



*Transitions Lifestyle System™*

TLS® 30-DAY

**JUMP-START KIT**



#FINDYOURFIT  
#TLSJUMPSTART

my.shop.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 management 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 really see results.

PHASE 1 — DETOX CLEANSE	PHASE 2 — FAT BURNING
<p>DAYS 1–7</p> <p>Kick off your weight management journey with an invigorating cleanse! Phase 1 will curb cravings for sweet, fatty and salty foods while supporting your weight management 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 management 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 management and health goals, by turning to sugar and storing as fat.
- **Drink water;** at least 2 liters a day. There are so many health benefits aside from weight management, 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!



Ditch the diets for good; the TLS® system will 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 POWER FOODS

## VEGETABLES

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, 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

## 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

- 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

- 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

- 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

## PROTEINS

### PHASE 1

1 SERVING = 85 G,  
UNLESS OTHERWISE NOTED

### PHASE 2

*WOMEN:* 1 SERVING = 115-170 G BREAKFAST,  
LUNCH AND DINNER; 57-85 G SNACKS  
*MEN:* 1 SERVING = 170-227 G BREAKFAST,  
LUNCH AND DINNER; 57-85 G SNACKS

- 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
- TVP (texturized vegetable protein)
- Veggies or garden burger (grain free)
- Hemp hearts
- Chia seeds
- Quinoa

## PHASE 2

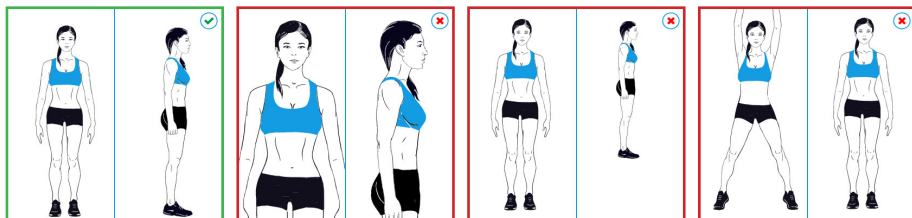
- TLS® Nutrition Shake



## 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 it 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 descriptions of your journey! [product@marketmalaysia.my](mailto:product@marketmalaysia.my)





SHOW FULL BODY — HEAD TO TOE


A woman wearing a brown hijab, a white long-sleeved shirt under a brown vest, and black leggings is captured in a dynamic jumping pose. She is wearing black and red sneakers. The background is a weathered, light-colored wall with some graffiti. A semi-transparent blue rectangle is overlaid on the image, containing the text "GET READY FOR SUCCESS" in white, bold, sans-serif capital letters.

GET READY FOR  
**SUCCESS**

Transitions Lifestyle System™

 /marketmalaysiaofficial

 @marketmalaysiaofficial

 /tls weightlosssolution