

TLS

TRIM TEA

MENU PLAN

WHY USE TLS TRIM TEA WITH THE TRIM TEA MENU PLAN?

If you are looking for a simple, convenient way to help support your weight management strategies, you may be closer than you think. TLS Trim Tea uses a three-pronged approach to help support weight management, targeting satiety, appetite control and metabolic balance. It also contains ingredients that have been shown to help support cardiovascular health. Following the TLS Trim Tea Menu Plan will provide you with food choices that will not only provide your body with the nutrients it needs to maximise fat burning but add variety and flavourful foods to your diet.



WHY USE TLS TRIM TEA?

In a 10-week study, participants who used Weltrim iG lost 12.7 kg (28 pounds) and 6.3% body fat compared to the control group, who only lost 0.68 kg (1.5 pounds) and 1.9% body fat.

Should you be interested in any other TLS products, please consult your TLS Coach for details.

 facebook.com/tlsmasg

TLS TRIM TEA POWER FOODS

BREAKFAST: 1 serving of protein, 2 servings of vegetables, 1 serving of fruit

AM SNACK: 1 serving fruit and 1/2–1 serving of protein

LUNCH: 1 serving of protein, 2 servings of vegetables, 1 serving of good fat

PM SNACK: 1/2–1 serving of protein or 1 serving of dairy and 1 serving of vegetables

DINNER: 1 serving of protein, 2–4 servings of vegetables, 1 serving of good fat

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

VEGETABLES: 6–12 SERVINGS PER DAY

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

- Alfalfa sprouts
- Artichokes
- Arugula/Rocket salad
- Asparagus
- Aubergine
- Bean sprouts
- Beetroot
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage (red or white)
- Carrots
- Cauliflower
- Celery
- Chard
- Courgette
- Cucumber
- Dandelion greens
- Endive
- Ginger
- Green beans
- Green peas
- Greens (beet, collard, dandelion, kale, mustard, turnip)
- Hot peppers
- Jerusalem artichokes
- Jicama
- Kohlrabi
- Leeks
- Lettuce (any)
- Mangetout
- Mushrooms
- Okra
- Olives
- Onions
- Parsley
- Peppers (red, yellow, green)
- Radicchio
- Radishes
- Rhubarb
- Salsa
- Sauerkraut
- Scallions/Spring onions
- 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
- Turnips
- Vegetable juice (no salt), 1/2 cup
- Vegetable soup (low-fat), 1/2 cup
- Water chestnuts
- Watercress

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
- Tangelo
- Tangerine

DAIRY: 1-2 SERVINGS PER DAY

Those on a dairy-free diet may omit

- Low-fat cheese
- Low-fat creamer
- Low-fat milk
- Low-fat sour cream
- Low-fat yoghurt
- Plain Greek yoghurt

PROTEIN: 4–6 SERVINGS PER DAY

1 serving (women):
118–177 g with breakfast, lunch and dinner
1 serving (men): 177–236 g with
breakfast, lunch and dinner

- TLS Nutrition Shake
- Chicken or turkey (without skin)
- Eggs or egg whites
- Fresh fish (salmon, tuna, sardines, flounder, red 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
- Tinned tuna, salmon or sardines (packed in water)
- Tofu
- Veggie burger (grain-free)

GOOD FATS: 2 SERVINGS PER DAY

- Avocado, 1/2 medium
- Nuts and seeds
- Oils (olive, avocado, coconut, grapeseed)

TLS TRIM TEA:

Mix one sachet with 177 ml (6 fl oz) of water. Can be used with hot or cold water. Most effective if taken 30–60 minutes before a meal, but not required. May use more or less water depending on preference of tea taste.

Other Rules:

- Avoid alcohol
- Water (minimum of 8 cups per day)
- Supplementation (may add additional TLS supplements, as they all can be taken together if there are no contraindications)
- Exercise (at least 3 days per week)