



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 loss efforts.

A Day On Detox:

Below is an example of some of the foods you can eat. Drink at least 8 glasses (236 ml) of water daily, and supplement based on your weight management needs.



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



AM SNACK: SPICY GAZPACHO



LUNCH: STRAWBERRY SALAD



PM SNACK: VEGETABLE MEDLEY



DINNER: SPICY CARROT SOUP



SNACK (optional): VANILLA BANANA CREAM

All recipes are found on UK.SHOP.COM.

Meet our family of products.

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



Isotonix OPC-3®

- Contains Pycnogenol, the most clinically researched and potent bioflavonoid
- Contains grape seed, red wine, bilberry and citrus extracts

Isotonix® Multivitamin

- Ideal for anyone who struggles to maintain a healthy diet
- Promotes normal macronutrient, protein and glycogen metabolism

Isotonix Digestive Enzymes with Probiotics

- Contributes DigeZyme® (a powerful digestive enzyme blend) and probiotics with Lactospore® (*Bacillus coagulans*)
- One serving supplies more than 100 mg of key digestive enzymes and 150 million live bacteria

®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 programme.

DETOX POWER FOODS

VEGETABLES: UNLIMITED SERVINGS

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

- Alfalfa sprouts
- Artichokes
- Arugula/Rocket salad
- Asparagus
- Aubergine
- Bean sprouts
- Beetroot
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage (red or white)
- Carrots
- Cauliflower
- Celery
- Chard
- Courgette
- Cucumber
- Dandelion greens
- Endive
- Ginger
- Green beans
- Green peas
- Greens (beet, collard, dandelion, kale, mustard, turnip)
- Hot peppers
- Jerusalem artichokes
- Jicama
- Kohlrabi
- Leeks
- Lettuce (any)
- Mangetout
- Mushrooms
- Okra
- Olives
- Onions
- Parsley
- Pimientos
- Radicchio
- Radishes
- Rhubarb
- Salsa
- Sauerkraut
- Scallions/Spring onions
- Spinach
- Squash leaves
- Stir-fry vegetables (no sauce)
- Taro root, 1/4 cup
- Tomatoes (fresh)
- Tomato juice (no salt), 1/2 cup
- Tomato paste, 2 tbsp.
- Tomato sauce, 1/2 cup
- Turnips
- Vegetable juice (no salt), 1/2 cup
- Vegetable soup (low-fat), 1/2 cup
- Water chestnuts
- Watercress

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, 1/2 medium
- Passion fruit
- Peach
- Pear
- Pineapple, 1/2 cup
- Plum
- Pomegranate, 1/2 small
- Raisins, 2 tbsp
- Sharon fruit
- Starfruit
- Tangelo
- Tangerine

PROTEIN: 2 SERVINGS PER DAY

1 serving: 88 g, *unless otherwise noted*

- Tinned tuna, salmon or sardines (packed in water)
- Chicken or turkey (without skin)
- Eggs (1-2)
- Egg Whites (3-4)
- Fresh fish (salmon, tuna, flounder, red 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 dairy
- No grains or starches
- Daily journal
- Water (minimum of 8 cups per day)
- 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®, Isotonix Digestive Enzymes with Probiotics

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 4-7 day detox programme 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 programme one to three times each year.