

# 7-DAY DETOX



**BREAKFAST**  
Veggie omelet



**A.M. SNACK**  
Green smoothie



**LUNCH**  
Strawberry  
chicken salad



**P.M. SNACK**  
Vegetable  
medley



**DINNER**  
Spicy carrot  
soup



**SNACK (optional)**  
Serving of fruit

## WHY IT'S FOR YOU:

You want to jump-start your weight management journey and receive the maximum benefit from the TLS Weight Management Solution. Whether this is your first time participating in TLS or you're stuck in a plateau, this 7-Day Detox will help curb your appetite for sweet, salty and fatty foods, while supporting your weight management efforts.

## A DAY ON DETOX:

Below is an example 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. The NutriClean 7-Day Cleansing System with Stevia, Probiotics 10 and our Isotonix Daily Essentials Packets will help you achieve the best results.



### 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\*

### NutriClean 7-Day Cleansing System with Stevia

- Helps maintain digestive health\*
- Helps cleanse the colon and bowel and detoxify the liver\*

### Probiotics 10

- Helps support intestinal/gastrointestinal health
- Contains 10 scientifically chosen probiotic strains and 10 billion CFUs

All recipes are found on [www.ca.tlssim.com](http://www.ca.tlssim.com)

\*You should consult your physician before beginning this or any other weight management program. Individuals following the TLS Weight Management Solution can expect to lose 0.45–0.9 kg (1–2 lb) per week. Many U.S. products are made available through the Personal Consumption Program on SHOPGLOBAL.COM in Canada. The Personal Consumption Program allows products that are available only in the U.S. to be shipped to Canada for personal consumption only; such products cannot be resold in Canada. Visit your SHOPGLOBAL.COM site today!

# DETOX POWER FOODS

**Breakfast:** 3 servings of vegetables, 1 serving of fruit, 1 serving of protein

**A.M. Snack:** 1 serving of fruit, 1 serving of vegetables

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

**P.M. Snack:** 1 serving of fruit, 2 servings of vegetables

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

## VEGETABLES

Unlimited servings per day

1 serving: ½–1 cup, all leafy greens 1 cup

Alfalfa sprouts	Mushrooms
Artichokes	Okra
Arugula	Onions
Asparagus	Radicchio
Bean sprouts	Radishes
Beets	Rhubarb
Bell peppers	Rutabaga
Bok choy	Sauerkraut
Broccoli	Scallions
Brussels sprouts	Snow peas
Cabbage (red or white)	Spaghetti squash
Carrots	Spinach
Cauliflower	Stir-fry vegetables (no sauce)
Celery	Summer squash
Chard	Tomatoes (fresh)
Collard greens	Tomato juice (no salt), ½ cup
Cucumber	Tomato paste, 2 Tbsp
Dandelion greens	Tomato sauce (no sugar added), ½ cup
Eggplant	Vegetable juice (no salt), ½ cup
Endive	Water chestnuts
Green beans	Watercress
Green peas	Zucchini
Jerusalem artichokes	
Jicama	
Kale	
Kohlrabi	
Leeks	
Lettuce (any)	

## GOOD FATS

2 servings per day

Avocado, 1 small or ½ medium  
Oils (olive, avocado, coconut, grapeseed), 1 Tbsp

## FRUIT

1 serving per day

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

Apple	Honeydew melon
Apricots, 4 medium	Kiwi
Banana (1 small or ½)	Kumquats, 4 medium
Berries (blackberries, blueberries, boysenberries, gooseberries, loganberries, mulberries, strawberries, raspberries), ¾ cup	Lemon
Cantaloupe	Lime
Cherries, 12 large	Loquats
Currants, 3 Tbsp	Lychees, 7
Dates (fresh), 2	Mandarin orange
Figs (fresh), 2	Nectarine
Grapefruit	Orange
Grapes (10 total or ½ cup)	Papaya, ½ medium
Guava	Passion fruit
	Peach
	Pear
	Pineapple, ½ cup
	Plum
	Pomegranate, ½ small
	Raisins, 2 Tbsp
	Sharon fruit/persimmon
	Starfruit
	Tangerine

## PROTEIN

2 servings per day

1 serving: 88 g (3 oz), unless otherwise noted

Chicken or turkey (without skin)  
Eggs (2)  
Egg whites (3)  
Fresh fish (salmon, tuna, cod, sardines, flounder,  
shrimp, lobster, snapper, trout, etc.)  
Canned tuna, salmon or sardines (packed in water)

### VEGETARIAN OPTIONS\*

Chia seeds, 2–3 Tbsp  
Chickpeas, 1 cup (not canned)  
Hemp hearts, 3–4 Tbsp  
Lentils, 1 cup (not canned)  
Nutritional yeast, 2 Tbsp  
Organic non-GMO tempeh, 3 oz  
Organic non-GMO tofu, 6 oz  
Quinoa, snack: ½ cup; meal: 1 cup  
Spirulina, 2 Tbsp

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

## Other Rules:

No sugars or artificial sweeteners

No alcohol

No coffee, soda or other caffeinated beverages

No grains or starches

Water (minimum of 8 cups per day)

First thing every morning, drink the juice of  
one-half of a lemon in a cup of warm water.

Supplementation: Isotonix Daily Essentials

Packets, Probiotics 10, NutriClean 7-Day  
Cleansing System with Stevia

## Detox Tips:

Do not engage in strenuous physical activity,  
even if you are used to it. Instead, participate  
in yoga, walking or gentle stretching.

Get plenty of rest and sleep. You may feel  
more tired than usual the first few days of  
detox. By the end of the week, you should  
feel energized.

Use spices and herbs, small amounts of low-  
sodium soy sauce, salt, pepper and vinegar.

Choose raw or lightly steamed vegetables.

Do not skip meals.

This is a great time to meditate, listen to  
relaxing music and engage in other  
stress-reduction activities.

Think about the commitment you are  
making to yourself, what you stand to gain  
and how accomplished you will feel.

How often you participate in a 7-day detox  
program will depend on your particular  
needs. Some people choose to complete  
the detox up to four times a year (every  
three months). It is recommended that you  
undergo a detox program one to three times  
each year.

## Pro-tip:

Utilize fresh chili peppers, jalapeño, garlic, ginger,  
parsley, cilantro, basil and spices to flavor your foods.