

# TLS® 30-DAY JUMP-START

## 30 DAYS TO CLEANSE YOUR SYSTEM AND SLIM DOWN

*Detoxify, burn fat and refresh your body.*



DAY 1 **PHASE ONE**  
DETOX CLEANSE DAY 7 DAY 8

**PHASE TWO**  
FAT BURNING DAY 30

RENEW AND REPLENISH

REPAIR AND RESHAPE

### PHASE 1: DETOX CLEANSE

FOOD GROUPS & SERVINGS



FOOD GROUPS & SERVINGS



DRINK 8 GLASSES OF WATER EACH DAY



### 1 SERVING SIZE

Vegetables	1–2 big cups
Good Fats	1 tbsp
Fruits	1 cup/1 medium fruit
Proteins Phase 1:	3 oz
Phase 2 – women:	4–6 oz for main meals; 2–3 oz for snacks
Phase 2 – men:	6–8 oz for main meals; 2–3 oz for snacks



\* Individuals following the TLS® Weight Loss Solution as part of a healthy diet and exercise program can expect to lose 1–2 pounds per week.