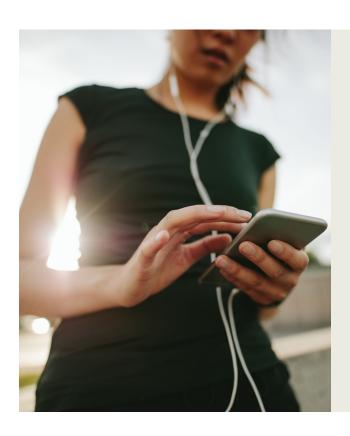
# **go**trim<sup>\*</sup> Tea Menu Plan

## WHY USE TEA WITH THE GOTRIM TEA MENU PLAN?

If you are looking for a simple, convenient way to help manage your weight, you may be closer than you think. Tea 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 Tea Menu Plan will provide you with food choices that feul your body with needed nutrients to maximize fat burning while adding variety and flavorful fare to your diet.





### WHY USE TEA?

A clinical study showed reduction of body weight and improvement in metabolic parameters with the use of GoTrim®† over a 10-week period.††

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









@gotrimofficial

GoTrim.com

#GoTrimJumpStart

#FindYourFit

 ${}^{\dagger}\text{GoTrim}{}^{\ast}$  is a registered trademark of Market America, Inc.

 $^{++}$ 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.

## Tea 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: 1/2-1 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 them to no more than 2 servings per day

#### **VEGETABLES**

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

COACH:

Jonathan Glassman

https://www.gotrim.com/chakra/ WEBSITE:

(800) 235-1250 PHONE:

**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), 34 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, ¾ cup

Loquats

Lychees, 7

Mandarin orange Melon balls

Mulberries, 3/4 cup

Nectarine

Orange

Papaya, ½ medium

Passion fruit

Peach Pear

Pineapple, ½ 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.

Cheese

Plain Greek yogurt

Yogurt

Sour cream

#### **GOTRIM TEA**

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)