



GIATRIM



**"I lost 8lbs in my first 11 days of
the GIATrim program!"**

GJ, California

IT'S TIME TO SUCCEED WITH GIATRIM!

Before your first day on the GIATrim program, please do the following:

Prepare to document your transformation

- Take three "before" photos of yourself: Facing forward, a side view, and one which shows your start date (you may hold a newspaper, for example).
- Take your body measurements (see the chart on page 6)

Head over to the GIATrim.com

The GIATrim blog is an incredibly valuable tool to help you reach milestones in your weight loss journey. We recommend you visit www.GIATrim.com and do the following activities:

- Sign up for email updates to receive deals and other important info
- Read the HEART of GIATrim article #1
- Commit to reading each article and doing recommended activities
- Post your thoughts and comments

Listen to the GIATrim Team Calls

- Ask your sponsor about GIATrim Team Calls
- Listen to the GIATrim "What to Know" call on the GIA Wellness Voicemail Tree by calling (512) 505-6877

Get Social!

Join the conversation! Head over to the GIATrim Facebook page and click "like" to get inspiration, advice, and updates.



30-DAY PROGRAMS



EVERY GIATRIM™ PROGRAM INCLUDES

CLEANSE Gentle Detox Formula

Detox your way to better health with this patented blend of herbs and nutrients, specially formulated to remove impurities.

LEAN Meal Replacement Protein Shake

Losing weight is perfected with this nutritionally packed meal replacement shake.

CURB Appetite Suppressant Spray

Curb your cravings with this delicious dark chocolate flavored spray.

i-Thrive

A powerhouse antioxidant liquid supplement beverage that supports a healthy immune system, boosts energy, and helps to replenish vital nutrients.

POPULAR ADD-ONS

i-Nourish

i-Nourish is a highly concentrated, whole food, fruit and vegetable supplement. With the addition of a prebiotic, i-Nourish also supports natural digestion and regularity.

Edge

Edge contains Tex-OE, a patented formula containing a combination vitamin B and prickly pear cactus extract. It is formulated to assist your body's natural recovery from stress and muscle fatigue.

Heart fit

Heart-fit contains Jiaogulan and Hawthorn Berry - two breakthrough ingredients known to promote overall cardiovascular health.

i-Rest

i-Rest is a Dietary Sleep Support Supplement containing a unique liquid blend of Melatonin and 7 other all-natural sleep assisting ingredients. Powered by SFA.

Motion+

A combination of proven joint support ingredients such as glucosamine, msm, and acetylmyristoleate in a fresh mint flavor spray. Powered by SFA.



All GIA's liquid products are powered with SFA - "Single File" Technology. SFA helps to deliver proven ingredients to where your body needs them most for optimal absorption AND super-fast results!

30-DAY PROGRAMS



ACCELERATED PROGRAM

Jump start your weight loss

- 2 Cleanse days per week
- 2 Meal replacement shakes a day (recipe of choice) on non-cleanse days
- Curb your cravings
- Drink i-Thrive & i-H2O daily

PROGRAM INCLUDES:

(4) CLEANSE Gentle Detox Formula, (2) LEAN Meal Replacement Protein Shake, (1) CURB Appetite Suppressant Spray, (1) i-Thrive Liquid Supplement Beverage



SHAPE PROGRAM

Start each week off right with a gentle cleanse

- 1 Cleanse day per week
- 2 Meal replacement shakes a day (recipe of choice) on non-cleanse days
- Curb your cravings
- Drink i-Thrive & i-H2O daily

PROGRAM INCLUDES:

(2) CLEANSE Gentle Detox Formula, (2) LEAN Meal Replacement Protein Shake, (1) CURB Appetite Suppressant Spray, (1) i-Thrive Liquid Supplement Beverage



LEAN LIFESTYLE

Maintain your weight loss with a Lean lifestyle

- Daily dose of CLEANSE
- 1 meal replacement shake each day for breakfast
- Curb your cravings
- Drink i-Thrive & i-H2O daily

PROGRAM INCLUDES:

(1) CLEANSE Gentle Detox Formula, (1) LEAN Meal Replacement Protein Shake, (1) CURB Appetite Suppressant Spray, (1) i-Thrive Liquid Supplement Beverage

let's do this!

SAMPLE CLEANSE DAY

EARLY MORNING

- 2 to 4 oz Cleanse + 8 oz i-H2O
- Add 1 oz i-Thrive (recommended)

MID MORNING — SNACK

- 1 Small apple

LATE MORNING

- 2 to 4 oz Cleanse + 8oz i-H2O

EARLY AFTERNOON — SNACK

- 10 baby carrots

MID AFTERNOON

- 2 to 4 oz Cleanse + 8 oz i-H2O

EARLY EVENING — SNACK

- 1 pear

EVENING

- 2 to 4oz Cleanse + 8 oz i-H2O

LATE EVENING — BEDTIME

- Unsweetened decaffeinated tea

SAMPLE SHAKE DAY

EARLY MORNING

- 1 oz i-Thrive

MORNING — BREAKFAST

- LEAN Meal Replacement Shake

LATE MORNING — SNACK

- 1 Small apple

LUNCH

- Choose any 350-400 calorie lunch

MID AFTERNOON

- 1 cup fresh fruit (no banana)

EVENING — DINNER

- LEAN Meal Replacement Shake

LATE EVENING — BEDTIME

- Unsweetened decaffeinated tea



GIATRIM CALENDAR & OPTIONS

30-DAY ACCELERATED PROGRAM CALENDAR

C Day 1	S Day 2	S Day 3	C Day 4	S Day 5	S Day 6	S Day 7
C Day 8	S Day 9	S Day 10	C Day 11	S Day 12	S Day 13	S Day 14
C Day 15	S Day 16	S Day 17	C Day 18	S Day 19	S Day 20	S Day 21
C Day 22	S Day 23	S Day 24	C Day 25	S Day 26	S Day 27	S Day 28
C Day 29	S Day 30					

CLEANSE DAYS: Four 4 oz detox per day + 8 oz i-H2O with each 4 oz serving of CLEANSE

SHAKE DAYS: Two Meal Replacement Shakes per day + 400 calorie lunch



Cleanse Day Guidelines

- We recommend you do no more than 2 Cleanse Days within a week
- We recommend you do 2 Cleanse Days per week for no more than 4 consecutive weeks.
- Only participate in light to moderate levels of exercise on Cleanse Days.
- Drink plenty of i-H2O throughout the day. The Institute of Medicine recommends healthy adults living in a temperate climate drink the following amount of water every day:
Women: 91 oz / **Men:** 125 oz
- We recommend drinking i-Thrive in the morning.

TRACK YOUR PROGRESS

Measurements	Weight	Neck	Upper Arm (L)	Upper Arm (R)	Chest	Waist	Buttocks	Upper Thigh (L)	Upper Thigh (R)	Caif (L)	Caif (R)
Day 1											
Day 14											
Day 30											
Total Lost											
Goals											

Shake Day Guidelines

- Take part in an exercise program with both aerobic and resistance training. Consult your doctor before starting any exercise program.
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GIATRIM CALENDAR & OPTIONS

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30-DAY CUSTOM CALENDAR

Any GIATrim program can easily be customized to fit your lifestyle and goals. You can begin the calendar on any day of the week.

2-WEEK JUMP START CALENDAR

C Day 1	S Day 2	S Day 3	C Day 4	S Day 5	S Day 6	S Day 7
C Day 8	S Day 9	S Day 10	C Day 11	S Day 12	S Day 13	S Day 14

For those looking to jump start their weight loss, this program is a perfect fit!

SUGGESTED RECIPES

LEAN MEAL REPLACEMENT PROTEIN SHAKES

Lean shakes thicken quickly as a result of the Konjac Root. For a more fluid consistency, add more liquid. You can also save ½ cup in the fridge for a pudding-like snack!

LYNDA'S CHOCO BLUE

Ingredients

- 8 ounces unsweetened almond milk or GIA i-H2O
- 2 scoops GIATrim LEAN
- 1/2 cup frozen blueberries
- 1 teaspoon unsweetened cocoa powder
- 1 packet of Truvia
- 1 handful of ice cubes

Optional & Recommended

- 1 tablespoon flaxseed oil
- 1 tablespoon chia seeds

Directions

1. Combine water, LEAN powder, cocoa powder, sweetener, ice, and fruit in a blender until smooth
2. Add flaxseed oil, chia seeds, and vanilla extract
3. Blend until all ingredients are incorporated

CHERRY VANILLA

Ingredients

- 8 ounces water or selected liquid
- 2 scoops GIATrim LEAN
- 1 cup frozen cherries
- 1 teaspoon natural vanilla extract
- 1 packet of Truvia

Optional & Recommended

- 1 tablespoon flaxseed oil
- 1 tablespoon chia seeds

Directions

1. Combine water, powder, sweetener, and fruit in a blender until smooth
2. Add flaxseed oil, chia seeds, and vanilla extract
3. Blend until all ingredients are incorporated

CINA BERRY

Ingredients

- 8 ounces unsweetened almond milk or GIA i-H2O
- 2 scoops GIATrim LEAN
- 1/2 cup frozen blueberries, strawberries or mixed frozen berry medley
- 1/4 teaspoon cinnamon
- 1 packet of Truvia

Optional and recommended

- 1 tablespoon flaxseed oil
- 1 tablespoon chia seeds

Directions

1. Combine water, powder, sweetener, and fruit in a blender until smooth
2. Add flaxseed oil, chia seeds, and vanilla extract
3. Blend until all ingredients are incorporated

BANANA SPLIT

Ingredients

- 2 scoops GIATrim LEAN
- 8 ounces of GIA i-H2O or Almond milk
- 3 large frozen strawberries
- 1/2 banana
- 1 teaspoon unsweetened cocoa powder
- 1 teaspoon almond extract

Optional & Recommended

- 1 tablespoon flaxseed oil
- 1 tablespoon chia seeds

Directions

1. Combine water, LEAN protein powder, unsweetened cocoa powder and fruit in a blender until smooth
2. Add flaxseed oil, chia seeds, and almond extract
3. Blend again, until all ingredients are incorporated

SUGGESTED RECIPES

LEAN MEAL REPLACEMENT PROTEIN SHAKES

PEAR N GINGER

Ingredients

- 8 ounces water
- 2 scoops GIATrim LEAN
- 1 pear
- 1/8 teaspoon ground cinnamon
- 1 tablespoon flaxseed oil

Optional & Recommended

- 1 packet of truvia, or sweetener
- 1 tablespoon chia seeds
- 1/2-inch cube fresh ginger

Directions

1. Combine water, fruit, ginger and powder in a blender until smooth
2. Add flaxseed oil, chia seeds, and cinnamon
3. Blend until all ingredients are thoroughly incorporated

LEMON BERRY

Ingredients

- 8 ounces water
- 1 scoop GIA TRIM LEAN
- 1 cup mixed berries (blueberries, raspberries, blackberries)
- 1/4 of a lemon
- 1 packet of truvia or preferred sweetener

Optional & Recommended

- 1 tablespoon flaxseed oil
- 1 tablespoon chia seeds

Directions

1. Combine water, powder, sweetener and fruit in a blender until smooth
2. Add the flaxseed oil and chia seeds, if using
3. Blend until all ingredients are incorporated

PEACH PIE

Ingredients

- 8 ounces water
- 2 scoops GIATrim LEAN
- 1 cup frozen sliced peaches (or 1 medium peach)
- 1/8 teaspoon cinnamon (or to taste)
- 1/2-inch cube of fresh ginger
- 1 tablespoon flax seed oil
- 1 tablespoon chia seeds

Directions

1. Combine water, powder, and fruit in a blender until smooth
2. Add the flaxseed oil, chia seeds, cinnamon and ginger
3. Blend until all ingredients are incorporated

BANANA & ALMOND BUTTER

Ingredients

- 8 ounces of GIA i-H2O or Almond milk
- 2 scoops GIATrim LEAN
- 1/2 frozen banana
- 1 tablespoon of Almond Butter

Optional & Recommended

- 1 tablespoon flaxseed oil
- 1 tablespoon chia seeds

Directions

1. Combine water, powder, banana & almond butter in a blender until smooth
2. Add the flaxseed oil, chia seeds, if using
3. Blend until all ingredients are incorporated

SUGGESTED RECIPES

LEAN MEAL REPLACEMENT PROTEIN SHAKES

MANGO PINEAPPLE POWER

Ingredients

- 8 ounces of GIA i-H2O
- 2 scoops GIATrim LEAN
- ½ cup of frozen mango
- ½ cup of frozen pineapple
- 1 handful of ice cubes

Optional & Recommended

- 1 tablespoon flaxseed oil
- 1 tablespoon chia seeds

Directions

1. Combine water, powder, frozen fruit and ice in a blender until smooth
2. Add the flaxseed oil, chia seeds, if using
3. Blend until all ingredients are incorporated

CHOCOLATE MOCHA

Ingredients

- ½ cup of Almond milk
- 2 scoops GIATrim LEAN
- 1/2 cup organic coffee, cold
- 1 teaspoon unsweetened cocoa powder
- 1 packet of truvia or preferred sweetener
- 3 large ice cubes

Optional & Recommended

- 1 tablespoon flaxseed oil
- 1 tablespoon chia seeds

Directions

1. Combine almond milk, powder, coffee, sweetener and ice in a blender until smooth
2. Add the flaxseed oil, chia seeds, if using
3. Blend until all ingredients are incorporated

CHOCOLATE MINT

Ingredients

- 8 ounces of GIA i-H2O or Almond milk
- 2 scoops GIATrim LEAN
- 1 teaspoon unsweetened cocoa powder
- ½ frozen banana
- A few drops of organic peppermint flavoring

Optional & Recommended

- 1 tablespoon flaxseed oil
- 1 tablespoon chia seeds

Directions

1. Combine water, powder, frozen banana, peppermint flavoring and ice in a blender until smooth
2. Add the flaxseed oil, chia seeds, if using
3. Blend until all ingredients are incorporated

RASPBERRY BLAST

Ingredients

- 8 ounces of GIA i-H2O or coconut milk
- 2 scoops GIATrim LEAN
- 3 large ice cubes
- 1 packet of truvia or preferred sweetener
- 1 cup of frozen raspberries

Optional & Recommended

- 1 tablespoon flaxseed oil
- 1 tablespoon chia seeds

Directions

1. Combine coconut milk, powder, raspberries, sweetener and ice in a blender until smooth
2. Add the flaxseed oil, chia seeds, if using
3. Blend until all ingredients are incorporated