



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 Loss 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 (8 oz.) of water daily, and supplement based on your Weight Loss Profile recommendation. The TLS Detox Kit is a great kit to utilize for this cleanse.



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



AM SNACK: SPICY GAZPACHO†



LUNCH: STRAWBERRY CHICKEN SALAD†



PM SNACK: VEGETABLE MEDELY



DINNER: SPICY CARROT SOUP WITH THAI SPICED TOFU†



SNACK (optional): VANILLA BANANA CREAM†

†All recipes are found on tlsSlim.com (must have active subscription)



Isotonix OPC3® with Pycnogenol®†:

- Helps maintain healthy cholesterol and blood glucose levels
- Demonstrates anti-inflammatory activity

Isotonix® Multivitamin:

- Contains 100% or more of the recommended daily allowance of essential vitamins
- Helps maintain normal metabolic functioning

NutriClean® 7-Day Cleansing System:

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

TLS® CORE Fat & Carb Inhibitor:

- Helps inhibit carbohydrate absorption in the body
- May help suppress appetite by promoting a feeling of fullness

†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 Loss Solution can expect to lose 1-2 pounds per week. 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.

DETOX POWER FOODS

BREAKFAST: 3 servings vegetables, 1 serving fruit

AM SNACK: 1 serving fruit, 1 serving vegetable

LUNCH: 1 serving protein, 1 serving good fat, 3 servings vegetables

PM SNACK: 1 serving fruit, 2 servings vegetables

DINNER: 1 serving protein, 1 serving good fat, 3 servings vegetables

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: 3 ounces, *unless otherwise noted*

- TLS® Whey Protein Shake
- 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 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 Inhibitor, Isotonix® Multivitamin, NutriClean® 7-Day Cleansing System, Isotonix OPC-3®

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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.