

14-DAY FAT BURNING

Why It's For You:

You're extremely committed to achieving weight management goals through a high-intensity programme. You'll shed fat and feel better, physically and emotionally, knowing you can do anything to which you set your mind.

A Day on Fat Burning :

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



BREAKFAST:
VEGGIE OMELETTE



AM SNACK:
MINT CHOCOLATE SHAKE



LUNCH: MIXED VEGETABLE CHICKEN SALAD



PM SNACK: STRAWBERRY & SPINACH SHAKE



DINNER:
SAUTÉ SALMON



POST WORKOUT:
TLS™ NUTRITION SHAKE



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

Tonalin CLA is an exclusively licensed product of BASF Personal Care and Nutrition GmbH.

FAT BURNING POWER FOODS

BREAKFAST: 1 serving of protein, 3-4 servings of vegetables

AM SNACK: TLS™ Nutrition Shake, 1 serving of fruit

LUNCH: 1 serving of protein, 3-4 servings of vegetables, 1 serving of good fat

PM SNACK: TLS™ Nutrition Shake

DINNER: 1 serving of protein, 3-4 servings of vegetables, 1 serving of good fat

POST WORKOUT: TLS™ Nutrition Shake within 30 minutes of exercise

VEGETABLES: 8-12 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 tbsp
- Tomato sauce, 1/2 cup
- Vegetable juice (no salt), 1/2 cup
- Vegetable soup (low-fat), 1/2 cup
- Water chestnuts
- Watercress
- Zucchini

FRUIT: 1 SERVING 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 tbsp
- Sharon fruit (persimmon)
- Starfruit
- Watermelon

PROTEIN: 3-4 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)

TLS™ NUTRITION SHAKE: 3 SHAKES PER DAY

1 shake for AM snack

1 shake for PM snack

1 shake within 30 minutes after workout

Other Rules:

- No alcohol (for at least 21 days)
- No grains or starches
- No dairy
- Water (minimum of 8 cups per day)
- Supplementation (based on your weight management needs)
- Exercise (5-6 days per week)