

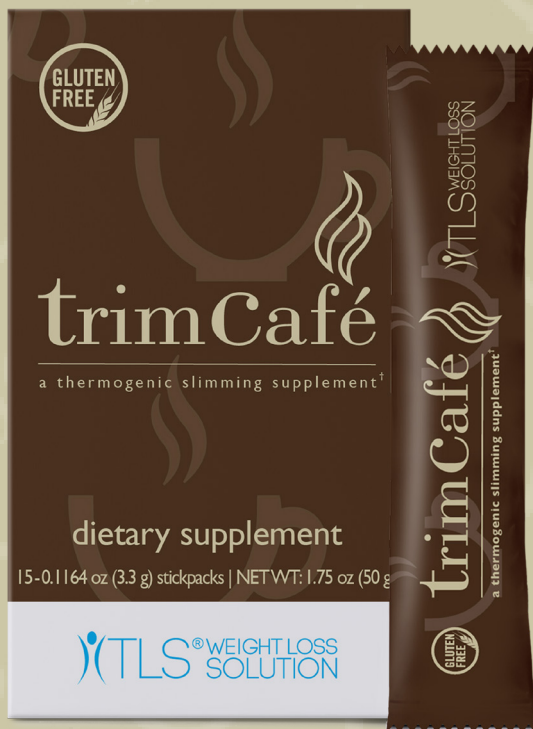


TRIM CAFÉ

MENU PLAN

WHY USE TLS TRIM CAFÉ WITH THE TRIM CAFÉ 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 Café uses a three-pronged approach to tackle weight management, targeting satiety, appetite control and metabolic balance. It also contains ingredients that support cardiovascular health. Following the TLS Trim Café Menu Plan will provide you with food choices that will not only provide your body with the nutrients it needs to maximize fat burning, but adds variety and flavorful foods to your diet.



WHY USE TLS TRIM CAFÉ?

In a 10-week study, participants who used Welltrim® iG lost 28 pounds and 6.3% body fat compared to the control group who only lost 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 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.

TLS® TRIM CAFÉ 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 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):
4–6 oz. with breakfast, lunch and dinner
1 serving (men): 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 CAFÉ:

Mix one stickpack with 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 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)

TLS COACH: _____

WEBSITE: _____

PHONE: _____