
Supplementation: Isotonix® Daily Essentials  
Packets, TLS® CORE Fat & Carb Inhibitor,  
NutriClean® 7-Day Cleansing System with Stevia

## PROTEIN

2 servings per day

1 serving: 3 oz unless otherwise noted

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

*\*Please download vegan and vegetarian  
handout for more information.*

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

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:

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