Too often, those looking to lose weight justify lower calorie consumption in the form of portion control. Often this is done with no regard for the quality of those calories as if less is more. One place this tends to be particularly deleterious is when the individual seeking pounds and inches lost sabotages their efforts by eating quality foods, but not doing so on a healthy feeding schedule, fasting if you will and promoting loss of muscle glycogen. The question with fasting is, at what point will muscle loss happen? When should you be concerned that skipping meals will limit your fat burning potential? READ MORE
"I AM THRILLED—MY CLOTHES ARE SO BIG NOW THEY ARE FALLING OFF ME."

My husband came home and said he signed us up for a fitness challenge and we would have to make a commitment to getting healthy again. I would have been a quitter, if not for encouragement, my workout group, and the rate in which I began seeing a difference in my body. The TLS products were working, our eating habits were extremely easy to adapt to and I developed a drive to do more. I am thrilled—my clothes are so big now they are falling off me!
TOP RATED PRODUCT
TLS GREEN COFFEE PLUS GARCINIA CAMBOGIA
★★★★★ 4.7 STARS

“Love It
I take one at lunch and two at dinner for help with burning stored FAT. I LOVE IT!”
By RosannUnplugged from Bucks County PA., Unfranchise Owner

BUY NOW

TWICE-BAKED SPAGHETTI SQUASH WITH PESTO AND PARMESAN

- 1 large spaghetti squash (6-8 lbs)
- 1-2 T olive oil (depending on how big the squash)
- 1-2 tsp Italian Herb Blend
- 3 T basil pesto
- 1 ¼ cup coarsely grated Parmesan cheese
- salt and fresh ground black pepper to taste

VIEW FULL RECIPE
Find it all on SHOP.COM™

*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(R) Owners of Market America products.

***These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any 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.