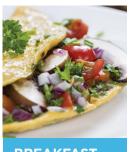
TLS WEIGHT LOSS SOLUTION

FAT SHREDDER

Lose up to 10 pounds in 2 weeks*



BREAKFAST
Veggie omelette



A.M. SNACK
Strawberry &
spinach shake

WHY IT'S FOR YOU:

You're extremely committed to achieving swift weight loss goals through an effective program. You'll shed fat and feel better, physically and emotionally, knowing you can do anything you set your mind to.

A DAY ON FAT SHREDDER:

Below are examples of some of the foods you can eat. Drink at least 8 glasses (8 oz each) of water daily, and supplement based on your Weight Loss Profile recommendation.



LUNCH
Salad with turkey
meatballs



P.M. SNACK
Tuna-filled celery sticks



Tuscan cod



POST WORKOUT
TLS' Nutrition
Shake



ACTS: May help to minimize certain stress related issues (weight gain, difficulty sleeping, etc.)[†]

CLA: Targets stubborn belly fat[†]

CORE: Supports leptin sensitivity which may help to manage hunger and stimulate lipolysis and helps inhibit carbohydrate absorption[†]

Green Coffee: Inhibits the conversion of sugar into fat[†]

Thermochrome™ V6: Increases energy and promotes thermogenesis†

Trim Tea: Helps promote weight loss and helps curb appetite[†]

Trim Café: Helps promote weight loss and helps curb appetite[†]

Nutrition Shake: Snack or occasional meal replacement[†]

†All recipes are found on tlsSlim.com

FAT SHREDDER POWER FOODS

Breakfast: 1 serving of protein, 2-4 servings of vegetables, 1 serving of good fat

A.M. Snack: TLS Nutrition Shake, 1 serving of fruit

Lunch: 1 serving of protein, 2-4 servings of vegetables, 1 serving of good fat

P.M. Snack: 1 serving of vegetables, 1 serving of protein

Dinner: 1 serving of protein, 3-4 servings of vegetables, 1-2 servings of fat

Post Workout: TLS Nutrition Shake

VEGETABLES

8-12 servings per day

1 serving: 1/2–1 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)

Hot peppers

Jerusalem artichokes

Jicama

Kohlrabi

Leeks

Lettuce (anv)

Mushrooms

Okra

Onions

Radicchio

Radishes Rhubarb

Rutabaga

Sauerkraut

Scallions

Snow peas

Spaghetti squash

Spinach

Stir-fried vegetables (no sauce)

Summer squash

Tomatoes (fresh) Tomato paste, 2 Tbsp

Tomato sauce, 1/2 cup

Water chestnuts

Watercress Zucchini

TLS NUTRITION SHAKE

2 shakes per day

1 shake as a snack and 1 post workout

* The Shake, when consumed, is considered a protein serving

GOOD FATS

3-4 servings per day

Avocado oil, 1 Tbsp Coconut cream, 2-3 Tbsp Coconut oil, 1 Tbsp Olive oil, 1 Tbsp Olives, check serving size and watch for

FRUIT

sodium content

1 serving per day

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

Apple

Apricots, 4 medium

Banana, 1/2 large, 1 small

Berries (blueberries, strawberries, raspberries,

boysenberries, blackberries), 3/4 cup

Cantaloupe

Cherries, 12 large Currants, 3 Tbsp

Dates (fresh), 2

Figs (fresh), 2

Gooseberries, 3/4 cup

Grapefruit

Grapes, 1/2 cup or 10 total

Guava

Honeydew melon

Kiwifruit

Kumquats, 4 medium

Lemon Lime

Loganberries, 3/4 cup

Loquats

Lychees, 7

Mandarin orange Mulberries, 3/4 cup

Nectarine

Orange

Papaya, 1/2 medium

Passion fruit

Peach Pear

Pineapple, 1/2 cup

Pomegranate, 1/2 small

Raisins, 2 Tbsp

(no extra sugar added) Sharon fruit/Persimmon

Starfruit

Tangerine/Tangelo

PROTEIN

4-6 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.)

Seafood (shrimp, scallops, clams, lobster, calamari,

squid, octopus, mussels, etc.) Canned tuna, salmon or sardines (packed in water)

TLS Nutrition Shake

VEGETARIAN OPTIONS

Download the TLS Vegan & Vegetarian handout for more information Chia seeds or Hemp Hearts, 3-4 Tbsp Nutritional Yeast, 3–4 Tbsp Organic non-GMO tempeh Organic non-GMO tofu Quinoa Spirulina, 3-4 Tbsp

Veggie or garden burger (grain-free)

TLS-APPROVED SWEETENERS

Monk fruit powder Stevia Yacon syrup

Pro-tip:

Utilize fresh garlic, ginger, parsley, cilantro, basil and spices to flavor your foods.

Other Rules:

No sugar

No grains or starches

No dairy

No alcohol

Water (minimum of 8 cups per day)

Supplementation (based on your Weight Loss

Profile recommendation)

Exercise (5–6 days per week)

Daily journaling

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