

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:
EGG SCRAMBLE



AM SNACK:
CHOCOLATE COCONUT SHAKE



LUNCH: STIR FRIED CHICKEN WITH ASSORTED VEGETABLES



PM SNACK:
APPLE WEDGES



DINNER: BAKED PORK CHOPS WITH APPLE TOPPING



WATER:
EIGHT (8 OZ) GLASSES DAILY



TLS Tonalin™ CLA:

- Assists in promoting lean muscle mass
- Effects are enhanced with exercise
- Supports the utilisation of body fat as fuel

TLS™ Nutrition Shake:

- Good source of fibre, protein and calcium
- Provides over 1/3 of the recommended daily value of 22 different vitamins and minerals
- Contains no trans fat

TLS™ CORE Fat & Carb Inhibitor:

- May help to promote appetite suppression
- Helps inhibit carbohydrate absorption in the body
- May help to reduce fat stored in the body

TLS™ Green Coffee Plus Garcinia Cambogia:

- Decaffeinated
- Promotes better weight management by helping the body burn fat
- Promotes a healthy body fat while preserving muscle tissue

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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 fruit, 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*

- Asparagus
- Bean sprouts
- Beet root
- Bok choy
- Brinjal/Eggplant
- Broccoli
- Cabbage (red or white)
- Capsicum
- Carrots
- Cauliflower
- Celery
- Chye sim
- Cucumber
- Edamame
- Ginger
- Green beans
- Green peas
- Jicama (Mexican turnip)
- Kai lan
- Lady fingers
- Leeks
- Lettuce (any)
- Mushrooms
- Olives
- Onions
- Parsley
- Radishes
- Shanghai green
- Snow peas (no sugar)
- Sio pek chye
- Spinach
- Stir-fry vegetables (no sauce)
- Tomatoes (fresh)
- Tomato juice (no salt), 1/2 cup
- Tomato paste, 2 tbsps
- Tomato sauce, 1/2 cup
- Vegetable juice (no salt), 1/2 cup
- Vegetable soup (low-fat), 1/2 cup
- Water chestnuts
- Watercress
- Zucchini

STARCHES: 1-2 SERVING PER DAY

1 serving: 1/2 cup

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

FRUIT: 3 SERVINGS PER DAY

1 serving: 1 medium fruit or cup
unless otherwise noted

- Apple
- Banana
- Berries (blueberries, strawberries, raspberries, blackberries), 3/4 cup
- Cantaloupe
- Cherries, 12 large
- Figs (fresh), 2
- Grapefruit
- Grapes
- Guava
- Honeydew melon
- Jackfruit
- Kiwifruit
- Lemon
- Lime
- Lychees, 7
- Mandarin orange
- Mango
- Melon balls
- Mulberries, 3/4 cup
- Nectarine
- Orange
- Papaya, 1/2 medium
- Passion fruit
- Peach
- Pear
- Pineapple, 1/2 cup
- Plum
- Pomegranate, 1/2 small
- Raisins, 2 tbsps
- Sharon fruit (persimmon)
- Starfruit
- Watermelon

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
- 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

PROTEIN: 5-6 SERVINGS PER DAY

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

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

- Canned tuna (packed in water)
- Chicken (without skin)
- Eggs or egg whites
- Fresh fish (salmon, flounder, snapper, pomfret, seabass, yellowtail, grouper, codfish, etc.)
- Red meat (*limited to 1-2 servings per week*) (beef, pork or lamb)
- Seafood (prawn, scallops, clams, lobster, squid, octopus, mussels, etc.)
- Tempeh
- Tofu

GOOD FATS: 2 SERVINGS PER DAY

- Avocado, 1/2 medium
- Oils (olive, avocado, coconut, grapeseed)

DAIRY: 2 SERVINGS PER DAY

Those on a dairy-free diet may omit

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

Other Rules:

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