



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 on 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

Meet our family of products.

The products in your program will be customised to meet your needs.



Isotonix OPC-3® with Pycnogenol®:

- May assist in the maintenance of healthy cholesterol and blood sugar levels in healthy individuals
- Demonstrates anti-inflammatory activity
- Contains antioxidants that protect the cells and tissues from damages by free radicals

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 functions, and hormones
- Assists in the maintenance or improvement of general well being

Ultimate Aloe®:

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

†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.

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 (lettuce)
- Ginger
- Green beans
- Green peas
- Greens (beet, collard, dandelion, kale, mustard, turnip)
- Hot peppers (chillies)
- Jerusalem artichokes
- Kale
- Kohlrabi
- Leeks
- Lettuce (any)
- Mushrooms
- Okra (lady finger, gumbo)
- Olives
- Onions
- Parsley
- Radicchio
- Radishes
- Rhubarb
- Salsa
- Sauerkraut
- Scallions (shallots, spring onions)
- 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 (rockmelon)
- 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/carambola)
- Pineapple, 1/2 cup
- Plum
- Pomegranate, 1/2 small
- Raisins, 2 tbsp
- Starfruit
- Tangelo
- Tangerine

PROTEIN: 2 SERVINGS PER DAY

1 serving: 89 g, *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: Isotonix® Multivitamin, Isotonix OPC-3®, Ultimate Aloe®

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 4-7day 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.