



# FAT BURNING



## BREAKFAST

Veggie omelet



## A.M. SNACK

Strawberry and spinach shake

## WHY IT'S FOR YOU:

You're extremely committed to achieving swift weight-management goals through an effective program. You'll shed fat and feel physically and emotionally better knowing you can do anything you set your mind to.

## A DAY ON FAT BURNING:

To the left are examples 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.



## LUNCH

Salad with turkey meatballs



## P.M. SNACK

Tuna-filled celery sticks



## DINNER

Tuscan cod



## POST WORKOUT

TLS Nutrition Shake



**CLA:** Assists in promoting lean muscle mass

**CORE:** Helps inhibit carbohydrate absorption in the body

**Green Coffee:** May help to inhibit the conversion of sugar into fat

**Trim Tea:** Promotes fat burning

**Trim Café:** Promotes fat burning

**Nutrition Shake:** Extra nourishment for between meals

\*All recipes are found on [sg.tlsSlim.com](http://sg.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.

This product is not intended to diagnose, treat, cure or prevent any disease.

# FAT BURNING POWER FOODS

**Breakfast:** 1 serving of protein, 2–4 servings of vegetables, 1 serving of good fat

**A.M. Snack:** TLS® Nutrition Shake, 1 serving of fruit

**Lunch:** 1 serving of protein, 2–4 servings of vegetables, 1 serving of good fat

**P.M. Snack:** 1 serving of vegetables, 1 serving of protein

**Dinner:** 1 serving of protein, 3–4 servings of vegetables, 1–2 servings of fat

**Post Workout:** TLS Nutrition Shake

## VEGETABLES

8–12 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)  
Hot peppers  
Jerusalem artichokes  
Jicama  
Kohlrabi  
Leeks  
Lettuce (any)  
Mushrooms  
Okra  
Onions  
Radicchio  
Radishes  
Rhubarb  
Rutabaga  
Sauerkraut  
Scallions  
Snow peas  
Spaghetti squash  
Spinach  
Stir-fried vegetables (no sauce)  
Summer squash  
Tomatoes (fresh)  
Tomato paste, 2 Tbsp  
Tomato sauce, ½ cup  
Water chestnuts  
Watercress  
Zucchini

## TLS NUTRITION SHAKE

2 shakes per day

1 shake as a snack and 1 post workout

*\* The shake, when consumed, is considered a protein serving.*

## GOOD FATS

3–4 servings per day

Avocado oil, 1 Tbsp  
Coconut cream, 2–3 Tbsp  
Coconut oil, 1 Tbsp  
Olive oil, 1 Tbsp  
Olives, check serving size and watch for sodium content

## FRUIT

1 serving per day

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

Apple  
Apricots, 4 medium  
Banana, ½ large, 1 small  
Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), ¾ cup  
Cantaloupe  
Cherries, 12 large  
Currants, 3 Tbsp  
Dates (fresh), 2  
Figs (fresh), 2  
Gooseberries, ¾ cup  
Grapefruit  
Grapes, ½ cup or 10 total  
Guava  
Honeydew melon  
Kiwifruit  
Kumquats, 4 medium  
Lemon  
Lime  
Loganberries, ¾ cup  
Loquats  
Lychees, 7  
Mandarin orange  
Mulberries, ¾ cup  
Nectarine  
Orange  
Papaya, ½ medium  
Passion fruit  
Peach  
Pear  
Pineapple, ½ cup  
Plum  
Pomegranate, ½ small  
Raisins, 2 Tbsp  
(no extra sugar added)  
Sharon fruit/persimmon  
Starfruit  
Tangerine/tangelo

## 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): 6–240 ml 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.)  
Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)  
Canned tuna, salmon or sardines (packed in water)  
TLS Nutrition Shake

### VEGETARIAN OPTIONS

Download the TLS Vegan & Vegetarian handout for more information  
Chia seeds or hemp hearts, 3–4 Tbsp  
Nutritional yeast, 3–4 Tbsp  
Organic non-GMO tempeh  
Organic non-GMO tofu  
Quinoa  
Spirulina, 3–4 Tbsp  
Veggie or garden burger (grain-free)

## TLS-APPROVED SWEETENERS

Monk fruit powder  
Stevia  
Yacon syrup

## Pro Tip:

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

## Other Rules:

No sugar  
No grains or starches  
No dairy  
No alcohol  
Water (minimum of 8 cups per day)  
Supplementation (based on your Weight Management Profile recommendation)  
Exercise (5–6 days per week)  
Daily journaling

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