

# SURE & STEADY



**BREAKFAST**  
 TLS banana protein pancakes



**A.M. SNACK**  
 Vegetables with hummus

## WHY IT'S FOR YOU:

You're looking to make gradual changes to your lifestyle and reach your goal weight, one day at a time. With the TLS® Sure & Steady program, it's not if you'll hit your goal but when.

## A DAY ON SURE & STEADY:

Below is an example of some of the foods you can eat. Supplement based on your Weight Management Profile recommendation.



**LUNCH**  
 Quinoa chicken salad



**P.M. SNACK**  
 TLS Nutrition Shake with greens



**DINNER**  
 Tenderloin steak with grilled zucchini



**WATER**  
 Eight (240 ml) glasses daily

**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.tlsSlim.com](http://sg.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.

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

# SURE & STEADY POWER FOODS

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

**A.M. Snack:** 1 serving of snack protein, 1 serving of vegetables

**Lunch:** 1 serving of protein, 2 servings of vegetables, 1 serving of whole grain, 1 serving of good fat

**P.M. Snack:** 1 serving of snack protein, 1 serving of vegetables, 1 serving of fruit

**Dinner:** 1 serving of protein, 2–3 servings of vegetables, 1 serving of starch, 1 serving 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 Fry 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  
Kabocho, 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

## TLS-APPROVED SWEETENERS

Monk fruit powder	On occasion: local honey, high-quality agave or coconut sugar
Stevia	
Yacon syrup	

## 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

2 servings per day

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

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

## WHOLE GRAINS

1 serving per day

1 serving: ½ cup

Amaranth  
Barley (pearled or hulled)  
Buckwheat (kasha, groats)  
Farro  
Kamut  
Millet  
Noodle (only black bean, lentil, edamame, arrowroot or mung bean noodle – see packaging for serving size)  
Oatmeal (rolled or steel-cut)  
Rice (authentic basmati, brown)  
Spelt  
Sprouted grain bread

## PROTEIN

5–6 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.)  
Canned tuna, salmon or sardines (packed in water)  
TLS Nutrition Shake

### VEGETARIAN OPTIONS\*

Beans (red, black garbanzo, lima, mung, pinto, soy, black-eyed)  
Chia or hemp seeds, 3–4 Tbsp  
Nutritional Yeast, 3–4 Tbsp  
Organic non-GMO tempeh  
Organic non-GMO tofu  
Quinoa  
Spirulina, 3–4 Tbsp  
Vegetable or garden burger (grain free)

\*Please download the 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 sugar  
No dairy  
Supplementation (based on your Weight Management Profile recommendation)  
Exercise (3–5 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.