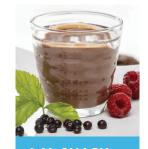


# **RAPID RESULTS** Lose 0.91 - 1.36 kilograms per week\*



BREAKFAST Veggie omelet



A.M. SNACK Chocolate raspberry shake

## 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 centimeters.

## A DAY ON RAPID RESULTS:

Below are examples of some of the foods you can eat. 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<sup>®</sup> 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

#### Isotonix<sup>®</sup> Isochrome

- Supports healthy cardiovascular system function
- Promotes energy levels
- Supports muscle strength
- Helps support healthy blood sugar

#### **Nutrition Shake**

- Healthy meal replacement
- Includes 24 vitamins, minerals and essential nutrients, including eight B vitamins, and also antioxidants vitamin C and E for protection from free-radical damage
- Contains 10-11 grams of dietary fibre and 18 grams of high-quality soy protein to handle your hunger

#### Isotonix OPC-3® with Pycnogenol®

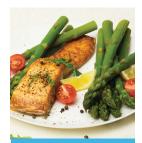
- Helps support healthy cholesterol
- Anti-Inflammatory\*\*
- Helps support healthy blood sugar



LUNCH Sunburst chicken salad



Lettuce wraps



DINNER Grilled salmon and asparagus



WATER Eight (250 ml) glasses daily

†All recipes are found on au.tlsslim.com

<sup>+</sup>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''s 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.

## **RAPID RESULTS POWER FOODS**

Breakfast: 1 serving of protein, 2 servings of vegetables, 1 serving of good fat
AM snack: TLS® Nutrition Shake, 1 serving of fruit
Lunch: 1 serving of protein, 2 servings of vegetables, 1 serving of good fat
PM Snack: 1 serving of protein or 1 serving vegetable
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 Artichokes Arugula Asparagus Bean sprouts Beets **Bell peppers** Bok choy Broccoli Brussels sprouts Cabbage (red or white) Carrots Cauliflower Celerv Chard Collard greens Cucumber Dandelion greens Eggplant Endive Greens (beet, kale, mustard, turnip) Green beans Green peas Jerusalem artichokes licama Kohlrabi Leeks Lettuce (any)

Mushrooms Okra Onions Parsley Radicchio Radishes Rhubarb Rutabaga Sauerkraut Scallions Snow peas Spaghetti squash Spinach Stir-fry vegetables (no sauce) Summer squash Swiss chard 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 Zucchini

## **GOOD FATS**

#### 2-4 Servings per day

Oils (olive, avocado, coconut) Avocado, 1/2 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 Apricots, 4 medium Banana Berries (blueberries, strawberries, raspberries, boysenberries. blackberries), 3/4 cup Cantaloupe Cherries, 12 large Currants, 3 Tbsp Dates (fresh), 2 Figs (fresh), 2 Gooseberries, 3/4 cup Grapefruit Grapes Guava Honeydew melon Kiwifruit Kumquats, 4 medium Lemon

Lime Loganberries, 3/4 cup Loquats Lychees, 7 Mandarin orange Mulberries, 3/4 cup Nectarine Orange Papaya, 1/2 medium Passion fruit Peach Pear Pineapple, 1/2 cup Plum Pomegranate, 1/2 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): 113-170g/4-6 oz with breakfast, lunch and dinner; 57-85 g/2-3 oz with snacks

## 1 Serving (men): 170-227 g/6-8 oz with breakfast, lunch and dinner; 57-85 g/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 (113g/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) Veqqie or qarden burger (grain-free)

\*Please download vegan and vegetarian handout for more information.

## TLS NUTRITION SHAKE

Max. 3 scoops per day

When used as a snack, 1 scoop When used as a meal, 2 scoops

## **Other Rules:**

Detox (7 days, optional) No alcohol (for at least 21 days) Water (minimum of 8 cups per day No Sugar

Supplementation (based on your Weight Management Profile recommendation) Exercise (4–5 days per week) Daily Journaling

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

### STARCH

#### 1 Serving per day

#### 1 Serving: <sup>1</sup>/<sub>2</sub>–1 cup

Acorn squash, 1/2 cup Butternut squash, 1 cup Kabocha, 1 cup Purple potato, 1/2 of medium size Quinoa, 1/2 cup Sweet potato, 1/2 of medium size Taro, 1/2 cup Yam, 1/2 of medium size