



7-DAY DETOX

Lose 1-2 pounds per week



BREAKFAST

Vegetable omelette



A.M. SNACK

Green smoothie



LUNCH

Strawberry chicken salad



P.M. SNACK

Vegetable medley



DINNER

Spicy carrot soup



SNACK (optional)

Serving of fruit

WHY IT'S FOR YOU:

You want to jump-start your weight management journey and receive the maximum benefit from the TLS® Weight Management Solution. Whether this is your first time participating in TLS or you're stuck in a plateau, this 7-Day Detox will help curb your appetite for sweet, salty and fatty foods, while supporting your weight management efforts.

A DAY ON DETOX:

Below are examples of some of the foods you can eat. Drink at least eight glasses (236 ml each) of water daily and supplement based on your Weight Management Profile recommendation. Isotonix® Digestive Enzymes, TLS CORE Carb & Fat Inhibitor and Isotonix Daily Essentials Packets will help you achieve the best results.



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

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

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

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

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

DETOX POWER FOODS

Breakfast: 3 servings vegetables, 1 serving fruit, 1 serving protein

A.M. Snack: 1 serving fruit, 1 serving vegetable

Lunch: 1 serving protein, 1 serving good fat, 3 servings vegetables

P.M. Snack: 1 serving fruit, 2 servings vegetables

Dinner: 1 serving good fat, 3 servings vegetables

VEGETABLES

Unlimited servings

1 serving: $\frac{1}{2}$ –1 cup, *unless otherwise noted*

** all leafy greens – 1 cup*

Alfalfa sprouts
Artichokes
Arugula/rocket
Asparagus
Aubergine
Bean sprouts
Beets/beetroot
Bell peppers
Bok choy
Broccoli
Brussels sprouts
Cabbage (red or white)
Carrots
Cauliflower
Celery
Chard
Collard greens
Courgette
Cucumber
Dandelion greens
Endive
Green beans
Green peas
Jerusalem artichokes
Jicama
Kale
Kohlrabi
Leeks
Lettuce (any)
Mange tout
Mushrooms
Okra
Onions
Radicchio
Radishes
Rhubarb
Sauerkraut
Scallions/spring onion
Swede
Spaghetti squash
Spinach
Stir-fry vegetables (no sauce)
Summer squash
Tomatoes (fresh)
Tomato juice (no salt), $\frac{1}{2}$ cup
Tomato paste, 2 Tbsp
Tomato sauce, $\frac{1}{2}$ cup (no sugar added)
Vegetable juice (no salt), $\frac{1}{2}$ cup
Water chestnuts
Watercress

FRUIT

3 servings per day

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

Apple	Kumquats, 4 medium
Apricots, 4 medium	Lemon
Banana (1 small or $\frac{1}{2}$)	Lime
Berries (blackberries, blueberries, boysenberries, gooseberries, loganberries, mulberries, strawberries, raspberries), $\frac{3}{4}$ cup	Loquats
Cantaloupe	Lychees, 7
Cherries, 12 large	Mandarin orange
Currants, 3 Tbsp	Nectarine
Dates (fresh), 2	Orange
Figs (fresh), 2	Papaya, $\frac{1}{2}$ medium
Grapefruit	Passion fruit
Grapes (10 total or $\frac{1}{2}$ cup)	Peach
Guava	Pear
Honeydew melon	Pineapple, $\frac{1}{2}$ cup
Kiwi	Plum
	Pomegranate, $\frac{1}{2}$ small
	Raisins, 2 Tbsp
	Sharon fruit/persimmon
	Starfruit
	Tangerine

PROTEIN

2 servings per day

1 serving: 85 g, *unless otherwise noted*

Chicken or turkey (without skin)
Eggs (2)
Egg whites (3)
Fresh fish (salmon, tuna, cod, flounder, prawn, lobster, snapper, trout, etc.)
Canned tuna, salmon or sardines (packed in water)

VEGETARIAN OPTIONS

Chia seeds, 2–3 Tbsp
Chickpeas, 1 cup (not canned)
Hemp hearts, 3–4 Tbsp
Lentils, 1 cup (not canned)
Nutritional yeast, 2 Tbsp
Organic non-GMO tempeh, 3 oz
Quinoa, snack: $\frac{1}{2}$ cup; meal: 1 cup
Spirulina, 2 Tbsp
Organic non-GMO tofu, 6 oz

GOOD FATS

2 servings per day

Avocado (1 small or $\frac{1}{2}$ medium)
Oils (olive, avocado, coconut, grapeseed)

Pro Tip:

Utilise fresh chili peppers, jalapeño, garlic, ginger, parsley, coriander, basil and spices to flavour your foods.

The Rules:

- No sugars or artificial sweeteners
- No alcohol
- No coffee, soda or other caffeinated beverages
- No grains or starches
- Water (minimum of 8 cups per day)
- First thing every morning, drink the juice of one-half of a lemon in a cup of warm water.
- Supplementation: Isotonix® Daily Essentials Packets, TLS® CORE Fat & Carb Inhibitor, Isotonix Digestive Enzymes

Detox Tips:

- Do not engage in strenuous physical activity, even if you are used to it. Instead, participate in yoga, walking or gentle stretching.
- Get plenty of rest and sleep. You may feel more tired than usual the first few days of detox. By the end of the week, you should feel energised.
- Use spices and herbs, small amounts of low-sodium soy sauce, salt, pepper and vinegar.
- Choose raw or lightly steamed vegetables.
- Do not skip meals.
- This is a great time to meditate, listen to relaxing music and engage in other stress-reduction activities.
- Think about the commitment you are making to yourself, what you stand to gain and how accomplished you will feel.

How often you participate in a 7-Day Detox programme will depend on your particular needs. Some people choose to complete the detox up to four times a year (every three months). It is recommended that you undergo a detox programme one to three times each year.