

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.



LUNCH

Sunburst chicken
salad



P.M. SNACK

Lettuce wraps



DINNER

Grilled salmon
and asparagus



WATER

Eight (250 ml)
glasses daily

MEET OUR FAMILY OF PRODUCTS

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



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

Isotonix® 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

†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.

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	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), 1/2 cup
Eggplant	Tomato paste, 2 Tbsp
Endive	Tomato sauce, 1/2 cup no sugar added
Greens (beet, kale, mustard, turnip)	Vegetable juice (no salt), 1/2 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, 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

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	Lime
Apricots, 4 medium	Loganberries, 3/4 cup
Banana	Loquats
Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), 3/4 cup	Lychees, 7
Cantaloupe	Mandarin orange
Cherries, 12 large	Mulberries, 3/4 cup
Currants, 3 Tbsp	Nectarine
Dates (fresh), 2	Orange
Figs (fresh), 2	Papaya, 1/2 medium
Gooseberries, 3/4 cup	Passion fruit
Grapefruit	Peach
Grapes	Pear
Guava	Pineapple, 1/2 cup
Honeydew melon	Plum
Kiwifruit	Pomegranate, 1/2 small
Kumquats, 4 medium	Raisins, 2 Tbsp
Lemon	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)
Veggie or garden 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 post-workout recovery snack.