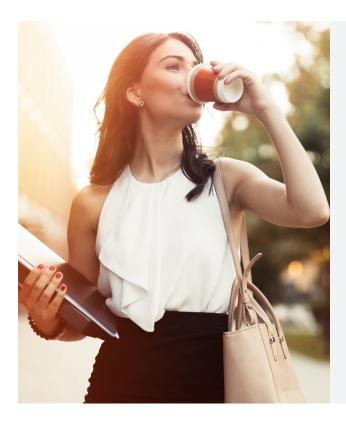
gotrim Café Menu Plan

WHY USE CAFÉ WITH THE GOTRIM[™] CAFÉ MENU PLAN?

If you are looking for a simple, convenient way to help manage your weight, you may be closer than you think. Café uses a three-pronged approach to tackle weight management, targeting: satiety, appetite control and metabolic balance. It also contains ingredients that support cardiovascular health.[‡]

Following the GoTrim Café Menu plan will provide you with food choices that fuel your body with needed nutrients to maximize fat burning while adding variety and flavorful fare to your diet.





WHY USE CAFÉ?

In a 10-week study, participants who used GoTrim®⁺ (IGOOB131®) lost 28 pounds and 6.3% body fat compared to the control group, who only lost 1.5 pounds and 1.9% body fat.⁺⁺

Should you be interested in any other products, please consult your Coach for details.



Gomm.com #GommbumpStart #Find fourFit

"Lipids in Health and Disease 2009, 8:7 DOI: 10.1186/1476-511X-8-7 *You should consult your physician before beginning this or any other weight management program. Individuals following the GoTrim Lifestyle System can expect to lose 1-2 pounds per week.

'The average person using 300 mg of GoTrim' per day, eating sensibly and exercising regularly, can expect to lose up to 2 pounds per week and 4.1% body fat percentage lost over a 10 week period of time.

*You should consult your physician before beginning this or any other weight management program.Individuals following the GoTrim Lifestyle System can expect to lose 1–2 pounds per week. *These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Café Power Foods

Breakfast: 1 serving of protein, 2 servings of vegetables, 1 serving of fruit
A.M. Snack: 1 serving of fruit, ½–1 serving of protein
Lunch: 1 serving of protein, 2 servings of vegetables, 1 serving of good fat
P.M. Snack: ½–1 serving of protein or 1 serving of dairy and 1 serving of vegetables
Dinner: 1 serving of protein, 2–4 servings of vegetables, 1 serving of good fat
*Should you like to incorporate whole grains, beans or legumes into your program, it is recommended to limit

VEGETABLES

them to no more than 2 servings per day

6-9 servings per day

1 serving: 1-2 cups unless otherwise noted

Alfalfa sprouts Artichokes Arugula Asparagus Bean sprouts Beets **Bell peppers** Bok choy Broccoli Brussels sprouts Cabbage (red or white) Carrots Cauliflower Celery Chard Collard greens Cucumber Dandelion greens Eggplant **Endive** Ginger Green beans Green peas Greens (beet, collard, dandelion, kale, mustard, turnip) Hot peppers Jerusalem artichokes Jicama Kohlrabi Leeks Lettuce (any) Malanga Mushrooms Okra Olives Onions Parsley Pimientos Radicchio Radishes Rhubarb Rutabaga Salsa Sauerkraut Scallions Snow peas (no sugar) Spinach . Squash leaves Stir-fry vegetables (no sauce) Taro root, ¼ cup Tomatoes (fresh) Tomato juice (no salt), 1/2 cup Tomato paste, 2 Tbsp. Tomato sauce, ½ cup Vegetable juice (no salt), 1/2 cup Vegetable soup (low-fat), 1/2 cup Water chestnuts Watercress Zucchini

FRUIT

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 Casaba melon Cherries, 12 large Currants, 3 Tbsp Dates (fresh), 2 Figs (fresh), 2 Gooseberries, ¾ cup Grapefruit Grapes Guava Honeydew melon Jackfruit Kiwifruit Kumquats, 4 medium Lemon Lime Loganberries, 3/4 cup Loquats Lychees, 7 Mandarin orange Melon balls 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 Sharon fruit Starfruit Tangelo Tangerine

GOOD FAT

2 servings per day

Oils (olive, avocado, coconut, etc.) Avocado, ½ medium Nuts and seeds

PROTEIN

4-6 servings per day

1 serving (women): 4–6 oz with breakfast, lunch and dinner

1 serving (men): 6–8 oz with breakfast, lunch and dinner

Nutrition Shake Chicken or turkey (without skin) Eggs or egg whites Fresh fish (salmon, sardines, flounder, snapper, trout, tuna, etc.) Lean veal Red meat (limited to 1–2 servings per week) (beef, pork, lamb, buffalo or venison) Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.) Organic non-GMO tempeh Organic non-GMO tofu Veggie or garden burger (grain-free) Canned tuna, salmon or sardines (packed in water)

DAIRY

1-2 servings per day

Those on a dairy-free diet may omit.

Milk Cheese Plain Greek yogurt Yogurt Sour cream

GOTRIM[™] CAFÉ

Mix one stickpack with 6 fl. oz. of water. Can be used with hot or cold water. Most effective if taken 30–60 minutes before a meal, but not required. May use more or less water depending on preference of tea taste.

Other Rules:

Avoid alcohol No sugar No grains Water (minimum of 8 cups per day) Supplementation (may add additional supplements, as they all can be taken together if there are no contraindications) Exercise (at least 3 days per week)

COACH: Jonathan Glassman

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