

# TLS 30-DAY JUMP-START

30 days to cleanse your system and slim down

*Detoxify, burn fat and refresh your body.*



DAY  
1

PHASE ONE  
**DETOX CLEANSE**

DAY  
7

DAY  
8

PHASE TWO  
**FAT BURNING**

DAY  
30

Renew and replenish

Repair and reshape

## PHASE 1: DETOX CLEANSE

Food groups and servings

Vegetables	<b>Unlimited</b>
Fruits	<b>3</b>
Proteins	<b>2</b>
Good fats	<b>2</b>

## PHASE 2: FAT BURNING

Food groups and servings

Vegetables	<b>8-12</b>
Fruits	<b>1</b>
Proteins	<b>3-4</b>
Good fats	<b>2</b>



DRINK **8 CUPS** OF WATER EACH DAY



## 1 SERVING SIZE

Vegetables	1-2 big cups
Good fats	1 Tbsp
Fruits	1 cup/1 medium fruit
Proteins Phase 1:	85 grams
Phase 2 - women:	113-170 grams for main meals; 57-85 grams for snacks
Phase 2 - men:	170-227 grams for main meals; 57-85 grams for snacks



\* Individuals following the TLS® Weight Management Solution as part of a healthy diet and exercise program can expect to lose 0.45-0.9 kg per week.