

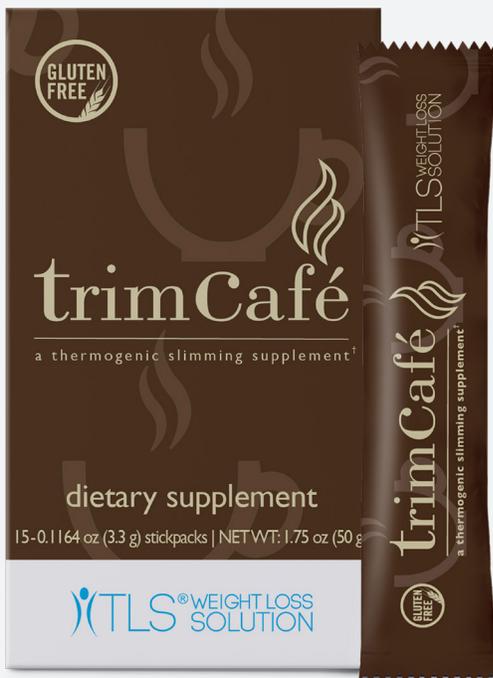
TRIM CAFÉ

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® 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® (IGBO131®) 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: _____