

CONTINUED COMMITMENT

A guide to healthy, everyday living at your target weight*



BREAKFAST

Veggie egg scramble



A.M. SNACK

Chocolate coconut shake*

WHY IT'S FOR YOU:

You're at a healthy weight and looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but looking for a plan with flexibility, allowing the occasional indulgence.

A DAY ON CONTINUED COMMITMENT:

Below are examples of some of the foods you can eat.



LUNCH

Chicken salad squash boats*



P.M. SNACK

Peanut butter apple-cinnamon wedges



DINNER

Baked pork loin and grilled veggies



WATER

Eight (8 oz) glasses daily



Available on www.ca.tlsslim.com

Nutrition Shake: Great snack or occasional meal replacement

CLA: Helps the body to metabolize carbohydrate and fats

ACTS: Helps reduce the symptoms of stress, such as fatigue, sleeplessness, irritability and inability to concentrate

Thermochrome With Green Coffee: Helps to maintain proper muscle function and support healthy glucose metabolism

Available on www.shopglobal.com

CORE: Supports leptin sensitivity, which may help inhibit carbohydrate absorption and may help to manage hunger and stimulate lipolysis

Green Coffee: Inhibits the conversion of sugar into fat

Thermochrome V6: Increases energy and promotes thermogenesis

Trim Tea: Helps promote weight loss and helps curb appetite

Trim Cafe: Helps promote weight loss and helps curb appetite

All recipes are found on www.ca.tlsslim.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!

CONTINUED COMMITMENT POWER FOODS

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

A.M. Snack: 1 serving of protein and/or 1 serving of dairy, 1 serving of fruit

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

P.M. Snack: 1 serving of protein

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

VEGETABLES

6-9 servings per day

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

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

STARCHES

1 serving per day

1 serving: ½-1 cup

Acorn squash, ½ cup
Butternut squash, 1 cup
Kabocha, 1 cup
Purple potato, ½ of medium size
Quinoa, ½ cup
Sweet potato, ½ of medium size
Taro, ½ cup
Yam, ½ of medium size

GOOD FATS

2-4 servings per day

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

FRUIT

2 servings per day

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

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

WHOLE GRAINS

1 serving per day

1 serving: ½ cup

Amaranth
Barley (pearled or hulled)
Buckwheat (kasha, groats)
Farro
Kamut
Millet
Muesli or granola, no added sugar
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, wild and black)
Spelt
Sprouted grain bread

TLS-APPROVED SWEETENERS

Monk fruit powder
Stevia
Yacon syrup

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

PROTEIN

5-6 servings per day

1 serving (women): 118-177 g (4-6 oz) with breakfast, lunch and dinner; 59-88 g (2-3 oz) with snacks

1 serving (men): 177-236 g (6-8 oz) with breakfast, lunch and dinner; 59-88 g (2-3 oz) 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, veal, bison or venison)
Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, crab, etc.)
Canned tuna, salmon or sardines (packed in water)
TLS Nutrition Shake

VEGETARIAN OPTIONS*

Beans (red, black, garbanzo, lima, mung, pinto, soy, black-eyed)
Chia or hemp seeds, 3-4 tbsps
Edamame
Nutritional yeast, 4 Tbsp
Organic non-GMO tempeh
Organic non-GMO tofu
Spirulina, 4 Tbsp
Veggie or garden burger (grain-free)

*Please download vegan and vegetarian handout for more information.

DAIRY**

1 serving per day

Those on a dairy-free diet may omit

Cheese (all)
Cottage cheese
Cream
Kefir
Milk
Plain yogurt
Plain Greek yogurt

Sour cream

**Organic dairy products or those sourced from grass fed animals is best. Serving sizes are found on the packaging.

Other Rules:

Alcohol (limit to 3 drinks a week)
Water (minimum of 8 cups per day)
Supplementation (based on your Weight Management Profile recommendation or optimal wellness regimen)
No sugar
Exercise (3-6 days per week)

Be sure to either have a meal or snack within 30 minutes of your workout.