



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.



LUNCH

Sunburst chicken
salad



P.M. SNACK

Lettuce wraps



DINNER

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: ½ - 1 cup

*all leafy greens, 1 cup

Alfalfa sprouts	Lettuce (any)
Artichokes	Mange tout
Arugula/rocket	Mushrooms
Asparagus	Okra
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
Courgette	Tomatoes (fresh)
Cucumber	Tomato juice (no salt), ½ cup
Dandelion greens	Tomato paste, 2 Tbsp
Endive	Tomato sauce, ½ cup no sugar added
Greens (beet, kale, mustard, turnip)	Vegetable juice (no salt), ½ cup
Green beans	Water chestnuts
Green peas	Watercress
Jerusalem artichokes	
Jicama	
Kohlrabi	
Leeks	

TLS NUTRITION SHAKE

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

GOOD FATS

2-4 servings per day

Oils (olive, avocado, coconut)
Avocado, ½ medium
Nuts and seeds (reference TLS FAQ for serving sizes)
Coconut cream, 2-3 Tbsp
Olives (check serving size and watch for sodium content)

FRUIT

1-2 servings per day

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

Apple	Lime
Apricots, 4 medium	Loganberries, ¾ cup
Banana	Loquats
Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), ¾ cup	Lychees, 7
Cantaloupe	Mandarin orange
Cherries, 12 large	Mulberries, ¾ cup
Currants, 3 Tbsp	Nectarine
Dates (fresh), 2	Orange
Figs (fresh), 2	Papaya, ½ medium
Gooseberries, ¾ cup	Passion fruit
Grapefruit	Peach
Grapes	Pear
Guava	Pineapple, ½ cup
Honeydew melon	Plum
Kiwifruit	Pomegranate, ½ small
Kumquats, 4 medium	Raisins, 2 Tbsp
Lemon	Starfruit
	Tangelo
	Tangerine

STARCHES

1 serving per day

*Serving size ½ - 1 cup

Acorn squash (½ cup)
Butternut squash
Kabocha (1 cup)
Purple potato (½ of a medium-sized)
Quinoa
Sweet potato (½ of a medium-sized)
Taro (½ cup)
Yam (½ of a medium-sized)

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 (4 Tbsp)
Organic non-GMO tempeh
Quinoa
Spirulina (4 Tbsp)
Organic non-GMO tofu
Veggie or garden burger (grain-free)

Other Rules:

Detox (7 days, optional)
No alcohol (for at least 21 days)
Water (minimum of 8 cups per day)
No sugar
Supplementation (based on your Weight Management Profile recommendation)
Exercise (4-5 days per week)
Daily journaling

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 post-workout recovery snack.