

CONTINUED COMMITMENT

A guide to healthy, everyday living at your target weight



BREAKFAST

Veggie egg scramble



A.M. SNACK

Chocolate coconut shake



LUNCH

Stir-fried squid with broccoli



P.M. SNACK

Peanut butter apple-cinnamon wedges



DINNER

Mussels with white beans



WATER

Eight (8 oz) glasses daily

WHY IT'S FOR YOU:

You're at a healthy weight and looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but looking for a plan with flexibility, allowing the occasional indulgence.

A DAY ON CONTINUED COMMITMENT:

Here are examples of some of the foods you can eat. Drink at least eight glasses (236 ml each) of water daily, and supplement based on your Weight Management Profile recommendation.



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

CONTINUED COMMITMENT POWER FOODS

Breakfast: 1 serving of protein, 2 servings of vegetables, 1 serving of whole grain, 1 serving of good fat

A.M. Snack: 1 serving snack protein and/or 1 serving dairy, 1 serving of fruit

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

P.M. Snack: 1 serving of protein

Dinner: 1 serving of protein, 2–4 servings of vegetables, 1 serving of starch, 1 serving of good fat

VEGETABLES

6–9 servings per day

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

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

STARCHES

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

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

FRUIT

2 servings per day

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

Apple	Kumquats, 4 medium
Apricots, 4 medium	Lemon
Banana	Lime
Berries (blueberries, strawberries, raspberries, boysenberries, blackberries, gooseberries, loganberries, mulberries), ¾ cup	Loquats
Cantaloupe	Lychees, 7
Cherries, 12 large	Mandarin orange
Currants, 3 Tbsp	Mango
Dates (fresh), 2	Melon balls
Figs (fresh), 2	Nectarine
Grapefruit	Orange
Grapes	Papaya, ½ medium
Guava	Passion fruit
Honeydew melon	Peach
Jackfruit	Pear
Kiwifruit	Pineapple, ½ cup
	Plum
	Pomegranate, ½ small
	Raisins, 2 Tbsp
	Sharon fruit/persimmon
	Starfruit
	Tangelo
	Tangerine

WHOLE GRAINS

1 serving per day

1 serving: ½ cup

Amaranth
Barley (pearled or hulled)
Buckwheat (kasha, groats)
Farro
Kamut
Millet
Muesli or granola, no added sugar
Noodle (only black bean, lentil, edamame, arrowroot or mung bean noodle — see packaging for serving size)
Oatmeal (rolled or steel-cut)
Rice (authentic basmati, brown, wild and black)
Spelt
Sprouted grain bread

TLS-APPROVED SWEETENERS

Monk fruit powder
Stevia
Yacon syrup

On occasion: local honey, high-quality agave or coconut sugar

PROTEIN

5–6 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.)
Canned tuna, salmon or sardines (packed in water)
TLS Nutrition Shake

VEGETARIAN OPTIONS*

Beans (red, black garbanzo, lima, mung, pinto, soy, black-eyed)
Chia or hemp seeds, 4 oz
Edamame
Nutritional yeast, 4 Tbsp
Organic non-GMO tempeh
Organic non-GMO tofu
Spirulina, 4 Tbsp
Veggie or garden burger (grain-free)

*Please download vegan and vegetarian handout for more information.

DAIRY

1 serving per day

Those on a dairy-free diet may omit

Cheese (all)
Cottage cheese
Cream
Kefir
Milk
Plain yogurt

Plain Greek yogurt
Sour cream

*Organic or grass-fed is best. Serving sizes are found on package.

Other Rules:

Alcohol (limit to three drinks a week)

Water (minimum of 8 cups per day)

Supplementation (based on your Weight Loss Profile recommendation or optimal wellness regimen)

No sugar

Exercise (3–6 days per week)

Be sure to either have a meal or snack within 30 minutes of your workout.