

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
BURST WITH FRUITS AND VEGETABLES

DAY 7

DAY 8

PHASE TWO
DIET + EXERCISE

DAY 30

THE FIRST STEP TO A BRAND NEW YOU

ULTIMATELY FEEL BETTER, BOTH PHYSICALLY AND EMOTIONALLY

PHASE 1

FOOD GROUPS & SERVINGS



PHASE 2

FOOD GROUPS & SERVINGS



DRINK 8 GLASSES 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:	115-170 grams for main meals; 57-85 grams for snacks
Phase 2 - men:	170-227 grams for main meals; 57-85 grams for snacks



* YOU SHOULD CONSULT YOUR HEALTH CARE PROVIDER BEFORE BEGINNING THIS OR ANY OTHER WEIGHT-MANAGEMENT PROGRAM. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.