

RAPID RESULTS

Lose 2-3 pounds per week*



BREAKFAST
Veggie omelet



A.M. SNACK
Chocolate raspberry shake

WHY IT'S FOR YOU:

You're motivated, dedicated and committed to doing whatever it takes to reach your weight loss goals. Get ready to break unhealthy habits and start losing fat and inches.

A DAY ON RAPID RESULTS:

Here are examples of some of the foods you can eat. Supplement based on your Weight Loss Profile recommendation.



LUNCH
Stir-fried shrimp, broccoli and cauliflower



P.M. SNACK
Lettuce wraps



DINNER
Grilled salmon and asparagus



WATER
Eight (8 oz) glasses daily



TLS[®] CORE Fat & Carb Inhibitor

- Promotes reduction in body mass index (BMI)
- Helps inhibit carbohydrate absorption in the body

TLS Nutrition Shake

- Great source of fiber, protein and calcium
- Formulated to provide an optimal mix of vitamins, minerals, fiber, protein and calcium

TLS Tonalin™ CLA (Conjugated Linoleic Acid)

- May help to target stubborn belly fat
- Assists in promoting lean muscle mass

TLS Thermochrome with Green Coffee Bean Extract

- Supports healthy weight loss
- Supports thermogenesis and lipolysis

TLS ACTS Adrenal, Cortisol, Thyroid and Stress Support Formula

- Helps the body adapt to stress
- May help in minimizing stress-related issues (weight gain, difficulty sleeping, etc.)

TLS Trim Tea/Trim Café

- Helps curb appetite
- May promote a feeling of fullness

*You should consult your physician before beginning this or any other weight management program. Individuals following the TLS Weight Loss Solution can expect to lose 1-2 pounds per week.

These products are not intended to diagnose, treat, cure or prevent any disease.

RAPID RESULTS POWER FOODS

Breakfast: 1 serving of protein, 2 servings of vegetables, 0–1 serving of good fat

A.M. Snack: TLS® Nutrition Shake, 1 serving of fruit

Lunch: 1 servings of protein, 2–3 servings of vegetables, 1 serving of good fat

P.M. Snack: 0–1 serving of fruit, 1 serving of protein or 1 serving of vegetables, or both

Dinner: 1–2 servings of protein, 2–3 servings of vegetables, 1 serving of starch, 1–2 servings of good fat

VEGETABLES

6–9 servings per day

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

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

STARCH

1 serving per day

1 serving: ½–1 cup

Acorn squash, ½ cup
Butternut squash, 1 cup
Kabocha, 1 cup
Purple potato, ½ of medium size
Quinoa, ½ cup
Sweet potato, ½ of medium size
Taro, ½ cup
Yam, ½ of medium size

GOOD FATS

2–4 servings per day

Oils (olive, avocado, coconut)
Avocado, ½ medium
Nuts and seeds (reference TLS FAQ for serving sizes)
Coconut cream, 2–3 Tbsp
Olives (check serving size and watch for sodium content)

FRUIT

1–2 servings per day

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

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|--|----------------------|
| Apple | Lemon |
| Apricots, 4 medium | Lime |
| Banana | Loganberries, ¾ cup |
| Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), ¾ cup | Loquats |
| Cantaloupe | Lychees, 7 |
| Cherries, 12 large | Mandarin orange |
| Currants, 3 Tbsp | Mulberries, ¾ cup |
| Dates (fresh), 2 | Nectarine |
| Figs (fresh), 2 | Orange |
| Gooseberries, ¾ cup | Papaya, ½ medium |
| Grapefruit | Passion fruit |
| Grapes | Peach |
| Guava | Pear |
| Honeydew melon | Pineapple, ½ cup |
| Kiwifruit | Plum |
| Kumquats, 4 medium | Pomegranate, ½ small |
| | Raisins, 2 Tbsp |
| | Starfruit |
| | Tangelo |
| | Tangerine |

TLS-APPROVED SWEETENERS

| | |
|-------------------|--|
| Monk fruit powder | On occasion: local honey, high-quality agave or coconut sugar |
| Stevia | |
| Yacon syrup | |

PROTEIN

4–6 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

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 of beef, pork, lamb, buffalo, veal, bison or venison)
Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, crab, etc.)
TLS Nutrition Shake

VEGETARIAN OPTIONS*

Chia seeds, 4 oz
Hemp hearts, 3–4 Tbsp
Lentils (not canned)
Nutritional yeast, 4 Tbsp
Organic non-GMO tempeh
Organic non-GMO tofu
Quinoa
Spirulina, 4 Tbsp
Veggie or garden burger (grain-free)

*Please download vegan and vegetarian handout for more information.

TLS NUTRITION SHAKE

1 shake per day

*The shake, when consumed, is considered a protein serving.

Other Rules:

Detox (7 days, optional)
No alcohol (for at least 21 days)
Water (minimum of 8 cups per day)
No grains
No dairy
No sugar
Supplementation (based on your Weight Loss Profile recommendation)
Exercise (4–5 days per week)
Daily journaling

Be sure to have either a meal or snack within 30 minutes of your workout. If you cannot eat within that time, the TLS Nutrition Shake is a great post-workout recovery snack.