



**TLS™** WEIGHT  
MANAGEMENT  
SOLUTION

*Transitions Lifestyle System*

TLS™ 30-DAY  
**JUMP-START KIT**

#FINDYOURFIT  
#TLSJUMPSTART

[WWW.SG.TLSSLIM.COM](http://WWW.SG.TLSSLIM.COM)





# Ready, Set, Go

## Creating your own success has never been easier.

### OVERVIEW

Our 30-Day Jump-Start Kit is designed to start your weight management journey off the right way. We know you want fast results without compromising flavour or satiety, and that is why this jumpstart is just the place to start. The two phases will get you looking and feeling great in no time. Phase 1 is a cleanse — a fresh start that not only gently cleanses your digestive tract but helps curb your cravings and prepares you for the second phase — the fat-burning phase. During the second phase, you will modify your food plan and add in exercise. This is where you really will see a loss of fat and inches.

PHASE 1 — DETOX CLEANSE	PHASE 2 — FAT BURNING
<p><b>DAYS 1–7</b></p> <p>Kick off your weight management journey with an invigorating cleanse! Phase 1 will curb cravings for sweet, fatty and salty foods while supporting your weight management efforts. Bursting with fruits and vegetables, this detox is the first step to a brand new you.</p>	<p><b>DAYS 8–30</b></p> <p>Accelerate your weight management efforts during Phase 2. Specially created to target stubborn fat, during these weeks you will reach the maximum phase of fat loss. In this phase, you'll shed those extra pounds of fat and ultimately feel better, both physically and emotionally.</p>

Consult your healthcare provider before starting any weight management or exercise programme.



# TLS 30-DAY JUMP-START STRATEGIES

- **Get plenty of sleep.** Getting adequate sleep helps your body function optimally and burn more fat.
- **No skipping meals.** Do not go more than four hours without eating while awake. Eating consistently as our plan outlines keeps your blood sugar levels even throughout the day. This assists with not only having more energy but also being able to burn more fat!
- **No alcohol.** We know this may be a challenge for some, but alcohol negatively impacts your weight-loss and health goals by turning to sugar and being stored as fat.
- **Drink water.** At least 1.9 litres a day. There are so many health benefits aside from weight loss, so drink up.
- **Use spices and fresh herbs to enhance your meals.** Eating healthy should not be bland. You can use fresh garlic, ginger, basil, cilantro, parsley, a dash of salt, pepper, cayenne, turmeric, vinegars, mustard, Braggs Amino Acid or low-sodium soy sauce.
- **No grains, starches or dairy.** You'll be getting your carbohydrates from fruits and vegetables!
- **No sugar or artificial sweeteners.** Once you complete your cleanse week, you will notice your taste buds naturally adjust and foods taste sweeter, so you won't even need extra sugar!
- **Choose raw, lightly steamed or grilled vegetables.** Vegetables provide vitamins, minerals and nutrients that are important for good health during your journey to good weight management.

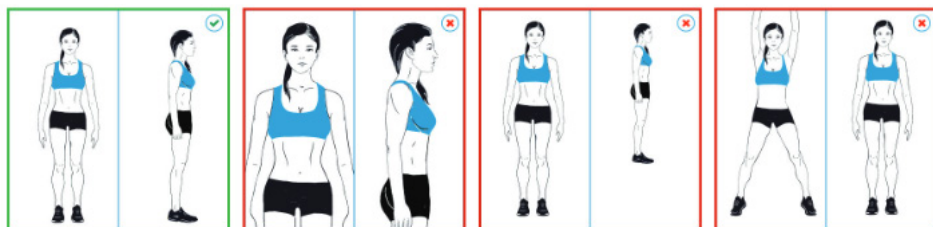





## TIPS FOR TAKING “BEFORE AND AFTER” PHOTOS

**Pictures speak louder than words.** Before getting started on your TLS 30-Day Jump-Start programme, be sure to take “before” photos. After just 30 days, you will see the physical rewards of your hard work.

- Photos should be full-body shots (from head to toe) consisting of one (1) shot each from the front, side and back. Posing for a “before” picture in a bathing suit isn’t the thing most people like to do, but seeing how far you’ve come and the change to your shape is worth it! If you prefer to do it privately, just set your camera or cell phone camera to a timer and take it by yourself. Just be sure to take them!
- Photographic area should be well lit; dim lighting prevents detailed viewing.
- Along with your photo, we would love to hear about your journey. Be sure to tell us your story along with how many inches and how much weight you’ve lost at [product@marketsingapore.com.sg](mailto:product@marketsingapore.com.sg).



SHOW FULL BODY — HEAD TO TOE



Ditch the diets for good. The TLS system will keep your blood sugar levels even throughout the day, which helps with improving energy, mood and keeping you in fat-burning mode!

### 30-DAY JUMP-START CHECKLIST

- ☐ Clean out the junk in the house
- ☐ Go grocery shopping for approved TLS foods
- ☐ Make additional copies of the Tracking Sheet
- ☐ Tell your friends and family you are committed to your TLS programme so they can support you

Share your success on social media.  
**#TLSJUMPSTART**



## 30-DAY JUMP-START POWER FOODS

DAYS 1-7	DAYS 8-30
<ul style="list-style-type: none"> <li>NutriClean™ Advanced Fibre Powder</li> <li>Isotonix® Daily Essentials Packets (which includes Multivitamin, Advanced B-Complex, OPC-3® and Calcium Plus)</li> <li>TLS™ CORE Fat &amp; Carb Inhibitor</li> </ul>	<ul style="list-style-type: none"> <li>NutriClean Advanced Fibre Powder</li> <li>TLS Nutrition Shake</li> <li>TLS CORE Fat &amp; Carb Inhibitor</li> <li>Isotonix Daily Essentials Packets (which includes Multivitamin, Advanced B-Complex, OPC-3® and Calcium Plus)</li> </ul>



Shop for all  
products at  
[sg.tlsSlim.com!](https://sg.tlsSlim.com!)

From left: NutriClean Advanced Fibre Powder, TLS CORE, Isotonix Daily Essentials Packets, TLS Nutrition Shake\*

## PRODUCT TESTIMONIALS

### NUTRICLEAN ADVANCED FIBRE POWDER

“As I always eat outside, this is a must for my detox~” – Lee

### TLS CORE

“I lost 16 kg in 90 days with its help! Went from a 40 inch to a 36 inch waistline!” – Tom N.

### TLS NUTRITION SHAKE

“I lost 13 kg and they are delicious! A must for my weight loss journey!” – Maureen M.

Individuals following the TLS Weight Management Solution as part of a healthy diet and exercise programme can expect to lose 0.5 - 1 kg per week.

\*These products are not intended to diagnose, treat, cure or prevent any disease.



## ADDITIONAL TLS PRODUCTS THAT ACCELERATE YOUR RESULTS



### 1. TLS JOURNAL:

A 12-week journal to record your weight management journey

### 2. TLS NUTRITION SHAKE:

- Great source of fibre, protein and calcium
- Extra nourishment for between meals

### 3. TLS CORE FAT & CARB INHIBITOR:

- Helps inhibit carbohydrate absorption
- May help to reduce fat stored in the body

### 4. TLS TONALIN™ CLA CONJUGATED LINOLEIC ACID:

- Assists in promoting lean muscle mass
- Supports the utilisation of body fat as fuel

### 5. TLS GREEN COFFEE PLUS GARCINIA CAMBOGIA:

- May help to inhibit the conversion of sugar into fat
- Promotes a healthy level of body fat while preserving muscle tissue

### 6. TLS TRIM CAFÉ

- May help to curb appetite
- Promotes fat burning

### 7. TLS TRIM TEA

- May help to curb appetite
- Promotes fat burning

\*Tonalin™ is a trademark of BASF Personal Care and Nutrition GmbH.  
These products are not intended to diagnose, treat, cure or prevent any disease.

## 30-DAY JUMP-START POWER FOODS

### PHASE 1 FOOD AND SUPPLEMENT PLANNER

VIEW POWER FOODS PAGE FOR SUGGESTED FOOD CHOICES

WAKE UP	Mix one packet of the Isotonix Daily Essentials Packets with 240 ml of water, drink immediately and wait 20 minutes before eating or drinking anything else.*
20 MINUTES LATER	Mix one scoop of the NutriClean Advanced Fibre Powder in 240 ml of water, drink immediately*
	Squeeze ½ lemon in 240 ml of warm water, drink immediately
BREAKFAST	1 serving of fruit   1 serving of protein   3+ servings of vegetables
MID-MORNING SNACK	240 ml of water   1 serving of fruit
SUPPLEMENT	Take two TLS CORE tablets 30–45 minutes before lunch*
LUNCH	480 ml of water   1 serving of good fat   3+ servings of vegetables
AFTERNOON SNACK	240 ml of water   1 serving of fruit   2+ servings of vegetables
SUPPLEMENT	Take two TLS CORE tablets 30–45 minutes before dinner*
DINNER	480 ml of water   1 serving of protein   1 serving of good fat   3+ servings of vegetables
EVENING SNACK (OPTIONAL)	240 ml of water   1 serving of vegetables

### PHASE 1 RULES

<ul style="list-style-type: none"> <li>• No coffee, soda or other caffeinated beverages</li> <li>• No dairy</li> </ul>	<ul style="list-style-type: none"> <li>• No grains or starches</li> <li>• No alcohol</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid strenuous activity; rather, partake in walking, yoga or stretching</li> </ul>
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### DAILY FOOD SERVINGS

Vegetables: Unlimited   Fruit: 3   Protein: 2 (1 serving = 3 oz.)   Good fats: 2
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\*As directed on label



## 30-DAY JUMP-START POWER FOODS

### PHASE 2 FOOD AND SUPPLEMENT PLANNER

VIEW POWER FOODS PAGE FOR SUGGESTED FOOD CHOICES

WAKE UP	Mix one packet of the Isotonix Daily Essentials Packets with 240 ml of water, drink immediately and wait 20 minutes before eating or drinking anything else. *
20 MINUTES LATER	Mix one scoop of the NutriClean Advanced Fibre Powder in 240 ml water, drink immediately.*
BREAKFAST	240 ml of water   1 serving of protein   3 servings of vegetables
MID-MORNING SNACK	Two scoops of TLS Nutrition Shake with 240 ml of water*   1 serving of fruit
SUPPLEMENT	Take two TLS CORE tablets 30–45 minutes before lunch*
LUNCH	480 ml of water   1 serving of good fat   1 serving of protein   2 servings of vegetables
AFTERNOON SNACK	Two scoops of TLS Nutrition Shake with 240 ml of water*   2 servings of vegetables
SUPPLEMENT	Take two TLS CORE tablets 30–45 min before dinner*
DINNER	480 ml of water   1 serving of protein   1 serving of good fat   3 servings of vegetables

### EXERCISE

For overall cardiovascular health, the American Heart Association recommends at least 30 minutes of moderate-intensity aerobic activity at least five days per week.\*\*

*Integrate our 30-Day Jump-Start Exercise Plan, downloadable on [sg.TLSslim.com](http://sg.TLSslim.com)*

**POST-WORKOUT SNACK**      1 serving of protein within 30 minutes of exercise.  
*We highly recommend our TLS Nutrition Shake for a convenient and great tasting way to deliver the protein to promote optimal body composition.*

### PHASE 2 RULES

• No dairy

• No grains or starches

• No sugar

### DAILY FOOD SERVINGS

Vegetables: 8–12 | Fruit: 1 | Protein: 3–4 (1 serving = 3 oz.) | Good fats: 2

Download TLS Nutrition Shake Recipes on [sg.TLSslim.com](http://sg.TLSslim.com) for some fun and tasty ideas. They can replace a meal, and can be taken with a dairy alternative like almond milk.

\*As directed on label

\*\*[http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults\\_UCM\\_307976\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307976_Article.jsp)

## 30-DAY JUMP-START POWER FOODS

### VEGETABLES

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

- Kale

- 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, ¼ cup

- Tomatoes (fresh)

- Tomato juice  
(no salt), ½ cup

- Tomato paste, 2 tbsp.

- Tomato sauce, ½ cup

- Vegetable juice  
(no salt), ½ cup

- Vegetable soup  
(low-fat), ½ cup

- Water chestnuts

- Watercress

- Zucchini

### GOOD FATS

1 SERVING, 1 TABLESPOON

- Oils (olive, avocado, coconut or grapeseed)

- ½ of a medium avocado

## 30-DAY JUMP-START POWER FOODS

### FRUITS

1 SERVING = 1 MEDIUM-SIZED FRUIT OR 1 CUP, UNLESS OTHERWISE NOTED

- |  |   |   |
|--|---|---|
| <ul style="list-style-type: none"> <li>• Apple</li> <li>• Apricots, 4 medium</li> <li>• Banana</li> <li>• Berries, <math>\frac{3}{4}</math> cup (blueberries, strawberries, raspberries, boysenberries, blackberries)</li> <li>• Cantaloupe</li> <li>• Casaba melon</li> <li>• Cherries, 12 large</li> <li>• Currants, 3 tbsp.</li> <li>• Dates (fresh), 2</li> <li>• Figs (fresh), 2</li> </ul> | <ul style="list-style-type: none"> <li>• Gooseberries, <math>\frac{3}{4}</math> cup</li> <li>• Grapefruit</li> <li>• Grapes</li> <li>• Guava</li> <li>• Honeydew melon</li> <li>• Jackfruit</li> <li>• Kiwifruit</li> <li>• Kumquats, 4 medium</li> <li>• Lemon</li> <li>• Lime</li> <li>• Loganberries, <math>\frac{3}{4}</math> cup</li> <li>• Loquats</li> <li>• Lychees, 7</li> <li>• Mandarin orange</li> <li>• Melon balls</li> </ul> | <ul style="list-style-type: none"> <li>• Mulberries, <math>\frac{3}{4}</math> cup</li> <li>• Nectarine</li> <li>• Orange</li> <li>• Papaya, <math>\frac{1}{2}</math> medium</li> <li>• Passion fruit</li> <li>• Peach</li> <li>• Pear</li> <li>• Pineapple, <math>\frac{1}{2}</math> cup</li> <li>• Plum</li> <li>• Pomegranate, <math>\frac{1}{2}</math> small</li> <li>• Raisins, 2 tbsp.</li> <li>• Sharon fruit (Persimmon)</li> <li>• Starfruit</li> <li>• Tangelo</li> <li>• Tangerine</li> </ul> |
|--|---|---|

### PROTEINS

#### PHASE 1

1 SERVING = 3 OUNCES,  
UNLESS OTHERWISE NOTED

#### PHASE 2

*WOMEN:* 1 SERVING = 4-6 oz for BREAKFAST,  
LUNCH AND DINNER; 2-3 oz for SNACKS  
*MEN:* 1 SERVING = 6-8 oz for BREAKFAST,  
LUNCH AND DINNER; 2-3 oz for SNACKS

- Canned tuna, salmon or sardines (packed in water)
- Chicken or turkey (without skin)
- Eggs (1-2)
- Egg whites (3-4)
- Lean veal
- Fresh fish (salmon, sardines, tuna, flounder, snapper, trout, etc.)
- Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)

#### VEGETARIAN PROTEINS

- Tempeh or Tofu
- TVP (texturized vegetable protein)
- Veggies or Garden burger (grain free)
- Hemp Hearts
- Chia Seeds
- Quinoa

#### PHASE 2

- TLS Nutrition Shake





GET READY FOR  
**SUCCESS**

Transitions Lifestyle System

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