FAT SHREDDER
LOSE 10 POUNDS IN 2 WEEKS

Why It’s For You:
You’re extremely committed to achieving swift weight loss goals through an effective program. You’ll shed fat and feel better, physically and emotionally, knowing you can do anything you set your mind to.

A Day On Fat Shredder:
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.

BREAKFAST: VEGGIE OMLET
AM SNACK: MINT CHOCOLATE SHAKE†
LUNCH: HERB ROASTED CHICKEN†
PM SNACK: STRAWBERRY & SPINACH SHAKE
DINNER: TUSCAN COD†
POST WORKOUT: TLS® WHEY PROTEIN SHAKE

†All recipes are found on tlsSlim.com (must have active subscription)

ACTS: Minimize stress related weight gain
CLA: Target stubborn belly fat
CORE: Tame hunger
Green Coffee: Inhibit the conversion of sugar into fat
Thermochrome: Support normal metabolic functions
Trim tea: promotes weight loss and helps curb appetite
Nutrition Shake: Snack or occasional meal replacement
Whey Protein Shake: Protein supplement or post workout shake
Plant Based Shake: Snack or occasional meal replacement

Tonalin CLA® is an exclusively licensed product of BASF Personal Care and Nutrition GmbH.

*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. The product is not intended to diagnose, treat, cure or prevent any disease.
# FAT SHREDDER POWER FOODS

**BREAKFAST:** 1 serving of protein, 3-4 servings of vegetables  
**AM SNACK:** TLS Nutrition Shake, 1 serving of fruit  
**LUNCH:** 1 serving of protein, 3-4 servings of vegetables, 1 serving of good fat  
**PM SNACK:** TLS Nutrition Shake  
**DINNER:** 1 serving of protein, 3-4 servings of vegetables, 1 serving of good fat  
**POST WORKOUT:** 1 TLS Whey Protein Shake within 30 minutes of exercise

## VEGETABLES: 8-12 SERVINGS PER DAY

- 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  
- 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)  
- Taro root, 1/4 cup  
- Tomatoes (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

## PROTEIN: 3-4 SERVINGS PER DAY

**1 serving (women):** 4-6 oz. with breakfast, lunch & dinner; 2-3 oz. with snacks  
**1 serving (men):** 6-8 oz. with breakfast, lunch & dinner; 2-3 oz. with snacks

- Canned tuna, salmon or sardines (packed in water)  
- Chicken or turkey (without skin)  
- Eggs or egg whites  
- Fresh fish (salmon, tuna, sardines, flounder, snapper, trout, etc.)  
- Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)  
- Tempeh  
- Tofu  
- TVP (texturized vegetable protein)  
- Veggie or garden burger (grain-free)

## GOOD FATS: 2 SERVINGS PER DAY

- Oils (Olive, Avocado, Coconut, etc.)  
- Avocado, 1/2 medium

## TLS® NUTRITION SHAKE: 2 SHAKES PER DAY

1 shake for AM snack and 1 shake for PM snack

## TLS® WHEY PROTEIN SHAKE: 1 SHAKE PER DAY

1 shake, within 30 minutes of a workout

## FRUIT: 1 SERVING 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  
- Casaba melon  
- Cherries, 12 large  
- 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

## Other Rules:

- No grains or starches  
- No alcohol  
- Water (minimum of 8 cups per day)  
- Supplementation (based on your Weight Loss Profile recommendation)  
- Exercise (5-6 days per week)  
- Daily Journaling  
- No Dairy