

PHASE I MEAL GUIDE

PHASE I DAY PLANNER

Breakfast - squeeze 1/2 lemon in 8 oz. warm water - 1 serving fruit - 1 serving protein - 3+ servings vegetables Snack - 8 oz. water - 1 serving fruit	Lunch - 16 oz. water - 1 serving good fat - 3+ servings vegetables Snack - 8 oz. water - 2+ servings vegetables - 1 serving fruit	Dinner - 16 oz. water - 1 serving protein - 1 serving good fat - 3+ servings vegetables Snack (optional) - 8 oz. water - 1 serving vegetable
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PHASE I DIRECTIVE

- TLS CORE Fat & Carb Inhibitor 30 minutes before your two biggest meals*
- Isotonix OPC-3 with Pycnogenol*
- Isotonix Multivitamin*
- NutriClean 7-Day Cleansing System*
- 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: 3 oz.)
- Good fats: 2 servings per day

*as directed on label

Individuals following the TLS Weight Loss Solution can expect to lose 1-2 pounds per week. The persons sharing their stories are UnFranchise® Owners of Market America products. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

PHASE I POWER FOODS

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

<ul style="list-style-type: none"> • Alfalfa sprouts • Artichokes • Arugula • Asparagus • Bean sprouts • Beets • Bell peppers • Bok choy • Broccoli • Brussels sprouts • Cabbage (red or white) • Carrots • Cauliflower 	<ul style="list-style-type: none"> • Celery • Chard • Collard greens • Cucumber • Dandelion greens • Eggplant • Endive • Ginger • Green beans • Green peas • Greens (beet, collard, dandelion, kale, mustard, turnip) 	<ul style="list-style-type: none"> • Hot peppers • Jerusalem artichokes • Jicama • Kale • Kohlrabi • Leeks • Lettuce (any) • Malanga • Mushrooms • Okra • Olives • Onions • Parsley 	<ul style="list-style-type: none"> • Pimientos • Radicchio • Radishes • Rhubarb • Rustabaga • Salsa • Sauerkraut • Scallions • Snow peas (no sugar) • Spinach • Squash leaves • Stir-fry vegetables (no sauce) • Taro root, 1/4 cup 	<ul style="list-style-type: none"> • 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
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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

<ul style="list-style-type: none"> • Apple • Apricots, 4 medium • Banana • Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), 3/4 cup • Cantaloupe • Casaba melon 	<ul style="list-style-type: none"> • Cherries, 12 large • Currants, 3 tbsp. • Dates (fresh), 2 • Figs (fresh), 2 • Gooseberries, 3/4 cup • Grapefruit • Grapes • Guava • Honeydew melon 	<ul style="list-style-type: none"> • Jackfruit • Kiwifruit • Kumquats, 4 medium • Lemon • Lime • Loganberries, 3/4 cup • Loquats • Lychees, 7 • Mandarin orange 	<ul style="list-style-type: none"> • Melon balls • Mulberries, 3/4 cup • Nectarine • Orange • Papaya, 1/2 medium • Passion fruit • Peach • Pear • Pineapple, 1/2 cup 	<ul style="list-style-type: none"> • Plum • Pomegranate, 1/2 small • Raisins, 2 tbsp. • Sharon fruit • Starfruit • Tangelo • Tangerine
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PROTEINS: PHASE 1 — 1 SERVING, 3 OUNCES, UNLESS OTHERWISE NOTED

PHASE 2 — WOMEN: 4-6 OZ. WITH BREAKFAST, LUNCH AND DINNER; 2-3 OZ. WITH SNACKS
 MEN: 6-8 OZ. WITH BREAKFAST, LUNCH AND DINNER; 2-3 OZ. WITH SNACKS

<ul style="list-style-type: none"> • Canned tuna, salmon or sardines (packed in water) • Chicken or turkey (without skin) • Eggs (1-2) 	<ul style="list-style-type: none"> • Egg whites (3-4) • Lean veal • Tofu • Fresh fish (salmon, sardines, tuna, flounder, snapper; 	trout, etc.) <ul style="list-style-type: none"> • Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.) 	<ul style="list-style-type: none"> • Tempeh* • TVP (texturized vegetable protein)* • Veggie or garden burger (grain-free)* 	<ul style="list-style-type: none"> • TLS® Nutrition Shake* * Only allowed during Phase 2
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