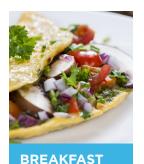
TLS WEIGHT MANAGEMENT SOLUTION

7-DAY DETOX



Veggie omelet



A.M. SNACK
Green smoothie



Strawberry chicken salad



P.M. SNACK
Vegetable
medley



Spicy carrot soup

†All recipes are found on sg.tlsSlim.com



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 Detox will help curb your appetite for sweet, salty and fatty foods, while supporting your weight-management efforts.

A DAY ON DETOX:

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. The NutriClean* Advanced Fiber Powder, TLS CORE Carb & Fat Inhibitor and our Isotonix* Daily Essentials Packets will help you achieve the best results.



Isotonix Daily Essentials Packets

- Provides antioxidant support
- Supports metabolism and energy levels

NutriClean Advanced Fiber Powder

- Supports digestive health
- Supports bacterial balance in the colon

TLS CORE Fat & Carb Inhibitor

- May promote a feeling of fullness
- Helps inhibit carbohydrate absorption in the body

DETOX 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 Artichokes Arugula Asparagus Bean sprouts Beets Bell peppers Bok choy Broccoli Brussels sprouts Cabbage (red or white) Carrots Cauliflower Celery Chard Collard greens Cucumber Dandelion greens Eggplant Endive Green beans Green peas Jerusalem artichokes Jicama Kale Kohlrabi

Mushrooms Okra Onions Radicchio Radishes Rhubarb 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, ½ cup (no sugar added) Vegetable juice

(no salt), ½ cup

Water chestnuts

Watercress Zucchini

GOOD FATS

2 servings per day

Leeks

Lettuce (any)

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

Apricots, 4 medium Banana (1 small or 1/2) Berries (blackberries, blueberries. boysenberries, gooseberries, loganberries, mulberries, strawberries, raspberries), 3/4 cup . Cantaloupe Cherries, 12 large Currants, 3 Tbsp Dates (fresh), 2 Figs (fresh), 2 Grapefruit Grapes (10 total or ½ cup) Guava Honeydew melon

Kumquats, 4 medium Lemon Lime Loquats Lychees, 7 Mandarin orange Nectarine Orange Papaya, ½ medium Passion fruit Peach Pear Pineapple, ½ cup Plum Pomegranate, 1/2 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: 1/2 cup; meal: 1 cup Spirulina, 2 Tbsp

*Please download 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.
Supplementation: Isotonix® Daily
Essentials Packets, TLS® CORE Fat &
Carb Inhibitor, NutriClean® Advanced
Fiber Powder

Detox 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 detox. 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 detox program will depend on your particular needs. Some people choose to complete the detox up to four times a year (every three months). It is recommended that you undergo a detox 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.