

# RAPID RESULTS

## Why It's For You:

You're motivated, dedicated and committed to doing whatever it takes to reach your weight management goals. Get ready to break unhealthy habits.

## A Day on Rapid Results:

Below is an example of some of the foods you can eat. Supplement based on your weight management goals.



**BREAKFAST:**  
VEGGIE OMELETTE



**AM SNACK:** CHOCOLATE RASPBERRY SHAKE



**LUNCH:**  
GRILLED CHICKEN SALAD



**PM SNACK:**  
LETTUCE WRAPS



**DINNER:** GRILLED CODFISH WITH ASSORTED VEGETABLES



**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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# RAPID RESULTS POWER FOODS

**BREAKFAST:** 1 serving of protein, 2-4 servings of vegetables, 1 serving of fruit

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

**LUNCH:** 1 serving of protein, 2-4 servings of vegetables, 1 serving of good fat

**PM SNACK:** 1 serving of snack protein, 1 serving of dairy, 1 serving of vegetables

**DINNER:** 1 serving of protein, 2-4 servings of vegetables, 1 serving of good fat

## 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 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: 2 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 tbsp
- Sharon fruit (persimmon)
- Starfruit
- Watermelon

## DAIRY: 1-2 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)

## PROTEIN: 4-5 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: 1-2 SHAKES PER DAY

1 shake for AM snack and/or  
1 shake for PM snack

## Other Rules:

- Detox (4-7 days, optional)
- No alcohol (for at least 21 days)
- Water (minimum of 8 cups per day)
- Supplementation (based on your weight management needs)
- Exercise (4-5 days per week)
- Daily journaling