

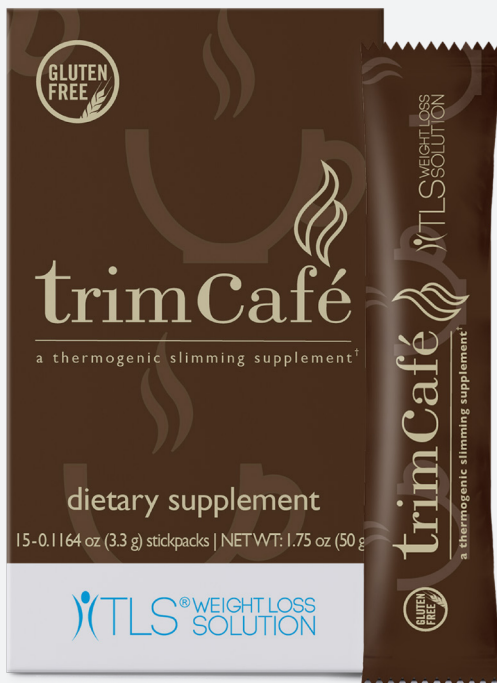
# TRIM CAFÉ

## Menu Plan

### WHY USE TLS TRIM CAFÉ WITH THE TRIM CAFÉ MENU PLAN?

If you are looking for a simple, convenient way to help manage your weight, you may be closer than you think. TLS<sup>®</sup> Trim Café uses a three-pronged approach to tackle weight management, targeting satiety, appetite control and metabolic balance. It also contains ingredients that support cardiovascular health\*.

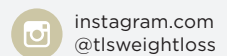
Following the TLS Trim Café Menu Plan will provide you with food choices that will not only give your body the nutrients it needs to maximize fat burning, but add variety and flavorful foods to your diet.



### WHY USE TLS TRIM CAFÉ?

In a 10-week study, participants who used GoTrim<sup>®</sup> (IGBO131<sup>®</sup>) lost 28 pounds and 6.3% body fat compared to the control group, who only lost 1.5 pounds and 1.9% body fat.

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



Lipids in Health and Disease 2009, 8:7 DOI: 10.1186/1476-511X-8-7

\*You should consult your physician before beginning this or any other weight management program. Individuals following the TLS Weight Loss Solution can expect to lose 1-2 pounds per week.

# TLS TRIM CAFÉ POWER FOODS

**Breakfast:** 1 serving of protein, 2 servings of vegetables, 1 serving of fruit

**A.M. Snack:** 1 serving of fruit and ½–1 serving of protein

**Lunch:** 1 serving of protein, 2 servings of vegetables, 1 serving of good fat

**P.M. 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

6–9 servings per day

1 serving: 1–2 cups, unless otherwise noted

Alfalfa sprouts  
Artichokes  
Arugula  
Asparagus  
Bean sprouts  
Beets  
Bell peppers  
Bok choy  
Broccoli  
Brussels sprouts  
Cabbage (red or white)  
Carrots  
Cauliflower  
Celery  
Chard  
Collard greens  
Cucumber  
Dandelion greens  
Eggplant  
Endive  
Ginger  
Green beans  
Green peas  
Greens (beet, collard, dandelion, kale, mustard, turnip)  
Hot peppers  
Jerusalem artichokes  
Jicama  
Kohlrabi  
Leeks  
Lettuce (any)  
Malanga  
Mushrooms  
Okra  
Olives  
Onions  
Parsley  
Pimientos  
Radicchio  
Radishes  
Rhubarb  
Rutabaga  
Salsa  
Sauerkraut  
Scallions  
Snow peas (no sugar)  
Spinach  
Squash leaves  
Stir-fry vegetables (no sauce)  
Taro root, ¼ cup  
Tomatoes (fresh)  
Tomato juice (no salt), ½ cup  
Tomato paste, 2 Tbsp  
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  
Apricots, 4 medium  
Banana  
Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), ¾ cup  
Cantaloupe  
Casaba melon  
Cherries, 12 large  
Currants, 3 Tbsp  
Dates (fresh), 2  
Figs (fresh), 2  
Gooseberries, ¾ cup  
Grapefruit  
Grapes  
Guava  
Honeydew melon  
Jackfruit  
Kiwifruit  
Kumquats, 4 medium  
Lemon  
Lime  
Loganberries, ¾ cup  
Loquats  
Lychees, 7  
Mandarin orange  
Melon balls  
Mulberries, ¾ cup  
Nectarine  
Orange  
Papaya, ½ medium  
Passion fruit  
Peach  
Pear  
Pineapple, ½ cup  
Plum  
Pomegranate, ½ small  
Raisins, 2 Tbsp  
Sharon fruit  
Starfruit  
Tangelo  
Tangerine

## GOOD FATS

2 servings per day

Oils (olive, avocado, coconut, etc.)  
Avocado, ½ medium  
Nuts and seeds

## PROTEIN

4–6 servings per day

1 serving (women): 4–6 oz with breakfast, lunch and dinner; 2–3 oz with snacks

1 serving (men): 6–8 oz with breakfast, lunch and dinner; 2–3 oz with snacks

TLS Nutrition Shake  
Chicken or turkey (without skin)  
Eggs or egg whites  
Fresh fish (salmon, sardines, flounder, snapper, trout, tuna, etc.)  
Lean veal  
Red meat (limited to 1–2 servings per week) (beef, pork, lamb, buffalo or venison)  
Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)  
Organic non-GMO tempeh  
Organic non-GMO tofu  
Veggie or garden burger (grain-free)  
Canned tuna, salmon or sardines (packed in water)

## DAIRY

1–2 servings per day

Those on a dairy-free diet may omit

Milk  
Cheese  
Plain Greek yogurt  
Yogurt  
Sour cream

## TLS TRIM CAFÉ

Mix one stickpack with 6 fl oz 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 coffee taste.

## Other Rules:

Avoid alcohol  
No sugar  
No grains  
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:** \_\_\_\_\_