



FAT SHREDDER

LOSE 4.5 KGS IN TWO WEEKS

Why It's For You:

You're extremely committed to achieving swift weight management goals through an effective program. You'll shed fat and feel better, physically and emotionally, knowing you can do anything you set your mind to.

A Day on Fat Shredder:

Below is an example of some of the foods you can eat. Drink at least 8 glasses (250 ml each) of water daily and supplement based on your Weight Management Profile recommendation.



BREAKFAST:
VEGGIE OMELETTE



AM SNACK:
MINT CHOCOLATE SHAKE



LUNCH: CHICKEN &
VEGETABLE FRITTATA



PM SNACK:
STRAWBERRY & SPINACH SHAKE



DINNER:
GRILLED SALMON



POST-WORKOUT:
EGGS

Meet our family of products.

The products in your program will be customised to meet your needs.



Isotonix® Multivitamin

- Multivitamin and multimineral formula containing 100 percent or more of the daily value of many essential vitamins and minerals
- Supports healthy stress response in the body
- Promotes healthy digestion

Isotonix® Isochrome

- Supports healthy cardiovascular system function
- Promotes energy levels
- Supports muscle strength
- Helps support healthy blood sugar

Nutrition Shake

- Healthy meal replacement
- Includes 24 vitamins, minerals and essential nutrients, including eight B vitamins, and also antioxidants vitamin C and E for protection from free-radical damage
- Contains 10-11 grams of dietary fibre and 18 grams of high-quality soy protein to handle your hunger

Isotonix OPC-3® with Pycnogenol®†

- Helps support healthy cholesterol
- Anti-Inflammatory**
- Helps support healthy blood sugar

*You should consult your physician before beginning this or any other weight management program. Individuals following the TLS Weight Management Solutions can expect to lose 0.45 - 0.9 kilograms per week.
**If symptoms persist, seek the advice of a healthcare professional. †Pycnogenol® is a registered trademark of Horphag Research Ltd., and is protected by US Patent Numbers 4,698,360; 5,720,956 and 6,372,266.

FAT SHREDDER POWER FOODS

BREAKFAST: 1 serving of protein, 3-4 servings of vegetables

AM SNACK: TLS Nutrition Shake, 1 serving of fruit

LUNCH: 1 serving of protein, 3-4 servings of vegetables, 1 serving of good fat

PM SNACK: TLS Nutrition Shake

DINNER: 1 serving of protein, 3-4 servings of vegetables, 1 serving of good fat

POST WORKOUT: 1 serving of protein within 30 minutes of exercise

VEGETABLES: 8-12 SERVINGS PER DAY

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

- Alfalfa sprouts
- Artichokes
- Arugula (rocket)
- Asparagus
- Bean sprouts
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage (red or white)
- Capsicums (pimientos)
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Dandelion greens
- Edamame (soy bean)
- Eggplant
- Endive (lettuce)
- Ginger
- Green beans
- Green peas
- Greens (beet, collard, dandelion, kale, mustard, turnip)
- Hot peppers (chilies)
- Jerusalem artichokes
- Jicama
- Kohlrabi
- Leeks
- Lettuce (any)
- Mushrooms
- Okra (lady finger, gumbo)
- Olives
- Onions
- Parsley
- Radicchio
- Radishes
- Rhubarb
- Salsa
- Sauerkraut
- Scallions (shallots/spring onions)
- Silverbeet (chard)
- Snow peas (no sugar)
- Spinach
- Squash leaves
- Stir-fry vegetables (no sauce)
- Swede, turnip (rutabaga)
- 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
- Yam bean (jicama)
- Zucchini

FRUIT: 1 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 (rockmelon)
- 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/paw paw, 1/2 medium
- Passion fruit
- Peach
- Pear
- Persimmon (Sharon fruit/carambola)
- Pineapple, 1/2 cup
- Plum
- Pomegranate, 1/2 small
- Raisins, 2 tbsp
- Starfruit
- Tangelo
- Tangerine

PROTEIN: 3-4 SERVINGS PER DAY

28.35 grams (1 oz) mass contains 7 grams of protein

1 serving (women) breakfast, lunch & dinner:
28-42 g protein (113-170 g / 4-6 oz)

1 serving (men) breakfast, lunch & dinner:
42-56 g protein (170-227 g / 6-8 oz)

1 snack serving (men & women):
14-21 g protein (57-85 g / 2-3 oz)

- Smoked salmon
- Chicken or turkey (without skin)
- Eggs or egg whites
- Fresh fish (salmon, tuna, sardines, flounder, snapper, trout, etc.)
- Seafood (prawn, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)
- Tempeh
- Tofu
- TVP (texturised vegetable protein)
- Veggie or garden burger

GOOD FATS: 2 SERVINGS PER DAY

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

TLS NUTRITION SHAKE: 2 SHAKES PER DAY

1 shake for AM snack and
1 shake for PM snack

Other Rules:

- No grains or starches
- No alcohol
- Water (minimum of 8 cups per day)
- Supplementation (based on your weight management needs)
- Exercise (5-6 days per week)
- Daily journaling
- No dairy