



SHAKING & BAKING WITH TLS SATISFACTION



TLS SHAKE RECIPES

For each shake, use two scoops of TLS® Nutrition Shake.

CHOCOLATE PEANUT BUTTER (RR, SS, CC)

Two scoops TLS Nutrition Shake — Chocolate Delight
1 Tbsp natural/organic peanut butter or peanut butter powder
1 Tbsp dark cocoa powder or cacao powder
1 cup unsweetened almond milk

STRAWBERRY MILKSHAKE (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)
Two scoops TLS Nutrition Shake — Creamy Vanilla
1 cup fresh or frozen strawberries
½ cup ice cubes
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

CHOCOLATE COCONUT (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)
Two scoops TLS Nutrition Shake — Chocolate Delight
¼ cup unsweetened shredded coconut
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

CHOCOLATE BERRY GOODNESS (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)
Two scoops TLS Nutrition Shake — Chocolate Delight
1 cup fresh or frozen raspberries and strawberries
1 tsp vanilla extract
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

CHOCOLATE BANANA (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)
Two scoops TLS Nutrition Shake — Chocolate Delight
½–1 banana
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

PIÑA COLADA (RR, SS, CC)

Two scoops TLS Nutrition Shake — Creamy Vanilla
One-half banana
½ cup fresh or frozen pineapple
¼ cup unsweetened shredded coconut
(or 1 tsp coconut extract/coconut milk)
½ cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

MINT CHOCOLATE CHIP (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)
Two scoops TLS Nutrition Shake — Chocolate Delight
1 tsp mint extract
1 Tbsp unsweetened dark cocoa powder or cacao powder
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk



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CARDAMOM VANILLA (RR, SS, CC)

Two scoops TLS Nutrition Shake — Creamy Vanilla
1 tsp ground cardamom
¼ cup Greek yogurt
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

APPLE-BANANA CINNAMON (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)
Two scoops TLS Nutrition Shake — Creamy Vanilla
One fresh or frozen apple, cored or sliced
One-half banana
1 tsp cinnamon
1 cup unsweetened almond milk

INCREDIBLE HULK (RR, SS, CC)

Two scoops TLS Nutrition Shake — Chocolate Delight
1 cup fresh or frozen spinach or kale
1 Tbsp natural/organic peanut butter or peanut butter powder
1 tsp dark cocoa powder
1 cup unsweetened almond milk

APPLE CINNAMON PIE (RR, SS, CC)

Two scoops TLS Nutrition Shake — Creamy Vanilla
½ tsp cinnamon
¼ cup Greek yogurt (optional)
One fresh or frozen apple, cored or sliced
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

KEY LIME PIE (RR, SS, CC)

Two scoops TLS Nutrition Shake — Creamy Vanilla
½ lime, juiced
¼ cup Greek yogurt (optional)
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

ORANGE TWIST (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)
Two scoops TLS Nutrition Shake — Creamy Vanilla
½ cup strawberries
½ cup unsweetened orange juice or half a fresh orange
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

LEMONADE BURST (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)
Two scoops TLS Nutrition Shake — Creamy Vanilla
One small lemon, juiced
1 cup strawberries
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

BLUEBERRY BLAST (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)
Two scoops TLS Nutrition Shake — Creamy Vanilla
½ cup blueberries
¼ cup blackberries or raspberries (optional)
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

PINEAPPLE GREEN SMOOTHIE (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)
Two scoops TLS Nutrition Shake — Creamy Vanilla
½ cup frozen pineapple
½ cup frozen zucchini
½ cup baby spinach
1 cup water, milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk



TLS TIP: Add a serving of plant protein and nutrition to your shake with a tablespoon of hemp hearts or chia seeds. To give your shake a thicker consistency, add five ice cubes. For a thinner consistency, add an additional 2–4 ounces of cold water.



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BLACK CHERRY BERRY (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

Two scoops TLS Nutrition Shake — Creamy Vanilla
½ cup blackberries
½ cup black cherries, pitted
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

CHAI SPICE (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

Two scoops TLS Nutrition Shake — Creamy Vanilla
One packet TLS T-Lite Powder
½ tsp cardamon
½ tsp cinnamon
¼ clove, ground
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

BLACKBERRY-LEMON COOLER (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

Two scoops TLS Nutrition Shake — Creamy Vanilla
½ cup blackberries
1 tsp lemon zest
1 cup unsweetened almond milk

STRAWBERRY BANANA (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

Two scoops TLS Nutrition Shake — Creamy Vanilla
One banana
1 cup strawberries
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

CRASHING CRANBERRY (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

Two scoops TLS Nutrition Shake — Creamy Vanilla
½ cup unsweetened cranberry juice
½ cup frozen cranberries
½ cup water

PEANUT BUTTER & JELLY (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

Two scoops TLS Nutrition Shake — Creamy Vanilla
1 Tbsp natural/organic peanut butter or peanut butter powder
½ cup strawberries
1 cup unsweetened almond milk

CAKE BATTER (RR, SS, CC)

Two scoops TLS Nutrition Shake — Creamy Vanilla
½ cup cottage cheese
½ tsp pure vanilla extract
1 cup unsweetened almond milk

SPICE CAKE (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

Two scoops TLS Nutrition Shake — Creamy Vanilla
1 Tbsp almond butter
1 tsp vanilla extract
½ tsp cinnamon
1 tsp nutmeg
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

BLUEBERRY-PEACH COBBLER (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

Two scoops TLS Nutrition Shake — Creamy Vanilla
½ cup blueberries
1 cup peaches, sliced
1 tsp vanilla extract
1 cup unsweetened almond milk

FALL FITNESS (SS, CC)

Two scoops TLS Nutrition Shake — Creamy Vanilla
½ cup cooked sweet potato or ½ cup canned pumpkin
½ tsp cinnamon
¼ tsp ginger
1 cup milk or your favorite unsweetened dairy alternative, such as almond, rice or soy milk

MONKEY BUSINESS (RR, SS, CC)

(To make this shake FS- and PH2-friendly, replace the milk with water.)

Two scoops TLS Nutrition Shake — Creamy Vanilla
One-half semi-frozen banana
1 Tbsp organic creamy peanut butter
Dash cinnamon (optional)
1 cup unsweetened almond milk

TLS TIP: Sweet tooth? Simply add a ¼–1 tsp Stevia powder or monk fruit powder (TLS-friendly sweeteners choice)

NOTE: Although honey, agave syrup, coconut sugar, coconut nectar and maple syrup are natural sweeteners (healthier alternatives to processed sugar and corn syrup), they still contain sugar and have a high glycemic index; therefore, they are not a part of our TLS-approved list.

TLS BREAKFAST OF CHAMPIONS

PROTEIN-POWERED GRANOLA (SS, CC)

(Servings: 10)

- 1 cup oats
- ½ cup coconut, desiccated
- ¼ cup pumpkin seeds
- ¼ cup walnuts or pistachios
- ½ cup almonds, chopped
- ½ cup dried cranberries
- ½ cup raisins
- 1 Tbsp cinnamon powder
- 1 tsp cocoa
- ¼ tsp salt
- 2 Tbsp coconut oil
- 4 Tbsp sweetener of choice (agave nectar/maple syrup/coconut nectar)
- One serving TLS® Nutrition Shake — Chocolate Delight or Creamy Vanilla

Combine the oats, coconut, almonds, soy nuts and pumpkin seeds. Spread them on a baking tray and toast them for 15 minutes in the oven at 350 F. Combine the fruit with the TLS Nutrition Shake powder, cocoa and salt. Melt the coconut oil and sweetener on a stovetop over low to medium heat, stirring consistently. Mix all the ingredients and pack the mixture into an 8x8 baking tray, pressing down thoroughly. Bake the mixture at 300 F for 20 minutes, let it cool and break it into chunks.

NOTE: Feel free to omit the raisins and cranberries if you want to lower the glycemic impact of this recipe.

POWER PANCAKES (SS, CC)

(Servings: 1–2)

- ¼ cup oats
- One-half banana, mashed
- One egg white
- 1 Tbsp almond milk
- ½ tsp baking powder
- ¼ tsp cinnamon
- One serving TLS Nutrition Shake — Creamy Vanilla

Using a fork, combine all the ingredients into a uniform paste, adding milk as necessary to achieve the desired consistency. Coat a nonstick pan with cooking spray, pour batter and heat for two minutes per side or until cooked.

WORKOUT WAFFLES (SS, CC)

(Servings: 2)

- ¼ cup almond milk
- ¼ cup oat, whole wheat or your favorite gluten-free flour
- One-half large banana, mashed
- One egg
- ½ tsp baking powder
- One serving TLS Nutrition Shake — Creamy Vanilla

Combine all the ingredients using a blender or food processor. Thickly coat a waffle iron with cooking spray. Pour in the mixture and cook 5–6 minutes each.

PROTEIN BREAKFAST BARS (SS, CC) (RR – ENJOY OCCASIONALLY)

(Servings: 6)

- ½ cup unsweetened applesauce
- ½ cup almond flour
- ¼ cup oat flour
- ¼ cup Stevia powder
- 1 tsp vanilla extract
- 1 tsp maple extract
- 1 tsp cinnamon
- 1 tsp baking soda
- ⅛ tsp salt
- 1 serving TLS Nutrition Shake — Creamy Vanilla

FROSTING (optional):

- 1 cup Greek yogurt, plain
- 1 Tbsp Stevia powder
- ½ tsp vanilla extract

Preheat the oven to 350 F. Coat an 8x8 baking pan with cooking spray. Combine the dry and wet ingredients separately, then combine the dry ingredients with the wet ingredients and mix thoroughly. Spread the mixture onto the baking pan and bake 10–12 minutes until set. Let cool before frosting and serving.

VANILLA-CRANBERRY BREAD (SS, CC)

(Servings: 10)

- 1 cup oats
- 1 cup dried cranberries
- ¼ cup whipped cream cheese
- Two egg whites
- ¼ cup almond milk
- 7 oz apple sauce
- 2 tsp coconut oil
- 2 tsp vanilla extract
- Three servings TLS Nutrition Shake — Creamy Vanilla

Preheat the oven to 325 F. Combine all the ingredients, and whisk them until smooth. Coat a bread pan with cooking spray. Pour in the batter and bake 30–35 minutes.



TLS MUFFINS

You will be amazed by these flourless, sugar-free muffin creations.

DR. NANCY'S TLS®-FRIENDLY CHOCOLATE MUFFINS

(FS, PH2, RR, SS, CC)

(Suitable for any TLS Program where a TLS shake is recommended)

Two scoops TLS Nutrition Shake — Chocolate Delight
One egg
2 Tbsp unsweetened applesauce
¼ tsp baking powder
1–2 Tbsp unsweetened dark cocoa powder or cacao powder

Mix all ingredients and pour the mixture into a muffin pan (makes approximately six standard-size muffins). Bake the muffin mix at 400 F for 12 to 14 minutes, depending on the size of the muffins.

TLS BLUEBERRY MUFFINS (FS, PH2, RR, SS, CC)

Two scoops TLS Nutrition shake – Creamy Vanilla
2 Tbsp unsweetened applesauce
One egg
A single squeeze of juice from a fresh orange
½ tsp baking soda

Mix all ingredients and pour the mixture into a muffin pan (makes approximately six standard-size muffins). Add 3–5 blueberries (depending on size) into each muffin and bake them at 400 F for 13 to 15 minutes.

TLS CARROT CAKE MUFFINS (FS, PH2, RR, SS, CC)

Four scoops TLS Nutrition Shake – Creamy Vanilla
4 Tbsp unsweetened applesauce
Two eggs
¾ cup shredded carrots
¼ cup raisins
1 Tbsp ground flax meal
½ tsp baking soda
½ tsp cinnamon
¼ tsp nutmeg

Mix all ingredients and pour the mixture into the muffin pan (makes approximately six standard-size muffins). Bake the muffin mix at 400 F for 13 to 15 minutes.



APPLE CINNAMON MUFFINS (FS, PH2, RR, SS, CC)

Two scoops TLS Nutrition Shake — Creamy Vanilla
One egg
2 Tbsp unsweetened applesauce
¼ tsp baking powder
¼ cup shredded apple
1 tsp cinnamon

Mix all ingredients and pour the mixture into the muffin pan (makes approximately six standard-size muffins). Bake the muffin mix at 400 F for 12 to 14 minutes, depending on the size of the muffins.

PUMPKIN SPICE MUFFINS (SS, CC)

Two scoops TLS Nutrition Shake — Creamy Vanilla
One egg
2 Tbsp no-sugar-added applesauce
¼ tsp baking powder
2 Tbsp canned pumpkin
1–2 Tbsp crushed walnuts (optional)
1 tsp pumpkin spice
½ tsp nutmeg
½ tsp cinnamon

Mix all ingredients and pour the mixture into the muffin pan (makes approximately six standard-size muffins). Bake the muffin mix at 400 F for 12 to 14 minutes, depending on the size of the muffins.

CROSS-TRAINER CUPCAKES (SS, CC)

(Servings: 12)

1¼ cup oat flour
¼ cup Stevia powder
½ cup unsweetened applesauce
½ cup Greek yogurt, plain
¼ cup almond milk
2 tsp baking powder
½ tsp baking soda
½ tsp salt
1 tsp almond extract
1 tsp vanilla extract
Three egg whites
One serving TLS Nutrition Shake — Creamy Vanilla
Light whipped cream (optional)

Preheat the oven to 375 F. Coat the muffin pan with cooking spray. Combine all the ingredients in a blender or food processor and mix until the consistency is uniform. Pour the mixture into a pan and bake for 20 minutes. Let cool and top with light whipped cream. Store in the refrigerator as needed.

TLS TREATS

Have a birthday, holiday gathering or celebration coming up? These are sure to please — no one will know they are healthy!

CHAMPIONSHIP CHOCOLATE CHIP COOKIES (SS, CC)

(Servings: 24)

1¾ cup oat flour
1 cup unsweetened applesauce
1 cup Greek yogurt, plain
One can (16 oz) chickpeas, drained and rinsed
¼ cup Stevia powder
¼ cup dark chocolate chips
One egg
1 tsp baking powder
½ tsp baking soda
½ tsp salt
1 tsp vanilla extract
1 serving TLS® Nutrition Shake — Creamy Vanilla

Preheat the oven to 400 F. Coat a baking sheet with cooking spray. Setting aside the chocolate chips, combine all the dry ingredients. Using a blender or food processor, combine all the wet ingredients and mix thoroughly into a uniform texture. Combine all of the wet and dry ingredients, stirring the chocolate chips in last. Scoop and place the dough on a baking tray in 2-Tbsp-size portions, bake 8–10 minutes and let cool.

PEANUT BUTTER-BANANA COOKIES (SS, CC)

(Servings: 5)

1 cup oats
Two medium bananas
2 Tbsp peanut butter
One serving TLS Nutrition Shake — Creamy Vanilla

Preheat the oven to 350 F. Using a fork, combine all the ingredients into a uniform dough, adding milk or water as necessary to achieve the desired consistency. Coat a cookie sheet with cooking spray and divide the dough into 8–10 individual cookies. Bake for 15–20 minutes.

MOCHA BROWNIES (SS, CC)

(Servings: 12)

14 oz sweet potatoes, skinned
3½ oz dark chocolate chips
2 Tbsp oats
Three egg whites
1 tsp agave nectar or maple syrup
1 tsp instant coffee
½ tsp cinnamon
½ tsp baking powder
½ tsp coconut oil
½ cup almonds, chopped (optional)
One serving TLS Nutrition Shake — Chocolate Delight

Preheat the oven to 350 F. Boil the potatoes over medium-high heat until soft, then combine them with the protein powder, oats, coffee and baking powder using a blender or food processor. Melt the chocolate and coconut oil for 1 to 2 minutes over low-medium heat, stirring consistently; then, add this to the other ingredients along with the agave nectar/maple syrup and egg whites, mixing thoroughly. Coat an 8x8 baking pan with cooking spray. Pour the batter and bake for 30 minutes.



TLS TREATS

Have a birthday, holiday gathering or celebration coming up?
These are sure to please — no one will know they are healthy!

DELECTABLE DIET DOUGHNUTS (RR, SS, CC)

(Servings: 6)

One whole egg
Two egg whites
1 cup almond milk
½ cup coconut flour
¼ cup Stevia powder
2 Tbsp unsweetened applesauce
2 Tbsp honey
1 tsp baking soda
⅛ tsp salt
1 serving TLS® Nutrition Shake — Creamy Vanilla

Preheat the oven to 350 F. Coat a doughnut pan with cooking spray. Combine the dry ingredients and the wet ingredients separately. Combine the dry and wet ingredients and mix thoroughly into a uniform texture. Bake 20–25 minutes and let cool.



CHOCOLATE NICE CREAM (RR, SS, CC)

1 cup crushed ice
¾ cup almond milk
¼ tsp vanilla extract
One-half frozen banana, pre-sliced, then frozen
¼ cup washed cashews
1 Tbsp organic almond or peanut butter
Two scoops TLS Nutrition Shake — Chocolate Delight
2 Tbsp dark cocoa powder

Combine all ingredients in a blender; blend slowly while adding TLS Nutrition Shake and cocoa powder. Once blended smooth, pour the mix into a container and chill it in the freezer 1–2 hours. Scoop out, garnish with fresh raspberries and hemp seeds and enjoy!



DUSTED DOUGHNUT HOLES (SS, CC)

(Servings: approximately 16)

1 cup oat flour
¼ cup Stevia powder
¼ cup almond milk
1 tsp baking powder
1 tsp cinnamon
½ tsp salt
½ tsp vanilla extract
¼ tsp baking soda
Four egg whites
One serving TLS Nutrition Shake — Creamy Vanilla

DUSTING (optional):

¼ cup Stevia powder
2 Tbsp cinnamon

Preheat the oven to 325 F. Coat a mini muffin tray with cooking spray. Combine the dry ingredients and the wet ingredients separately. Combine the dry ingredients and wet ingredients and mix thoroughly into a uniform texture. Bake 20–25 minutes. Remove while warm and roll in dusting, if desired.



TLS NO-BAKE RECIPES

TLS® PROTEIN BALLS (SS, CC)

- 1 cup organic or natural peanut butter
- ½ cup flax meal
- ½ cup unsweetened coconut flakes
- 1 cup gluten-free granola
- 2 Tbsp honey
- 2 Tbsp hemp hearts
- Two scoops TLS Nutrition Shake — Chocolate Delight

Mix all the ingredients with your hands, adding a splash of water while mixing. Hand roll the mixture into balls. Refrigerate the balls for 30 minutes, and keep leftovers refrigerated.

FROZEN YOGURT BERRY BARK DESSERT (RR, SS, CC)

- 2 cups plain Greek yogurt
- 2–3 scoops TLS Nutrition Shake — Creamy Vanilla
- 1 cup berries (your choice)
- 1 Tbsp unsweetened shredded coconut
- 1 Tbsp honey (optional)

Mix the yogurt, TLS shake and honey until combined. Add two-thirds of the berries and stir again. Line a tray with parchment paper and spread the yogurt mixture evenly to the desired thickness. Top the yogurt mixture with the remaining berries and coconut. Place the tray in the freezer 2–4 hours or until the yogurt mixture is frozen. Remove the tray from the freezer, break the bark and serve.

PEANUT BUTTER FUDGE PROTEIN BARS (SS, CC)

(Servings: 12)

- 1 cup natural peanut butter
- 3 Tbsp honey (or to taste)
- 1 cup uncooked oats
- 2–5 Tbsp water
- 1 Tbsp unsweetened cocoa (optional)
- ½ cups TLS Nutrition Shake — Chocolate Delight

Mix the peanut butter and honey in a bowl and microwave for 30 seconds. Add the rest of the ingredients and mix them. The mixture should be crumbly and slightly moist. Press the mixture hard into a 9x9 tray and refrigerate for 20 minutes. Cut into 12 equal bars.

VEGAN NO-BAKE PEANUT BUTTER CHOCOLATE CHIP PROTEIN BARS (CC, SS)

(Servings: 15)

DRY

- 1½ cups oats
- ½ cup shredded coconut (sweetened optional)
- ½ cup raisins or any dried fruit like date chunks, cranberries, craisins or dried cherries, mangoes or apricots (optional)
- ½ cup chocolate chips
- ¼ cup almonds or other nuts, chopped (optional)
- 1½ tsp cinnamon powder
- Three scoops TLS Nutrition Shake — Creamy Vanilla

WET

- One ripe banana, mashed
- ¼ cup sweetener (maple syrup, agave nectar or honey)
- ½ cup almond butter or any nut butter (peanut, pecan, cashew, etc.)
- 1 tsp vanilla extract

Combine all of the dry ingredients in a large bowl. In a smaller bowl, mash the ripe banana and add all of the wet ingredients. Pour the wet ingredients into the dry ingredients bowl and mix well. Spread the mixture into an 8x8 or 9x9 baking dish lined with plastic wrap or waxed paper. Press until flat. Place the dish in a freezer for a few hours or until the mixture is firm. Remove the mixture from the dish and carefully cut it into 15 squares, bars or logs. For easy grab-and-go snacks, wrap the bars individually in plastic wrap. Store in the refrigerator or freezer for up to one month. These bars soften quickly at room temperature.



ENJOYING YOUR TLS TREATS?

Take a picture or video of your creations and tag us!



@TLSWEIGHTLOSS