

7-DAY CLEANSE



BREAKFAST
Veggie omelet



A.M. SNACK
Green smoothie



LUNCH
Strawberry
chicken salad



P.M. SNACK
Vegetable
medley



DINNER
Spicy carrot
soup



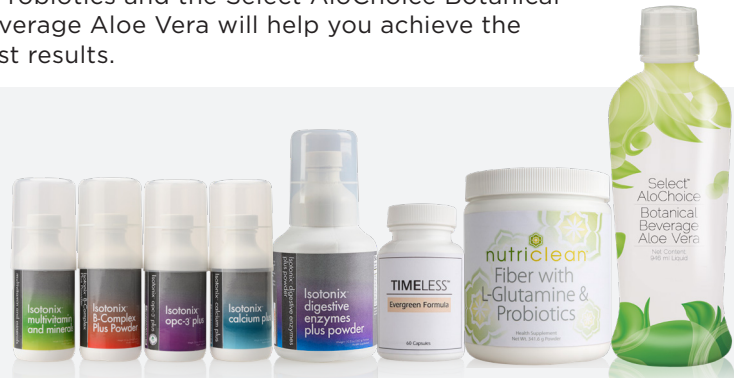
SNACK (optional)
Serving of fruit

WHY IT'S FOR YOU:

You want to jump-start your weight management journey and receive the maximum benefit from the TLS[®] Weight Management Solution.[†] Whether this is your first time participating in TLS or you're stuck in a plateau, this 7-Day Cleanse will help curb your appetite for sweet, salty and fatty foods, while supporting your weight management efforts.

A DAY ON CLEANSE:

Below is an example of some of the foods you can eat. Drink at least eight glasses (240 ml each) of water daily, and supplement based on your Weight Management Profile recommendation. Isotonix Daily Essentials Kit, Digestive Enzymes Plus Powder, Timeless Evergreen Formula, NutriClean Fiber with L-Glutamine & Probiotics and the Select AloChoice Botanical Beverage Aloe Vera will help you achieve the best results.



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

NutriClean Fiber with L-Glutamine & Probiotics:

Supports digestive health and bowel regularity

Select AloChoice Botanical Beverage Aloe Vera:

A healthy and refreshing drink that naturally contains nutrients, enzymes, vitamins and minerals

CLEANSE POWER FOODS

Breakfast: 3 servings of vegetables, 1 serving of fruit, 1 serving of protein

A.M. Snack: 1 serving of fruit, 1 serving of vegetables

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

P.M. Snack: 1 serving of fruit, 2 servings of vegetables

Dinner: 3 servings of vegetables, 1 serving of good fat

VEGETABLES

Unlimited servings per day

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

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

GOOD FATS

2 servings per day

Avocado, 1 small or ½ medium
Oils (olive, avocado, coconut, grapeseed), 1 Tbsp

FRUIT

3 servings per day

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

Apple	Honeydew melon
Apricots, 4 medium	Kiwi
Banana (1 small or ½)	Kumquats, 4 medium
Berries (blackberries, blueberries, boysenberries, gooseberries, loganberries, mulberries, strawberries, raspberries)	Lemon
¾ cup	Lime
Cantaloupe	Loquats
Cherries, 12 large	Lychees, 7
Currants, 3 Tbsp	Mandarin orange
Dates (fresh), 2	Nectarine
Figs (fresh), 2	Orange
Grapefruit	Papaya, ½ medium
Grapes (10 total or ½ cup)	Passion fruit
Guava	Peach
	Pear
	Pineapple, ½ cup
	Plum
	Pomegranate, ½ small
	Raisins, 2 Tbsp
	Sharon fruit/persimmon
	Starfruit
	Tangerine

PROTEIN

2 servings per day

1 serving: 3 oz unless otherwise noted

Chicken or turkey (without skin)
Eggs (2)
Egg whites (3)
Fresh fish (salmon, tuna, cod, sardines, flounder,
shrimp, lobster, snapper, trout, etc.)
Canned tuna, salmon or sardines (packed in water)

VEGETARIAN OPTIONS*

Chia seeds, 2–3 Tbsp
Chickpeas, 1 cup (not canned)
Hemp hearts, 3–4 Tbsp
Lentils, 1 cup (not canned)
Nutritional yeast, 2 Tbsp
Organic non-GMO tempeh, 3 oz
Organic non-GMO tofu, 6 oz
Quinoa, snack: ½ cup; meal: 1 cup
Spirulina, 2 Tbsp

**Download the TLS Vegan and Vegetarian
handout for more information.*

Other Rules:

No sugars or artificial sweeteners
No alcohol
No coffee, soda or other caffeinated beverages
No dairy, grains or starches
Water (minimum of 8 cups per day)
First thing every morning, drink the juice of
one-half of a lemon in a cup of warm water.
Be sure to utilize our supplements to support
your cleanse. The TLS' 30-day Jump-Start Kit
contains most of the one's we recommend.

Cleanse Tips:

Do not engage in strenuous physical activity,
even if you are used to it. Instead, participate
in yoga, walking or gentle stretching.

Get plenty of rest and sleep. You may feel
more tired than usual the first few days of
cleanse. By the end of the week, you should
feel energized.

Use spices and herbs, small amounts of low-
sodium soy sauce, salt, pepper and vinegar.

Choose raw or lightly steamed vegetables.

Do not skip meals.

This is a great time to meditate, listen to
relaxing music and engage in other
stress-reduction activities.

Think about the commitment you are
making to yourself, what you stand to gain
and how accomplished you will feel.

How often you participate in a 7-day cleanse
program will depend on your particular
needs. Some people choose to complete
the cleanse up to four times a year (every
three months). It is recommended that you
undergo a cleanse program one to three
times each year.

Pro tip:

Utilize fresh chili peppers, jalapeño, garlic, ginger,
parsley, cilantro, basil and spices to flavor your foods.