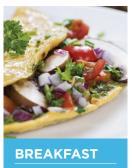


7-DAY DETOX





A.M. SNACK



LUNCH Strawberry



P.M. SNACK





SNACK (optional) Serving of fruit

†All recipes are found on au.tlsslim.com

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

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 Artichokes Arugula Asparagus Bean sprouts **Beets** Bell peppers Bok choy Broccoli Brussels sprouts Cabbage (red or white) Cauliflower Celery Chard Collard greens Cucumber Dandelion greens Eggplant Endive Green beans Green peas Jerusalem artichokes Jicama Kale

Mushrooms Okra Onions Radicchio Radishes Rhubarb Rutabaga Sauerkraut Scallions Snow peas Spaghetti squash Stir-fry vegetables (no sauce) Summer squash Tomatoes (fresh) Tomato juice (no salt), 1/2 cup Tomato paste, 2 Tbsp Tomato sauce, 1/2 cup (no sugar added) Vegetable juice (no salt), 1/2 cup Water chestnuts Watercress

GOOD FATS

2 Servings per day

Kohlrabi

Lettuce (any)

Leeks

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

Zucchini

FRUIT

1 Serving per day

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

Apricots, 4 medium Banana (1 small or 1/2) Berries (blackberries, blueberries, boysenberries, gooseberries, loganberries, mulberries. strawberries. raspberries), 3/4 cup Cantaloupe Cherries, 12 large Currants, 3 Tbsp Dates (fresh), 2 Figs (fresh), 2 Grapefruit Grapes (10 total or 1/2 Guava

Kumquats, 4 medium Lemon Lime, Loquats Lychees, 7 Mandarin orange Nectarine Orange Papaya, 1/2 medium Passion fruit Peach Pear Pineapple,1/2 cup Plum Pomegranate, 1/2 small Raisins, 2 Tbsp Sharon fruit/persimmon Starfruit Tangerine

Honeydew melon

Kiwi

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.