



BRIDAL BOOTCAMP

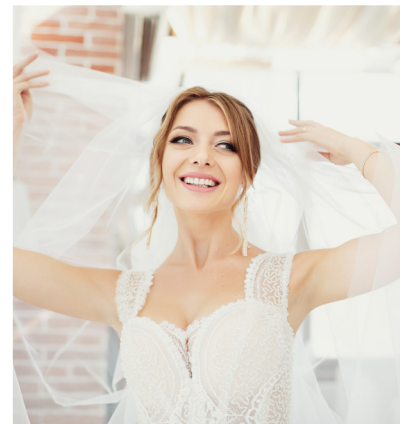
4-WEEK PROGRAM

Why It's For You:

You're extremely committed to losing weight, fat and inches during this four-week program. Not only will you look and feel your best on your big day, but you know that you can do anything you set your mind to.

A Glimpse of a Day:

You won't be starving yourself or having to spend all day exercising to achieve the results you want. You will feel full and satisfied with your meals and snacks. Below is an example of some of the foods you can eat.



BREAKFAST:
VEGGIE OMELET



AM SNACK:
MINT CHOCOLATE SHAKE†



LUNCH:
HERB ROASTED CHICKEN†



PM SNACK:
STRAWBERRY & SPINACH SHAKE



DINNER:
TUSCAN COD†



WATER:
EIGHT (8 OZ) GLASSES DAILY

†All recipes are found on iSlim.com



- ACTS: Minimize stress-related weight gain
- CORE: Tame hunger
- Nutrition Shake: Snack or occasional meal replacement
- NutriClean 7-Day Cleansing Kit: Cleanses the digestive system
- Multivitamin: Sound micronutrient foundation
- OPC-3: Powerful antioxidant

*You should consult your physician before beginning this or any other weight management program. Individuals following the i(TLS)® Weight Loss Solution can expect to lose 1-2 pounds per week. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

BRIDAL BOOTCAMP POWER FOODS

PRE-BREAKFAST: 1 capful of Multivitamin and 2 capfuls of OPC-3® in 6 oz water. Wait 10 minutes.

BREAKFAST: 1 serving of protein, 3–4 servings of vegetables. Take 2 ACTS capsules with breakfast.

AM SNACK: TLS® Nutrition Shake, 1 serving of fruit

LUNCH: 1 serving of protein, 3–4 servings of vegetables, 1 serving of good fat. Take 2 TLS CORE tablets 30–45 minutes before lunch.

PM SNACK: TLS Nutrition Shake

DINNER: 1 serving of protein, 3–4 servings of vegetables, 1 serving of good fat. Take 2 TLS CORE tablets 30–45 minutes before dinner.

VEGETABLES: 8–12 SERVINGS PER DAY

*1 serving: 1–2 cups,
unless otherwise noted*

- Alfalfa sprouts
- Artichokes
- Arugula
- Asparagus
- Bean sprouts
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage (red or white)
- Carrots
- Cauliflower
- Celery
- Chard
- Collard greens
- Cucumber
- Dandelion greens
- Eggplant
- Endive
- Ginger
- Green beans
- Green peas
- Greens (beet, collard, dandelion, kale, mustard, turnip)
- Hot peppers
- Jerusalem artichokes
- Jicama
- Kohlrabi
- Leeks
- Lettuce (any)
- Malanga
- Mushrooms
- Okra
- Olives
- Onions
- Parsley
- Pimientos
- Radicchio
- Radishes
- Rhubarb
- Rutabaga
- Salsa
- Sauerkraut
- Scallions
- Snow peas (no sugar)
- Spinach
- Squash leaves
- Stir-fry vegetables (no sauce)
- Taro root, 1/4 cup
- Tomatoes (fresh)
- Tomato juice (no salt), 1/2 cup
- Tomato paste, 2 tbsp.
- Tomato sauce, 1/2 cup
- Vegetable juice (no salt), 1/2 cup
- Vegetable soup (low-fat), 1/2 cup
- Water chestnuts
- Watercress
- Zucchini

PROTEIN: 3–4 SERVINGS PER DAY

*1 serving (women): 4–6 oz. with breakfast,
lunch and dinner; 2–3 oz. with snacks*

*1 serving (men): 6–8 oz. with breakfast,
lunch and dinner; 2–3 oz. with snacks*

- Canned tuna, salmon or sardines (packed in water)
- Chicken or turkey (without skin)
- Eggs or egg whites
- Fresh fish (salmon, tuna, sardines, flounder, snapper, trout, etc.)
- Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)
- Tempeh
- Tofu
- TVP (texturized vegetable protein)
- Veggie or garden burger (grain-free)

FRUIT: 1 SERVING PER DAY

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

- Apple
- Apricots, 4 medium
- Banana
- Berries (blueberries, raspberries, boysenberries, blackberries), 3/4 cup
- Cantaloupe
- Casaba melon
- Cherries, 12 large
- Currants, 3 tbsp.
- Dates (fresh), 2
- Figs (fresh), 2
- Gooseberries, 3/4 cup
- Grapefruit
- Grapes
- Guava
- Honeydew melon
- Jackfruit
- Kiwifruit
- Kumquats, 4 medium
- Lemon
- Lime
- Loganberries, 3/4 cup
- Loquats
- Lychees, 7
- Mandarin orange
- Melon balls
- 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.
- Sharon fruit
- Starfruit
- Tangelo
- Tangerine

GOOD FATS: 2 SERVINGS PER DAY

- Oils (olive, avocado, coconut, etc.)
- Avocado, 1/2 medium

TLS NUTRITION SHAKE: 2 SHAKES PER DAY

*1 shake for AM snack and
1 shake for PM snack*

OTHER RULES:

Follow the TLS 7-Day Bridal Cleanse Plan during your first seven days, then follow this program. During your first week, follow all the supplement recommendations as outlined above, but add in the Nutriclean 7-Day Cleansing Kit. Directions for using the kit are found on the 7-Day Bridal Bootcamp Cleanse Plan.

- No grains or starches
- No alcohol
- Water (minimum of 8 cups per day)
- Supplementation
- Exercise (5–6 days per week)
- Daily journaling
- No Dairy