Why It’s For You:
You’re looking for a kick-start and want to receive the maximum benefit from TLS Weight Loss Solution. Whether this is your first time participating in TLS or you’re stuck in a plateau, this 4-7 day detox will curb your appetite for sweet, salty and fatty foods while supporting your weight loss efforts.

A Day On Detox:
Below is an example of some of the foods you can eat. Drink at least 8 glasses (8 oz.) of water daily, and supplement based on your Weight Loss Profile recommendation. The TLS Detox Kit is a great kit to utilize for this cleanse.

7 DAY DETOX
FRUIT AND VEGETABLE CLEANSE

Isotonix OPC3® with Pycnogenol®†:
• Helps maintain healthy cholesterol and blood glucose levels
• Demonstrates anti-inflammatory activity

Isotonix® Multivitamin:
• Contains 100% or more of the recommended daily allowance of essential vitamins
• Helps maintain normal metabolic functioning

NutriClean® 7-Day Cleansing System:
• Helps maintain digestive health
• Helps cleanse the colon, bowel, and detoxify the liver

TLS® CORE Fat & Carb Inhibitor:
• Helps inhibit carbohydrate absorption in the body
• May help suppress appetite by promoting a feeling of fullness

†Pycnogenol™ is a registered trademark of Horphag Research Ltd., and is protected by US Patent Numbers 4,698,360; 5,720,956 and 6,372,266.

*You should consult your physician before beginning this or any other weight management program. Individuals following the TLS Weight Loss Solution can expect to lose 1-2 pounds per week. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
**Detox Tips:**

- Do not engage in strenuous physical activity, even if you are used to it. Instead, participate in yoga 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, vinegar and mustard.
- 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 four to seven-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.

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**VEGETABLES:**

- 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
- Ginger
- Green beans
- Green peas
- Greens (beet, collard, dandelion, kale, mustard, turnip)
- Hot peppers
- Jerusalem artichokes
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce (any)
- Malanga
- Mushrooms
- Okra
- Olives
- Onions
- Parsley
- Pimientos
- Radicchio
- Radishes
- Rhubarb
- Rutabaga
- Salsa
- Sauerkraut
- Scallions
- Snow peas (no sugar)
- Spinach
- Squash leaves
- Stir-fry vegetables (no sauce)
- Tomato (fresh)
- Tomato juice (no salt), 1/2 cup
- Tomato paste, 2 tbsp.
- Tomato sauce, 1/2 cup
- Vegetable juice (no salt), 1/2 cup
- Vegetable soup (low-fat), 1/2 cup
- Water chestnuts
- Watercress
- Zucchini

**FRUIT:**

- Apple
- Apricots, 4 medium
- Banana
- Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), 3/4 cup
- Cantaloupe
- Casaba melon
- Cherries, 12 large
- Currants, 3 tbsp.
- Dates (fresh), 2
- Figs (fresh), 2
- Gooseberries, 3/4 cup
- Grapefruit
- Grapes
- Guava
- Honeydew melon
- Jackfruit
- Kiwifruit
- Kumquats, 4 medium
- Lemon
- Lime
- Loganberries, 3/4 cup
- Loquats
- Lychees, 7
- Mandarin orange
- Melon balls
- 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.
- Sharon fruit
- Starfruit
- Tangelo
- Tangerine

**PROTEIN:**

- TLS® Whey Protein Shake
- Canned tuna, salmon or sardines (packed in water)
- Chicken or turkey (without skin)
- Eggs (1-2)
- Egg Whites (3-4)
- Fresh fish (salmon, tuna, flounder, snapper, trout, etc.)
- Lean veal
- Soy milk (6 oz.)
- Tofu

**GOOD FATS:**

- Oils (Olive, Avocado, Coconut, Grapeseed)