Why It’s For You:
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 and inches.

A Typical Day During Your Program:
Below is an example of some of the delicious foods you can eat during your 8-week program. You’ll be amazed at how tasty eating healthy can be.

**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

†All recipes are found on tlsSlim.com

**ACTS:**
Minimize stress-related weight gain

**CORE:**
Tame hunger

**Trim Tea:**
Supports weight loss

**Nutrition Shake:**
Snack or occasional meal replacement

**Digestive Enzymes with Probiotics:**
Enzymes help facilitate nutrient absorption

**TLS Health Guide & Journal:**
Packed with education and daily journaling pages

*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.
**BRIDAL BOOTCAMP POWER FOODS**

**BREAKFAST:** 1 serving of protein, 2–4 servings of vegetables, 1 serving of fruit. Take 1 serving of Digestive Enzymes with 2 oz water and 1 packet of Trim Tea with 6–8 oz of hot or cold water with breakfast.

**AM SNACK:** TLS Nutrition Shake, 1 serving of fruit

**LUNCH:** 1 serving of protein, 2–4 servings of vegetables, 1 serving of good fat. Take 2 CORE tablets 30–45 minutes before lunch.

**PM SNACK:** 1 serving snack protein or 1 serving of dairy, 1 serving vegetable

**DINNER:** 1 serving of protein, 2–4 servings of vegetables, 1 serving of good fat. Take 2 CORE tablets 30–45 minutes before dinner. With dinner take 2 ACTS capsules and 1 serving of digestive enzymes in 2 oz water.

### VEGETABLES:
6–12 SERVINGS PER DAY

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 serving: 1–2 cups, unless otherwise noted</td>
<td>Alfalfa sprouts, Artichokes, Arugula, Asparagus, Bean sprouts, Beets, Bell peppers, Bok choy, Broccoli, Brussels sprouts, Cabbage (red or white), Carrots, Cauliflower, Chard, Collard greens, Cucumber, Daikon 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</td>
</tr>
</tbody>
</table>

### FRUIT:
2 SERVINGS PER DAY

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 serving: 1 medium fruit or 1 cup, unless otherwise noted</td>
<td>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, Pomegranate, 1/2 small, Raisins, 2 tbsp, Sharon fruit, Starfruit, Tangelo, Tangerine</td>
</tr>
</tbody>
</table>

### PROTEIN:
4–6 SERVINGS PER DAY

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 serving (women): 4–6 oz. with breakfast, lunch and dinner; 2–3 oz. with snacks</td>
<td>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)</td>
</tr>
<tr>
<td>1 serving (men): 6–8 oz. with breakfast, lunch and dinner; 2–3 oz. with snacks</td>
<td>Low-fat milk, Low-fat cheese, Low or zero-fat Greek yogurt (plain), Low-fat yogurt, Low-fat creamer, Low-fat sour cream</td>
</tr>
</tbody>
</table>

### GOOD FATS:
2 SERVINGS PER DAY

| Examples | Oils (olive, avocado, coconut, etc.), Avocado, 1/2 medium, Nuts and seeds |

### OTHER RULES:
If participating in the cleanse, please follow the food listed on the Bridal Bootcamp Cleanse Plan during your first week. However, you should take your supplements as outlined above.

- **TLS 7-Day Cleanse (optional)**
- **No alcohol (for at least 21 days)**
- **Water (minimum of 8 cups per day)**
- **Supplementation**
- **Exercise (4–5 days per week)**
- **Daily journaling**