

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

PHASE 2: FAT BURNING

Food groups and servings

Food groups and servings

Vegetables	Unlimited
Fruits	3
Proteins	2
Good fats	2

Vegetables	8-12
Fruits	1
Proteins	3-4
Good fats	2



DRINK **8 CUPS** 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:	85 grams
Phase 2 - women:	113-170 grams for main meals; 57-85 grams for snacks
Phase 2 - men:	170-227 grams for main meals; 57-85 grams for snacks



* Individuals following the GoTrim Lifestyle System as part of a healthy diet and exercise program can expect to lose 0.45-0.9 kg per week. 30-Day Jump-Start Booklet and Tracking Sheets can be found at au.GoTrim.com