



# CONTINUED COMMITMENT

A GUIDE TO HEALTHY, EVERYDAY LIVING AT YOUR TARGET WEIGHT

## Why It's For You:

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

## A Day on Continued Commitment:

Below is an example of some of the foods you can eat.



**BREAKFAST:**  
CINNAMON FRENCH TOAST



**AM SNACK:**  
CHOCOLATE COCONUT SHAKE



**LUNCH:**  
VEGGIE BURRITO



**PM SNACK:** PEANUT BUTTER  
APPLE-CINNAMON WEDGES



**DINNER:** TWICE-BAKED  
SWEET POTATOES



**WATER:**  
EIGHT (250 ML) GLASSES DAILY

## Meet our family of products.

The products in your program will be customised to meet your needs.



### Nutrition Shake:

- Healthy meal replacement
- Includes 24 vitamins, minerals and essential nutrients, including eight B vitamins, and also antioxidants vitamin C and E for protection from free-radical damage
- Contains 10-11 grams of dietary fibre and 18 grams of high-quality soy protein to handle your hunger

### Isotonix® Isochrome:

- Supports healthy blood sugar functions
- Help to maintain cardiovascular health
- Promotes muscle health and strength

### Isotonix OPC-3® with Pycnogenol®†:

- May assist in the maintenance of healthy cholesterol and blood sugar levels in healthy individuals
- Demonstrates anti-inflammatory activity
- Contains antioxidants that protect the cells and tissues from damages by free radicals

### Isotonix Multivitamin:

- Contains 100% or more of the daily value of many essential vitamins and minerals
- Supports metabolism and conversion of food into energy, thyroid function, adrenal functions, and hormones
- Assists in the maintenance or improvement of general well-being

†Pycnogenol™ is a registered trademark of Horphag Research Ltd., and is protected by US Patent Numbers 4,698,360; 5,720,956 and 6,372,266.

# CONTINUED COMMITMENT POWER FOODS

**BREAKFAST:** 1 serving of protein, 2-4 servings of vegetables, 1 serving of whole grain

**AM SNACK:** 1 serving of snack protein, 1 serving of fruit, 1 serving of dairy

**LUNCH:** 1 serving of protein, 2-4 servings of vegetables, 1 serving of fruit, 1 serving of good fat

**PM SNACK:** 1 serving of snack protein, 1 serving of dairy

**DINNER:** 1 serving of protein, 2-4 servings of vegetables, 1 serving of starch, 1 serving of good fat, 1 serving of whole grain

## VEGETABLES: 6-12 SERVINGS PER DAY

1 serving: 1-2 cups, unless otherwise noted

- Alfalfa sprouts
- Artichokes
- Arugula (rocket)
- Asparagus
- Bean sprouts
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage (red or white)
- Capsicums (pimientos)
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Dandelion greens
- Edamame (soy bean)
- Eggplant
- Endive (lettuce)
- Ginger
- Green beans
- Green peas
- Greens (beet, collard, dandelion, kale, mustard, turnip)
- Hot peppers (chillies)
- Jerusalem artichokes
- Kohlrabi
- Leeks
- Lettuce (any)
- Mushrooms
- Okra (lady finger, gumbo)
- Olives
- Onions
- Parsley
- Radicchio
- Radishes
- Rhubarb
- Salsa
- Sauerkraut
- Scallions (shallots/spring onions)
- Silverbeet (chard)
- Snow peas (no sugar)
- Spinach
- Squash leaves
- Stir-fry vegetables (no sauce)
- Swede, turnip (rutabaga)
- Taro root, 1/4 cup
- Tomatoes (fresh)
- Tomato juice (no salt), 1/2 cup
- Tomato paste, 2 tbsp
- Tomato sauce, 1/2 cup
- Vegetable juice (no salt), 1/2 cup
- Vegetable soup (low-fat), 1/2 cup
- Water chestnuts
- Watercress
- Yam bean (jicama)
- Zucchini

## GOOD FATS: 2 SERVINGS PER DAY

- Oils (olive, avocado, coconut, etc.)
- Avocado, 1/2 medium
- Nuts and seeds

## PROTEIN: 5-6 SERVINGS PER DAY

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

1 serving (men): 177 - 236 g (6 - 8 oz) with breakfast, lunch & dinner; 59 - 88 g (2 - 3 oz) with snacks

- Smoked salmon
- Chicken or turkey (without skin)
- Eggs or egg whites
- Fresh fish (salmon, tuna, sardines, flounder, snapper, trout, etc.)
- Lean veal
- Red meat (limited to 1-2 servings per week) (beef, pork, lamb, buffalo or venison)
- Seafood (prawn, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)
- Tempeh
- TLS Nutrition Shake
- TLS Whey Protein Shake
- Tofu
- TVP (texturised vegetable protein)
- Veggie or garden burger

## WHOLE GRAINS: 2 SERVINGS PER DAY

1 serving: 1/2 cup

- All-bran cereal
- Barley (pearled or hulled)
- Bean thread (Chinese noodles)
- Buckwheat (kasha, groats)
- Buckwheat (or other whole grain) noodles
- Bulgur wheat
- Couscous
- Egg noodles
- Hominy
- Muesli or granola, no added sugar
- Oatmeal (rolled or steel-cut)
- Pasta (whole grain, protein enriched)
- Quinoa
- Rice (authentic basmati, brown)
- Rye
- Sprouted grain bread

## DAIRY: 2 SERVINGS PER DAY

Those on a dairy-free diet may omit

- Low-fat milk
- Soy or rice milk (1% fat or low-fat)
- Low-fat cheese
- Plain Greek yogurt
- Low-fat soy cheese
- Low-fat soy yogurt
- Low-fat yogurt
- Low-fat creamer
- Low-fat sour cream

## FRUIT: 2 SERVINGS PER DAY

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

- Apple
- Apricots, 4 medium
- Banana
- Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), 3/4 cup
- Cantaloupe (rockmelon)
- Casaba melon
- Cherries, 12 large
- Currants, 3 tbsp
- Dates (fresh), 2
- Figs (fresh), 2
- Gooseberries, 3/4 cup
- Grapefruit
- Grapes
- Guava
- Honeydew melon
- Jackfruit
- Kiwifruit
- Kumquats, 4 medium
- Lemon
- Lime
- Loganberries, 3/4 cup
- Loquats
- Lychees, 7
- Mandarin orange
- Melon balls
- Mulberries, 3/4 cup
- Nectarine
- Orange
- Papaya/paw paw, 1/2 medium
- Passion fruit
- Peach
- Pear
- Pineapple, 1/2 cup
- Plum
- Pomegranate, 1/2 small
- Raisins, 2 tbsp
- Persimmon (Sharon fruit/carambola)
- Starfruit
- Tangelo
- Tangerine

## STARCHES: 1-2 SERVING PER DAY

1 serving: 1/2 cup

- Baked beans (no sugar added)
- Beans (red, black, garbanzo, lima, mung, pinto, soy, black-eyed, fat-free refried)
- Winter squash (acorn, butternut, spaghetti)
- Yam/sweet potato (boiled, steamed, baked)
- Yellow squash
- Lentils

## Other Rules:

- Indulge in alcohol sparingly
- Water (minimum of 8 cups per day)
- Supplementation (based on your weight management needs) or optimal wellness regimen
- Exercise (3-6 days per week)