Why the TLS® 12-Week Bridal Bootcamp is for you:

You are looking for a simple and convenient way to help manage your weight before you say “I do.” Following the 12-Week Bridal Bootcamp program will provide you with a plan that will not only supply your body with the nutrients it needs to maximize fat burning, but allows such a variety of flavorful foods. This program, coupled with your exercise and supplementation regimen, will help you look and feel your best on your special day.

WATER: EIGHT (8 OZ) GLASSES DAILY

DINNER: TENDERLOIN STEAK WITH SALSA VERDE

BREAKFAST: PROTEIN-PACKED PANCAKES

AM SNACK: YOGURT AND FRUIT

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
Trim Tea: Helps with weight management
CORE: Tame hunger
Daily Essentials (OPC-3®, Activated B-complex, Calcium Plus, Multivitamin): Gives your body all the essential vitamins, minerals and nutrients it needs
NutriClean 7-Day Cleansing Kit: Cleanses the digestive system
TLS Health Guide & Journal: Packed with education and daily journaling pages
**PROTEIN:**
- 4–6 SERVINGS PER DAY

**VEGETABLES:**
- 6–12 SERVINGS PER DAY

**FRUIT:**
- 2 SERVINGS PER DAY

**GOOD FATS:**
- 2 SERVINGS PER DAY

**DAIRY:**
- 1–2 SERVINGS PER DAY

*Should you like to incorporate whole grains, beans or legumes into your program, it is recommended to limit them to no more than 2 servings per day.

**OTHER RULES:**
Follow the TLS 7-Day Bridal Cleanse Plan during your first seven days, then follow this program. During your first week, follow all the supplement recommendations as outlined above, but also add in the NutriClean 7-Day Cleansing Kit. Directions for using the kit are found on the 7-Day Bridal Bootcamp Cleanse Plan.

- Avoid alcohol
- Water (minimum of 8 cups per day)
- Supplementation
- Exercise (at least 4–5 days per week)