



# FAT SHREDDER

## Lose 10 Pounds in 2 Weeks



### BREAKFAST

Veggie omelette



### A.M. SNACK

Strawberry and spinach shake

## WHY IT'S FOR YOU:

You're extremely committed to achieving swift weight management goals through an effective programme. You'll shed fat and feel better, physically and emotionally, knowing you can do anything you set your mind to.

## A DAY ON FAT SHREDDER:

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.



### LUNCH

Salad with turkey meatballs



### P.M. SNACK

Tuna-filled celery sticks



### DINNER

Tuscan cod



### POST WORKOUT

TLS Nutrition Shake



**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.

# FAT SHREDDER POWER FOODS

**Breakfast:** 1 serving of protein, 3–4 servings of vegetables

**A.M. Snack:** TLS® Nutrition Shake (1 scoop), 1 serving of fruit

**Lunch:** 1 serving of protein, 3–4 servings of vegetables, 1 serving of good fat

**P.M. Snack:** 1 serving vegetables, 1 serving protein

**Dinner:** 1 serving of protein, 3–4 servings of vegetables, 1 serving of good fat

**Post workout:** TLS Nutrition Shake (2 scoops)

## VEGETABLES

8–12 servings per day

1 serving: ½–1 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  
Courgette  
Cucumber  
Endive  
Green beans  
Green peas  
Greens (beet, collard, dandelion, kale, mustard, turnip)  
Hot peppers  
Jerusalem artichokes  
Jicama  
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 paste, 2 Tbsp  
Tomato sauce, ½ cup  
Water chestnuts  
Watercress

## PROTEIN

3–4 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.)  
Seafood (prawn, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)  
TLS Nutrition Shake

### VEGETARIAN OPTIONS

Download the TLS Vegan & Vegetarian handout for more information  
Chia seeds or hemp hearts (3–4 Tbsp)  
Nutritional yeast (3–4 Tbsp)  
Organic non-GMO tempeh  
Organic non-GMO tofu  
Quinoa  
Spirulina (3–4 Tbsp)  
Veggie or garden burger (grain-free)

## FRUIT

1 serving per day

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

Apple	Lemon
Apricots, 4 medium	Lime
Banana, ½ large, 1 small	Loganberries, ¾ cup
Berries (blueberries, strawberries, boysenberries, blackberries), ¾ cup	Loquats
Cantaloupe	Lychees, 7
Cherries, 12 large	Mandarin orange
Currants, 3 Tbsp	Mulberries, ¾ cup
Dates (fresh), 2	Nectarine
Figs (fresh), 2	Orange
Gooseberries, ¾ cup	Papaya, ½ medium
Grapefruit	Passion fruit
Grapes, ½ cup or 10 total	Peach
Guava	Pear
Honeydew melon, 1 cup	Pineapple, ½ cup
Kiwifruit	Plum
Kumquats, 4 medium	Pomegranate, ½ small
	Raisins, 2 Tbsp (no extra sugar added)
	Sharon fruit/persimmon
	Starfruit
	Tangerine/tangelo

## GOOD FATS

3–4 servings per day

Avocado, ½ medium  
Avocado oil (1 Tbsp)  
Coconut cream (2–3 Tbsp)  
Coconut oil (1 Tbsp)  
Olive oil (1 Tbsp)  
Olives (check serving size and watch for sodium content)

## TLS NUTRITION SHAKE

2 servings per day

1 shake as a snack and 1 post workout

## TLS-APPROVED SWEETENERS

Monk fruit powder  
Stevia  
Yacon syrup

## Other Rules:

No sugar  
No grains or starches  
No alcohol  
No dairy  
Water (minimum of 8 cups per day)  
Supplementation (based on your Weight Management Profile recommendation)  
Exercise (5–6 days per week)  
Daily journaling

## Pro Tip:

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