

# SURE & STEADY

## Why It's For You:

You're looking to make gradual changes to your lifestyle and reach your goal weight, one day at a time. With the TLS™ Sure & Steady programme, it's not if you'll hit your goal; but when.

## A Day on Sure & Steady:

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



**BREAKFAST: POACHED EGG WITH ASSORTED VEGETABLES**



**AM SNACK: VEGETABLE STICKS**



**LUNCH: GRILLED CHICKEN BREAST WITH QUINOA SALAD**



**PM SNACK: GO GREEN SHAKE**



**DINNER: GRILLED BEEF 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

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

# SURE & STEADY POWER FOODS

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

**AM SNACK:** 1 serving of snack protein, 1 serving of fruit, 1 serving of dairy

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

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

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

## STARCHES: 1-2 SERVINGS PER DAY

1 serving: ½ cup

- Baked beans (no sugar added)
- Beans (red, black, chickpea, lima, mung, pinto, black-eyed, soy)
- Lentils
- Winter squash (acorn, butternut, spaghetti)
- Yam/sweet potato (boiled, steamed, baked)
- Yellow squash

## FRUIT: 3 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

## WHOLE GRAINS: 1 SERVING PER DAY

1 serving: ½ cup

- All-bran cereal
- Barley (pearled or hulled)
- Bean thread (Chinese noodles)
- Buckwheat (kasha, groats)
- Buckwheat (or other whole grain) noodles
- Bulgur wheat
- Couscous
- Egg noodles
- Muesli or granola, no added sugar
- Oatmeal (rolled or steel-cut)
- Pasta (whole grain, protein enriched)
- Quinoa
- Rice (authentic basmati, brown)
- Rye
- Sprouted grain bread

## PROTEIN: 5-6 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)

## DAIRY: 2 SERVINGS PER DAY

*Those on a dairy-free diet may omit*

- Low-fat milk
- Low-fat cheese
- Low-fat yogurt
- Low-fat creamer
- Low-fat sour cream
- Plain Greek yogurt

## 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** (3-5 days per week)
- **Daily journaling**