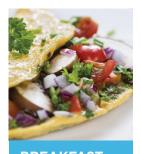


# **FAT SHREDDER**

# 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



WORKOUT

TI S 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 chov

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

Spaghetti squash

Spinach

Stir-fry vegetables (no sauce)

Summer squash

Tomatoes (fresh)

Tomato paste, 2 Tbsp

Tomato sauce, 1/2 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

Ouinoa

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

Apricots, 4 medium

Banana, ½ large,

1 small

Berries (blueberries,

strawberries, raspberries,

boysenberries,

blackberries), 34 cup

Cantaloupe

Cherries, 12 large Currants, 3 Tbsp

Dates (fresh), 2 Figs (fresh), 2

Gooseberries, ¾ cup

Grapefruit

Grapes, ½ cup or

10 total

Guava Honeydew melon,

1 cup

Kiwifruit

Kumquats, 4 medium

Lemon

Lime

Loganberries, ¾ cup

Loquats Lychees, 7

Mandarin orange

Mulberries, ¾ cup

Nectarine

Orange

Papaya, 1/2 medium Passion fruit

Peach Pear

Pineapple, 1/2 cup

Plum

Pomegranate, 1/2 small

Raisins, 2 Tbsp (no extra sugar

Sharon fruit/persimmon

Starfruit

added)

Tangerine/tangelo

#### **GOOD FATS**

3-4 servings per day

Avocado, 1/2 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 journalling

**Pro Tip:** 

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