gotrim[®] Rapid Results



Below are examples of some of the foods you can eat. Supplement based on your Weight Management Profile recommendation.



BREAKFAST Veggie omelet



LUNCH Sunburst chicken salad



DINNER Grilled salmon and asparagus

*All recipes are found on sg.gotrim.com



A.M. SNACK Chocolate raspberry shake



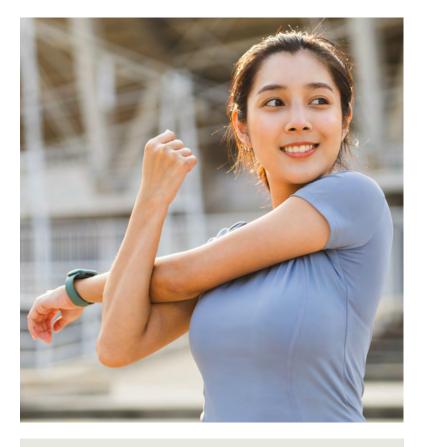
P.M. SNACK Lettuce wraps



WATER Eight (240 ml) glasses daily

WHY IT'S FOR YOU:

You're extremely committed to achieving swift weightmanagement goals through an effective program. Get ready to break unhealthy habits and start losing fat and inches.



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

^{#1}You should consult your physician before beginning this or any other weight management program. The results may not be typical. Individual results may vary.

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

Rapid Results Power Foods

Breakfast: 1 serving protein, 2 servings vegetables, 0-1 serving good fat
A.M. Snack: Nutrition Shake, 1 serving of fruit
Lunch: 1 serving of protein, 2-3 servings of vegetables, 1 serving of good fat
P.M. Snack: 1 serving of fruit, 1 serving of protein or 1 serving of vegetables, or both
Dinner: 1-2 servings of protein, 2-3 servings of vegetables, 1 serving starch; 1-2 servings of good fat

VEGETABLES

6-9 servings per day 1 serving: ½-1 cup, all leafy greens 1 cup

Alfalfa sprouts Artichokes Aruqula Asparagus Bean sprouts Beets **Bell peppers** Bok choy Broccoli Brussels sprouts Cabbage (red or white) Carrots Cauliflower Celerv Chard Collard greens Cucumber Dandelion greens Eggplant Endive Greens (beet, kale, mustard, turnip) Green beans Green peas Jerusalem artichokes Jicama Kohlrabi Leeks Lettuce (any) Mushrooms Okra Onions Parslev Radicchio Radishes Rhubarb Rutabaga Sauerkraut Scallions Snow peas Spaghetti squash Spinach Stir-fried vegetables (no sauce) Summer squash Swiss chard 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

STARCH 1 serving per day

1 serving: 1/2-1 cup

Acorn squash, ½ cup Butternut squash, 1 cup Kabocha, 1 cup Purple potato, ½ of medium size Quinoa, ½ cup Sweet potato, ½ of medium size Taro, ½ cup Yam, ½ of medium size

GOOD FATS

2-4 servings per day

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

FRUIT

1-2 servings per day

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

Apple Apricots, 4 medium Banana 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 Guava Honevdew melon Kiwifruit Kumquats, 4 medium Lemon Lime Loganberries, 3/4 cup Loguats Lychees, 7 Mandarin orange Mulberries, 3/4 cup Nectarine Orange Papaya, 1/2 medium Passion fruit Peach Pear Pineapple, 1/2 cup Plum Pomegranate, 1/2 small Raisins, 2 Tbsp Starfruit Tangelo Tangerine

APPROVED SWEETENERS

Monk fruit powder Stevia Yacon syrup

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.) Red meat, limited to 1–2 servings per week (beef, pork, lamb, buffalo, veal, bison or venison) Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, crab, etc.) Nutrition Shake

VEGETARIAN OPTIONS*

Chia seeds, 4 oz Hemp hearts, 3–4 Tbsp Lentils (not canned) Nutritional yeast, 4 Tbsp Organic non-GMO tempeh Organic non-GMO tofu Quinoa Spirulina, 4 Tbsp Veggie or garden burger (grain-free)

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

NUTRITION SHAKE

1 shake per day

*The Shake, when consumed, is considered a protein serving.

Other Rules:

Detox (7 days, optional) No alcohol (for at least 21 days) Water (minimum of 8 cups per day) No grains No dairy No sugar Supplementation (based on your Weight Management Profile recommendation) Exercise (4–5 days per week) Daily journaling

Be sure to have either a meal or snack within 30 minutes of your workout. If you cannot eat within that time, the Nutrition Shake is a great post-workout recovery snack.