

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



PHASE 2: FAT BURNING

FOOD GROUPS AND 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



30-Day Jump-Start Kit | UK30DAY

* 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.