

GoTrim 30-Day Jump-Start

30 DAYS TO CLEANSE YOUR SYSTEM AND SLIM DOWN

Detoxify, burn fat and refresh your body.



DAY 1

PHASE ONE
DETOX CLEANSE

DAY 7

DAY 8

PHASE TWO
FAT BURNING

DAY 30

RENEW AND REPLENISH

REPAIR AND RESHAPE

PHASE 1: DETOX CLEANSE

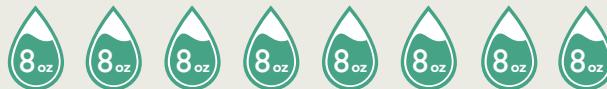
FOOD GROUPS & SERVINGS



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DRINK 8 GLASSES OF WATER EACH DAY



1 SERVING SIZE

Vegetables	1-2 big cups
Good Fats	1 tbsp
Fruits	1 cup/1 medium fruit
Proteins Phase 1:	3 oz
Phase 2 - women:	4-6 oz for main meals; 2-3 oz for snacks
Phase 2 - men:	6-8 oz for main meals; 2-3 oz for snacks



* Individuals following the GoTrim™ Lifestyle System as part of a healthy diet and exercise program can expect to lose 1-2 pounds per week.