

gotrim™

Sure & Steady

Lose 0.45–0.91 kilograms per week*



BREAKFAST

Banana protein pancakes



A.M. SNACK

Veggies with hummus



LUNCH

Quinoa chicken salad



P.M. SNACK

GoTrim Nutrition Shake with greens



DINNER

Tenderloin steak with grilled zucchini



WATER

Eight (250 mL) glasses daily

WHY IT'S FOR YOU:

You're looking to make gradual changes to your lifestyle and reach your goal weight, one day at a time. With the GoTrim™ Sure & Steady program, it's not if you'll hit your goal, but when.

A DAY ON SURE & STEADY:

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



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.

GoTrim 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 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.

[†]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.

Sure & Steady Power Foods

Breakfast: 1 serving of protein, 2 servings of vegetables, 1 serving of fruit

AM snack: 1 serving of snack protein, 1 serving of vegetables

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

PM snack: 1 serving of snack protein, 1 serving of vegetables, 1 serving of fruit

Dinner: 1 serving of protein, 2–3 servings of vegetables, 1 serving of starch, 1 serving of good fat

VEGETABLES

8–9 servings per day

1 serving: ½–1 cup, all leafy greens 1 cup

Alfalfa sprouts	Onions
Artichokes	Parsley
Asparagus	Radichio
Bean sprouts	Radishes
Beets	Rhubarb
Bok choy	Rocket
Broccoli	Rutabaga
Brussels sprouts	Sauerkraut
Cabbage (red or white)	Silverbeet
Capsicums	Snow peas
Carrots	Spaghetti squash
Cauliflower	Spinach
Celery	Spring onions
Collard greens	Stir-fry vegetables (no sauce)
Cucumber	Summer squash
Dandelion greens	Tomatoes (fresh)
Eggplant	Tomato juice (no salt), ½ cup
Endive	Tomato paste, 2 Tbsp
Greens (beet, kale, mustard, turnip)	Tomato sauce (no sugar added), ½ cup
Green beans	Vegetable juice (no salt), ½ cup
Green peas	Water chestnuts
Jerusalem artichokes	Watercress
Jicama	Zucchini
Kohlrabi	
Leeks	
Lettuce (any)	
Mushrooms	
Okra	

STARCH

1 serving per day

1 serving: ½–1 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

APPROVED SWEETENERS

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

GOOD FATS

2 servings per day

Oils (olive, avocado, coconut)
Avocado, ½ medium
Nuts and seeds, reference FAQ for serving sizes
Coconut cream, 2–3 Tbsp
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	Lime
Apricots, 4 medium	Loganberries, ¾ cup
Banana	Loquats
Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), ¾ cup	Lychees, 7
Cantaloupe	Mandarin orange
Casaba melon	Mulberries, ¾ cup
Cherries, 12 large	Nectarine
Currants, 3 Tbsp	Orange
Dates (fresh), 2	Papaya, ½ medium
Figs (fresh), 2	Passion fruit
Gooseberries, ¾ cup	Peach
Grapefruit	Pear
Grapes	Pineapple, ½ cup
Guava	Plum
Honeydew melon	Pomegranate, ½ small
Kiwifruit	Raisins, 2 Tbsp
Kumquats, 4 medium	Starfruit
Lemon	Sharon fruit/Persimmon
	Tangelo
	Tangerine

WHOLE GRAINS

1 serving per day

1 serving: ½ cup

Amaranth
Barley (pearled or hulled)
Buckwheat (kasha, groats)
Farro
Kamut
Millet
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)
Spelt
Sprouted grain bread

PROTEIN

5–6 servings per day

1 serving (women): 113–170 g/4–6 oz with breakfast, lunch and dinner; 57–85 g/2–3 oz with snacks

1 serving (men): 170–227 g/6–8 oz with breakfast, lunch and dinner; 57–85 g/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, veal, bison or venison)
Seafood (prawns, scallops, clams, lobster, calamari, squid, octopus, mussels, crab, etc.)
Canned tuna, salmon or sardines (packed in water)
GoTrim Nutrition Shake

VEGETARIAN OPTIONS*

Beans (red, black garbanzo, lima, mung, pinto, soy, black-eyed)
Chia or hemp seeds (3–4 Tbsp)
Nutritional yeast (3–4 Tbsp)
Organic non-GMO tempeh
Organic non-GMO tofu
Quinoa
Spirulina (3–4 Tbsp)
Veggie or garden burger (grain-free)

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

GOTRIM NUTRITION SHAKE

Max. 3 scoops per day

When used as a snack, 1 scoop

When used as a meal, 2 scoops

Other Rules:

Detox (seven days, optional)
No alcohol (for at least 21 days)
Water (minimum of 8 glasses per day)
No sugar
Supplementation (based on your Weight Management Profile recommendation)
Exercise (3–5 days per week)
Daily journaling

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