



OVERVIEW

Our 21 Day Challenge is designed for maximum weight loss. This challenge includes two phases: Phase 1 is a cleanse — a fresh start for your body that prepares it for the second step. Phase 2 is the fat-burning phase, where fat and inches are lost. Use our simple and straightforward guide to change your life, today.

PHASE 1 — DETOX CLEANSE	PHASE 2 — FAT BURNING
<p style="text-align: center;">DAYS 1 - 7</p> <p>Kick off your weight loss journey with an invigorating cleanse! Phase 1 will curb those cravings for sweet, fatty and salty foods while supporting your weight loss efforts. Bursting with fruits and vegetables, this detox is the first step to the brand new you.</p>	<p style="text-align: center;">DAYS 8 - 21</p> <p>Accelerate your weight loss efforts during Phase 2. Specially created to target stubborn fat, during these weeks you will reach the maximum phase of fat loss. In this Phase, you'll shed those extra pounds of fat and ultimately feel better, both physically and emotionally.</p>



YOUR TLS 21 DAY STRATEGIES

- Get plenty of sleep
- No skipping meals (do not go longer than 4 hours without eating while awake)
- No alcohol
- Use spices and herbs to enhance your meals
- Drink water (at least 64 oz. a day)
- No grains, starches or dairy
- No sugar or artificial sweeteners
- Choose raw or lightly steamed vegetables
- Use small amounts of low-sodium soy sauce, salt, pepper, vinegar and mustard



TIPS FOR TAKING “BEFORE AND AFTER” PHOTOS

Pictures speak louder than words. Before getting started on your 21 Day Challenge, be sure to take “before” photos. After just 21 days, you will see the physical rewards of your hard work.

• Photos should be full-body shots (from head to toe) consisting of one (1) shot each from the front, side and back.

• Ideally, you should be dressed in form-fitting athletic wear or swimwear. The outfits worn for “Before and After” photos should be as close to identical as possible.

• Photographic area should be well lit; dim lighting prevents detailed viewing. We want to see you!

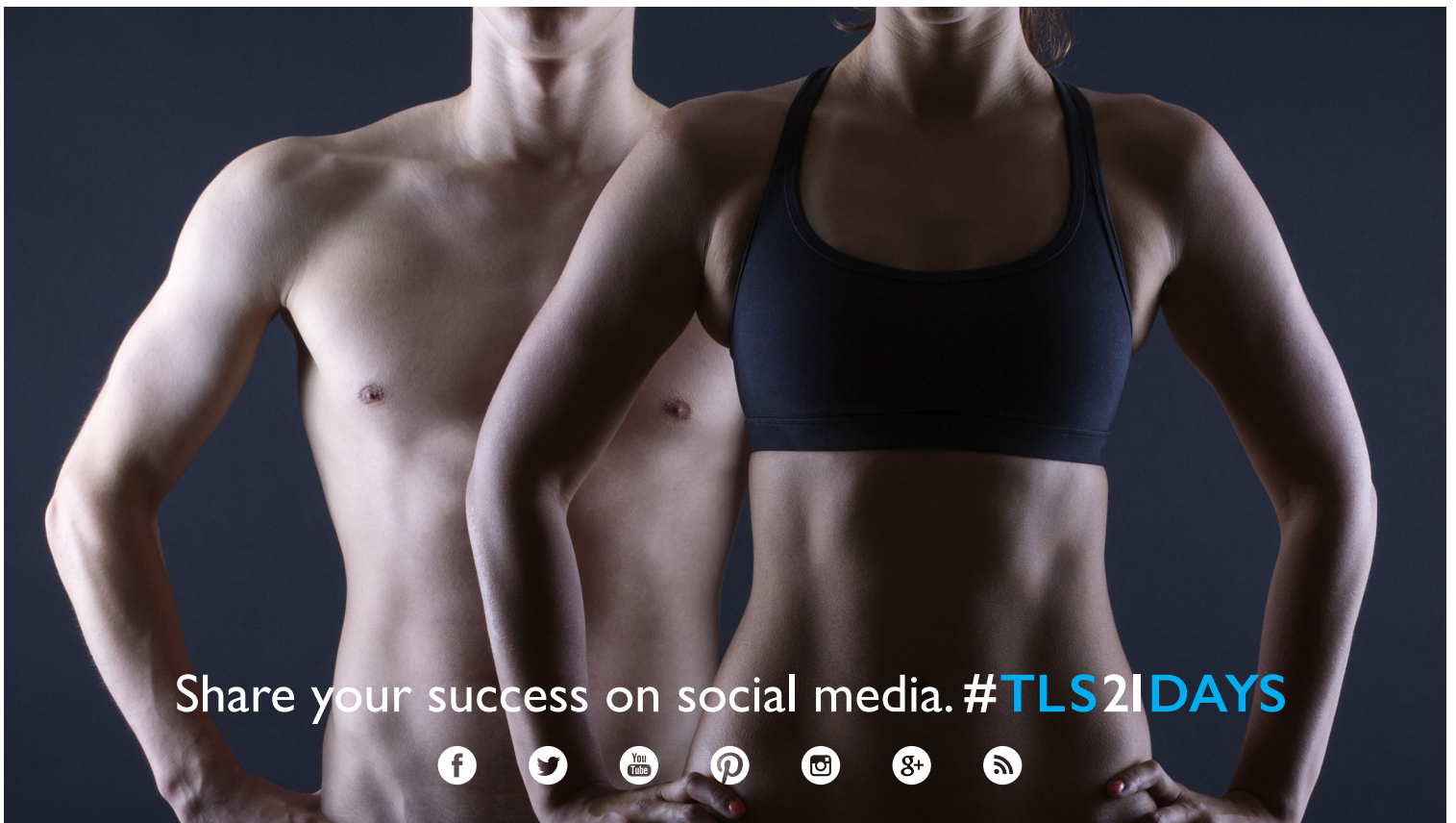
• Send your photos via email to findyourfit@marketamerica.com.

21-DAY CHALLENGE CHECKLIST

DAYS 1 - 7	DAYS 8 -21
<ul style="list-style-type: none"> • NutriClean® 7-Day Cleansing System • Isonix OPC-3® with Pycnogenol® • Isonix® Multivitamin • TLS® CORE Fat & Carb Inhibitor 	<ul style="list-style-type: none"> • TLS® Nutrition Shake • TLS® CORE Fat & Carb Inhibitor • Isonix Multivitamin® • Isonix OPC-3®
<ul style="list-style-type: none"> • TLS® Whey Protein Shake 	<ul style="list-style-type: none"> • TLS® Thermochrome with Advantra Z® • TLS® Tonalin CLA • TLS® ACTS • TLS® Green Coffee Plus Garcinia Cambogia • TLS® Whey Protein Shake
<p> Required Supplements Suggested Additional Supplements </p>	



From left: NutriClean 7-Day Cleansing & Detox System, TLS CORE, Isonix Multivitamin, Isonix OPC-3, TLS Nutrition Shakes



Share your success on social media. #TLS21DAYS



PRODUCT TESTIMONIALS



NUTRICLEAN 7-DAY CLEANSING SYSTEM

"This has been my best cleanse ever. Gentle, easy, effective, with increased energy as an added plus." — Kathleen S.



TLS NUTRITION SHAKES

"I lost 30 lbs and they are delicious! A must for my weight loss journey!" — Maureen M.



TLS CORE

"I lost 35 lbs in 90 days with its help! Went from a 40 inch to a 36 inch waistline!" — Tom N.



21 DAY CHALLENGE GUIDE

PHASE 1 DAY PLANNER

<p>Breakfast</p> <ul style="list-style-type: none"> - squeeze 1/2 lemon in 8 oz. warm water - 1 serving fruit - 1 serving protein - 3+ servings vegetables <p>Snack</p> <ul style="list-style-type: none"> - 8 oz. water - 1 serving fruit 	<p>Lunch</p> <ul style="list-style-type: none"> - 16 oz. water - 1 serving good fat - 3+ servings vegetables <p>Snack</p> <ul style="list-style-type: none"> - 8 oz. water - 2+ servings vegetables - 1 serving fruit 	<p>Dinner</p> <ul style="list-style-type: none"> - 16 oz. water - 1 serving protein - 1 serving good fat - 3+ servings vegetables <p>Snack (optional)</p> <ul style="list-style-type: none"> - 8 oz. water - 1 serving vegetable
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PHASE 1 DIRECTIVE

- TLS CORE Fat & Carb Inhibitor 30 minutes before your two biggest meals*
- Isotonix OPC-3 with Pycnogenol*
- Isotonix Multivitamin*
- NutriClean 7-Day Cleansing System*
- No coffee, soda or other caffeinated beverages
- No dairy
- No grains or starches
- No alcohol
- Avoid strenuous activities; rather, partake in yoga or gentle stretching

DAILY FOOD SERVINGS

- Vegetables: Unlimited servings per day
- Fruit: 3 servings per day
- Protein: 2 servings per day (1 serving: 3 oz.)
- Good fats: 2 servings per day

*as directed on label

Individuals following the TLS Weight Loss Solution can expect to lose 1-2 pounds per week. The persons sharing their stories are UnFranchise® Owners of Market America products. 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.

PHASE 2 DAY PLANNER

<p>Breakfast</p> <ul style="list-style-type: none"> - 16 oz. water - 1 serving protein - 3 servings vegetables <p>Snack</p> <ul style="list-style-type: none"> - 1 TLS Nutrition Shake with 8 oz. of water - 1 serving fruit 	<p>Lunch</p> <ul style="list-style-type: none"> - 16 oz. water - 1 serving good fat - 1 serving protein - 2 servings vegetables <p>Snack</p> <ul style="list-style-type: none"> - 1 TLS Nutrition Shake with 8 oz. of water - 2 servings vegetables 	<p>Dinner</p> <ul style="list-style-type: none"> - 16 oz. water - 1 serving good fat - 1 serving protein - 3 servings vegetables <p>Post Workout Snack</p> <ul style="list-style-type: none"> - 1 serving of protein within: 30 minutes of exercise
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PHASE 2 DIRECTIVE

- Isotonix MultiVitamin*
- Isotonix OPC-3*
- TLS CORE Fat & Carb Inhibitor 30 minutes before your two biggest meals*
- TLS Nutrition Shake*
- No dairy
- No grains or starches
- No alcohol
- For overall cardiovascular health, the American Heart Association recommends at least 30 minutes of moderate-intensity aerobic activity at least 5 days per week.**

DAILY FOOD SERVINGS

- Vegetables: 8-12 servings per day
- Fruit: 1 serving per day
- Protein: 3-4 servings per day
- Good fats: 2 servings per day

** http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307976_Article.jsp

*as directed on label

21 DAY CHALLENGE POWER FOODS

VEGETABLES: 1 SERVING, 1 -2 CUPS, UNLESS OTHERWISE NOTED

<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Dandelion greens • Eggplant • Endive • Ginger • Green beans • Green peas • Greens (beet, collard, dandelion, kale, mustard, turnip) • Hot peppers • Jerusalem artichokes • Jicama • Kale • Kohlrabi • Leeks • Lettuce (any) • Malanga 	<ul style="list-style-type: none"> • Mushrooms • Okra • Olives • Onions • Parsley • Pimientos • Radicchio • Radishes • Rhubarb • Rustabaga • Salsa • Sauerkraut • Scallions • Snow peas (no sugar) • Spinach • Squash leaves • Stir-fry vegetables (no sauce) 	<ul style="list-style-type: none"> • Taro root, 1/4 cup • Tomatoes (fresh) • Tomato juice (no salt), 1/2 cup • Tomato paste, 2 tbsp. • Tomato sauce, 1/2 cup • Vegetable juice (no salt), 1/2 cup • Vegetable soup (low-fat), 1/2 cup • Water chestnuts • Watercress • Zucchini
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GOOD FATS: 1 SERVING, 1 TABLESPOON

- Oils (Olive, Avocado, Coconut, Grapeseed)
- Avocado, 1/2 medium*

FRUITS: 1 SERVING, 1 MEDIUM FRUIT OR 1 CUP, UNLESS OTHERWISE NOTED

<ul style="list-style-type: none"> • Apple • Apricots, 4 medium • Banana • Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), 3/4 cup • Cantaloupe • Casaba melon • Cherries, 12 large • Currants, 3 tbsp. 	<ul style="list-style-type: none"> • Dates (fresh), 2 • Figs (fresh), 2 • Gooseberries, 3/4 cup • Grapefruit • Grapes • Guava • Honeydew melon • Jackfruit • Kiwifruit • Kumquats, 4 medium • Lemon 	<ul style="list-style-type: none"> • Lime • Loganberries, 3/4 cup • Loquats • Lychees, 7 • Mandarin orange • Melon balls • Mulberries, 3/4 cup • Nectarine • Orange • Papaya, 1/2 medium • Passion fruit 	<ul style="list-style-type: none"> • Peach • Pear • Pineapple, 1/2 cup • Plum • Pomegranate, 1/2 small • Raisins, 2 tbsp. • Sharon fruit • Starfruit • Tangelo • Tangerine
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PROTEINS: PHASE 1 — 1 SERVING, 3 OUNCES, UNLESS OTHERWISE NOTED

PHASE 2 — WOMEN: 4-6 OZ. WITH BREAKFAST, LUNCH AND DINNER; 2-3 OZ. WITH SNACKS
 MEN: 6-8 OZ. WITH BREAKFAST, LUNCH AND DINNER; 2-3 OZ. WITH SNACKS

<ul style="list-style-type: none"> • Canned tuna, salmon or sardines (packed in water) • Chicken or turkey (without skin) • Eggs (1-2) • Egg whites (3-4) 	<ul style="list-style-type: none"> • Lean veal • Tofu • Fresh fish (salmon, sardines, tuna, flounder; snapper; trout, etc.) • Seafood (shrimp, scallops, 	<ul style="list-style-type: none"> clams, lobster, calamari, squid, octopus, mussels, etc.) • Tempeh* • TVP (texturized vegetable protein)* • Veggie or garden burger 	<ul style="list-style-type: none"> (grain-free)* • TLS® Nutrition Shake* * Only allowed during Phase 2
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