

7 DAY DETOX

FRUIT AND VEGETABLE CLEANSE

Why It's For You:

You're looking for a kick-start and want to receive the maximum benefit from TLS Weight Management Solution. Whether this is your first time participating in TLS or you're stuck in a plateau, this 4-7 day detox will curb your appetite for sweet, salty and fatty foods while supporting your weight management efforts.

A Day On Detox:

Below is an example of some of the foods you will eat. Drink at least 8 glasses (8 oz.) of water daily and supplement based on your weight management goals.



BREAKFAST: WARM LEMON WATER AND GREENS-ON-THE-GO



AM SNACK: SPICY GAZPACHO



LUNCH: STRAWBERRY SALAD



PM SNACK: VEGETABLE MEDELY



DINNER: SPICY CARROT SOUP



SNACK (optional): VANILLA BANANA CREAM



TLS™ CORE Fat & Carb Inhibitor:

- May help to promote appetite suppression
- Helps inhibit carbohydrate absorption in the body
- May promote a feeling of fullness
- May help to reduce fat stores in the body

Curcumin Extreme™:

- Supports normal liver detoxification activity
- Helps maintain healthy glutathione levels

NutriClean™ Advanced Fibre Powder

- Helps maintain bowel regularity
- Supports digestive health

DETOX POWER FOODS

VEGETABLES: UNLIMITED SERVINGS

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
- Sio pek chye
- Snow peas (no sugar)
- Spinach
- Spring onion
- Stir-fry vegetables (no sauce)
- Tomato (fresh)
- Tomato juice (no salt), ½ cup
- Tomato paste, 2 tbsp.
- Tomato sauce, ½ cup
- Vegetable juice (no salt), ½ cup
- Vegetable soup (low fat), ½ cup
- Water chestnuts
- Watercress
- Zucchini

FRUIT: 3 SERVINGS PER DAY

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

- Apple
- Banana
- Berries (blueberries, strawberries, raspberries, blackberries), ¾ 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, ¾ cup
- Nectarine
- Orange
- Papaya, ½ medium
- Passion fruit
- Peach
- Pear
- Pineapple, ½ cup
- Plum
- Pomegranate, ½ small
- Raisins, 2 tbsp.
- Sharon fruit (persimmon)
- Starfruit
- Tangerine
- Watermelon

PROTEIN: 2 SERVINGS PER DAY

1 serving: 3 ounces, *unless otherwise noted*

- Canned tuna, (packed in water)
- Chicken (without skin)
- Fresh fish (salmon, flounder, snapper, seabass, yellow-tail, pomfret, grouper, codfish, etc.)
- Eggs (1-2)
- Egg whites (3-4)
- Tofu
- Soy milk

GOOD FATS: 2 SERVINGS PER DAY

1 serving: 1 tablespoon

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

The Rules:

- No alcohol
- No coffee, soda or other caffeinated beverages
- No grains or starches
- Water (minimum of 8 cups per day)
- No fats (oils, butter, margarine)
- No sugar (other than those found naturally in fruits and vegetables) or artificial sweeteners
- First thing every morning, drink the juice of 1/2 a lemon in a cup of warm water.
- Supplementation: TLS™ CORE Fat & Carb Inhibitor, NutriClean™ Advanced Fibre Powder, and Curcumin Extreme™

Detox Tips:

- Do not engage in strenuous physical activity, even if you are used to it. Instead, participate in yoga or gentle stretching.
- Get plenty of rest and sleep. You may feel more tired than usual the first few days of detox. By the end of the week, you should feel energised.
- Use spices and herbs, small amounts of low-sodium soy sauce, salt, pepper, vinegar and mustard.
- Choose raw, instead of cooked, vegetables.
- Do not skip meals.
- This is a great time to meditate, listen to relaxing music and engage in other stress-reduction activities.
- Think about the commitment you are making to yourself, what you stand to gain and how accomplished you will feel.

How often you participate in a seven-day detox programme will depend on your particular needs. Some people choose to complete the detox up to four times a year (every three months). It is recommended that you undergo a detox programme one to three times each year.