



# 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 glasses (236 ml) of water daily, and supplement based on your weight management goals.



**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 [tlsSlim.com](http://tlsSlim.com) (must have active subscription)



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

- Antioxidant for the maintenance of good health
- Studies have shown OPCs to be many times more powerful than vitamin C and vitamin E

#### Isotonix® Multivitamin:

- Contains 100% or more of most of the recommended daily allowances (RDA) of vitamins and minerals
- Helps the body to metabolize proteins, fats and carbohydrates

#### NutriClean® 7-Day Cleansing System:

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

#### TLS CORE Fat & Carb Metabolizer:

- Helps the body to metabolize
- Helps improve healthy glucose metabolism

†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 kg (1-2 lbs) per week. Many U.S. products are made available through the Personal Consumption Program on [GLOBAL.SHOP.COM](http://GLOBAL.SHOP.COM) in Canada. The Personal Consumption Program allows products that are available only in the U.S. to be shipped to Canada for personal consumption only, such products cannot be resold in Canada. Visit your [GLOBAL.SHOP.COM](http://GLOBAL.SHOP.COM) site today!

# DETOX POWER FOODS

## VEGETABLES: UNLIMITED SERVINGS

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

- 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
- 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
- Mushrooms
- Okra
- Olives
- Onions
- Parsley
- Pimientos
- Radicchio
- Radishes
- Rhubarb
- Rutabaga
- Salsa
- Sauerkraut
- Scallions
- Snow peas (no sugar)
- 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
- Vegetable juice (no salt), 1/2 cup
- Vegetable soup (low-fat), 1/2 cup
- Water chestnuts
- Watercress
- 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, 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 (3 oz), *unless otherwise noted*

- Canned tuna, salmon or sardines (packed in water)
- Chicken or turkey (without skin)
- Eggs (1-2)
- Egg whites (3-4)
- Fresh fish (salmon, tuna, flounder, snapper, trout, etc.)
- Lean veal
- Soy milk (6 oz)
- Tofu

## GOOD FATS: 2 SERVINGS PER DAY

1 serving: 1 tablespoon

- Oils (olive, avocado, coconut, grapeseed)

## The Rules:

- No alcohol
- No dairy
- No coffee, soda or other caffeinated beverages
- No grains or starches
- 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: TLS® CORE Fat & Carb Metabolizer, Isotonix® Multivitamin, Isotonix OPC-3®, NutriClean® 7-Day Cleansing System\*

## 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 energized.
- 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.