



# CONTINUED COMMITMENT

A GUIDE TO HEALTHY, EVERYDAY LIVING AT YOUR TARGET WEIGHT

## Why It's for You:

You're at a healthy weight and are looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but are looking for a plan with flexibility, allowing the occasional indulgence.

## A Day on Continued Commitment:

Below are examples of some of the foods you can eat.



**BREAKFAST:**  
EGG SCRAMBLE



**AM SNACK:**  
CHOCOLATE COCONUT SHAKE†



**LUNCH:**  
CHICKEN SALAD SQUASH BOATS†



**PM SNACK:** PEANUT BUTTER  
APPLE-CINNAMON WEDGES



**DINNER:** BAKED PORK CHOPS  
WITH APPLE TOPPING†



**WATER:**  
EIGHT (8 OZ.) GLASSES DAILY

†All recipes are found on [iSLim.com](http://iSLim.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 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.

# CONTINUED COMMITMENT POWER FOODS

**BREAKFAST:** 1 serving of protein, 2–4 servings of vegetables, 1 serving of whole grain

**AM SNACK:** 1 serving snack protein and/or 1 serving of dairy, 1 serving of fruit

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

**PM SNACK:** 1 serving of protein and/or 1 serving dairy

**DINNER:** 1 serving of protein, 2–4 servings of vegetables, 1 serving of starch, 1 serving of good fat, 1 serving of whole grain

## 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
- Edamame
- 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

## GOOD FATS: 2 SERVINGS PER DAY

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

## PROTEIN: 5–6 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

- Beans (red, black garbanzo, lima, mung, pinto, soy, black-eyed, baked [no sugar added], fat free refried, lentils)
- Chia or hemp seeds (4oz)
- Nutritional Yeast (4 Tbsp)
- Organic non-gmo tempeh
- Organic soy milk (not processed)
- Spirulina (4 Tbsp)
- TLS Plant-Based Protein
- Tofu
- TVP (texturized vegetable protein, not processed)
- Veggie or garden burger (grain-free)

## WHOLE GRAINS: 2 SERVINGS PER DAY

1 serving: ½ cup

- All-bran cereal
- Barley (pearled or hulled)
- Bean thread (Chinese noodles)
- Buckwheat (kasha, groats)
- Buckwheat (or other whole grain) noodles
- Bulgur wheat
- Couscous
- Egg noodles
- Hominy
- Muesli or granola, no added sugar
- Oatmeal (rolled or steel-cut)
- Pasta (whole grain, protein enriched)
- Rice (authentic basmati, brown)
- Rye
- Sprouted grain bread

## DAIRY: 2 SERVINGS PER DAY

Those on a dairy-free diet may omit

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

## 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

## STARCHES: 1–2 SERVING PER DAY

1 serving: ½ cup

- Winter squash (acorn, butternut, spaghetti)
- Yam/sweet potato (boiled, steamed, baked)
- Yellow squash

## Other Rules:

- Indulge in alcohol sparingly
- Water (minimum of 8 cups per day)
- Supplementation (based on your Weight Loss Profile recommendation or optimal wellness regimen)
- Exercise (3–6 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 snack. – Be sure to either have a meal or snack within 30 minutes of your workout.