



TLS 21 DAY  
**CHALLENGE**



OVERVIEW

Our 21-Day Challenge is specially designed for maximum weight management. 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. This is the fat-burning phase, where fat and centimetres 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 management journey with an invigorating cleanse! Phase 1 will curb those cravings for sweet, fatty and salty foods while supporting your 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 management efforts during the intensive Phase 2. Specially created to target stubborn fat, in these weeks you will reach the ultimate phase of fat loss. In this Phase, you'll shed those extra kilos and ultimately feel better, both physically and emotionally.</p>

# YOUR TLS 21 DAY STRATEGIES

- Daily journaling
- 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 8 cups a day)
- No grains, starches or dairy
- No sugar or artificial sweeteners (other than sugar in fruit)
- 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@marketaustralia.com.au](mailto:findyourfit@marketaustralia.com.au) and a summary of your results (i.e. ‘I lost x lbs./kg.’)\*

\*Market Australia may recognise your success in its magazine, facebook page, promotion material and so on. You understand and agree that by sharing your photos with Market Australia you authorise Market Australia and its related companies, free of any compensation, to use your photos, and name in its promotional materials, facebook page, events and so on.

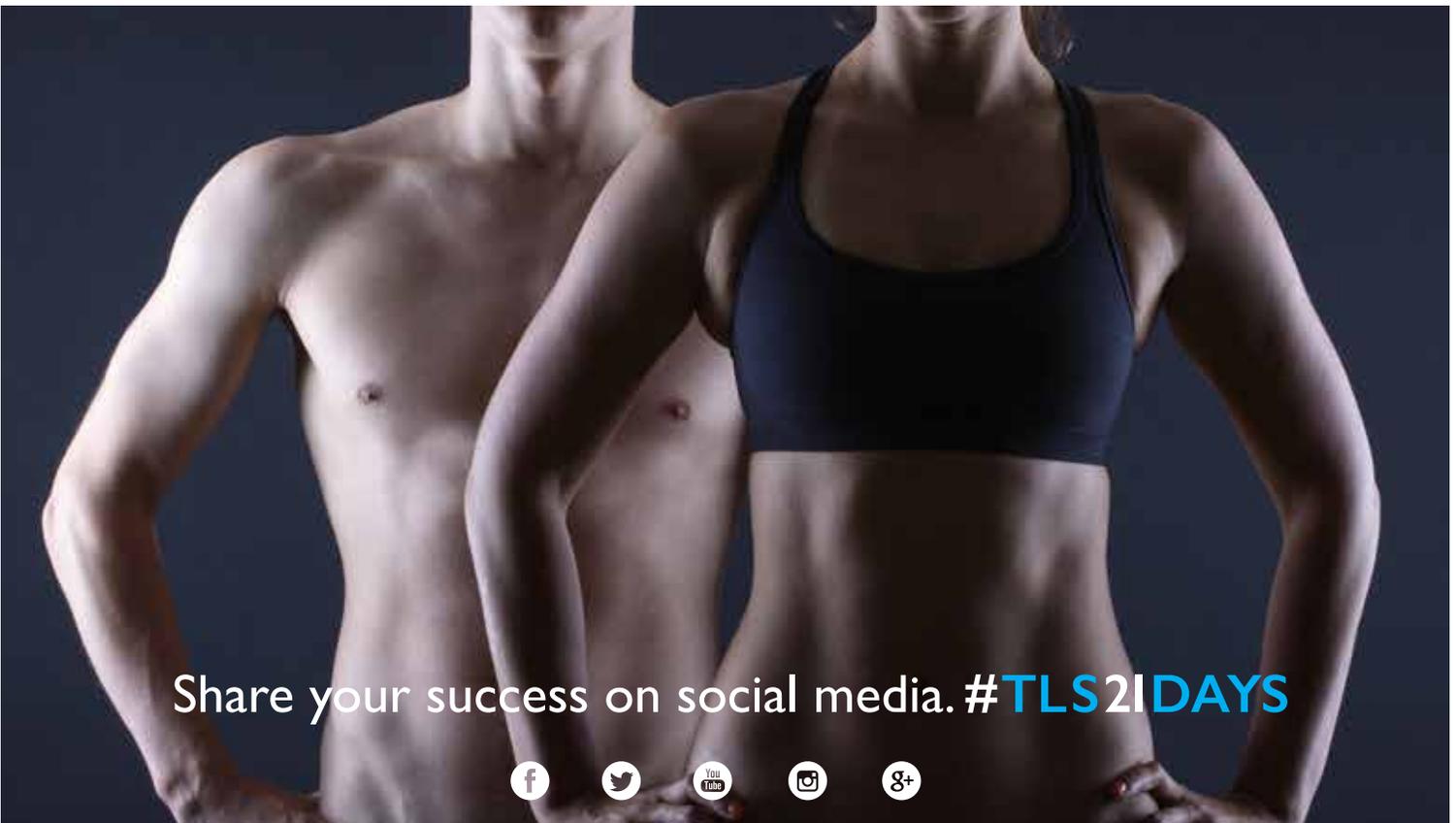
# 21-DAY CHALLENGE CHECKLIST

DAYS 1 - 7	DAYS 8 -21
<ul style="list-style-type: none"> <li>• Isotonix OPC-3®</li> <li>• Isotonix® Multivitamin</li> <li>• Ultimate Aloe®</li> </ul>	<ul style="list-style-type: none"> <li>• Isotonix OPC-3®</li> <li>• Isotonix® Multivitamin</li> <li>• TLS® Nutrition Shake</li> <li>• Isotonix® Isochrome</li> </ul>
<ul style="list-style-type: none"> <li>• TLS CORE Fat &amp; Carb Inhibitor</li> <li>• NutriClean® 7-Day Cleansing System</li> </ul>	<ul style="list-style-type: none"> <li>• TLS® Tonalin CLA</li> <li>• TLS® ACTS</li> <li>• TLS® Green Coffee Plus Garcinia Combogia</li> <li>• TLS® CORE Fat &amp; Carb Inhibitor</li> </ul>
<p>  Recommended Supplements            Suggested Additional Supplements         </p>	



From left: Isotonix OPC-3, Isotonix Multivitamin, Ultimate Aloe, TLS Nutrition Shakes, Isotonix Isochrome

Many products are made available through GLOBAL.SHORCOM. This personal consumption programme 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.



Share your success on social media. #TLS21DAYS



# PRODUCT TESTIMONIALS



## TLS CLA

"It helped me lose 41 kg (90 lbs) and become half my size!" – Marta H.



## TLS NUTRITION SHAKES

"I lost 14kg (30 lbs) and they are delicious! A must for my weight loss journey!" — Maureen M.



## TLS CORE

"I lost 16kg (35 lbs) in 90 days with its help! Went from a 40 inch to a 36 inch waistline!" — Tom N.

*Individuals following the TLS Weight Management Solution as part of a healthy diet and exercise programme can expect to lose up to 0.45 kg per week. The persons sharing their stories are UnFranchise® Owners of Market America products. Market Australia has not evaluated such testimonials. Many products are made available through GLOBALSHOP.COM. This personal consumption programme 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.*



# 21 DAY CHALLENGE GUIDE

## PHASE 1 DAY PLANNER

<p><b>BREAKFAST</b></p> <ul style="list-style-type: none"> <li>- squeeze 1/2 lemon in 1 cup warm water</li> <li>- 1 serving fruit</li> <li>- 1 serving protein</li> <li>- 3+ servings vegetables</li> </ul> <p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>- 1 cup water</li> <li>- 1 serving fruit</li> </ul>	<p><b>LUNCH</b></p> <ul style="list-style-type: none"> <li>- 2 cups water</li> <li>- 1 serving good fat**</li> <li>- 3+ servings vegetables</li> </ul> <p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>- 1 cup water</li> <li>- 2+ servings vegetables</li> <li>- 1 serving fruit</li> </ul>	<p><b>DINNER</b></p> <ul style="list-style-type: none"> <li>- 2 cups water</li> <li>- 1 serving protein</li> <li>- 1 serving good fat**</li> <li>- 3+ servings vegetables</li> </ul> <p><b>SNACK (OPTIONAL)</b></p> <ul style="list-style-type: none"> <li>- 1 cup water</li> <li>- 1 serving vegetable</li> </ul>
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## PHASE 1 DIRECTIVE

- Isotonix OPC-3®\*
- Isotonix® Multivitamin\*
- Ultimate Aloe®\*
- 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: 85 grams)
- Good Fats: 2 servings per day\*\*

\*As directed on label  
\*\*unsaturated fats like omega-3 fatty acids (e.g. avocado, flaxseed, nuts, olive oil)

## PHASE 2 DAY PLANNER

<p><b>BREAKFAST</b></p> <ul style="list-style-type: none"> <li>- 2 cups water</li> <li>- 1 serving protein</li> <li>- 3 servings vegetables</li> </ul> <p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>- 1 TLS Nutrition Shake with 1 cup of water</li> <li>- 1 serving fruit</li> </ul>	<p><b>LUNCH</b></p> <ul style="list-style-type: none"> <li>- 2 cups water</li> <li>- 1 serving good fat**</li> <li>- 1 serving protein</li> <li>- 2 servings vegetables</li> </ul> <p><b>SNACK</b></p> <ul style="list-style-type: none"> <li>- 1 TLS Nutrition Shake with 1 cup of water</li> <li>- 2 servings vegetables</li> </ul>	<p><b>DINNER</b></p> <ul style="list-style-type: none"> <li>- 2 cups water</li> <li>- 1 serving good fat**</li> <li>- 1 serving protein</li> <li>- 3 servings vegetables</li> </ul> <p><b>POST WORKOUT SNACK</b></p> <ul style="list-style-type: none"> <li>- 1 serving of protein within: 30 minutes of exercise</li> </ul>
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## PHASE 2 DIRECTIVE

- Isotonix OPC-3®\*
- Isotonix® Multivitamin\*
- Isotonix Isochrome\*
- TLS Nutrition Shake\*
- No dairy
- No grains or starches
- No alcohol
- Fitness Australia recommends at least 150 minutes of moderate intensity cardiovascular exercise or 75 minutes of vigorous cardiovascular exercise 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

†SOURCE <http://www.heartfoundation.org.au/SiteCollectionDocuments/physical-activity-in-patients-with-cvd-management-algorithm.pdf> [http://www.getmoving.tas.gov.au/\\_\\_data/assets-file/0003/45048/Fitness\\_Australia\\_cardiovascular\\_exercise\\_prescription\\_for\\_healthy\\_adults1.pdf](http://www.getmoving.tas.gov.au/__data/assets-file/0003/45048/Fitness_Australia_cardiovascular_exercise_prescription_for_healthy_adults1.pdf)  
\*as directed on label  
\*\*unsaturated fats like omega-3 fatty acids (e.g. avocado, flaxseed, nuts, olive oil)

# 21 DAY CHALLENGE POWER FOODS

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

- Alfalfa sprouts
- Artichokes
- Asparagus
- Bean sprouts
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage (red or white)
- 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
- Kohlrab
- Leeks
- Lettuce (any)
- Mangetout
- Mushrooms
- Okra
- Olives
- Onions
- Parsley

- Pimientos
- Radicchio
- Radishes
- Rhubarb
- Rocket
- Salsa
- Sauerkraut
- Scallions
- Silverbeet
- Snow peas (no sugar)
- Spinach
- Squash leaves
- Stir-fry vegetables (no sauce)
- Swede, turnip
- 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
- Zucchini

## 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

- 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
- Pineapple, 1/2 cup
- Plum
- Pomegranate, 1/2 small
- Raisins, 2 tbsp.
- Starfruit
- Tangelo
- Tangerine

## PROTEINS: PHASE 1 — 1 SERVING, 85 GRAMS, UNLESS OTHERWISE NOTED PHASE 2 — WOMEN: 113-170 GRAMS WITH BREAKFAST, LUNCH AND DINNER; 57-85 GRAMS WITH SNACKS | MEN: 170-227 GRAMS WITH BREAKFAST, LUNCH AND DINNER; 57-85 GRAMS WITH SNACKS

- Smoked Salmon
- Chicken or turkey (without skin)
- Eggs (1-2)
- Egg whites (3-4)
- Lean veal
- Tofu

- Fresh fish (salmon, sardines, tuna, flounder; snapper, trout, etc.)
- Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)

- Tempeh\*
- TVP (texturized vegetable protein)\*
- Veggie or garden burger (grain-free)\*

- TLS® Nutrition Shake\*

\* Only allowed during Phase 2