

FAT SHREDDER

Lose 4.5 kilograms in 2 weeks*



BREAKFAST

Veggie omelet



A.M. SNACK

Strawberry & spinach shake

WHY IT'S FOR YOU:

You're extremely committed to achieving swift weight management goals through an effective program. You'll shed fat and feel better, physically and emotionally, knowing you can do anything you set your mind to.

A DAY ON FAT SHREDDER:

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



LUNCH

Salad with turkey meatballs



P.M. SNACK

Tuna filled celery sticks



DINNER

Tuscan Cod



POST WORKOUT

TLS® Nutrition Shake

MEET OUR FAMILY OF PRODUCTS

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



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 help your hunger

Isotonix® Isochrome

- Supports healthy blood sugar functions
- Help to maintain cardiovascular health
- Promotes muscle health and strength

Isotonix OPC-3® with Pycnogenol®†

- May assist in the maintenance of healthy cholesterol and blood sugar levels in healthy individuals
- Demonstrates anti-inflammatory activity
- Contains antioxidants that protect the cells and tissues from damages by free radicals

Isotonix® Multivitamin

- Contains 100% or more of the daily value of many essential vitamins and minerals
- Supports metabolism and conversion of food into energy, thyroid function, adrenal functions, and hormones
- Assists in the maintenance or improvement of general well-being

†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.
‡ 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.

FAT SHREDDER POWER FOODS

Breakfast: 1 serving of protein, 3–4 servings of vegetables

AM snack: TLS® Nutrition Shake (1 scoop), 1 serving of fruit

Lunch: 1 serving of protein, 3–4 servings of vegetables, 1 serving of good fat

PM Snack: 1 serving vegetables, 1 serving of protein

Dinner: 1 serving of protein, 3–4 servings of vegetables, 1 serving of good fat

Post Workout: TLS Nutrition Shake (2 scoops)

VEGETABLES

8-12 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
Celery
Chard
Cucumber
Eggplant
Endive
Green beans
Green peas
Greens (beet, collard, dandelion, kale, mustard, turnip)
Hot peppers
Jerusalem artichokes
Jicama
Kohlrabi
Leeks
Lettuce (any)
Mushrooms
Okra
Onions
Radicchio
Radishes
Rhubarb
Rutabaga
Sauerkraut
Scallions
Snow peas
Spaghetti squash
Spinach
Stir-fry vegetables (no sauce)
Summer squash
Tomatoes (fresh)
Tomato paste, 2 Tbsp
Tomato sauce, 1/2 cup
Water chestnuts
Watercress
Zucchini

TLS NUTRITION SHAKE

2 Shakes per day

1 shake as a snack and 1 post workout

GOOD FATS

3-4 Servings per day

Avocado, 1/2 medium
Avocado oil (1 Tbsp)
Coconut cream (2-3 Tbsp)
Coconut oil (1 Tbsp)
Olive oil (1 Tbsp)
Olives (check serving size & watch for sodium content)

FRUIT

1 Serving per day

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

Apple
Apricots, 4 medium
Banana, 1/2 large, 1 small
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, 1/2 cup or 10 total
Guava
Honeydew melon, 1 cup
Kiwi fruit
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
(no extra sugar added)
Sharon fruit/Persimmon
Starfruit
Tangerine/Tangelo

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.)
Seafood (prawn, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)
Canned tuna, salmon or sardines (packed in water)
TLS Nutrition Shake

VEGETARIAN OPTIONS

Download the TLS Vegan & Vegetarian handout for more information
Chia seeds or Hemp Hearts (3-4 Tbsp)
Nutritional Yeast (3-4 Tbsp)
Organic non-GMO tempeh
Organic non-GMO tofu
Quinoa
Spirulina (3-4 Tbsp)
Veggie or garden burger (grain-free)

Pro-tip:

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

Other Rules:

No Sugar
No grains or starches
No alcohol
Water (minimum of 8 cups per day)
Supplementation (based on your Weight Management Profile recommendation)
Exercise (5–6 days per week)
Daily journaling

Be sure to either have a meal or snack within 30 minutes of your workout.