



# SURE & STEADY

Lose 1-2 pounds per week



## BREAKFAST

Banana protein pancakes



## A.M. SNACK

Veggies with hummus



## LUNCH

Quinoa chicken salad



## P.M. SNACK

TLS Nutrition Shake with greens



## DINNER

Tenderloin steak with courgette



## WATER

Eight (236 ml) glasses daily

## WHY IT'S FOR YOU:

You're looking to make gradual changes to your lifestyle and reach your goal weight, one day at a time. With the TLS® Sure & Steady\* programme, it's not if you'll hit your goal but when.

## A DAY ON SURE & STEADY:

Below is an example of some of the foods you can eat. Supplement based on your Weight Management Profile recommendation.



**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.

# SURE & STEADY POWER FOODS

**Breakfast:** 1 serving of protein, 2–4 servings of vegetables, 1 serving of whole grain

**A.M. Snack:** 1 serving snack protein or 1 serving dairy; 1 serving of fruit

**Lunch:** 1 serving of protein, 2–4 servings of vegetables, 1 serving of good fat

**P.M. Snack:** 1 serving snack protein or 1 serving dairy; 1 serving of fruit

**Dinner:** 1 serving of protein, 2–4 servings of vegetables, 1 serving of starch, 1 serving of good fat

## VEGETABLES

6–12 servings per day

1 serving: 1–2 cups, *unless otherwise noted*

Alfalfa sprouts	Lettuce (any)
Artichokes	Malanga
Arugula/rocket	Mange tout
Asparagus	Mushrooms
Aubergine	Okra
Bean sprouts	Olives
Beets/beetroot	Onions
Bell peppers	Parsley
Bok choy	Pimientos
Broccoli	Radicchio
Brussels sprouts	Radishes
Cabbage (red or white)	Rhubarb
Carrots	Swede
Cauliflower	Salsa
Celery	Sauerkraut
Chard	Scallions/spring onion
Collard greens	Spinach
Courgette	Squash leaves
Cucumber	Stir-fry vegetables (no sauce)
Dandelion greens	Taro root, ¼ cup
Edamame	Tomatoes (fresh)
Endive	Tomato juice (no salt), ½ cup
Ginger	Tomato paste, 2 Tbsp
Green beans	Tomato sauce, ½ cup
Green peas	Vegetable juice (no salt), ½ cup
Greens (beet, collard, dandelion, kale, mustard, turnip)	Vegetable soup (low-fat), ½ cup
Hot peppers	Water chestnuts
Jerusalem artichokes	Watercress
Jicama	
Kohlrabi	
Leeks	

## WHOLE GRAINS

1 serving: ½ cup

Amaranth  
Barley (pearled or hulled)  
Buckwheat (kasha, groats)  
Farro  
Kamut  
Millet  
Noodle (only black bean, lentil, edamame, arrowroot, or mung bean noodle – see packaging for serving size)  
Oatmeal (rolled or steel-cut)  
Rice (authentic basmati, brown)  
Spelt  
Sprouted grain bread

## GOOD FATS

2 servings per day

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

## FRUIT

2 servings per day

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

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

## STARCHES

1 serving per day

1 serving: ½ cup

Winter squash (acorn, butternut, spaghetti)  
Yam/sweet potato (boiled, steamed, baked)  
Yellow squash

## PROTEIN

5–6 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; 56–885 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, buffalo, lean veal, bison or venison)  
Seafood (prawns, scallops, clams, lobster, calamari, squid, octopus, mussels, crab, etc.)  
Canned tuna, salmon or sardines (packed in water)  
TLS Nutrition Shake

### VEGETARIAN OPTIONS\*

Beans (red, chickpeas [chana or garbanzo beans], butter beans [lima beans], mung, pinto, soy, black-eyed)  
Chia or hemp seeds (3–4 Tbsp)  
Nutritional yeast (3–4 Tbsp)  
Organic non-GMO tempeh  
Organic non-GMO tofu  
Spirulina (3–4 Tbsp)  
Veggie or garden burger (grain-free)

*\*Please download the vegan and vegetarian handout for more information.*

## TLS-APPROVED SWEETENERS

Monk fruit powder  
Stevia  
Yacon syrup  
On occasion: local honey, high-quality agave, or coconut sugar

## 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 (3–5 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.*