TLS® WEIGHT MANAGEMENT SOLUTION

RAPID RESULTS

Lose 0.91 - 1.36 kilograms per week*

BREAKFAST
Veggie omelette

A.M. SNACK
Chocolate raspberry shake

LUNCH
Sunburst chicken salad

P.M. SNACK
Lettuce wraps

DINNER
Grilled salmon and asparagus

WATER
Eight (250 ml) glasses daily

†All recipes are found on au.tlsslim.com

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 centimeters.

A DAY ON RAPID RESULTS:

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

MEET OUR FAMILY OF PRODUCTS

The products in your program will be customised to meet your needs.

Isotonix® Multivitamin

- Multivitamin and multimineral formula containing 100 percent or more of the daily value of many essential vitamins and minerals
- Supports healthy stress response in the body
- Promotes healthy digestion

Isotonix® Digestive Enzymes

- Promotes healthy digestion
- Supports the digestion of nutrients
- Relieves symptoms of stomach upsets**
- Enhances immune system function

TLS Nutrition Shake

- Healthy meal replacement
- Includes 24 vitamins, minerals and essential nutrients, including eight B vitamins, and also antioxidants vitamin C and E for protection from free-radical damage
- Contains 10-11 grams of dietary fibre and 18 grams of high-quality soy protein to handle your hunger

Isotonix OPC-3®

- Helps support healthy cholesterol
- Anti-Inflammatory**
- Helps support healthy blood sugar

†You should consult your physician before beginning this or any other weight management program. Individuals following the TLS Weight Management Solution can expect to lose 0.45 - 0.9 kilograms per week.
**If symptoms persist, seek the advice of a healthcare professional. *This product is not intended to diagnose, treat, cure or prevent any disease.

RAPID RESULTS POWER FOODS

Breakfast: 1 serving of protein, 2 servings of vegetables, 1 serving of good fat
AM snack: TLS® Nutrition Shake, 1 serving of fruit
Lunch: 1 serving of protein, 2 servings of vegetables, 1 serving of good fat
PM Snack: 1 serving of protein or 1 serving vegetable
Dinner: 1 serving of protein, 2–3 servings of vegetables, 1 serving of starch, 1 serving of good fat

VEGETABLES

6-9 Servings per day

1 serving: ½-1 cup, *all leafy greens 1 cup*

Alfalfa sprouts
Artichokes
Arugula
Asparagus
Bean sprouts
Beets
Bok choy
Broccoli
Brussels sprouts
Cabbage (red or white)
Capsicums
Carrots
Cauliflower
Celery
Chard
Collard greens
Cucumber
Dandelion greens
Eggplant
Endive
Greens (beet, kale, mustard, turnip)
Green beans
Green peas
Jerusalem artichokes
Jicama
Kohlrabi
Leeks
Lettuce (any)
Mushrooms
Okra
Onions
Parsley
Radicchio
Radishes
Rhubarb
Rutabaga
Sauerkraut
Scallions
Snow peas
Spaghetti squash
Spinach
Stir-fry vegetables (no sauce)
Summer squash
Swiss chard
Tomatoes (fresh)
Tomato juice (no salt), 1/2 cup
Tomato paste, 2 Tbsp
Tomato sauce (no sugar added), 1/2 cup
Vegetable juice (no salt), 1/2 cup
Water chestnuts
Watercress
Zucchini

STARCH

1 Serving per day

1 Serving: ½–1 cup

Acorn squash, 1/2 cup
Butternut squash, 1 cup
Kabocha, 1 cup
Purple potato, 1/2 of medium size
Quinoa, 1/2 cup
Sweet potato, 1/2 of medium size
Taro, 1/2 cup
Yam, 1/2 of medium size

GOOD FATS

2–4 Servings per day

Oils (olive, avocado, coconut)
Avocado, 1/2 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
Apricots, 4 medium
Banana
Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), 3/4 cup
Cantaloupe
Cherries, 12 large
Currants, 3 Tbsp
Dates (fresh), 2
Figs (fresh), 2
Gooseberries, 3/4 cup
Grapefruit
Grapes
Guava
Honeydew melon
Kiwifruit
Kumquats, 4 medium
Lemon
Lime
Loganberries, 3/4 cup
Loquats
Lychees, 7
Mandarin orange
Mulberries, 3/4 cup
Nectarine
Orange
Papaya, 1/2 medium
Passion fruit
Peach
Pear
Pineapple, 1/2 cup
Plum
Pomegranate, 1/2 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): 113-170 g/4-6 oz with breakfast, lunch and dinner; 57-85 g/2-3 oz with snacks

1 Serving (men): 170-227 g/6-8 oz with breakfast, lunch and dinner; 57-85 g/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, pork, lamb, buffalo, veal, bison or venison)
Seafood (prawn, scallops, clams, lobster, calamari, squid, octopus, mussels, crab, etc.)
TLS® Nutrition Shake

VEGETARIAN OPTIONS*
Chia seeds (113 g/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

Max. 3 scoops per day

When used as a snack, 1 scoop
When used as a meal, 2 scoops

Other Rules:

Detox (7 days, optional)
No alcohol (for at least 21 days)
Water (minimum of 8 glasses per day)
No Sugar
Supplementation (based on your Weight Management Profile recommendation)
Exercise (4–5 days per week)
Daily Journaling

Be sure to either have 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.