



Continued Commitment

A guide to healthy, everyday living at your target weight*

A DAY ON CONTINUED COMMITMENT

Below are some examples of the foods you can eat.



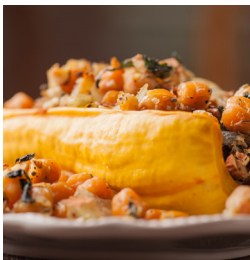
BREAKFAST

Veggie egg scramble



A.M. SNACK

Chocolate coconut shake[†]



LUNCH

Chicken salad squash boats[†]



P.M. SNACK

Peanut butter apple-cinnamon wedges



DINNER

Baked pork loin and grilled veggies



WATER

Eight (250 ml) glasses daily

WHY IT'S FOR YOU

You're at a healthy weight and looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but looking for a plan with flexibility, allowing the occasional indulgence.



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.

Isotonix Digestive Enzymes

- Promotes healthy digestion.
- Supports the digestion of nutrients.
- Relieves symptoms of stomach upset.[†]
- Enhances immune system function.

TLS[®] Nutrition Shake

- Healthy meal replacement.
- Includes 24 vitamins, minerals and essential nutrients, including eight B vitamins, and also antioxidants vitamin C and E for protection from free-radical damage.
- Contains 10-11 grams of dietary fibre and 18 grams of high-quality soy protein to handle your hunger.

Isotonix OPC-3[®]

- Helps support healthy cholesterol.
- Anti-Inflammatory.[†]
- Helps support healthy blood sugar.

[†]All recipes are found on au.gotrim.com

*You should consult your physician before beginning this or any other weight management program. Individuals following the GoTrim Lifestyle System can expect to lose 0.45–0.9 kilograms per week.

[†]If symptoms persist, seek the advice of a healthcare professional.

*This product is not intended to diagnose, treat, cure or prevent any disease.

Continued Commitment Power Foods

Breakfast: 1 serving of protein, 2 servings of vegetables, 1 serving of whole grain, 1 serving of good fat

A.M. Snack: 1 serving snack protein and/or 1 serving dairy, 1 serving of fruit

Lunch: 1 serving of protein, 2–3 servings of vegetables, 1 serving of fruit, 1 serving of good fat

P.M. Snack: 1 serving of protein

Dinner: 1 serving of protein, 2–4 servings of vegetables, 1 serving of starch, 1 serving of good fat

VEGETABLES

6–9 servings per day

1 serving: $\frac{1}{2}$ –1 cup, all leafy greens 1 cup

Alfalfa sprouts
Artichokes
Asparagus
Beets
Bok choy
Broccoli
Brussels sprouts
Cabbage (red or white)
Capsicums
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Endive
Green beans
Green peas
Greens (beet, collard, dandelion, kale, mustard, turnip)
Jerusalem artichokes
Jicama
Kohlrabi
Leeks
Lettuce (any)
Mushrooms
Okra
Onions
Pimientos
Radicchio
Radishes
Rocket
Rutabaga
Sauerkraut
Silverbeet
Snow peas
Spaghetti squash
Spinach
Spring onions
Stir-fry vegetables (no sauce)
Summer squash
Tomatoes (fresh)
Tomato juice (no salt), $\frac{1}{2}$ cup
Tomato paste, 2 Tbsp
Tomato sauce (no sugar added), $\frac{1}{2}$ cup
Vegetable juice (no salt), $\frac{1}{2}$ cup
Water chestnuts
Watercress
Zucchini

STARCHES

1 serving per day

1 serving: $\frac{1}{2}$ –1 cup

Acorn squash, $\frac{1}{2}$ cup
Butternut squash, 1 cup
Kabocho, 1 cup
Purple potato, $\frac{1}{2}$ of medium size
Quinoa, $\frac{1}{2}$ cup
Sweet potato, $\frac{1}{2}$ of medium size
Taro, $\frac{1}{2}$ cup
Yam, $\frac{1}{2}$ of medium size

GOOD FATS

2–4 servings per day

Avocado, $\frac{1}{2}$ medium
Coconut cream, 2–3 Tbsp
Nuts and seeds (reference FAQ for serving sizes)
Oils (grapeseed, olive, avocado, coconut)
Olives (check serving size and watch for sodium content)

FRUIT

2 servings per day

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

Apple	Lemon
Apricots, 4 medium	Lime
Banana	Loquats
Berries (blueberries, strawberries, raspberries, boysenberries, blackberries, gooseberries, loganberries, mulberries), $\frac{3}{4}$ cup	Lychees, 7
Cantaloupe	Mandarin orange
Cherries, 12 large	Mango
Currants, 3 Tbsp	Melon balls
Dates (fresh), 2	Nectarine
Figs (fresh), 2	Orange
Grapefruit	Papaya, $\frac{1}{2}$ medium
Grapes	Passion fruit
Guava	Peach
Honeydew melon	Pear
Jackfruit	Pineapple, $\frac{1}{2}$ cup
Kiwifruit	Plum
Kumquats, 4 medium	Pomegranate, $\frac{1}{2}$ small
	Raisins, 2 Tbsp
	Sharon fruit/ Persimmon
	Starfruit
	Tangelo
	Tangerine

WHOLE GRAINS

1 serving per day

1 serving: $\frac{1}{2}$ cup

Amaranth
Barley (pearled or hulled)
Buckwheat (kasha, groats)
Farro
Kamut
Millet
Muesli or granola, no added sugar
Noodle (only black bean, lentil, edamame, arrowroot or mung bean noodle — see packaging for serving size)
Oatmeal (rolled or steel-cut)
Rice (authentic basmati, brown, wild and black)
Spelt
Sprouted grain bread

APPROVED SWEETENERS

Monk fruit powder	On occasion: local honey, high-quality agave or coconut sugar
Stevia	
Yacon syrup	

PROTEIN

5–6 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.)
Red meat – limited to 1–2 servings per week (beef, pork, lamb, buffalo, veal, bison or venison)
Seafood (prawns, scallops, clams, lobster, calamari, squid, octopus, mussels, crab, etc.)
Canned tuna, salmon or sardines (packed in water)
TLS® Nutrition Shake

VEGETARIAN OPTIONS*

Beans (red, black garbanzo, lima, mung, pinto, soy, black-eyed)
Chia or hemp seeds, 4 oz
Edamame
Nutritional yeast, 4 Tbsp
Organic non-GMO tempeh
Organic non-GMO tofu
Spirulina, 4 Tbsp
Veggie or garden burger (grain-free)

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

DAIRY*

1 serving per day

Those on a dairy-free diet may omit

Cheese (all)
Cottage cheese
Cream
Kefir
Milk
Plain yogurt
Plain Greek yogurt
Sour cream

**Organic or grass-fed is best. Serving sizes are found on package.*

Other Rules:

- Alcohol (limit to three drinks a week)
- Water (minimum of 8 cups per day)
- Supplementation (based on your Weight Loss Profile recommendation or optimal wellness regimen)
- No sugar
- Exercise (3–6 days per week)
- Be sure to either have a meal or snack within 30 minutes of your workout