



# BRIDAL BOOTCAMP

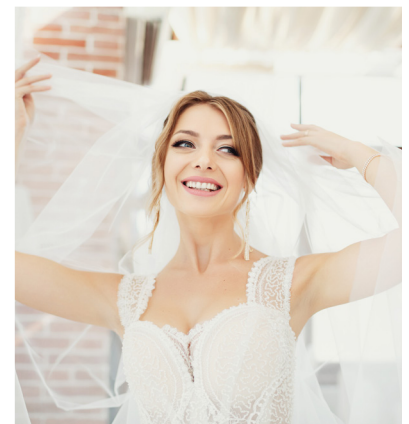
## 8-WEEK PROGRAM

### Why It's For You:

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

### A Typical Day During Your Program:

Below is an example of some of the delicious foods you can eat during your 8-week program. You'll be amazed at how tasty eating healthy can be.



**BREAKFAST:**  
VEGGIE OMELET



**AM SNACK:**  
CHOCOLATE RASPBERRY SHAKE



**LUNCH:**  
SUNBURST CHICKEN SALAD



**PM SNACK:**  
LETTUCE WRAPS



**DINNER:** HOISIN-GLAZED SCALLOPS W/ GRILLED ZUCCHINI



**WATER:**  
EIGHT (8 OZ) GLASSES DAILY

†All recipes are found on [i\(Slim\).com](http://i(Slim).com)



- ACTS: Minimize stress-related weight gain
- CORE: Tame hunger
- Trim Tea: Supports weight loss
- Nutrition Shake: Snack or occasional meal replacement
- Digestive Enzymes with Probiotics: Enzymes help facilitate nutrient absorption
- TLS Health Guide & Journal: Packed with education and daily journaling pages

\*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

**BREAKFAST:** 1 serving of protein, 2–4 servings of vegetables, 1 serving of fruit. Take 1 serving of Digestive Enzymes with 2 oz water and 1 packet of Trim Tea with 6–8 oz of hot or cold water with breakfast.

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

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

**PM SNACK:** 1 serving snack protein or 1 serving of dairy, 1 serving vegetable

**DINNER:** 1 serving of protein, 2–4 servings of vegetables, 1 serving of good fat. Take 2 CORE tablets 30–45 minutes before dinner. With dinner take 2 ACTS capsules and 1 serving of digestive enzymes in 2 oz water.

## VEGETABLES: 6–12 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

## GOOD FATS: 2 SERVINGS PER DAY

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

## FRUIT: 2 SERVINGS PER DAY

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

- Apple
- Apricots, 4 medium
- Banana
- Berries (blueberries, strawberries, 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

## TLS NUTRITION SHAKE: 1–2 SHAKES PER DAY

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

## DAIRY: 1–2 SERVINGS PER DAY

*Those on a dairy-free diet may omit*

- Low-fat milk
- Low-fat cheese
- Low or zero-fat Greek yogurt (plain)
- Low-fat yogurt
- Low-fat creamer
- Low-fat sour cream

## 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*

- TLS Nutrition Shake
- TLS Plant-Based Shake
- TLS Whey Protein Shake
- 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.)
- Lean veal
- Red meat (limited to 1–2 servings per week) (beef, pork, lamb, buffalo or venison)
- Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)
- Tempeh
- Tofu
- TVP (texturized vegetable protein)
- Veggie or garden burger (grain-free)

## OTHER RULES:

If participating in the cleanse, please follow the food listed on the Bridal Bootcamp Cleanse Plan during your first week. However, you should take your supplements as outlined above.

- TLS 7-Day Cleanse (optional)
- No alcohol (for at least 21 days)
- Water (minimum of 8 cups per day)
- Supplementation
- Exercise (4–5 days per week)
- Daily journaling