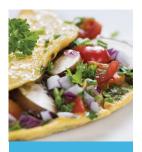


RAPID RESULTS

Lose 2-3 pounds per week*



BREAKFAST
Veggie omelette



A.M. SNACK
Chocolate
raspberry shake

WHY IT'S FOR YOU:

You're motivated, dedicated and committed to doing whatever it takes to reach your weight management goals. Get ready to break unhealthy habits and start losing fat and centimetres.

A DAY ON RAPID RESULTS:

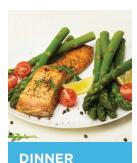
Below are examples of some of the foods you can eat. Supplement based on your Weight Management Profile recommendation.



Sunburst chicken salad



P.M. SNACK
Lettuce wraps



Salmon and asparagus



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.

RAPID RESULTS POWER FOODS

Breakfast: 1 serving of protein, 2 servings of vegetables, 1 serving of fat

A.M. Snack: TLS® Nutrition Shake, 1 serving of fruit

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

P.M. Snack: 1 serving of protein or 1 serving of vegetable

Dinner: 1 serving of protein, 2-3 servings of vegetables, 1 serving of good fat, 1 serving of starch

VEGETABLES

6-9 servings per day

1 serving: $\frac{1}{2}$ –1 cup *all leafy greens, 1 cup

Alfalfa sprouts Lettuce (any) Artichokes Mange tout Mushrooms Arugula/rocket Okra **Asparagus** Aubergine Onions Bean sprouts Parsley Beets/beetroot Radicchio Bell peppers Radishes Bok choy Rhubarb Broccoli Sauerkraut Brussels sprouts

Scallions/spring onion Cabbage (red or white) Spaghetti squash

Carrots Spinach Cauliflower Stir-fry vegetables (no sauce) Celery Summer squash Chard Swede Collard greens Swiss chard Couraette Tomatoes (fresh) Cucumber Tomato juice (no salt), Dandelion greens ½ cup

Greens (beet, kale,

Tomato paste, 2 Tbsp Tomato sauce, ½ cup mustard, turnip) no sugar added Green beans Vegetable juice (no Green peas salt), ½ cup Jerusalem artichokes Water chestnuts Jicama Watercress

Kohlrabi Leeks

SHAKE

TLS NUTRITION

When used for a snack, 1 scoop. As a meal, 2 scoops. Maximum 3 scoops a day.

TLS-APPROVED SWEETENERS

Stevia, monk fruit powder, yacon syrup

On occassion: local honey, high-quality agave or coconut sugar.

GOOD FATS

2-4 servings per day

Oils (olive, avocado, coconut)

Avocado, 1/2 medium

Coconut cream, 2-3 Tbsp

Olives (check serving size and watch for sodium content)

Nuts and seeds (reference TLS FAQ for serving sizes)

FRUIT

1-2 servings per day

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

Apple Apricots, 4 medium

Loganberries, 34 cup Ranana Loquats

Berries (blueberries, Lychees, 7 strawberries, Mandarin orange raspberries. Mulberries, 34 cup boysenberries,

blackberries), ¾ cup Nectarine Orange Cantaloupe

Papaya, ½ medium Cherries, 12 large Currants, 3 Tbsp Passion fruit Peach Dates (fresh), 2 Figs (fresh), 2 Pear

Pineapple, 1/2 cup Gooseberries, ¾ cup

Plum Grapefruit

Pomegranate, 1/2 small Grapes Raisins, 2 Tbsp Guava Starfruit

Honeydew melon Tangelo Kiwifruit Tangerine Kumquats, 4 medium

Lemon

PROTEIN

4-6 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

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, veal, bison, buffalo or venison)

Seafood (prawns, scallops, clams, lobster, crab, calamari, squid, octopus, mussels, etc.)

TLS Nutrition Shake

VEGETARIAN OPTIONS

**Please download vegan and vegetarian handout for more information

Chia seeds (4 oz) Hemp hearts (3–4 Tbsp)

Lentils (not canned) Nutritional yeast (4Tbsp)

Organic non-GMO tempeh

Quinoa

Spirulina (4Tbsp) Organic non-GMO tofu

Veggie or garden burger (grain-free)

STARCHES

1 serving per day

*Serving size $\frac{1}{2}$ -1 cup

Acorn squash (1/2 cup)

Butternut squash

Kabocha (1 cup)

Purple potato (1/2 of a medium-sized)

Sweet potato (1/2 of a medium-sized)

Taro (½ cup)

Yam (1/2 of a medium-sized)

Other Rules:

Detox (7 days, optional)

No alcohol (for at least 21 days)

Water (minimum of 8 cups per day)

Supplementation (based on your Weight

Management Profile recommendation)

Exercise (4–5 days per week)

Daily journalling

Be sure to either have a meal or snack within 30 minutes of your workout. If you cannot eat within that time, the TLS Nutrition Shake is a great postworkout recovery snack.