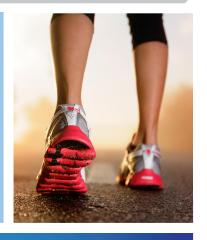


SURE & STEADY

Why It's For You:

You're looking to make gradual changes to your lifestyle and reach your goal weight,

A Day on Sure & Steady:







ST: POACHED EGG AM SNACK: RTED VEGETABLES VEGETABLE STICKS





PM SNACK: GO GREEN SHAKE







TLS Tonalin[™] CLA:

- Assists in promoting lean muscle massEffects 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
- Promotes a healthy body fat while preserving muscle

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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)
- 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
- · 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
- 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)
- Ouinoa
- 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)
- Faas or eaa 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