

TLS® WEIGHT LOSS
SOLUTION

Transitions Lifestyle System®

TLS 30-DAY

JUMP-START KIT



#FINDYOURFIT

#TLSJUMPSTART

tlsSlim.com



Ready, Set, Go!

Creating your own success
has never been easier.

OVERVIEW

Our 30-Day Jump-start Kit is designed to start your weight loss journey the right way. We know you want fast results without compromising flavor or satiety, and that is why this jump-start is just the place to start. The two phases will get you looking and feeling great in no time. Phase 1 is a cleanse — a fresh start that not only gently cleanses your digestive tract but helps curb your cravings and prepares you for the second phase, which is the fat-burning phase. During the second phase, you will modify your food plan and add in exercise. This is where you will see a loss of fat and inches.

PHASE 1 — DETOX CLEANSE	PHASE 2 — FAT BURNING
<p>DAYS 1–7</p> <p>Kick off your weight loss journey with an invigorating cleanse! Phase 1 will curb cravings for sweet, fatty and salty foods while supporting your weight loss efforts. Bursting with fruits and vegetables, this detox is the first step to a brand new you.</p>	<p>DAYS 8–30</p> <p>Accelerate your weight loss efforts during Phase 2. Specially created to target stubborn fat, during these weeks you will reach the maximum phase of fat loss. In this phase, you'll shed those extra pounds of fat and ultimately feel better, both physically and emotionally.</p>

Consult your healthcare provider before starting any weight management or exercise program.



TLS® JUMP-START STRATEGIES

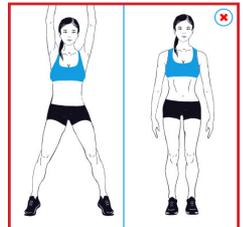
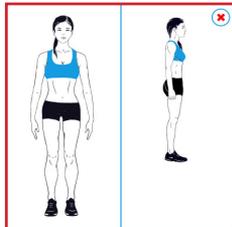
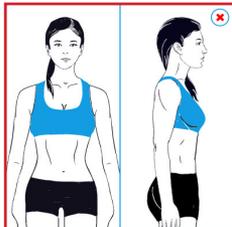
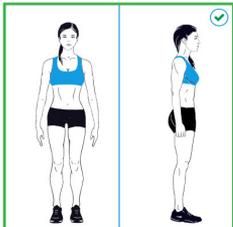
- **Get plenty of sleep;** getting adequate sleep helps your body function optimally and burn more fat.
- **No skipping meals;** Do not go more than four hours without eating while awake. Eating consistently as our plan outlines keeps your blood sugar levels even throughout the day. This assists with not only having more energy but also being able to burn more fat!
- **No alcohol.** We know this may be a challenge for some, but alcohol negatively impacts your weight loss and health goals, by turning to sugar and storing as fat.
- **Drink water;** at least 64 oz a day. There are so many health benefits aside from weight loss, so drink up.
- **Use spices and fresh herbs to enhance your meals.** Eating healthy should not mean bland. You can use fresh garlic, ginger, basil, cilantro and parsley. And a dash of salt, pepper, cayenne, turmeric, vinegars, mustard, Bragg Liquid Aminos, or low-sodium soy sauce goes a long way.
- **No grains, starches or dairy.** You'll be getting your carbohydrates from fruits and vegetables!
- **No sugar or artificial sweeteners.** Once you complete your cleanse week, you will notice your taste buds naturally adjust and foods taste sweeter, so you won't even need extra!
- **Choose raw or lightly steamed or grilled vegetables.** While there are studies that show raw veggies may be better at times, we just want you to get your veggies in!



TIPS FOR TAKING “BEFORE AND AFTER” PHOTOS

Pictures speak louder than words. Before getting started on your TLS® 30-Day Jump-start, be sure to take “before” photos. After just 30 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. Posing for a “before” picture in a bathing suit isn’t the thing most people like to do, but seeing how far you’ve come and the change to your shape is worth it! If you prefer to do privately, just set your camera or cell phone camera to a timer and take it by yourself. Just be sure to take them!
- Photographic area should be well lit; dim lighting prevents detailed viewing.
- Along with your photo, we would love to hear about your journey. Be sure to tell us your story along with how many inches and weight you’ve lost! findyourfit@marketamerica.com



SHOW FULL BODY — HEAD TO TOE

Ditch the diets for good; the TLS® system will keep your blood sugar levels even throughout the day, which assist in improving energy, mood and keeping you in fat-burning mode!

30-DAY JUMP-START CHECKLIST

- Clean out the junk in the house
- Go grocery shopping for approved TLS foods
- Make additional copies of the Tracking Sheet
- Tell your friends and family you are committed to your TLS program so they can support you



Share your success on social media.

#TLSJUMPSTART

30-DAY JUMP-START CHECKLIST

DAYS 1–7	DAYS 8–30
<ul style="list-style-type: none"> • NutriClean® 7-Day Cleansing System • Isotonix® Daily Essential Packets (includes Multivitamin, Activated B-Complex, OPC-3® and Calcium Plus) • TLS® CORE Fat & Carb Inhibitor 	<ul style="list-style-type: none"> • TLS Nutrition Shake • TLS CORE Fat & Carb Inhibitor • Isotonix Daily Essential Packets (includes Multivitamin, Activated B-Complex, OPC-3® and Calcium Plus)



From left: NutriClean 7-Day Cleansing & Detox System, TLS CORE, Isotonix Daily Essentials Packets, TLS Nutrition Shake

PRODUCT TESTIMONIALS

NUTRICLEAN 7-DAY CLEANSING SYSTEM

“This has been my best cleanse ever. Gentle, easy, effective, with increased energy as an added plus.” — Kathleen S.

TLS CORE

“I lost 35 lbs in 90 days with its help! Went from a 40-inch to a 36-inch waistline!” — Tom N.

TLS NUTRITION SHAKE

“I lost 30 lbs and they are delicious! A must for my weight loss journey!” — Maureen M.

Individuals following the TLS Weight Loss Solution as part of a healthy diet and exercise program can expect to lose 1–2 pounds per week.

ADDITIONAL TLS PRODUCTS THAT ACCELERATE YOUR RESULTS



1. **TLS® HEALTH GUIDE & JOURNAL: Knowledge is Power** – Helps guide you through your TLS program with daily tracking sheets, essential information and education.
2. **TLS CORE FAT & CARB INHIBITOR: Helps Curb Hunger and Inhibit Carbs** – Helps manage hunger, inhibit carbohydrate absorption and assists in weight loss.
3. **TLS NUTRITION SHAKE: Delicious and Nutritious** – 19 grams of protein and 10 grams of fiber. Great meal replacement or snack.
4. **TLS TONALIN® CLA (CONJUGATED LINOLEIC ACID): Fight Excess Fat** – Targets stubborn belly fat and helps to reduce the percentage of body fat while preserving muscle tissue.
5. **TLS ACTS ADRENAL, CORTISOL, THYROID AND STRESS SUPPORT FORMULA: Manage Stress** – Helps minimize certain stress-related issues. By promoting healthy levels of cortisol, dopamine and serotonin, TLS ACTS helps to enhance and stabilize mood.
6. **TLS GREEN COFFEE PLUS GARCINIA CAMBOGIA: Burn Stored Fat** – Inhibits conversion of sugar into fat and promotes healthy weight loss.
7. **TLS TRIM TEA AND TRIM CAFÉ: Supports Weight-loss** – Mix with water and drink daily to promote a feeling of fullness. Helps curb appetite and promotes weight loss.

*Advantra Z® is a registered trademark of Nutratech, Inc. (U.S. Patent No. 6,224,873). These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

30-DAY JUMP-START GUIDE

PHASE I FOOD & SUPPLEMENT PLANNER

VIEW POWER FOODS PAGE FOR SUGGESTED FOOD CHOICES

WAKE-UP	Mix 1 packet of the Isotonix® Daily Essentials with exactly 8 oz of water, drink immediately and wait 20 minutes before eating or drinking anything else*
20 MIN. LATER	Mix one scoop of the NutriClean® Advanced Fiber Powder in 8 oz water, drink immediately*
	Take two release capsules from blister pack — decrease these if necessary
	Squeeze ½ lemon in 8 oz warm water, drink immediately
BREAKFAST	1 serving fruit 1 serving protein 3+ servings vegetables
MID-MORNING SNACK	8 oz water 1 serving fruit
SUPPLEMENT	Take two TLS® CORE tablets 30–45 minutes before lunch
LUNCH	16 oz water 1 serving good fat 3+ servings vegetables
AFTERNOON SNACK	8 oz water 1 serving fruit 2+ servings vegetables
SUPPLEMENT	Take two TLS CORE tablets 30–45 minutes before dinner
DINNER	16 oz water 1 serving protein 1 serving good fat 3+ servings vegetables
EVENING SNACK (OPTIONAL)	8 oz water 1 serving vegetable
BEFORE BED	Take the clear packet of NutriClean detox supplements with a large glass of water

PHASE I RULES

<ul style="list-style-type: none"> • No coffee, soda or other caffeinated beverages • No dairy 	<ul style="list-style-type: none"> • No grains or starches • No alcohol • No sugar/syrup/honey/sweetener 	<ul style="list-style-type: none"> • Avoid strenuous activity; rather, partake in walking, yoga or stretching.
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DAILY FOOD SERVINGS

VEGETABLES: Unlimited FRUIT: 3 PROTEIN: 2 (1 SERVING = 3 OZ) GOOD FATS: 2

*As directed on label

30-DAY JUMP-START GUIDE

PHASE 2 FOOD & SUPPLEMENT PLANNER

VIEW POWER FOODS PAGE FOR SUGGESTED FOOD CHOICES

WAKE-UP	Mix 1 packet of the Isotonix® Daily Essentials with exactly 8 oz of water, drink immediately and wait 20 minutes before eating or drinking anything else*
BREAKFAST	16 oz water 1 serving protein 3 servings vegetables
MID-MORNING SNACK	1 TLS® Nutrition Shake with 8 oz of water 1 serving fruit
SUPPLEMENT	Take two TLS CORE tablets 30–45 minutes before lunch
LUNCH	16 oz water 1 serving good fat 1 serving protein 2 servings vegetables
AFTERNOON SNACK	1 TLS Nutrition Shake with 8 oz of water 2 servings vegetables
SUPPLEMENT	Take two TLS CORE tablets 30–45 minutes before dinner
DINNER	16 oz water 1 serving protein 1 serving good fat 3 servings vegetables

EXERCISE

For overall cardiovascular health, the American Heart Association recommends at least 30 minutes of moderate-intensity aerobic activity at least five days per week.**
Integrate our 30-Day Jump-start Exercise Plan, downloadable on tlsSlim.com

POST-WORKOUT SNACK 1 serving of protein within 30 minutes of exercise.

PHASE 2 RULES

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|-----------------------------------|------------|-------------------------|--------------|
| • No sugar/syrup/honey/sweeteners | • No dairy | • No grains or starches | • No alcohol |
|-----------------------------------|------------|-------------------------|--------------|

DAILY FOOD SERVINGS

VEGETABLES: 8–12 | FRUIT: 1 | GOOD FATS: 2
 PROTEIN: 3–5 (refer to power food list for specific serving size for men and women)

Download the TLS Nutrition Shake Recipes on tlsSlim.com for some fun and tasty ideas. They can replace a meal and can be taken with a dairy alternative like almond milk.

*As directed on label

**http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307976_Article.jsp

30-DAY JUMP-START POWER FOODS

VEGETABLES

1 SERVING = 1-2 CUPS, UNLESS OTHERWISE NOTED

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|---|---|---|
| <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• Celery• Chard• Collard greens• Cucumber• Dandelion greens• Eggplant• Endive• Ginger | <ul style="list-style-type: none">• 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 | <ul style="list-style-type: none">• Rutabaga• Salsa• Sauerkraut• Scallions• Snow peas (no sugar)• Spinach• Squash leaves• Stir-fry vegetables (no sauce)• Taro root, ¼ cup• Tomatoes (fresh)• Tomato juice (no salt), ½ cup• Tomato paste, 2 tbsp• Tomato sauce, ½ cup• Vegetable juice (no salt), ½ cup• Vegetable soup (low-fat), ½ cup• Water chestnuts• Watercress• Zucchini |
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GOOD FATS

1 SERVING, 1 TABLESPOON

- Oils (olive, avocado, coconut, grapeseed)
- Avocado, ½ medium

30-DAY JUMP-START POWER FOODS

FRUITS

1 SERVING = 1 MEDIUM-SIZED FRUIT OR 1 CUP, UNLESS OTHERWISE NOTED

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|---|---|--|
| <ul style="list-style-type: none"> • Apple • Apricots, 4 medium • Banana • Berries, $\frac{3}{4}$ cup (blueberries, strawberries, raspberries, boysenberries, blackberries) • Cantaloupe • Casaba melon • Cherries, 12 large • Currants, 3 tbsp • Dates (fresh), 2 • Figs (fresh), 2 • Gooseberries, $\frac{3}{4}$ cup | <ul style="list-style-type: none"> • Grapefruit • Grapes • Guava • Honeydew melon • Jackfruit • Kiwifruit • Kumquats, 4 medium • Lemon • Lime • Loganberries, $\frac{3}{4}$ cup • Loquats • Lychees, 7 • Mandarin orange • Melon balls • Mulberries, $\frac{3}{4}$ cup | <ul style="list-style-type: none"> • Nectarine • Orange • Papaya, $\frac{1}{2}$ medium • Passion fruit • Peach • Pear • Pineapple, $\frac{1}{2}$ cup • Plum • Pomegranate, $\frac{1}{2}$ 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: 1 SERVING = 4-6 OZ PER MEAL; 2-3 OZ OR 1 TLS NUTRITION SHAKE PER SNACK
 MEN: 1 SERVING = 6-8 OZ PER MEAL; 2-3 OZ OR 1 TLS NUTRITION SHAKE PER SNACK

- Canned tuna, salmon or sardines (packed in water)
- Chicken or turkey (without skin)
- Eggs (1-2)
- Egg whites (3-4)
- Lean veal
- Fresh fish (salmon, sardines, tuna, flounder, snapper, trout, etc.)
- Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)

VEGETARIAN PROTEINS

- Tempeh or tofu
- Veggies or garden burger (grain free)
- Hemp hearts
- Chia seeds
- Quinoa

PHASE 2

- TLS® Nutrition Shake



GET READY FOR
SUCCESS

Transitions Lifestyle System

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 /tls weightlosssolution