

RAPID RESULTS



BREAKFAST
Veggie omelet



A.M. SNACK
Chocolate raspberry shake



LUNCH
Sunburst chicken salad



P.M. SNACK
Lettuce wraps



DINNER
Grilled salmon and asparagus



WATER
Eight (240 ml) glasses daily

WHY IT'S FOR YOU:

You're motivated, dedicated and committed to doing whatever it takes to reach your weight management goals. Get ready to break unhealthy habits and start losing fat and inches.

A DAY ON RAPID RESULTS:

Below are examples of some of the foods you can eat. Supplement based on your Weight Management Profile recommendation.

CLA: Assists in promoting lean muscle mass
CORE: Helps inhibit carbohydrate absorption in the body
Green Coffee: May help to inhibit the conversion of sugar into fat
Trim Tea: Promotes fat burning
Trim Café: Promotes fat burning
Nutrition Shake: Extra nourishment for between meals

*All recipes are found on sg.ttsSlim.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.

*This product is not intended to diagnose, treat, cure or prevent any disease.

RAPID RESULTS POWER FOODS

Breakfast: 1 serving of protein, 2 servings of vegetables, 0–1 serving of good fat

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

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

P.M. Snack: 0–1 serving of fruit, 1 serving of protein or 1 serving of vegetables, or both

Dinner: 1–2 servings of protein, 2–3 servings of vegetables, 1 serving of starch, 1–2 servings of good fat

VEGETABLES

6–9 servings per day

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

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

STARCH

1 serving per day

1 serving: ½–1 cup

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

GOOD FATS

2–4 servings per day

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

FRUIT

1–2 servings per day

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

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

TLS-APPROVED SWEETENERS

Monk fruit powder
Stevia
Yacon syrup

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

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.)
Red meat, limited to 1–2 servings per week (beef, pork, lamb, buffalo, veal, bison or venison)
Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, crab, etc.)
TLS Nutrition Shake

VEGETARIAN OPTIONS*

Chia seeds, 4 oz
Hemp hearts, 3–4 Tbsp
Lentils (not canned)
Nutritional yeast, 4 Tbsp
Organic non-GMO tempeh
Organic non-GMO tofu
Quinoa
Spirulina, 4 Tbsp
Veggie or garden burger (grain-free)

*Please download vegan and vegetarian handout for more information.

TLS NUTRITION SHAKE

1 shake per day

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

Other Rules:

Detox (7 days, optional)
No alcohol (for at least 21 days)
Water (minimum of 8 cups per day)
No grains
No dairy
No sugar
Supplementation (based on your Weight Management Profile recommendation)
Exercise (4–5 days per week)
Daily journaling

Be sure to have either a meal or snack within 30 minutes of your workout. If you cannot eat within that time, the TLS Nutrition Shake is a great post-workout recovery snack.