How To Maintain Weight Loss Goals During The Holidays

The holidays are often referred to as “The Most Wonderful Time of The Year”. Unfortunately, the holidays also tend to bring a great deal of stress upon most people. As I know all too well, stress often equals weight gain. Many of us, myself included, use food as a way to cope with stress. The seemingly constant supply of Holiday cookies and sweets make it all the more difficult to resist temptation when willpower is low. It is important to set realistic goals during this time of the year.
I Have Gone Down Two Sizes*

"For the first time in over a decade, I will be wearing a two piece swimsuit proudly! I exude a high level of energy and smile and talk to everyone! Sometimes people think I am the instructor before the exercise class starts! Such a total compliment! This has been one incredible journey!"

- Bridget M., Unfranchise Owner

---

Top Rated Product

TLS Green Coffee Plus Garcinia Cambogia

4.7 Stars

“I am not that hungry anymore and at the same time i am losing stomach fat. Its awesome!!”

- By Bill, Unfranchise Owner
From Hartford Connecticut

Buy Now

---

Peanut Butter Banana Cookies

(Servings: 5)

- 1 cup oats
- 2 medium bananas
- 2 tbsp. peanut butter
- 1 serving TLS Whey Protein Shake-Vanilla

Preheat oven to 350 degrees. Using a fork, combine all ingredients into a
uniform dough, adding milk or water as necessary to achieve desired consistency. Coat cookie sheet with cooking spray and divide dough into 8-10 individual cookies. Bake for 15-20 minutes.

Find it all on SHOP.COM™  Trends  Departments  eGifts  Stores  MyLists  Search

*Individuals following the TLS Weight Loss Solution as part of a healthy diet and exercise program can expect to lose 1-2 pounds per week. The persons sharing their stories are Unfranchise® Owners of Market America products.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

** Individual Cashback is rounded off to the nearest value and may vary depending on new and/or pending purchases credited to SHOP.COM account. See site for details.