



**TLS™**  
Transitions Lifestyle System

TLS™ 30-DAY JUMP-START  
**PROGRAM**  
**RECIPES**

## PHASE 1 BREAKFAST

### Dr. Nancy's TLS™-Friendly Pancakes

- 2 eggs
- 1 banana
- ¼ tsp baking powder

Mix all ingredients together in a blender/VitaMix.

Pour batter onto griddle at 163°–177° C.

This makes 8 good-sized pancakes.

You can eat them all as they count as 1 serving of protein for any of the TLS menu plans.

Blend a handful of berries in the blender to make homemade “syrup” with no sugar added.

### Egg White Muffins

- 1 cup asparagus, chopped
- ½ cup mushrooms, chopped
- ½ cup onions, chopped
- ½ cup tomatoes, chopped
- ½ cup egg whites

Mix asparagus, mushrooms, onions, tomatoes and egg whites in a bowl. Pour mixture into a nonstick muffin tray. Bake at 177° C for 20–30 minutes.

### Asian Chicken Breakfast

- 57–85 g chicken breast, sliced
- ½ cup green pepper, chopped
- ¼ cup onions, chopped
- ¼ cup mushrooms, chopped
- 1 cup spinach, chopped
- Fresh tomatoes

In a nonstick skillet over medium heat, sauté chicken until cooked. Add green pepper, onions, mushrooms and spinach and cook for 1–2 minutes. Put mixture in a bowl and top with fresh tomatoes.

## PHASE 1 SNACKS

### Keep it Simple

Piece of fruit with a boiled egg

or

Piece of fruit with your favorite cut-up veggies



## PHASE 1 DAILY FOOD SERVINGS

### Vegetables:

Unlimited servings  
(1 serving = 1–2 big cups)

### Fruit:

3 servings  
(1 serving = 1 cup/1 medium fruit)

### Protein:

2 servings  
(1 serving = 85 g)

### Good fats:

2 servings  
(1 serving = 1 tbsp)

### Egg White Veggie Bake

- 3 egg whites
- ½ cup broccoli, asparagus (each), chopped
- ¼ cup fresh basil, chopped
- 1 tbsp olive oil cooking spray

Coat a small glass baking dish with oil. Add egg whites. Add vegetables. Bake at 177° C for 20–30 minutes, or until done. Season with salt and pepper to taste.

## ON-THE-GO BREAKFAST

For when you are running behind, you need something quick or that you can eat in the car ... remember, never skip a meal! We suggest having a few boiled eggs in the fridge for anytime you need a breakfast on the go.

### Tupperware and Go

- 2 boiled eggs (peeled)
- ¼ – ½ avocado, sliced
- Few slices of tomato or handful of grape tomatoes
- Small apple

### Green Smoothie

- 2 cups kale
- ½ lemon, peeled
- 1 inch fresh ginger, peeled
- 1 cucumber, roughly chopped
- 2 celery stalks
- 1 green apple, roughly chopped
- ½ cup water

Add all ingredients to a blender. Blend until desired consistency is reached.

### Old Faithful

Snack-sized leftovers from yesterday's dinner or lunch!

### Chia Seed Fruit Pudding

1 handful of your favorite berries, serve with homemade chia seed pudding

How to make chia seed pudding: (Approved vegan/vegetarian protein)

Soak 1 tbsp of chia seeds in small wide opening container in the fridge overnight in.

120 ml of our Select™ Aloe Juice Strawberry Kiwi or unsweetened almond milk.

## PHASE 1 LUNCH & DINNER

### Colorful Veggie Kabobs

- 1 bell pepper, chopped
- ½ onion, chopped
- 1 cup portobello mushrooms, chopped
- ½ cup grape tomatoes, chopped
- Drizzle of extra virgin olive oil

Place vegetables onto skewer sticks. Drizzle with extra virgin olive oil. Grill until veggies are cooked.

### Broiled Sole With Warm Eggplant Salad

- 1 sole fish fillet
- ¼ cup eggplant, peeled and chopped
- ½ tbsp olive oil
- ¼ cup onion, chopped
- 1 tomato, chopped
- 1 tbsp fresh parsley
- ¼ tbsp balsamic vinegar

Preheat oven to 177° C. Place sole in oven, and cook until it flakes. Then heat olive oil in nonstick skillet. Add eggplant and sauté for 10 minutes until soft. Add onion, tomato, parsley and balsamic vinegar, and sauté for 2–3 minutes. Season lightly with salt and pepper.

### Veggie Lettuce Wraps

- Lettuce
- Avocado, sliced
- Tomato, sliced
- ½ cup zucchini, sliced
- ½ cup alfalfa sprouts

Stuff tomato, avocado, zucchini and alfalfa sprouts into a lettuce leaf. Season with red pepper or minced chili, salt and pepper to taste. Serve with a bowl of homemade vegetable soup.

### Grilled White Fish With Salad

- 1 white fish fillet
- 1 cup spinach
- ½ cup zucchini, sliced
- ½ cup brussel sprouts, chopped
- 2 scallion stalks, chopped
- Handful of water chestnuts
- 1 pear, sliced

On a grill, place fish and pear. Grill until cooked. In a nonstick skillet, sauté zucchini, brussel sprouts and scallions until cooked. Place sautéed vegetables on top of fresh spinach, top with water chestnuts and pear. Dress with rice vinegar.

### Cauliflower “Fried Rice”

- 1 head cauliflower
- 1 tbsp sesame oil
- 1 tbsp garlic
- 1 cup carrots, chopped
- 1 cup mushrooms, chopped
- 2 eggs, scrambled
- 3 tbsp low sodium soy sauce
- 2 scallion stalks, chopped

In a food processor/blender, add cauliflower. Blend until pieces resemble the size of rice grains. In a skillet, add sesame oil, garlic, carrots, cauliflower, mushrooms, soy sauce and eggs. Stir well, cook for 1–3 minutes or until desired. Serve with scallions on top and season with salt and pepper to taste.

### Saucy Salmon Salad

- 85 g salmon fillet
- 1 tbsp olive oil
- 1 tbsp low-sodium soy sauce/liquid amino acid
- 1 tbsp fresh garlic, finely diced
- 1 tbsp Dijon mustard or any mustard you have at home
- 2 cups broccoli, chopped
- 1 cup cauliflower, chopped
- 1 cup carrots, chopped

In a shallow dish, add olive oil, soy sauce, garlic, mustard and salmon. Marinate salmon for at least 30 minutes. Steam broccoli, carrots and cauliflower in a pot until cooked. Sauté salmon in a nonstick skillet for 5–10 minutes. Plate salmon with veggies.

### Zucchini Spaghetti

- 2 zucchini, large
- ½ cup onions, chopped
- 1 tbsp olive oil
- ½ cup pasta sauce, low sugar
- Dash of garlic powder
- Dash of red pepper flakes

In a nonstick skillet, add olive oil and onions. Cook until soft, set aside. Place zucchini in a vegetable spiralizer. Add zucchini, garlic powder, red pepper flakes and cooked onions to the same nonstick skillet, cook for 1–2 minutes. While cooking, heat up pasta sauce in the microwave. Place cooked zucchini mixture in a bowl, add pasta sauce.

### Eggplant Casserole

- 1 or 2 eggplants, sliced
- 1 can crushed tomatoes (or stewed)
- 1 box mushrooms
- 1 large onion
- Any spices you like. We suggest garlic, oregano, basil, etc.

Slice eggplant, toss in a little canola or avocado oil.

Place on cookie sheet and put under broiler (set to low) for 10–15 minutes.

In a casserole dish, put a little sauce on the bottom then layer eggplant, mushrooms, onions and sauce. Keep layering until you reach the top. Cover and cook for one hour at 191° C.

Let cool, serve and enjoy.

### Quick-Flash Asian Stir-Fry

Chop up your favorite stir-fry veggies:

- Broccoli, cauliflower, carrots, onions, bell peppers, mushrooms
- Mince 1–2 cloves of fresh garlic & a nub of fresh ginger
- Fresh basil leaves (optional)

In a large stir-fry pan combine;

- 1 tbsp of sesame oil
- ¼ cup of low sodium veggie broth
- ½ cup of low sodium soy sauce (or less if just cooking for one)

Heat on high until it nears a boil and throw in fresh garlic and ginger. After 45 seconds to 1 minute, throw in hardest veggies first (careful, it will spit and splash as it is hot). Then add softer veggies, keep stirring, lower heat and stir in pan until just tender.

Prepare beforehand appropriate servings of broiled chicken or shrimp or cook in a separate pan with same sauce combination. Add protein and fresh basil to the pan just before veggies are ready.

Enjoy this flavor-filled satisfying dish; you won't even miss the rice!

## PHASE 2 BREAKFAST

### Stack 'Em Up Egg & Cauliflower Cakes

- ½ head cauliflower
- Green onion
- Fresh spinach
- 3 eggs
- 1 avocado, peeled and pitted
- Juice of 1 lemon
- Extra-virgin olive oil
- Pinch red chili flakes
- Salt and pepper

Grate cauliflower with a box grater. Finely chop 1 large green onion. Transfer to a large bowl and mix with 1 egg and a large pinch of salt.

In a large skillet over medium heat, heat olive oil. Add 2 big scoops of cauliflower mixture to pan and shape into a round patty. Repeat to make a second patty. Let cook until golden brown, about 5 minutes, then carefully flip. Cook three more minutes, transfer to a plate. In same skillet, fry remaining 2 eggs and set aside.

In a small bowl, mash avocado with lemon juice. Season with salt. Spread on top of cauliflower "toast." Sprinkle with red chili flakes. Top each with a fried egg. Serve immediately.

#### How to "stack it"

Place cauliflower cake on plate, smear avocado mixture, place spinach on top, add an egg on top of that and top with salsa or fresh tomato.

### Power Pancakes

- 2 eggs
- 2 scoops TLS Nutrition Shake (Vanilla)
- 1 tbsp Pandan leaf extract
- 1 cup spinach, chopped

In a bowl, mix eggs, TLS Nutrition Shake, extract and spinach. Cook in a nonstick skillet until golden brown.

### Flourless Apple Cinnamon Muffins – TLS Shake

Increase protein with this breakfast on the go. They are quick and easy to make!

- 1 egg
- 2–3 tbsp Pandan leaf extract
- ¼ tsp baking powder
- 2 scoops TLS Vanilla Nutrition Shake
- Dash of cinnamon (nutmeg optional)
- ¼ cup slices of apple finely chopped (optional)

- (After 30-Day Jump-Start you can add pecans or walnuts)

Preheat oven to 204° C, grease small glass container (5x5) or pour into muffin tins. Cooking time may vary — usually 10–12 minutes for muffins.

Mix egg, extract and baking powder. Add protein powder. Add sliced apple and spices as desired. Bake 12–18 minutes, sprinkle with cinnamon.

### Egg White Veggie Bake

- 3 egg whites
- ½ cup broccoli, asparagus (each), chopped
- ¼ cup fresh basil, chopped
- 1 tbsp olive oil cooking spray

Coat a small glass baking dish with oil. Add egg whites. Add vegetables. Bake at 177° C for 20–30 minutes or until done. Season with salt and pepper to taste.

### Mushroom Chicken Breakfast

- 2–85 g chicken breast, sliced
- ½ cup green pepper, chopped
- ¼ cup onions, chopped
- ¼ cup mushrooms, chopped
- 1 cup spinach, chopped
- Fresh salsa or chopped fresh tomato with coriander mix

In a nonstick skillet over medium heat, sauté chicken until cooked. Add green pepper, onions, mushrooms and spinach and cook for 1–2 minutes. Put mixture in a bowl and top with fresh salsa or chopped fresh tomato with coriander mix.

### Greek Omelet

- 2 eggs
- 5 cherry tomatoes, halved
- 3 kalamata olives pitted and chopped
- 1–2 thinly sliced scallions
- Black pepper and salt

If you haven't mastered the omelet, whip all the ingredients together and scramble in a pan with olive oil, coconut oil or canola oil.



## PHASE 2 SNACKS \*Note: Phase 1 snacks are approved in this phase as well.

### Go-To TLS Nutrition Shake

- 240 ml water
- 1 or 2 scoops TLS Chocolate or Vanilla Nutrition Shake

Blend and drink immediately.

### The Incredible Hulk Chocolate Shake

- 240 ml water
- 2 scoops TLS Chocolate Nutrition Shake
- Large handful of spinach
- 3–4 ice cubes (optional)

Blend in blender, drink immediately.

(After the 30-Day Jump-Start Program you can add 1 tbsp of unsweetened peanut butter)

### Chocolate Banana Delight

- 240 ml water
- 2 scoops TLS Chocolate Nutrition Shake
- Large handful of spinach
- ½ of a large banana or 1 small banana
- 1 tbsp of chia seeds (approved vegan protein)
- 3–4 ice cubes (optional)

Blend in blender, drink immediately.

### TLS Mocha Shake

- 240 ml water
- 2 scoops either TLS Chocolate or Vanilla Nutrition Shake
- 1 packet of TLS Trim Café
- 3–4 ice cubes (optional)

Blend in blender, drink immediately.

### Cucumber Vanilla Green Tea Latte Shake

- 240 ml water
- 2 scoops TLS Vanilla Nutrition Shake
- Large handful of spinach
- Small chunk of fresh cucumber
- 1 tsp of matcha green tea powder
- 3–4 ice cubes (optional)

Blend in blender, drink immediately.



### The Apple Pie à la Mode Shake

- 240 ml water
- 2 scoops TLS Vanilla Nutrition Shake
- Dash of cinnamon
- ½ apple, cubed (fresh or even better frozen)
- 3–4 ice cubes (optional)

Blend in mixer, drink immediately.

### The Mint Shamrock Shake

- 240 ml water
- 2 scoops TLS Vanilla Nutrition Shake
- 2 drops mint extract
- Large handful spinach
- 3–4 ice cubes (optional)

Blend in mixer, drink immediately.



## PHASE 2 DAILY FOOD SERVINGS

**Vegetables:**  
8–12 servings  
(1 serving = 1–2 big cups)

**Fruit:**  
1 serving  
(1 serving = 1 cup/1 medium fruit)

**Protein:**  
3–4 servings  
(Women: 1 serving = 113–170 g for breakfast, lunch and dinner;

57–85 g for snacks)  
(Men: 1 serving = 170–227 g for breakfast, lunch and dinner; 57–85 g for snacks)

**Good fats:**  
2 servings  
(1 serving = 1 tbsp)

## PHASE 2 LUNCH & DINNER

### Colorful Shrimp Kabobs

- 113–170 g shrimp
- 1 bell pepper, chopped
- ½ onion, chopped
- 1 cup portobello mushrooms, chopped
- ½ cup grape tomatoes, chopped
- Drizzle of extra virgin olive oil

Place shrimp and vegetables onto skewer sticks. Drizzle with extra virgin olive oil. Grill until shrimp is pink and cooked through.

### Broiled Sole With Warm Eggplant Salad

- 1 sole fish fillet
- ¼ cup eggplant, peeled and chopped
- ½ tsp olive oil
- ¼ cup onion, chopped
- ½ tsp capers
- 1 tomato, chopped
- 1 tsp fresh parsley
- ¼ tsp balsamic vinegar

Preheat oven to 177° C. Place sole in oven, cook until it flakes. Then heat olive oil in nonstick skillet. Add eggplant and sauté for 10 minutes until soft. Add onion, capers, tomato, parsley and balsamic vinegar, and sauté for 2–3 minutes. Season lightly with salt and pepper.

### Veggie Lettuce Wraps

- Lettuce
- Avocado, sliced
- Tomato, sliced
- ½ cup zucchini, sliced
- ½ cup alfalfa sprouts

Stuff tomato, avocado, zucchini and alfalfa sprouts into a lettuce leaf. Season with yellow mustard, and add salt and pepper to taste. Serve with a bowl of homemade vegetable soup.

### Grilled White Fish With Salad

- 1 white fish fillet
- 1 cup spinach
- ½ cup zucchini, sliced
- ½ cup brussel sprouts, chopped
- 2 scallion stalks, chopped
- Handful of water chestnuts
- 1 pear, sliced

On a grill, place fish and pear. Grill until cooked. In a nonstick skillet, sauté zucchini, brussel sprouts and scallions until cooked. Place sautéed vegetables on top of fresh spinach, top with water chestnuts and pear. Dress with rice vinegar.

### Green Tofu Smoothie

- 2 cups kale
- ½ lemon, peeled
- 1 inch fresh ginger, peeled
- 1 cucumber, roughly chopped
- 2 celery stalks
- 1 green apple, roughly chopped
- ½ cup water
- 1 serving soft organic tofu

Add all ingredients to a blender. Blend until desired consistency is reached.

### Cauliflower “Fried Rice”

- 1 head cauliflower
- 1 tbsp sesame oil
- 1 tbsp garlic
- 1 cup carrots, chopped
- 1 cup mushrooms, chopped
- 2 eggs, scrambled
- 3 tbsp low sodium soy sauce
- 2 scallion stalks, chopped

In a food processor/blender, add cauliflower. Blend until pieces resemble the size of rice grains. In a skillet, add sesame oil, garlic, carrots, cauliflower, mushrooms, soy sauce and eggs. Stir well, cook for 1–3 minutes, or until desired. Serve with scallions on top and season with salt and pepper to taste.

### Saucy Salmon Salad

- 85 g salmon fillet
- 1 tsp olive oil
- 1 tsp low sodium soy sauce/liquid amino acid
- 1 tsp fresh garlic, finely diced
- 1 tsp Dijon mustard
- 2 cups broccoli, chopped
- 1 cup cauliflower, chopped
- 1 cup carrots, chopped

In a shallow dish, add olive oil, soy sauce, garlic, mustard and salmon. Marinate salmon for at least 30 minutes. Steam broccoli, carrots and cauliflower in a pot until cooked. Sauté salmon in a nonstick skillet for 5–10 minutes. Plate salmon with veggies.

### Zucchini Spaghetti and Meatballs

- 2 zucchini, large
- ½ cup onions, chopped
- 1 tsp olive oil
- ½ cup pasta sauce, low sugar
- Dash of garlic powder
- Dash of red pepper flakes
- 85 g lean ground, organic chicken

In a nonstick skillet, add olive oil and onions. Cook until soft, and set aside. Shape chicken into small balls. Place chicken in the same skillet. Cook until golden brown and set aside. Place zucchini in a vegetable spiralizer. Add zucchini, garlic powder, red pepper flakes and cooked onions to the same nonstick skillet, and cook for 1–2 minutes. While cooking, heat up pasta sauce in the microwave. Place cooked zucchini mixture in a bowl. Top with chicken meatballs and add pasta sauce.



### Chicken Chili

- 450 g ground chicken breast
- 1 green (or your favorite) pepper, diced
- 1 onion, diced
- 1 can diced tomatoes
- No sugar added traditional spaghetti sauce
- About 2 cups low sodium vegetable stock
- 1 small/medium zucchini, cubed
- About 5–7 radishes, sliced
- 1–2 carrots, finely chopped
- 1 large celery stalk, finely chopped
- 1 clove fresh garlic minced (or 1 tsp of garlic powder)
- Dash of cumin
- 2–3 tsp of chili powder (to taste)
- Salt and pepper (to taste)
- 1 tsp olive oil

Brown your meat, peppers, onion, olive oil and salt and pepper. Add in tomatoes, sauce, stock, veggies and seasoning. Let simmer on low for at least an hour or until veggies are tender.

Enjoy!



### Chicken Stuffed Portobello

- 2 medium/large portobello mushrooms, washed
- 85 g shredded chicken
- ¼ onion, chopped fine
- Large handful of spinach, chopped up
- Basil, oregano, salt & pepper to taste

Mix together and spoon into the mushroom. Top with diced tomatoes or salsa.

Place on tin foil on baking sheet. Bake in oven at 190° C for 25 minutes.

### Noodle Soup

- 1 pack Konjac noodles (rinsed and drained)
- 1 clove garlic (minced)
- 1 shallot (minced)
- 1 large tomato (diced)
- 2 whole eggs
- green onion and coriander to garnish
- 2 cups unsalted chicken broth

In a medium-sized pot, brown the garlic and shallot with tomato until soft and mushy. Add chicken broth and bring it to a boil. Crack 2 eggs directly onto the tomato soup and swirl the eggs to create an egg drop soup. Add konjac noodles and black pepper to taste. Garnish with green onion and coriander. Top with diced tomatoes.

