

# CONTINUED COMMITMENT

A guide to healthy, everyday living at your target weight\*



## BREAKFAST

Veggie egg  
scramble



## A.M. SNACK

Chocolate coconut  
shake†

## WHY IT'S FOR YOU:

You're at a healthy weight and looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but looking for a plan with flexibility, allowing the occasional indulgence.

## A DAY ON CONTINUED COMMITMENT:

On the left are examples of some of the foods you can eat.



## LUNCH

Chicken salad  
squash boats†



## P.M. SNACK

Peanut butter  
apple-cinnamon  
wedges



## DINNER

Baked pork loin  
and grilled veggies



## WATER

Eight (227 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](http://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.

# CONTINUED COMMITMENT POWER FOODS

**Breakfast:** 1 serving of protein, 2 servings of vegetables, 1 serving of whole grain

**AM snack:** 1 serving snack protein and/or 1 serving dairy, 1 serving of fruit

**Lunch:** 1 serving of protein, 2 servings of vegetables, 1 serving of fruit, 1 serving of good fat

**PM Snack:** 1 serving of protein

**Dinner:** 1 serving of protein, 2–4 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  
Celery  
Chard  
Cucumber  
Eggplant  
Endive  
Green beans  
Green peas  
Greens (beet, collard, dandelion, kale, mustard, turnip)  
Jerusalem artichokes  
Jicama  
Kohlrabi  
Leeks  
Lettuce (any)  
Mushrooms  
Okra  
Onions  
Pimientos  
Radicchio  
Radishes  
Rutabaga  
Sauerkraut  
Scallions  
Snow peas  
Spaghetti squash  
Spinach  
Stir-fry vegetables (no sauce)  
Summer squash  
Tomatoes (fresh)  
Tomato juice (no salt), 1/2 cup  
Tomato paste, 2 tbsp.  
Tomato sauce (no sugar added), 1/2 cup  
Vegetable juice (no salt), 1/2 cup  
Water chestnuts  
Watercress  
Zucchini

## STARCHES

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

Avocado, 1/2 medium  
Coconut cream, 2–3 Tbsp  
Nuts and seeds (reference TLS FAQ for serving sizes)  
Oils (grapeseed, olive, avocado, coconut)  
Olives (check serving size and watch for sodium content)

## FRUIT

2 Servings per day

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

|  |                        |
|--|------------------------|
| Apple  | Kumquats, 4 medium     |
| Apricots, 4 medium   | Lemon                  |
| Banana   | Lime                   |
| Berries (blueberries, strawberries, raspberries, boysenberries, blackberries, gooseberries, loganberries, mulberries), 3/4 cup | Loquats                |
| Cantaloupe   | Lychees, 7             |
| Cherries, 12 large   | Mandarin orange        |
| Currants, 3 Tbsp   | Mango                  |
| Dates (fresh), 2   | Melon balls            |
| Figs (fresh), 2  | Nectarine              |
| Grapefruit   | Orange                 |
| Grapes   | Papaya, 1/2 medium     |
| Guava  | Passion fruit          |
| Honeydew melon   | Peach                  |
| Jackfruit  | Pear                   |
| Kiwifruit  | Pineapple, 1/2 cup     |
|  | Plum                   |
|  | Pomegranate, 1/2 small |
|  | Raisins, 2 Tbsp        |
|  | Sharon fruit/Persimmon |
|  | Starfruit              |
|  | Tangelo                |
|  | Tangerine              |

## WHOLE GRAINS

1 Serving per day

1 Serving: ½cup

Amaranth  
Barley (pearled or hulled)  
Buckwheat (kasha, groats)  
Farro  
Kamut  
Millet  
Muesli or granola, no added sugar  
Noodle (only black bean, lentil, edamame, arrowroot or mung bean noodle — see packaging for serving size)  
Oatmeal (rolled or steel-cut)  
Rice (authentic basmati, brown, wild, and black)  
Spelt  
Sprouted grain bread

## TLS APPROVED SWEETENERS

Monk fruit powder  
Stevia  
Yacon syrup

On occasion: local honey, high-quality agave or coconut sugar

## PROTEIN

5–6 Servings per day

1 Serving (women): 113–170 g / 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 (prawn, scallops, clams, lobster, calamari, squid, octopus, mussels, crab etc.)  
Canned tuna, salmon or sardines (packed in water)  
TLS® Nutrition Shake

### VEGETARIAN OPTIONS\*

Beans (red, black garbanzo, lima, mung, pinto, soy, black-eyed)  
Chia or hemp seeds (113g/4 oz)  
Edamame  
Nutritional Yeast (4 Tbsp)  
Organic non-GMO tempeh  
Organic non-GMO tofu  
Spirulina (4 Tbsp)  
Veggie or garden burger (grain-free)

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

## DAIRY

1 Serving per day

Those on a dairy-free diet may omit

Cheese (all)  
Cottage cheese  
Cream  
Kefir  
Milk  
Plain yogurt

Plain Greek yogurt  
Sour cream

*\*Organic or grass fed is best. Serving sizes are found on package.*

## Other Rules:

Alcohol (limit to 3 drinks a week)

Water (minimum of 8 cups per day)

Supplementation (based on your Weight

Management Profile recommendation or optimal wellness regimen)

No Sugar

Exercise (3–6 days per week)

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