



# 7 DAY DETOX

## FRUIT AND VEGETABLE CLEANSE

### Why It's For You:

You're looking for a kick-start and want to receive the maximum benefit from TLS® Weight Management Solution. Whether this is your first time participating in TLS or you're stuck in a plateau, this 4 – 7 day detox will curb your appetite for sweet, salty and fatty foods while supporting your weight management efforts.

### A Day On Detox:

Below is an example of some of the foods you can eat. Drink at least 8 cups (250 ml each) of water daily, and supplement based on your Weight Management Profile recommendation.



**BREAKFAST:** WARM LEMON WATER† & GREENS-ON-THE-GO



**AM SNACK:** ZUCCHINI BOATS†



**LUNCH:** BRAISED CHICKEN†



**PM SNACK:** GREEK SALAD



**DINNER:** EASY STIR FRY†



**SNACK (optional):** HOMEMADE HUMMUS†

†All recipes are found on [tlsSlim.com.au](http://tlsSlim.com.au) (must have active subscription)



#### Isotonix OPC3® with Pycnogenol®†:

- May assist in the maintenance of healthy cholesterol and blood sugar levels in healthy individuals
- Demonstrates anti-inflammatory activity

#### Isotonix® Multivitamin:

- Contains 100% or more of the daily value of many essential vitamins and minerals
- Supports metabolism and conversion of food into energy, thyroid function, adrenal function, and hormonal balance

#### Ultimate Aloe®:

- A source of over 200 nutrients, enzymes, vitamins and minerals, including 13 of the 17 essential minerals needed for good nutrition
- Contains no high fructose corn syrups, artificial sweeteners, thickeners or emulsifiers

#### NutriClean 7-Day Cleansing System:

- Helps maintain digestive health
- Helps cleanse the colon, bowel, and detoxify the liver

#### TLS® CORE Fat & Carb Inhibitor:

- Helps inhibit carbohydrate absorption in the body
- May help suppress appetite by promoting a feeling of fullness

†Pycnogenol™ is a registered trademark of Horphag Research Ltd., and is protected by US Patent Numbers 4,698,360; 5,720,956 and 6,372,266.

You should consult your physician before beginning this or any other weight management program. Individuals following the TLS Weight Management Solution can expect to lose 0.45 - 0.9 kilograms per week.

Many products are made available through [GLOBAL.SHOP.COM](http://GLOBAL.SHOP.COM). This personal consumption program allows US products to be shipped to Australia that are not available for regular sale in Australia. These products are not listed with TGA. Any products for personal consumption must be only for your personal use.

# DETOX POWER FOODS

## VEGETABLES: UNLIMITED SERVINGS

1 serving: 1–2 cups, *unless otherwise noted*

- Alfalfa sprouts
- Artichokes
- Arugula (rocket)
- Asparagus
- Bean sprouts
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage (red or white)
- Capsicums (pimientos)
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Dandelion greens
- Eggplant
- Endive
- Ginger
- Green beans
- Green peas
- Greens (beet, collard, dandelion, kale, mustard, turnip)
- Hot peppers
- Jerusalem artichokes
- Kale
- Kohlrabi
- Leeks
- Lettuce (any)
- Mushrooms
- Okra
- Olives
- Onions
- Parsley
- Radicchio
- Radishes
- Rhubarb
- Salsa
- Sauerkraut
- Scallions
- Silverbeet (chard)
- Snow peas (no sugar)
- Spinach
- Squash leaves
- Stir-fry vegetables (no sauce)
- Swede, turnip (rutabaga)
- 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
- Yam Bean (jicama)
- Zucchini

## FRUIT: 3 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, 3/4 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/Paw Paw, 1/2 medium
- Passion fruit
- Peach
- Pear
- Persimmon (sharon fruit)
- Pineapple, 1/2 cup
- Plum
- Pomegranate, 1/2 small
- Raisins, 2 tbsp.
- Starfruit
- Tangelo
- Tangerine

## PROTEIN: 2 SERVINGS PER DAY

1 serving: 89 grams, *unless otherwise noted*

- Smoked salmon
- Chicken or turkey (without skin)
- Eggs (1–2)
- Egg Whites (3–4)
- Fresh fish (salmon, tuna, flounder, snapper, trout, etc.)
- Lean veal
- Soy milk (177 ml)
- Tofu

## GOOD FATS: 2 SERVINGS PER DAY

1 serving: 1 tablespoon

- Oils (olive, avocado, coconut, grapeseed)

## The Rules:

- No alcohol
- No coffee, soda or other caffeinated beverages
- No grains or starches
- Water (minimum of 8 cups per day)
- No dairy
- No sugar (other than those found naturally in fruits and vegetables) or artificial sweeteners
- First thing every morning, drink the juice of 1/2 a lemon in a cup of warm water.

- \*Supplementation: TLS® CORE Fat & Carb Inhibitor, Isotonix® Multivitamin, NutriClean® 7-Day Cleansing System, Isotonix OPC-3®, Ultimate Aloe®

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## Detox Tips:

- Do not engage in strenuous physical activity, even if you are used to it. Instead, participate in yoga or gentle stretching.
- Get plenty of rest and sleep. You may feel more tired than usual the first few days of detox. By the end of the week, you should feel energised.
- Use spices and herbs, small amounts of low-sodium soy sauce, salt, pepper, vinegar and mustard.
- Choose raw, or lightly steamed vegetables
- Do not skip meals.
- This is a great time to meditate, listen to relaxing music and engage in other stress-reduction activities.

- Think about the commitment you are making to yourself, what you stand to gain and how accomplished you will feel.

How often you participate in a four- to seven-day detox program will depend on your particular needs. Some people choose to complete the detox up to four times a year (every three months). It is recommended that you undergo a detox program one to three times each year.