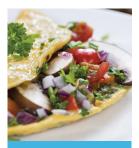


FAT SHREDDER

Lose 4.5 kilograms in 2 weeks*



BREAKFAST Veggie omlet



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 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.



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® 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 fromdamages 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



LUNCH Salad with turkey meatballs



Tuna filled celery sticks



DINNER Tuscan Cod



POST WORKOUT

†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. † Younogenol® 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 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 Kiwifruit Kumquats, 4 medium Lemon Lime Loganberries, 3/4 cup Loguats Lychees, 7 Mandarin orange Mulberries, 3/4 cup Nectarine Orange Papava, 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

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.