Why It’s For You:
You’re looking for a kick-start and want to receive the maximum benefit from your TLS® Bridal Bootcamp program. This 7-Day Cleanse will curb your appetite for sweet, salty and fatty foods while supporting your weight-loss efforts. It is the perfect start to either the 4, 8 or 12-week TLS Bridal Bootcamp Programs.

Regardless of which TLS Bridal Bootcamp program you will follow, this 7-Day Bridal Cleanse will set your body up for great results!

Simply, start using the supplements recommended for you on your 4, 8 or 12-week regimen, will help you look and feel your best on your special day.

You won’t be starving yourself or having to spend all day exercising to achieve the results you want. You will feel full and satisfied with your meals and snacks. Below is an example of some of the delicious foods you can eat during your 8-week program.

A Typical Day During Your Program:
You’re motivated, dedicated and committed to doing whatever it takes to reach your weight-loss goals before your wedding day. Get ready to break unhealthy habits and start losing fat with the TLS® 7-Day Bridal Cleanse.

Below is an example of some of the delicious foods you can eat.

Why It’s For You:
You’re looking for a kick-start and want to receive the maximum benefit from your TLS® Bridal Bootcamp program. This 7-Day Cleanse will curb your appetite for sweet, salty and fatty foods while supporting your weight-loss efforts. It is the perfect start to either the 4, 8 or 12-week TLS Bridal Bootcamp Programs.

Regardless of which TLS Bridal Bootcamp program you will follow, this 7-Day Bridal Cleanse will set your body up for great results!

Simply, start using the supplements recommended for you on your 4, 8 or 12-week Bridal Bootcamp plan during this seven-day cleanse. Once your seven-day cleanse is over, you can roll right into whichever program you choose.
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.

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)

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)

THE RULES:

• No alcohol
• No coffee, soda or other caffeinated beverages
• No grains or starches
• Water (minimum of 8 cups per day)
• No sugar (other than those found naturally in fruits and vegetables) or artificial sweeteners
• First thing every morning, drink the juice of 1/2 a lemon in a cup of warm water.

Take all supplements as outlined on the TLS Bridal Bootcamp 4, 8, or 12-week program. If you are also using the NutriClean 7-Day Cleansing System, follow these directions:
After pre-breakfast, take 1 scoop of the Fiber Powder with 2 of the pills from the blister pack. Wait 30 minutes before eating breakfast. Right before bed, take the full contents of the clear pack with 8 oz water.
Only the 4 and 12-week program use pre-breakfast regimens and the NutriClean 7-Day Cleansing System.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

BREAKFAST: 3 servings vegetables, 1 serving fruit
AM SNACK: 1 serving fruit, 1 serving vegetable
LUNCH: 1 serving protein, 1 serving good fat, 3 servings vegetables
PM SNACK: 1 serving fruit, 2 servings vegetables
DINNER: 1 serving protein, 1 serving good fat, 3 servings vegetables