TLS™ 30-DAY JUMP-START

30 DAYS TO CLEANSE YOUR SYSTEM AND SLIM DOWN

Detoxify, burn fat and refresh your body.





PHASE ONE BURST WITH FRUITS AND VEGETABLES









THE FIRST STEP TO A BRAND NEW YOU

ULTIMATELY FEEL BETTER, BOTH PHYSICALLY AND EMOTIONALLY

PHASE I

FOOD GROUPS & SERVINGS







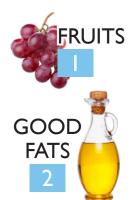


PHASE 2

FOOD GROUPS & SERVINGS



























I SERVING SIZE

Vegetables 1-2 big cups **Good Fats** 1 tbsp

1 cup/1 medium fruit Fruits

Proteins Phase 1: 85 grams

Phase 2 – women: 115-170 grams for main meals;

57–85 grams for snacks

170-227 grams for main meals; Phase 2 – men:

57-85 grams for snacks

