

7-DAY DETOX



BREAKFAST
Veggie omelet



A.M. SNACK
Green smoothie



LUNCH
Stir-fried chicken, broccoli and zucchini



P.M. SNACK
Vegetable medley



DINNER
Spicy carrot soup



SNACK (optional)
Serving of fruit

WHY IT'S FOR YOU:

You want to jump-start your weight loss journey and receive the maximum benefit from TLS® Weight Loss Solution. Whether this is your first time participating in TLS or you're stuck in a plateau, this 7-Day Detox will help curb your appetite for sweet, salty and fatty foods, while supporting your weight loss efforts.

A DAY ON DETOX:

Here is an example of some of the foods you can eat. Drink at least eight glasses (8 oz each) of water daily, and supplement based on your Weight Loss Profile recommendation. The NutriClean® Advanced Fiber Powder, Isotonix OPC-3® Powder Drink, Isotonix® Multivitamin Powder Drink, TLS® CORE Fat & Carb Inhibitor and Curcumin Extreme™ will help you achieve the best results.



NutriClean Advanced Fiber Powder: Helps maintain digestive health

Isotonix OPC-3 Powder Drink: A source of natural antioxidants

Isotonix Multivitamin Powder Drink: Supports the conversion of food into energy

TLS CORE Fat & Carb Inhibitor: Helps inhibit carbohydrate absorption

Curcumin Extreme: Helps maintain cell health and integrity

DETOX POWER FOODS

Breakfast: 3 servings of vegetables, 1 serving of fruit, 1 serving of protein

A.M. Snack: 1 serving of fruit, 1 serving of vegetables

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

P.M. Snack: 1 serving of fruit, 2 servings of vegetables

Dinner: 3 servings of vegetables, 1 serving of good fat

VEGETABLES

Unlimited servings per day

1 serving: ½–1 cup, all leafy greens 1 cup

Alfalfa sprouts	Mushrooms
Artichokes	Okra
Arugula	Onions
Asparagus	Radicchio
Bean sprouts	Radishes
Beets	Rhubarb
Bell peppers	Rutabaga
Bok choy	Sauerkraut
Broccoli	Scallions
Brussels sprouts	Snow peas
Cabbage (red or white)	Spaghetti squash
Carrots	Spinach
Cauliflower	Stir-fry vegetables (no sauce)
Celery	Summer squash
Chard	Tomatoes (fresh)
Collard greens	Tomato juice (no salt), ½ cup
Cucumber	Tomato paste, 2 Tbsp
Dandelion greens	Tomato sauce, ½ cup (no sugar added)
Eggplant	Vegetable juice (no salt), ½ cup
Endive	Water chestnuts
Green beans	Watercress
Green peas	Zucchini
Jerusalem artichokes	
Jicama	
Kale	
Kohlrabi	
Leeks	
Lettuce (any)	

GOOD FATS

2 servings per day

Avocado, 1 small or ½ medium
Oils (olive, avocado, coconut, grapeseed), 1 Tbsp

FRUIT

3 servings per day

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

Apple	Kiwi
Apricots, 4 medium	Kumquats, 4 medium
Banana (1 small or ½)	Lemon
Berries (blackberries, blueberries, boysenberries, gooseberries, loganberries, mulberries, strawberries, raspberries), ¾ cup	Lime
Cantaloupe	Loquats
Cherries, 12 large	Lychees, 7
Currants, 3 Tbsp	Mandarin orange
Dates (fresh), 2	Nectarine
Figs (fresh), 2	Orange
Grapefruit	Papaya, ½ medium
Grapes (10 total or ½ cup)	Passion fruit
Guava	Peach
Honeydew melon	Pear
	Pineapple, ½ cup
	Plum
	Pomegranate, ½ small
	Raisins, 2 Tbsp
	Sharon fruit/persimmon
	Starfruit
	Tangerine

PROTEIN

2 servings per day

1 serving: 3 oz unless otherwise noted

Chicken or turkey (without skin)
Eggs (2)
Egg whites (3)
Fresh fish (salmon, tuna, cod, sardines, flounder,
shrimp, lobster, snapper, trout, etc.)
Canned tuna, salmon or sardines (packed in water)

VEGETARIAN OPTIONS*

Chia seeds, 2–3 Tbsp
Chickpeas, 1 cup (not canned)
Hemp hearts, 3–4 Tbsp
Lentils, 1 cup (not canned)
Nutritional yeast, 2 Tbsp
Organic non-GMO tempeh, 3 oz
Organic non-GMO tofu, 6 oz
Quinoa, snack: ½ cup; meal: 1 cup
Spirulina, 2 Tbsp

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

Other Rules:

No sugars or artificial sweeteners
No alcohol
No coffee, soda or other caffeinated beverages
No dairy, grains or starches
Water (minimum of 8 cups per day)
First thing every morning, drink the juice of
one-half of a lemon in a cup of warm water.
Supplementation: TLS® CORE Fat &
Carb Inhibitor, Isotonix® Multivitamin,
NutriClean® Advanced Fiber Powder,
Isotonix OPC-3®, Curcumin Extreme™

Detox Tips:

Do not engage in strenuous physical activity,
even if you are used to it. Instead, participate
in yoga, walking or gentle stretching.

Get plenty of rest and sleep. You may feel
more tired than usual the first few days of
detox. By the end of the week, you should
feel energized.

Use spices and herbs, small amounts of low-
sodium soy sauce, salt, pepper and vinegar.

Choose raw or lightly steamed vegetables.

Do not skip meals.

This is a great time to meditate, listen to
relaxing music and engage in other
stress-reduction activities.

Think about the commitment you are
making to yourself, what you stand to gain
and how accomplished you will feel.

How often you participate in a 7-Day Detox
program will depend on your particular
needs. Some people choose to complete
the detox up to four times a year (every
three months). It is recommended that you
undergo a detox program one to three times
each year.

Pro Tip:

Utilize fresh chili peppers, jalapeño, garlic, ginger,
parsley, cilantro, basil and spices to flavor your foods.