

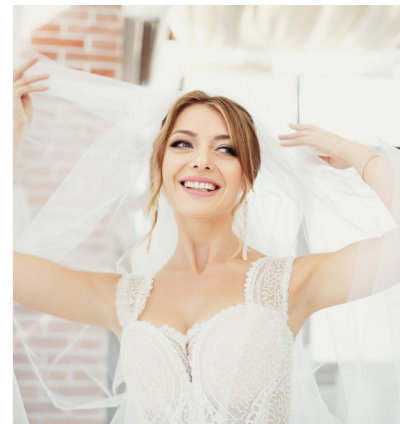


BRIDAL BOOTCAMP

12-WEEK PROGRAM

Why the TLS® 12-Week Bridal Bootcamp is for you:

You are looking for a simple and convenient way to help manage your weight before you say "I do." Following the 12-Week Bridal Bootcamp program will provide you with a plan that will not only supply your body with the nutrients it needs to maximize fat burning, but allows such a variety of flavorful foods. This program, coupled with your exercise and supplementation regimen, will help you look and feel your best on your special day.



BREAKFAST:
PROTEIN-PACKED PANCAKES



AM SNACK:
YOGURT AND FRUIT



LUNCH:
PORTOBELLO CHICKEN PIZZA



PM SNACK:
GO GREEN SHAKE



DINNER: TENDERLOIN STEAK
WITH SALSA VERDE



WATER:
EIGHT (8 OZ) GLASSES DAILY



ACTS: Minimize stress-related weight gain

Trim Tea: Helps with weight management

CORE: Tame hunger

Daily Essentials (OPC-3®, Activated B-complex, Calcium Plus, Multivitamin): Gives your body all the essential vitamins, minerals and nutrients it needs

NutriClean 7-Day Cleansing Kit: Cleanses the digestive system

TLS Health Guide & Journal: Packed with education and daily journaling pages

BRIDAL BOOTCAMP POWER FOODS

PRE-BREAKFAST: 1 cap of Isotonix calcium, B complex, multivitamin and 2 capfuls of OPC-3. Mix all together with 10oz water. Wait 30 minutes before eating breakfast.

BREAKFAST: 1 serving of protein, 2 servings of vegetables, 1 serving of fruit. Enjoy 1 serving of Trim Tea in 6–8oz of hot or cold water with breakfast.

AM SNACK: 1 serving fruit and 1/2–1 serving of protein

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

PM SNACK: 1/2–1 serving of protein or 1 serving of dairy and 1 serving of vegetables

DINNER: 1 serving of protein, 2–4 servings of vegetables, 1 serving of good fat. Take 2 CORE tablets 30–45 minutes before dinner and 2 ACTS capsules with dinner.

* Should you like to incorporate whole grains, beans or legumes into your program, it is recommended to limit them to no more than 2 servings per day

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

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

GOOD FATS: 2 SERVINGS PER DAY

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

DAIRY: 1-2 SERVINGS PER DAY

Those on a dairy-free diet may omit

- Low-fat milk
- Low-fat cheese
- Plain Greek yogurt
- Low-fat yogurt
- Low-fat sour cream

PROTEIN: 4–6 SERVINGS PER DAY

1 serving (women): 4–6 oz. with breakfast,
lunch and dinner

1 serving (men): 6–8 oz. with breakfast,
lunch and dinner

- TLS® Whey Protein Shake, TLS Nutrition Shake or TLS Plant-Based 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:

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 also add in the NutriClean 7-Day Cleansing Kit. Directions for using the kit are found on the 7-Day Bridal Bootcamp Cleanse Plan.

- Avoid alcohol
- Water (minimum of 8 cups per day)
- Supplementation
- Exercise (at least 4–5 days per week)