



TRIM TEA MENU PLAN

WHY USE TLS® TRIM TEA WITH THE TRIM TEA MENU PLAN?

If you are looking for a simple, convenient way to help manage your weight you may be closer than you think. TLS Trim Tea uses a three-pronged approach to tackle weight management, targeting: satiety, appetite control and metabolic balance. It also contains ingredients that support cardiovascular health. Following the TLS Trim Tea Menu plan will provide you with food choices that will not only provide your body with the nutrients it needs to maximize fat burning but adds variety and flavourful foods to your diet.



WHY USE TLS TRIM TEA?

In a 10 week study, participants who used GoTrim™[‡] lost 12.8 kg and 6.3% body fat compared to the control group who only lost 0.7 kg and 1.9% body fat.

Should you be interested in any other TLS products, please consult your TLS Coach for details.

 facebook.com/tlsweightloss

 twitter.com/tlsweightloss

 instagram.com/tlsweightloss

[‡] GoTrim™ is a trademark of Market America, Inc.

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^{**}You should consult your healthcare provider before beginning this or any other weight management program. Products of TLS Weight Management Solution are not intended to diagnose, treat, cure or prevent any diseases. The results may not be typical. Individual results may vary.

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TLS® TRIM TEA POWER FOODS

BREAKFAST: 1 serving of protein, 2 servings of vegetables, 1 serving of fruit

AM SNACK: 1 serving fruit and ½-1 serving of protein

LUNCH: 1 serving of protein, 2 servings of vegetables, 1 serving of good fat

PM SNACK: ½-1 serving of protein or 1 serving of dairy and 1 serving of vegetables

DINNER: 1 serving of protein, 2-4 servings of vegetables, 1 serving of good fat

*Should you like to incorporate whole grains, beans or legumes into your program, it is recommended to limit them to no more than 2 servings per day

VEGETABLES: 6-12 SERVINGS PER DAY

1 serving: 1-2 cups, *unless otherwise noted*

- Asparagus
- Bean sprouts
- Beet root
- Bok choy
- Brinjal/Eggplant
- Broccoli
- Cabbage (red or white)
- Capsicum
- Carrots
- Cauliflower
- Celery
- Chye sim
- Cucumber
- Edamame
- Ginger
- Green beans
- Green peas
- Jicama (Mexican turnip)
- Kai lan
- Lady fingers
- Leeks
- Lettuce (any)
- Mushrooms
- Olives
- Onions
- Parsley
- Radishes
- Shanghai green
- Snow peas (no sugar)
- Sio pek chye
- Spinach
- Stir-fry vegetables (no sauce)
- Tomatoes (fresh)
- Tomato juice (no salt), ½ cup
- Tomato paste, 2 tbsps.
- Tomato sauce, ½ cup
- Vegetable juice (no salt), ½ cup
- Vegetable soup (low-fat), ½ cup
- Water chestnuts
- Watercress
- Zucchini

FRUIT: 2 SERVINGS PER DAY

1 serving: 1 medium fruit or 1 cup, *unless otherwise noted*

- Apple
- Banana
- Berries (blueberries, strawberries, raspberries, blackberries), ¾ cup
- Cantaloupe
- Cherries, 12 large
- Figs (fresh), 2
- Grapefruit
- Grapes
- Guava
- Honeydew melon
- Jackfruit
- Kiwifruit
- Lemon
- Lime
- Lychees, 7
- Mandarin orange
- Mango
- Melon balls
- Mulberries, ¾ cup
- Nectarine
- Orange
- Papaya, ½ medium
- Passion fruit
- Peach
- Pear
- Pineapple, ½ cup
- Plum
- Pomegranate, ½ small
- Raisins, 2 tbsps
- Sharon fruit (persimmon)
- Starfruit
- Watermelon

DAIRY: 1-2 SERVINGS PER DAY

Those on a dairy-free diet may omit

- Low-fat milk
- Soy or rice milk (1% fat or low-fat)
- Low-fat cheese
- Plain Greek yogurt
- Low-fat soy cheese
- Low-fat soy yogurt
- Low-fat yogurt
- Low-fat creamer
- Low-fat sour cream

PROTEIN: 4-6 SERVINGS PER DAY

1 serving (women):
4-6 oz. with breakfast, lunch and dinner
1 serving (men): 6-8 oz. with
breakfast, lunch and dinner

- TLS Nutrition Shake
- Canned tuna (packed in water)
- Chicken (without skin)
- Eggs or egg whites
- Fresh fish (salmon, flounder, snapper, pomfret, seabass, yellowtail, grouper, codfish, etc.)
- Red meat (limited to 1-2 servings per week) (beef, pork or lamb)
- Seafood (prawn, scallops, clams, lobster, squid, octopus, mussels, etc.)
- Tempeh
- Tofu

GOOD FATS: 2 SERVINGS PER DAY

- Oils (olive, avocado, coconut, grapeseed)
- Avocado, ½ medium
- Nuts & seeds

TLS TRIM TEA:

Mix one stickpack with 180 ml of water. Can be used with hot or cold water. Most effective if taken 30-60 minutes before a meal, but not required. May use more or less water depending on preference of tea taste.

Other Rules:

- **Avoid alcohol**
- **Water** (minimum of 8 cups per day)
- **Supplementation** (may add additional TLS supplements as they all can be taken together if there are no contraindications)
- **Exercise** (at least 3 days per week)

TLS COACH: _____

WEBSITE: _____

PHONE: _____