

# FAT SHREDDER

Lose up to 4.5 kg (10 lbs) in two weeks\*



**BREAKFAST**  
Veggie omelette



**A.M. SNACK**  
Strawberry and spinach shake



**LUNCH**  
Salad with turkey meatballs



**P.M. SNACK**  
Tuna-filled celery sticks



**DINNER**  
Tuscan cod



**POST WORKOUT**  
TLS Nutrition Shake

## WHY IT'S FOR YOU:

You're extremely committed to achieving swift weight management goals through an effective program. You'll shed fat and feel better, physically and emotionally, knowing you can do anything you set your mind to.

## A DAY ON FAT SHREDDER:

Below are examples of some of the foods you can eat. Drink at least eight glasses (236 ml) of water daily, and supplement based on your Weight Management Profile recommendation.



Available on [www.ca.tlsslim.com](http://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](http://www.shopglobal.com)

**CORE:** Supports leptin sensitivity, which helps 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](http://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!

# FAT SHREDDER POWER FOODS

**Breakfast:** 1 serving of protein, 3–4 servings of vegetables

**A.M. Snack:** TLS Nutrition Shake (1 scoop), 1 serving of fruit

**Lunch:** 1 serving of protein, 3–4 servings of vegetables, 1 serving of good fat

**P.M. Snack:** 1 serving of vegetables, 1 serving of protein

**Dinner:** 1 serving of protein, 3–4 servings of vegetables, 1 serving of good fat

**Post Workout:** TLS Nutrition Shake (2 scoops)

## VEGETABLES

8–12 servings per day

1 serving:  $\frac{1}{2}$ –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)  
Hot peppers  
Jerusalem artichokes  
Jicama  
Kohlrabi  
Leeks  
Lettuce (any)  
Mushrooms  
Okra  
Onions  
Radicchio  
Radishes  
Rhubarb  
Rutabaga  
Sauerkraut  
Scallions  
Snow peas  
Spaghetti squash  
Spinach  
Stir-fried vegetables (no sauce)  
Summer squash  
Tomatoes (fresh)  
Tomato paste, 2 Tbsp  
Tomato sauce,  $\frac{1}{2}$  cup  
Water chestnuts  
Watercress  
Zucchini

## TLS NUTRITION SHAKE

2 shakes per day

One shake as a snack and one post workout

## GOOD FATS

3–4 servings per day

Avocado oil, 1 Tbsp  
Coconut cream, 2–3 Tbsp  
Coconut oil, 1 Tbsp  
Olive oil, 1 Tbsp  
Olives, check serving size and watch for sodium content

## FRUIT

1 serving per day

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

Apple  
Apricots, 4 medium  
Banana,  $\frac{1}{2}$  large, 1 small  
Berries (blueberries, strawberries, raspberries, boysenberries, blackberries),  $\frac{3}{4}$  cup  
Cantaloupe  
Cherries, 12 large  
Currants, 3 Tbsp  
Dates (fresh), 2  
Figs (fresh), 2  
Gooseberries,  $\frac{3}{4}$  cup  
Grapefruit  
Grapes,  $\frac{1}{2}$  cup or 10 total  
Guava  
Honeydew melon  
Kiwifruit  
Kumquats, 4 medium  
Lemon  
Lime  
Loganberries,  $\frac{3}{4}$  cup  
Loquats  
Lychees, 7  
Mandarin orange  
Mulberries,  $\frac{3}{4}$  cup  
Nectarine  
Orange  
Papaya,  $\frac{1}{2}$  medium  
Passion fruit  
Peach  
Pear  
Pineapple,  $\frac{1}{2}$  cup  
Plum  
Pomegranate,  $\frac{1}{2}$  small  
Raisins, 2 Tbsp  
(no extra sugar added)  
Sharon fruit/persimmon  
Starfruit  
Tangerine/tangelo

## PROTEIN

3–4 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.)  
Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)  
Canned tuna, salmon or sardines (packed in water)  
TLS Nutrition Shake

### VEGETARIAN OPTIONS

Download the TLS Vegan and Vegetarian handout for more information  
Chia seeds or hemp hearts, 3–4 Tbsp  
Nutritional yeast, 3–4 Tbsp  
Organic non-GMO tempeh  
Organic non-GMO tofu  
Quinoa  
Spirulina, 3–4 Tbsp  
Veggie or garden burger (grain-free)

## TLS-APPROVED SWEETENERS

Monk fruit powder  
Stevia  
Yacon syrup

## Pro-tip:

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

## Other Rules:

No sugar  
No grains or starches  
No alcohol  
Water (minimum of 8 cups per day)  
Supplementation (based on your Weight Management Profile recommendation)  
Exercise (5–6 days per week)  
Daily journaling

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