



RAPID RESULTS

LOSE 0.9–1.3 KGS PER WEEK

Why It's For You:

You're motivated, dedicated and committed to doing whatever it takes to reach your weight management goals. Get ready to break unhealthy habits and start losing fat and weight.

A Day on Rapid Results:

Below is an example of some of the foods you can eat. Supplement based on your Weight Management Profile recommendation.



BREAKFAST:
VEGGIE OMELETTE



AM SNACK: CHOCOLATE
RASPBERRY SHAKE



LUNCH:
CHICKEN SALAD



PM SNACK:
LETTUCE WRAPS



DINNER:
STEAK WRAPS



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.

*You should consult your physician before beginning this or any other weight management program. Individuals following the TLS Weight Management Solutions can expect to lose 0.45 - 0.9 kilograms per week.

RAPID RESULTS POWER FOODS

BREAKFAST: 1 serving of protein, 2-4 servings of vegetables, 1 serving of fruit

AM SNACK: TLS Nutrition Shake, 1 serving of fruit

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

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

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

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
- Chard
- Collard greens
- Cucumber
- Dandelion greens
- 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

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
- Sharon fruit (carambola)
- Starfruit
- Tangelo
- Tangerine

GOOD FATS: 2 SERVINGS PER DAY

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

PROTEIN: 4-6 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

- TLS Whey Protein Shake
- 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
- Tofu
- TVP (texturised vegetable protein)
- Veggie or garden burger (grain-free)

TLS NUTRITION SHAKE: 1-2 SHAKES PER DAY

1 shake for AM snack and/or
1 shake for PM snack

DAIRY: 1-2 SERVINGS PER DAY

Those on a dairy-free diet may omit

- Low-fat milk
- Low-fat cheese
- Plain Greek yogurt
- Low-fat yogurt
- Low-fat creamer
- Low-fat sour cream

Other Rules:

- Detox (4-7 days, optional)
- No alcohol (for at least 21 days)
- Water (minimum of 8 cups per day)
- Supplementation (based on your weight management needs)
- Exercise (4-5 days per week)
- Daily journaling