RAPID RESULTS
LOSE 2–3 POUNDS PER WEEK

Why It’s For You:
You’re motivated, dedicated and committed to doing whatever it takes to reach your weight loss goals. Get ready to break unhealthy habits and start losing fat and inches.

A Day on Rapid Results:
Below is an example of some of the foods you can eat. Supplement based on your Weight Loss Profile recommendation.

BREAKFAST:
VEGGIE OMELET

AM SNACK:
CHOCOLATE RASPBERRY SHAKE

LUNCH:
SUNBURST CHICKEN SALAD

PM SNACK:
LETTUCE WRAPS

DINNER:
HOISIN-GLAZED SCALLOPS W/ GRILLED ZUCCHINI

WATER:
EIGHT (8 OZ.) GLASSES DAILY

*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. This product is not intended to diagnose, treat, cure or prevent any disease.
# RAPID RESULTS POWER FOODS

**TLS® Nutrition Shake:** 1-2 shakes per day
- 1 shake for AM snack and/or
- 1 shake for PM snack

**TLS® Plant-Based Shake:**

**TLS® Whey Protein Shake:**

**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.):**

**Lean veal:**

**Red meat (limited to 1-2 servings per week) (beef, pork, lamb, buffalo or venison):**

**Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.):**

**Tempeh:**

**Tofu:**

**TVP (texturized vegetable protein):**

**Veggie or garden burger (grain-free):**

**Low-fat milk:**

**Low-fat cheese:**

**Low or zero-fat Greek yogurt (plain):**

**Low-fat yogurt:**

**Low-fat creamer:**

**Low-fat sour cream:**

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**VEGETABLES:**

- **6-12 Servings per Day**

  **1 serving: 1-2 cups, unless otherwise noted**

  - 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

**FRUIT:**

- **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
  - 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
  - Tangerine
  - Tangelo
  - Tangerine

**PROTEIN:**

- **4-6 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**

  - **TLS® Nutrition Shake**
  - **TLS® Plant-Based Shake**
  - **TLS® Whey Protein Shake**
  - 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.)
  - Lean veal
  - Red meat (limited to 1-2 servings per week) (beef, pork, lamb, buffalo or venison)
  - 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
  - Nuts & seeds

**Dairy:**

- **1-2 Servings per Day**

  - Those on a dairy-free diet may omit

  - Low-fat milk
  - Low-fat cheese
  - Low or zero-fat Greek yogurt (plain)
  - Low-fat yogurt
  - Low-fat creamer
  - Low-fat sour cream

**Other Rules:**

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