



CONTINUED COMMITMENT

A GUIDE TO HEALTHY, EVERYDAY LIVING AT YOUR TARGET WEIGHT



BREAKFAST

Veggie egg scramble



A.M. SNACK

Chocolate coconut shake

WHY IT'S FOR YOU:

You're at a healthy weight and looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but looking for a plan with flexibility, allowing the occasional indulgence.

A DAY ON CONTINUED COMMITMENT:

Below are examples of some of the foods you can eat.



LUNCH

Chicken salad squash boats



P.M. SNACK

Peanut butter apple-cinnamon wedges



DINNER

Baked pork loin and grilled veggies



WATER

Eight (236 ml) glasses daily



TLS® Nutrition Shake: A healthy and delicious nutrition shake with 18 g of protein, 11 g of fibre

TLS CORE with Chromium, White Kidney Bean & LeptiCore®:

Assists with metabolizing carbohydrates and fat, helping to reduce the (enzymatic) digestion of carbs

Isotonix® Daily Essentials Packets: With each complete and convenient packet, you can be sure that you're giving your body the essential vitamins, minerals and nutrients it needs daily

Isotonix Digestive Enzymes: Formulated to support the digestive needs of you and your children

LeptiCore® is a U.S. registered trademark of Gateway Health Alliances, Inc. and protected under U.S. patent number 9034342.

CONTINUED COMMITMENT POWER FOODS

Breakfast: 1 serving of protein, 2 servings of vegetables, 1 serving of whole grain

A.M. Snack: 1 serving snack protein and/or 1 serving of dairy, 1 serving of fruit

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

P.M. Snack: 1 serving of protein

Dinner: 1 serving of protein, 2–4 servings of vegetables, 1 serving of starch, 1 serving of good fat

VEGETABLES

6–12 servings per day

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

Alfalfa sprouts
Artichokes
Arugula/rocket
Asparagus
Aubergine/eggplant
Bean sprouts
Beets/beetroot
Bell peppers
Bok choy
Broccoli
Brussels sprouts
Cabbage (red or white)
Carrots
Cauliflower
Celery
Chard
Collard greens
Courgette/zucchini
Cucumber
Dandelion greens
Edamame
Endive
Green beans
Green peas
Greens (beet, kale, mustard, turnip)
Hot peppers
Jerusalem artichokes
Jicama
Kohlrabi
Leeks
Lettuce (any)
Mange tout
Mushrooms
Okra
Onions
Radicchio
Radishes
Rhubarb
Rutabaga
Sauerkraut
Scallions/spring onion
Snow peas
Spaghetti squash
Spinach
Stir-fry vegetables (no sauce)
Summer squash
Swede
Swiss chard
Tomatoes (fresh)
Tomato juice (no salt), ½ cup
Tomato paste, 2 Tbsp
Tomato sauce (no sugar added), ½ cup
Vegetable juice (no salt), ½ cup
Water chestnuts
Watercress

GOOD FATS

2 servings per day

Avocado, ½ medium
Coconut cream, 2–3 Tbsp
Nuts and seeds
(reference TLS® FAQ for serving sizes)

Oils (grapeseed, olive, avocado, coconut)
Olives (check serving size and watch for sodium content)

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, gooseberries, loganberries, mulberries), ¾ cup
Cantaloupe
Cherries, 12 large
Currants, 3 Tbsp
Dates (fresh), 2
Figs (fresh), 2
Grapefruit
Grapes
Guava
Honeydew melon
Jackfruit
Kiwifruit

Kumquats, 4 medium
Lemon
Lime
Loquats
Lychees, 7
Mandarin orange
Mango
Melon balls
Nectarine
Orange
Papaya, ½ medium
Passion fruit
Peach
Pear
Pineapple, ½ cup
Plum
Pomegranate, ½ small
Raisins, 2 Tbsp
Sharon fruit/persimmon
Starfruit
Tangelo
Tangerine

WHOLE GRAINS

1 serving: ½ cup

Amaranth
Barley (pearled or hulled)
Buckwheat (kasha, groats)
Farro
Kamut
Millet
Muesli or granola, no added sugar
Noodle (only black bean, lentil, edamame, arrowroot or mung bean noodle — see packaging for serving size)
Oatmeal (rolled or steel-cut)
Rice (authentic basmati, brown, wild, and black)
Spelt
Sprouted grain bread

STARCHES

1 serving per day

1 serving: ½–1 cup

Acorn squash, ½ cup
Butternut squash, 1 cup
Kabocha, 1 cup
Purple potato, ½ of medium size

Quinoa, ½ cup
Sweet potato, ½ of medium size
Taro, ½ cup
Yam, ½ of medium size

PROTEIN

5–6 servings per day

1 serving (women): 113–170 g with breakfast, lunch and dinner; 56–85 g with snacks

1 serving (men): 170–226 g with breakfast, lunch and dinner; 56–85 g with snacks

Canned tuna, salmon or sardines (packed in water)
Chicken or turkey (without skin)
Eggs or egg whites
Fresh fish (salmon, tuna, cod, sardines, flounder, snapper, trout, etc.)
Red meat (limited to 1–2 servings per week of beef, pork, lamb, buffalo, veal, bison or venison)
Seafood (prawn, scallops, clams, lobster, calamari, squid, octopus, mussels, crab etc.)
TLS Nutrition Shake

VEGETARIAN OPTIONS*

Beans (red, chickpeas (chana or garbanzo beans), butter beans (Lima beans), mung, pinto, soy, blackeyed)
Chia or hemp seeds (4 oz)
Edamame
Nutritional yeast (4 Tbsp)
Organic non-GMO tempeh
Organic non-GMO tofu
Spirulina (4 Tbsp)
Veggie or garden burger (grain-free)

**Please download vegan and vegetarian handout for more information.*

DAIRY

1 serving per day

Those on a dairy-free diet may omit

Cheese (all)
Cottage cheese
Cream
Kefir
Milk
Plain yogurt

Plain Greek yogurt
Sour cream

**Organic or grass-fed is best. Serving sizes are found on package.*

Other Rules:

Alcohol (limit to three drinks a week)

Water (minimum of 8 cups per day)

Supplementation (based on your

Weight Management Profile recommendation or optimal wellness regime)

No sugar

Exercise (3–6 days per week)

Be sure to either have a meal or snack within 30 minutes of your workout.