

The Trimovation diet is based on whole, unprocessed, healthy foods. It is critical to your success that you eat foods that are unprocessed and in their natural state. Whenever possible, purchase foods that are organic and hormone free. Also be aware that eating at a restaurant is not recommended while on the protocol.

You must avoid fats and oils as much as possible. Try to avoid oil soluble vitamins like vitamin E, Flaxseed, Omega-3 Fish oils, and Co-Q10 unless required by your doctor. Also, try to avoid using heavy body creams, oil and lotions. You can use oil free lotion.

The Trimovation Diet Protocol is considered a low-calorie diet plan. Low-calorie diets can be effective for weight loss, but they should be approached with caution, especially without medical supervision. We recommend that you consult your doctor before making any significant changes to your diet or exercise routine. It's essential to prioritize your health and well-being when considering any weight loss strategy.

Now it's time to start your transformation!!

THE 30-DAY RAPID RESULTS PLAN HAS THREE PHASES:

✔ Day 1 & 2 - Phase 1: Loading

✔ Day 3 to 28 - Phase 2: Slim Down

✔ Day 28 onward - Phase 3: Maintenance

Trimovation Drops Suggested Use: Daily dosage of Trimovation drops is 2mL. It is recommended that you take 1mL in the AM and 1mL in the PM. Place the drops under your tongue, hold them there for 3 minutes, then swallow. Wait 10 minutes before eating or drinking.

DAY 1 & 2 - PHASE 1: LOADING

Begin taking Trimovation drops as directed. Eat whatever you like, without overeating.

In this phase you are preparing your body for calorie reduction. In order to do that it is essential that you give your body all the calories it needs. Eat all of the foods that you love and enjoy as long as you do not overeat. It is critical that you start with this phase and that you eat all the things you want. It will signal your body to start letting go of calories in Phase 2.

DAY 3 TO 28 – PHASE 2: SLIM DOWN

It's time to start seeing results! This phase consists of intermittent fasting and calorie reduction. You should be eating between 550 and 600 calories per day. In order to achieve the quickest, most effective weight loss, the Trimovation Diet Plan must be followed exactly and eat only what is listed in the guide.

Continue taking Trimovation drops as directed and follow the Trimovation Diet Plan. Weigh yourself each day in the morning after emptying your bladder and without clothes before eating or drinking. If you are the same weight for 3 days in a row, please reference the Trimovation Reset Plan.

BREAKFAST:

This is the fasting part of the day. Do not eat any foods. You can consume any non-calorie beverages in any amount. Acceptable beverages include:

- Tea
- Mineral Water
- Coffee
- Regular Water
- Soda Water

LUNCH & DINNER:

Lunch and Dinner should be eaten, at least, six hours apart. Each meal will consist of a protein, vegetable and a fruit.

Protein Foods: 3 ½ oz to 4 oz, twice a day

A list of all the approved foods to consume on the Trimovation protocol are listed on the next page.

Tips for Lunch & Dinner Meals:



Protein: Protein should be weighed raw and all visible fat must be removed before cooking. Protein should be in the purest form possible without additives and preservatives. Grass fed and organic meat are preferred but not required.



Vegetables: Try to eat as many vegetables as possible. Vegetables are packed with nutrients and they are also very filling. Vary the vegetables that you eat so that you can get as many vitamins as possible. Green, leafy vegetable are great for fiber and will really make you feel full.



Fruit: Fruit can be eaten with your meals or as a snack between meals. Fruits that are high in fiber can also help fill you up.

TRIMOVATION VEGETARIAN OPTION:

For vegetarians, there are a couple options that you can use as protein substitutions.

Drink 1 cup of skim milk with lunch and dinner.

Acceptable Vegetarian Protein:

- Non-fat cottage cheese (1/2 cup = 80 calories)
- 1 whole egg (boiled or poached) combined with the whites (129 calories)
- ½ cup of boiled lentils (140 calories)
- ½ cup of tofu (94 calories)
- 1/4 cup of chick peas (74 calories)

Please note: Weight loss on the vegetarian option may be slower than with the regular Trimovation diet protocol but it will be effective.



TRIMOVATION APPROVED FOODS

PROTEINS	Calories per oz	PROTEINS cont.	Calories per oz
Albacore Tuna	33	Haddock	36
Ground Beef (90/10)	49	Lobster	27
Beef Steak	38	Mahi Mahi	24
Black Sea Bass	28	Perch	33
Buffalo (Steak)	28	Pheasant	38
Buffalo (Ground)	63	Scallop	14
Chicken (Breast)	47	Shrimp	30
Chicken (Ground)	66	Swordfish	49
Cod	23	Tilapia	36
Cottage Cheese (1%)	28	Trout	40
Crab Meat	27	Turkey (breast meat)	43
Egg (1 Whole)	78	Turkey ground (93%)	43
Egg Whites (1 egg)	17	Veal	49
Elk	31	Venison	45
Flounder	38	Whitefish	49
Halibut	31		

VEGETABLES	Calories per oz	VEGETABLES cont.	Calories per oz
Alfalfa Sprouts	9	Jalapenos	8
Artichoke	13	Kale	14
Asparagus	5	Leek	19
Bell Pepper	6	Lettuce	4
Broccoli	10	Onion	11
Brussel Sprouts	12	Portobello Mushrooms	6
Cabbage	7	Radish	6
Cauliflower	7	Shallot	20
Celery	4	Shiitake Mushrooms	9
Collard Greens	9	Spinach	7
Endive	5	Swiss Chard	6
Fennel	9	Tomato	5
Green Bean	9	Zucchini	5

FRUIT	Calories per serving	FRUIT	Calories per serving
Apple (Medium)	95	Orange (medium)	73
Apricot (1/2 cup)	40	Peach (half)	56
Blackberry (1/2 cup)	31	Pear (half)	48
Blueberry (1/2 cup)	42	Plum	30
Cherry (1/2 cup)	46	Raspberry (1/2 cup)	32
Grapefruit (half)	52	Strawberry (1/2 cup)	33
Lemon (whole)	17	Watermelon (1 cup)	23
Lime (whole)	20		