

# SURE & STEADY

Lose 0.45–0.9 kg (1–2 lb) per week\*



## BREAKFAST

TLS 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 grilled zucchini



## WATER

Eight (8 oz) 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 program, 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.



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 carbohydrates 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, 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!

# SURE & STEADY POWER FOODS

**Breakfast:** 1 serving of protein, 1–2 servings of vegetables, 1 serving of fruit, 0–1 serving of fat

**A.M. Snack:** 1 serving of snack protein, 1 serving of vegetables

**Lunch:** 1 serving of protein, 2 servings of vegetables, 1 serving of whole grain, 1 serving of good fat

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

**Dinner:** 1 serving of protein, 2–3 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	Mushrooms
Artichokes	Okra
Arugula	Onions
Asparagus	Parsley
Bean sprouts	Radicchio
Beets	Radishes
Bell peppers	Rhubarb
Bok choy	Rutabaga
Broccoli	Sauerkraut
Brussels sprouts	Scallions
Cabbage (red or white)	Snow peas
Carrots	Spaghetti squash
Cauliflower	Spinach
Celery	Stir-fry vegetables (no sauce)
Chard	Summer squash
Collard greens	Swiss chard
Cucumber	Tomatoes (fresh)
Dandelion greens	Tomato juice (no salt, ½ cup)
Eggplant	Tomato paste, 2 Tbsp
Endive	Tomato sauce (no sugar added), ½ cup
Greens (beet, kale, mustard, turnip)	Vegetable juice (no salt), ½ cup
Green beans	Water chestnuts
Green peas	Watercress
Jerusalem artichokes	Zucchini
Jicama	
Kohlrabi	
Leeks	
Lettuce (any)	

## STARCH

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

## TLS-APPROVED SWEETENERS

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

## 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

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
Casaba melon	Mulberries, ¾ cup
Cherries, 12 large	Nectarine
Currants, 3 Tbsp	Orange
Dates (fresh), 2	Papaya, ½ medium
Figs (fresh), 2	Passion fruit
Gooseberries, ¾ cup	Peach
Grapefruit	Pear
Grapes	Pineapple, ½ cup
Guava	Plum
Honeydew melon	Pomegranate, ½ small
Kiwifruit	Raisins, 2 Tbsp
Kumquats, 4 medium	Starfruit
Lemon	Sharon fruit/persimmon
	Tangelo
	Tangerine

## WHOLE GRAINS

1 serving per day

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

## 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 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)

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

## TLS NUTRITION SHAKE

Maximum 3 scoops per day

\*The Shake, when consumed, is considered a protein serving.

## 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 (3–5 days per week)  
Daily journaling

Be sure to have either 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.