

TLS 30-DAY JUMP-START

30 DAYS TO CLEANSE YOUR SYSTEM AND SLIM DOWN

Detoxify, burn fat and refresh your body.



PHASE ONE
DETOX CLEANSE



PHASE TWO
FAT BURNING

DAY
1

DAY
7 DAY
8

DAY
30

RENEW AND REPLENISH

REPAIR AND RESHAPE

PHASE 1: DETOX CLEANSE

FOOD GROUPS & SERVINGS



PHASE 2: FAT BURNING

FOOD GROUPS & SERVINGS



DRINK 8 CUPS OF WATER EACH DAY



I SERVING SIZE

Vegetables	1–2 big cups
Good Fats	1 tbsp
Fruits	1 cup/1 medium fruit
Proteins Phase 1:	85 grams
Phase 2 – women:	113–170 grams for main meals; 57–85 grams for snacks
Phase 2 – men:	170–227 grams for main meals; 57–85 grams for snacks



* Individuals following the TLS Weight Management Solution as part of a healthy diet and exercise program can expect to lose 0.45–0.9 kg per week.