

# RAPID RESULTS



**BREAKFAST**  
Veggie omelet



**A.M. SNACK**  
Chocolate raspberry shake



**LUNCH**  
Sunburst chicken salad



**P.M. SNACK**  
Lettuce wraps



**DINNER**  
Grilled salmon and asparagus



**WATER**  
Eight (240 ml) glasses daily

## WHY IT'S FOR YOU:

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

## A DAY ON RAPID RESULTS:

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



**NutriClean Fiber With L-Glutamine & Probiotics:**

Supports digestive health and bowel regularity

**TLS® Nutrition Shake:**

Provides extra nourishment between meals

**Isotonix Daily Essentials Kit:**

Includes four essential supplements to promote long-term health and optimal nutrition

**Isotonix Digestive Enzymes Plus Powder:**

Provides enzymes that promote nutrient absorption from foods

**Timeless Evergreen Formula:**

Helps protect the body from the negative effects of free radicals

**Isotonix Isochrome Powder:**

Helps with energy and stamina

All recipes are found on [my.tlsSlim.com](http://my.tlsSlim.com)

You should consult your physician before beginning this or any other weight management program. The results may not be typical. Individual results may vary.

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

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  
Stevia  
Yacon syrup

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

## 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 (beef, 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:

Cleanse (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.