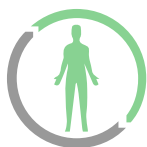


# TLS 30-DAY JUMP-START

## 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 AND SERVINGS

  
**VEGETABLES**  
**UNLIMITED**

  
**PROTEINS**  
**2**

**FRUITS**  
**3**  


  
**GOOD FATS**  
**2**

DRINK 8 CUPS OF WATER EACH DAY



### PHASE 2: FAT BURNING

FOOD GROUPS AND SERVINGS

  
**VEGETABLES**  
**8-12**

  
**PROTEINS**  
**3-4**

  
**FRUITS**  
**1**

  
**GOOD FATS**  
**2**

### 1 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 programme can expect to lose 0.45-0.9 kg per week.