



# FAT SHREDDER

## LOSE 10 POUNDS IN 2 WEEKS

### Why It's for You:

You're extremely committed to achieving swift weight loss 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 are examples of some of the foods you can eat. Drink at least 8 glasses (8 oz.) of water daily, and supplement based on your Weight Loss Profile recommendation.



**BREAKFAST:**  
VEGGIE OMLET



**AM SNACK:**  
MINT CHOCOLATE SHAKE†



**LUNCH:**  
HERB ROASTED CHICKEN†



**PM SNACK:**  
STRAWBERRY & SPINACH SHAKE



**DINNER:**  
TUSCAN COD†



**POST WORKOUT:**  
XTLS® WHEY PROTEIN SHAKE

†All recipes are found on [ItsSlim.com](http://ItsSlim.com) (must have active subscription)



**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

**Whey Protein Shake:** Protein supplement or post-workout shake

**Plant-Based Protein Shake:** Snack or occasional meal replacement

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

# FAT SHREDDER POWER FOODS

**BREAKFAST:** 1 serving of protein, 3–4 servings of vegetables

**AM SNACK:** TLS Nutrition Shake, 1 serving of fruit or TLS Plant-Based Protein Shake

**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

## VEGETABLES: 8–12 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

## PROTEIN: 3–4 SERVINGS PER DAY

1 serving (women):

4–6 oz. with breakfast, lunch & dinner

1 serving (men):

6–8 oz. with breakfast, lunch & dinner

- 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.)
- 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 or hemp hearts (3-4 Tbsp)
- Nutritional Yeast (3-4 Tbsp)
- Organic non-gmo tempeh
- Organic soy milk (not processed)
- Quinoa (1/4 cup)
- Spirulina (3-4 Tbsp)
- TLS Plant-Based Protein
- Tofu
- TVP (texturized vegetable protein - not processed)
- Veggie or garden burger (grain-free)

## FRUIT: 1 SERVING 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

## TLS® NUTRITION OR PLANT BASED SHAKE: 2 SHAKES PER DAY

1 shake for AM snack and  
1 shake for PM snack

## Other Rules:

- No grains or starches
- No alcohol
- No Dairy
- Water (minimum of 8 cups per day)
- Supplementation (based on your Weight Loss Profile recommendation)
- Exercise (5–6 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 option.

- Daily Journaling