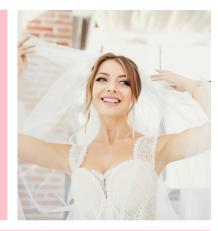
I2-WEEK PROGRAM

Why the TLS[®] I2-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



LUNCH: PORTOBELLO CHICKEN PIZZA



DINNER: TENDERLOIN STEAK WITH SALSA VERDE



AM SNACK: YOGURT AND FRUIT



GO GREEN SHAKE



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

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

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

VEGETABLES: 6-12 SERVINGS PER DAY

Mushrooms

• Okra

Olives

Onions

Parsley

Pimientos

Radicchio

Radishes

Rhubarb

Rutabaga

Sauerkraut

• Snow peas (no sugar)

Scallions

Spinach

Squash leaves

(no sauce)

1/2 cup

Stir-fry vegetables

Taro root, 1/4 cup

Tomatoes (fresh)

 Vegetable juice (no salt), 1/2 cup

Vegetable soup

(low-fat), 1/2 cup

Water chestnuts

 Watercress • Zucchini

• Tomato juice (no salt),

• Tomato paste, 2 tbsp.

• Tomato sauce, 1/2 cup

Salsa

• Malanga

- 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)

FRUIT: **2 SERVINGS PER DAY**

• Lemon

Loguats

Lychees, 7

Melon balls

• Lime

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
- Kumguats, 4 medium
 - **GOOD FATS:**

2 SERVINGS PER DAY

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

DAIRY: **I-2 SERVINGS PER DAY**

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

PROTEIN: 4–6 SERVINGS PER DAY

• TLS[®] Whey Protein Shake, TLS Nutrition Shake or TLS Plant-Based Shake

• Fresh fish (salmon, tuna, sardines, flounder, snapper,

• Red meat (limited to 1-2 servings per week) (beef,

Seafood (shrimp, scallops, clams, lobster, calamari,

- Canned tuna, salmon or sardines (packed in water)
- Chicken or turkey (without skin)

pork, lamb, buffalo or venison)

squid, octopus, mussels, etc.)

• TVP (texturized vegetable protein)

Veggie or garden burger (grain-free)

Eggs or egg whites

trout, etc.)

Lean veal

Tempeh

• Tofu

 Mulberries, 3/4 cup Nectarine

Mandarin orange

Loganberries, 3/4 cup

- Orange
- Papaya, 1/2 medium
- Passion fruit
- Peach

- Plum
- Pomegranate, 1/2 small
- Raisins, 2 tbsp.
- Sharon fruit Starfruit
- Tangelo
- **OTHER RULES:**

Tangerine

• Pear • Pineapple, 1/2 cup