



RAPID RESULTS

LOSE 2-3 POUNDS PER WEEK

Why It's for You:

You're motivated, dedicated and committed to doing whatever it takes to reach your weight loss goals. Get ready to break unhealthy habits and start losing fat and inches.

A Day on Rapid Results:

Below are examples of some of the foods you can eat. Supplement based on your Weight Loss Profile recommendation.



BREAKFAST:
VEGGIE OMELET



AM SNACK: CHOCOLATE
RASPBERRY SHAKE



LUNCH:
SUNBURST CHICKEN SALAD



PM SNACK:
LETTUCE WRAPS



DINNER: HOISIN-GLAZED
SCALLOPS/W/GRILLED ZUCCHINI



WATER:
EIGHT (8 OZ.) GLASSES DAILY



ACTS: Minimize stress-related weight gain

CLA: Target stubborn belly fat

CORE: Tame hunger

Green Coffee: Inhibit the conversion of sugar into fat

Thermochrome: Support normal metabolic functions

Trim Tea: Promote weight loss and helps curb appetite

Trim Café: Promote weight loss and helps curb appetite

Nutrition Shake: Snack or occasional meal replacement

Why Protein Shake: Protein supplement or post-workout shake

Plant-Based Protein Shake: Snack or occasional meal replacement

Tonalin CLA® is an exclusively licensed product of BASF Personal Care and Nutrition GmbH.

*You should consult your physician before beginning this or any other weight management program. Individuals following the iTLS 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.

RAPID RESULTS POWER FOODS

BREAKFAST: 1 serving of protein, 2–4 servings of vegetables, 1 serving of fruit

AM SNACK: TLS Nutrition Shake, 1 serving of fruit

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

PM SNACK: 1 serving of protein or 1 serving of dairy, 1 serving of vegetable

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

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 & seeds

TLS® NUTRITION OR PLANT BASED PROTEIN SHAKE: 1–2 SHAKES PER DAY

1 shake for AM snack and/or
1 shake for PM snack

PROTEIN: 4–6 SERVINGS PER DAY

1 serving (women): 4–6 oz. with breakfast,
lunch & dinner; 2–3 oz. with snacks

1 serving (men): 6–8 oz. with breakfast,
lunch & dinner; 2–3 oz. with snacks

- Canned tuna, salmon or sardines (packed in water)
- Chicken or turkey (without skin)
- Eggs or egg whites
- Fresh fish (salmon, tuna, cod, 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.)
- TLS® Nutrition Shake
- TLS® Plant-Based Shake
- TLS® Whey Protein Shake

VEGETARIAN OPTIONS

- Chia or hemp seeds (4oz)
- Lentils
- Nutritional Yeast (4 Tbsp)
- Organic non-gmo tempeh
- Organic soy milk (not processed)
- Quinoa
- Spirulina (4 Tbsp)
- TLS Plant-Based Protein Shake
- 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
- Low- or zero-fat Greek yogurt (plain)
- Low-fat yogurt
- Low-fat creamer
- Low-fat sour cream

Other Rules:

- Detox (7 days, optional)
- No alcohol (for at least 21 days)
- Water (minimum of 8 cups per day)
- Supplementation (based on your Weight Loss Profile recommendation)
- Exercise (4–5 days per week)

Be sure to either have a meal or snack within 30 minutes of your workout. If you cannot eat within that time, the TLS Whey Protein Shake Packets are a great post-workout recovery snack.

- Daily Journaling