

# CONTINUED COMMITMENT

A guide to healthy, everyday living at your target weight\*



## BREAKFAST

Veggie egg scramble



## A.M. SNACK

Chocolate coconut shake



## LUNCH

Chicken salad squash boats



## P.M. SNACK

Peanut butter apple-cinnamon wedges



## DINNER

Baked chicken tenderloin and grilled veggies



## WATER

Eight (240 ml) glasses daily

## WHY IT'S FOR YOU:

You're at a healthy weight and looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but looking for a plan with flexibility, allowing the occasional indulgence.

## A DAY ON CONTINUED COMMITMENT:

Below are examples of some of the foods you can eat.



### NutriClean Fiber With L-Glutamine & Probiotics:

Supports digestive health and bowel regularity

### TLS® Nutrition Shake:

Provides extra nourishment between meals

### Isotonix Daily Essentials Kit:

Includes four essential supplements to promote long-term health and optimal nutrition

### Isotonix Digestive Enzymes Plus Powder:

Provides enzymes that promote nutrient absorption from foods

### Timeless Evergreen Formula:

Helps protect the body from the negative effects of free radicals

### Isotonix Isochome Powder:

Helps with energy and stamina

All recipes are found on [my.tlsSlim.com](http://my.tlsSlim.com)

You should consult your physician before beginning this or any other weight management program. The results may not be typical. Individual results may vary.

These products are not intended to diagnose, treat, cure or prevent any disease.

# CONTINUED COMMITMENT POWER FOODS

**Breakfast:** 1 serving of protein, 2 servings of vegetables, 1 serving of whole grain, 1 serving of good fat

**A.M. Snack:** 1 serving snack protein and/or 1 serving of dairy, 1 serving of fruit

**Lunch:** 1 serving of protein, 2–3 servings of vegetables, 1 serving of fruit, 1 serving of good fat

**P.M. Snack:** 1 serving of protein

**Dinner:** 1 serving of protein, 2–4 servings of vegetables, 1 serving of starch, 1 serving of good fat

## VEGETABLES

6–9 servings per day

1 serving: ½–1 cup, all leafy greens 1 cup

Alfalfa sprouts  
Artichokes  
Arugula  
Asparagus  
Bean sprouts  
Beets  
Bell peppers  
Bok choy  
Broccoli  
Brussels sprouts  
Cabbage (red or white)  
Carrots  
Cauliflower  
Celery  
Chard  
Cucumber  
Eggplant  
Endive  
Green beans  
Green peas  
Greens (beet, collard, dandelion, kale, mustard, turnip)  
Jerusalem artichokes  
Jicama  
Kohlrabi  
Leeks  
Lettuce (any)  
Mushrooms  
Okra  
Onions  
Pimientos  
Radicchio  
Radishes  
Rutabaga  
Sauerkraut  
Scallions  
Snow peas  
Spaghetti squash  
Spinach  
Stir-fry vegetables (no sauce)  
Summer squash  
Tomatoes (fresh)  
Tomato juice (no salt), ½ cup  
Tomato paste, 2 Tbsp  
Tomato sauce (no sugar added), ½ cup  
Vegetable juice (no salt), ½ cup  
Water chestnuts  
Watercress  
Zucchini

## STARCHES

1 serving per day

1 serving: ½–1 cup

Acorn squash, ½ cup  
Butternut squash, 1 cup  
Kabocha, 1 cup  
Purple potato, ½ medium  
Quinoa, ½ cup  
Sweet potato, ½ medium  
Taro, ½ cup  
Yam, ½ medium

## GOOD FATS

2–4 servings per day

Avocado, ½ medium  
Coconut cream, 2–3 Tbsp  
Nuts and seeds (reference TLS FAQ for serving sizes)  
Oils (grapeseed, olive, avocado, coconut)  
Olives (check serving size and watch for sodium content)

## FRUIT

2 servings per day

1 serving: 1 medium fruit or 1 cup, unless otherwise noted

Apple	Kumquats, 4 medium
Apricots, 4 medium	Lemon
Banana	Lime
Berries (blueberries, strawberries, raspberries, boysenberries, blackberries, gooseberries, loganberries, mulberries), ¾ cup	Loquats
Cantaloupe	Lychees, 7
Cherries, 12 large	Mandarin orange
Currants, 3 Tbsp	Mango
Dates (fresh), 2	Melon balls
Figs (fresh), 2	Nectarine
Grapefruit	Orange
Grapes	Papaya, ½ medium
Guava	Passion fruit
Honeydew melon	Peach
Jackfruit	Pear
Kiwifruit	Pineapple, ½ cup
	Plum
	Pomegranate, ½ small
	Raisins, 2 Tbsp
	Sharon fruit/Persimmon
	Starfruit
	Tangelo
	Tangerine

## WHOLE GRAINS

1 serving per day

1 serving: ½ cup

Amaranth  
Barley (pearled or hulled)  
Buckwheat (kasha, groats)  
Farro  
Kamut  
Millet  
Muesli or granola, no added sugar  
Noodle (only black bean, lentil, edamame, arrowroot or mung bean noodle — see packaging for serving size)  
Oatmeal (rolled or steel-cut)  
Rice (authentic basmati, brown, wild and black)  
Spelt  
Sprouted grain bread

## TLS-APPROVED SWEETENERS

Monk fruit powder  
Stevia  
Yacon syrup

On occasion: local honey, high-quality agave or coconut sugar

## PROTEIN

5–6 servings per day

1 serving (women): 4–6 oz with breakfast, lunch and dinner; 2–3 oz with snacks

1 serving (men): 6–8 oz with breakfast, lunch and dinner; 2–3 oz with snacks

Chicken or turkey (without skin)  
Eggs or egg whites  
Fresh fish (salmon, tuna, cod, sardines, flounder, snapper, trout, etc.)  
Red meat — limited to 1–2 servings per week (beef, lamb, buffalo, veal, bison or venison)  
Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, crab, etc.)  
Canned tuna, salmon or sardines (packed in water)  
TLS® Nutrition Shake

### VEGETARIAN OPTIONS\*

Beans (red, black garbanzo, lima, mung, pinto, soy, black-eyed)  
Chia or hemp seeds, 4 oz  
Edamame  
Nutritional yeast, 4 Tbsp  
Organic non-GMO tempeh  
Organic non-GMO tofu  
Spirulina, 4 Tbsp  
Veggie or garden burger (grain-free)

\*Please download vegan and vegetarian handout for more information.

## DAIRY

1 serving per day

Those on a dairy-free diet may omit

Cheese (all)  
Cottage cheese  
Cream  
Kefir  
Milk  
Plain yogurt

Plain Greek yogurt  
Sour cream

*Organic or grass-fed is best. Serving sizes are found on package.*

## Other Rules:

Alcohol (limit to three drinks a week)

Water (minimum of 8 cups per day)

Supplementation (based on your Weight Loss Profile recommendation or optimal wellness regimen)

No sugar

Exercise (3–6 days per week)

*Be sure to either have a meal or snack within 30 minutes of your workout.*