

7-DAY DETOX



BREAKFAST
Veggie omelet



A.M. SNACK
Green smoothie



LUNCH
Strawberry
chicken salad



P.M. SNACK
Vegetable
medley



DINNER
Spicy Carrot
Soup



SNACK (optional)
Serving of fruit

WHY IT'S FOR YOU:

You want to jump start your weight management journey and receive the maximum benefit from TLS® Weight Management Solution. Whether this is your first time participating in TLS or you're stuck in a plateau, this 7-Day Detox will help curb your appetite for sweet, salty and fatty foods, while supporting your weight management efforts.

A DAY ON DETOX:

On the left are examples of some of the foods you can eat. Drink at least 8 glasses (227ml/8 oz each) of water daily, and supplement based on your Weight Management Profile recommendation.

MEET OUR FAMILY OF PRODUCTS

The products in your program will be customised to meet your needs.



Isotonix OPC-3® with Pycnogenol®†

- Helps support healthy cholesterol
- Anti-Inflammatory**
- Helps support healthy blood sugar

Isotonix® Multivitamin

- Multivitamin and multimineral formula containing 100 percent or more of the daily value of many essential vitamins and minerals
- Supports healthy stress response in the body
- Promotes healthy digestion

Ultimate Aloe®

- Source of more than 200 nutrients, enzymes, vitamins and minerals, including 13 of 17 essential minerals needed for good nutrition
- Contains no high fructose corn syrup, artificial sweeteners, thickeners or emulsifiers
- Source of amino acids

†All recipes are found on au.tlsslim.com

†You should consult your physician before beginning this or any other weight management program. Individuals following the TLS Weight Management Solutions can expect to lose 0.45–0.9 kilograms per week.

**If symptoms persist, seek the advice of a healthcare professional. †Pycnogenol® is a registered trademark of Horphag Research Ltd., and is protected by US Patent Numbers 4,698,360; 5,720,956 and 6,372,266. ‡This product is not intended to diagnose, treat, cure or prevent any disease.

DETOX POWER FOODS

Breakfast: 3 servings of vegetables, 1 serving of fruit, 1 serving of protein

AM snack: 1 serving of fruit, 1 serving of vegetables

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

PM Snack: 1 serving of fruit, 2 servings of vegetables

Dinner: 3 servings of vegetables, 1 serving of good fat

VEGETABLES

Unlimited servings per day

1 serving: ½-1 cup, *all leafy greens 1 cup*

Alfalfa sprouts	Mushrooms
Artichokes	Okra
Arugula	Onions
Asparagus	Radicchio
Bean sprouts	Radishes
Beets	Rhubarb
Bell peppers	Rutabaga
Bok choy	Sauerkraut
Broccoli	Scallions
Brussels sprouts	Snow peas
Cabbage (red or white)	Spaghetti squash
Carrots	Spinach
Cauliflower	Stir-fry vegetables (no sauce)
Celery	Summer squash
Chard	Tomatoes (fresh)
Collard greens	Tomato juice (no salt), 1/2 cup
Cucumber	Tomato paste, 2 Tbsp
Dandelion greens	Tomato sauce, 1/2 cup (no sugar added)
Eggplant	Vegetable juice (no salt), 1/2 cup
Endive	Water chestnuts
Green beans	Watercress
Green peas	Zucchini
Jerusalem artichokes	
Jicama	
Kale	
Kohlrabi	
Leeks	
Lettuce (any)	

GOOD FATS

2 Servings per day

Avocado, 1 small or 1/2 medium
Oils (olive, avocado, coconut, grapeseed), 1 Tbsp

FRUIT

1 Serving per day

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

Apple	Honeydew melon
Apricots, 4 medium	Kiwi
Banana (1 small or 1/2)	Kumquats, 4 medium
Berries (blackberries, blueberries, boysenberries, gooseberries, loganberries, mulberries, strawberries, raspberries), 3/4 cup	Lemon
Cantaloupe	Lime
Cherries, 12 large	Loquats
Currants, 3 Tbsp	Lychees, 7
Dates (fresh), 2	Mandarin orange
Figs (fresh), 2	Nectarine
Grapefruit	Orange
Grapes (10 total or 1/2 cup)	Papaya, 1/2 medium
Guava	Passion fruit
	Peach
	Pear
	Pineapple, 1/2 cup
	Plum
	Pomegranate, 1/2 small
	Raisins, 2 Tbsp
	Sharon fruit/persimmon
	Starfruit
	Tangerine

PROTEIN

2 Servings per day

1 Serving: 85g/3oz *unless otherwise noted*

Chicken or turkey (without skin)
Eggs (2)
Egg whites (3)
Fresh fish (salmon, tuna, cod, sardines, flounder,
shrimp, lobster, snapper, trout, etc.)
Canned tuna, salmon or sardines (packed in water)

VEGETARIAN OPTIONS

Chia seeds (2-3 Tbsp)
Chickpeas, 1 cup (not canned)
Hemp Hearts (3-4 Tbsp)
Lentils, 1 cup (not canned)
Nutritional Yeast (2 Tbsp)
Organic non-GMO tempeh, 85g/3oz
Organic non-GMO tofu, 170g/6oz
Quinoa, snack: 1/2 cup; meal: 1 cup
Spirulina (2 Tbsp)

Other Rules:

No sugars or artificial sweeteners

No alcohol

No coffee, soda or other caffeinated beverages

No grains or starches

Water (minimum of 8 cups per day)

First thing every morning, drink the juice of
one-half of a lemon in a cup of warm water.

Supplementation: Based on your weight
management needs.

Detox Tips:

Do not engage in strenuous physical activity,
even if you are used to it. Instead, participate
in yoga, walking or gentle stretching.

Get plenty of rest and sleep. You may feel
more tired than usual the first few days of
detox. By the end of the week, you should
feel energised.

Use spices and herbs, small amounts of low-
sodium soy sauce, salt, pepper and vinegar.

Choose raw, or lightly steamed vegetables.

Do not skip meals.

This is a great time to meditate, listen to
relaxing music and engage in other
stress-reduction activities.

Think about the commitment you are
making to yourself, what you stand to gain
and how accomplished you will feel.

How often you participate in a 7-day detox
program will depend on your particular
needs. Some people choose to complete
the detox up to four times a year (every
three months). It is recommended that you
undergo a detox program one to three times
each year.

Pro-tip:

Utilise fresh chili peppers, jalapeño, garlic, ginger,
parsley, cilantro, basil and spices to flavour your foods.