SURE & STEADY
LOSE 1–2 POUNDS PER WEEK

Why It’s For You:
You’re looking to make gradual changes to your lifestyle and reach your goal weight, one day at a time. With the TLS® Sure & Steady program it’s not if you’ll hit your goal, but when.

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

BREAKFAST: BANANA PROTEIN PANCAKES
AM SNACK: VEGGIES WITH HUMMUS
LUNCH: PORTOBELLO CHICKEN PIZZA
PM SNACK: GO GREEN SHAKE
DINNER: TENDERLOIN STEAK WITH SALSA VERDE
WATER: EIGHT (8 OZ) GLASSES DAILY

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

*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.

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**SURE & STEADY POWER FOODS**

### PROTEIN: 5-6 SERVINGS PER DAY

<table>
<thead>
<tr>
<th>1 serving (women):</th>
<th>4-6 oz with breakfast, lunch &amp; dinner; 2-3 oz with snacks</th>
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</thead>
<tbody>
<tr>
<td>1 serving (men):</td>
<td>6-8 oz with breakfast, lunch &amp; dinner; 2-3 oz with snacks</td>
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</tbody>
</table>

- 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

### FRUIT: 2 SERVINGS PER DAY

<table>
<thead>
<tr>
<th>1 serving: 1 medium fruit or 1 cup, unless otherwise noted</th>
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| 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

### VEGETABLES: 6-12 SERVINGS PER DAY

<table>
<thead>
<tr>
<th>1 serving: 1-2 cups, unless otherwise noted</th>
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</table>
| 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
| Edamame
| 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

### WHOLE GRAINS: 1 SERVING PER DAY

<table>
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| All-bran cereal
| Barley (pearled or hulled)
| Bean thread (Chinese noodles)
| Buckwheat (kasha, groats)
| Buckwheat (or other whole grain) noodles
| Bulgur wheat
| Couscous
| Egg noodles
| Hominy
| Muesli or granola, no added sugar
| Oatmeal (rolled or steel-cut)
| Pasta (whole grain, protein enriched)
| Quinoa
| Rice (authentic basmati, brown)
| Rye
| Sprouted grain bread

### STARCHES: 1 SERVING PER DAY

<table>
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| Baked beans (no sugar added)
| Beans (red, black, garbanzo, lima, mung, pinto, black-eyed, soy, fat-free refried)
| Lentils
| Winter squash (acorn, butternut, spaghetti)
| Yam/sweet potato (boiled, steamed, baked)
| Yellow squash

### DAIRY: 2 SERVINGS PER DAY

<table>
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<tr>
<th>Those on a dairy-free diet may omit</th>
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| Low-fat milk
| Low-fat cheese
| Low or zero fat Greek yogurt (plain)
| Low-fat yogurt
| Low-fat creamer
| Low-fat sour cream

### GOOD FATS: 2 SERVINGS PER DAY

- Avocado, 1/2 medium
- Nuts & seeds
- Oils (olive, avocado, coconut, etc.)

### 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 (3-5 days per week)
- Daily Journaling