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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 manage your weight, you may be closer than you think. TLS Trim Tea uses a three-pronged approach to tackle weight management, targeting: satiety, appetite control and metabolic balance. 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 maximising weight management success, but adds variety and flavourful to your diet.



WHY USE TLS TRIM TEA?

In a 10-week study, participants who used WellTrim iG lost approximately 12 kilograms (28 pounds) and 6.3% body fat compared to the control group who only lost approximately 1 kilogram (1.5 pounds) and 1.9% body fat.

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



Lipids in Health and Disease 2009, 8:7 DOI: 10.1186/1476-511X-8-7

*You should consult your physician before beginning this or any other weight management program. Individuals following the TLS Weight Management Solution can expect to lose 0.45 – 0.9 kg (1–2 lbs.) per week.

TLS TRIM TEA POWER FOODS

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

AM SNACK: 1 serving fruit and ½–1 serving of protein

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

PM SNACK: ½–1 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 program, 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
- 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
- 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

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

GOOD FATS: 2 SERVINGS PER DAY

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

PROTEIN: 4-6 SERVINGS PER DAY

1 serving (women): 118–177 g (4–6 oz.) with breakfast, lunch and dinner

1 serving (men): 177–236 g (6–8 oz.) with breakfast, lunch and dinner

- TLS Whey Protein Shake, TLS Nutrition Shake or TLS Plant-Based 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)

DAIRY: 1-2 SERVINGS PER DAY

Those on a dairy-free diet may omit

- Low-fat milk
- Low-fat cheese
- Plain Greek yogurt
- Low-fat yogurt
- Low-fat sour cream

TLS TRIM TEA:

(Adults) Consume ½ of a stickpack, twice daily, with 180 mL of water before meals. 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. As a dietary supplement, take once daily or as directed by your healthcare provider.

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)

TLS COACH: _____

WEBSITE: _____

PHONE: _____