

FAT SHREDDER



BREAKFAST
Veggie omelette



A.M. SNACK
Strawberry and spinach shake



LUNCH
Salad with turkey meatballs



P.M. SNACK
Tuna-filled celery sticks



DINNER
Tuscan cod



POST WORKOUT
TLS Nutrition Shake

WHY IT'S FOR YOU:

You're extremely committed to achieving swift weight management 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 eight glasses (240 ml each) of water daily, and supplement based on your Weight Management Profile recommendation.



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 Isochrome Powder:

Helps with energy and stamina

All recipes are found on 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.

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: 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)
Hot peppers
Jerusalem artichokes
Jicama
Kohlrabi
Leeks
Lettuce (any)
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, ½ cup
Water chestnuts
Watercress
Zucchini

TLS NUTRITION SHAKE

Two shakes per day

One shake as a snack, one post-workout

Each shake 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 sodium content

FRUIT

1 serving per day

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

Apple
Apricots, 4 medium
Banana, ½ large, 1 small
Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), ¾ cup
Cantaloupe
Cherries, 12 large
Currants, 3 Tbsp
Dates (fresh), 2
Figs (fresh), 2
Gooseberries, ¾ cup
Grapefruit
Grapes, ½ cup or 10 total
Guava
Honeydew melon
Kiwifruit
Kumquats, 4 medium
Lemon
Lime
Loganberries, ¾ cup
Loquats
Lychees, 7
Mandarin orange
Mulberries, ¾ cup
Nectarine
Orange
Papaya, ½ medium
Passion fruit
Peach
Pear
Pineapple, ½ cup
Plum
Pomegranate, ½ 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 and 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.