



TLS 21-DAY
CHALLENGE



OVERVIEW

Our 21-Day Challenge is designed for maximum weight management. This challenge includes two phases: Phase 1 is a cleanse — a fresh start for your body that prepares it for the second step. Phase 2 is the fat-burning phase. Use our simple and straightforward guide to reach your goals, today.

PHASE 1 DETOX CLEANSE	PHASE 2 FAT BURNING
<p style="text-align: center;">DAYS 1 - 7</p> <p>Kick off your weight management journey with an invigorating cleanse! Phase 1 will curb those cravings for sweet, fatty and salty foods while supporting your weight management efforts. Bursting with fruits and vegetables, this detox is the first step to the brand new you.</p>	<p style="text-align: center;">DAYS 8 - 21</p> <p>Accelerate your weight management efforts during Phase 2. Specially created to target stubborn fat, during these weeks you will reach the maximum phase of weight management. After this Phase, you'll ultimately feel better, both physically and emotionally.</p>

TLS 21-DAY STRATEGIES

- Get plenty of sleep
- No skipping meals (do not go longer than 4 hours without eating while awake)
- No alcohol
- Use spices and herbs to enhance your meals
- Drink water (at least 8 cups a day)
- No grains, starches or dairy
- No sugar or artificial sweeteners
- Choose raw or lightly steamed vegetables
- Use small amounts of low-sodium soy sauce, salt, pepper, vinegar and mustard



TIPS FOR TAKING “BEFORE AND AFTER” PHOTOS

Pictures speak louder than words. Before getting started on your 21-Day Challenge, be sure to take “before” photos. After just 21 days, you will see the physical rewards of your hard work.

- Photos should be full-body shots (from head to toe) consisting of one (1) shot each from the front, side and back.

- Ideally, you should be dressed in form-fitting athletic wear or swimwear. The outfits worn for “Before and After” photos should be as close to identical as possible.
- Photographic area should be well lit; dim lighting prevents detailed viewing. We want to see you!
- Email your photos to product@marketsingapore.com.sg

21-DAY CHALLENGE CHECKLIST

DAYS 1 - 7	DAYS 8 - 21
<ul style="list-style-type: none"> Curcumin Extreme™ NutriClean™ Advanced Fibre Powder TLS™ CORE Fat & Carb Inhibitor 	<ul style="list-style-type: none"> Curcumin Extreme™ NutriClean™ Advanced Fibre Powder TLS™ CORE Fat & Carb Inhibitor TLS™ Nutrition Shake
<ul style="list-style-type: none"> Isotonix® OPC-3™ Isotonix® Digestive Enzymes 	<ul style="list-style-type: none"> TLS Tonalin™ CLA Isotonix® OPC-3™

Required Supplements
 Suggested Additional Supplements



From left: NutriClean Advanced Fibre Powder, TLS CORE, Curcumin Extreme, TLS Nutrition Shakes



21-DAY CHALLENGE GUIDE

PHASE 1 DAY PLANNER		
<p>BREAKFAST</p> <ul style="list-style-type: none"> - squeeze 1/2 lemon in 1 cup warm water - 1 serving fruit - 1 serving protein - 3+ servings vegetables <p>SNACK</p> <ul style="list-style-type: none"> - 1 cup water - 1 serving fruit 	<p>LUNCH</p> <ul style="list-style-type: none"> - 2 cups water - 1 serving good fat - 3+ servings vegetables <p>SNACK</p> <ul style="list-style-type: none"> - 1 cup water - 2+ servings vegetables - 1 serving fruit 	<p>DINNER</p> <ul style="list-style-type: none"> - 2 cups water - 1 serving protein - 1 serving good fat - 3+ servings vegetables <p>SNACK (OPTIONAL)</p> <ul style="list-style-type: none"> - 1 cup water - 1 serving vegetable

PHASE 1 DIRECTIVE

- Curcumin Extreme™*
- NutriClean™ Advanced Fibre Powder*
- TLS™ CORE Fat & Carb Inhibitor 30 minutes before your two biggest meals*
- No coffee, soda or other caffeinated beverages
- No dairy
- No grains or starches
- No alcohol
- Avoid strenuous activities; rather, partake in yoga or gentle stretching

DAILY FOOD SERVINGS

- Vegetables: Unlimited servings per day
- Fruit: 3 servings per day
- Protein: 2 servings per day (1 serving: 3 oz.)
- Good fats: 2 servings per day

* as directed on label

PHASE 2 DAY PLANNER		
<p>BREAKFAST</p> <ul style="list-style-type: none"> - 2 cups water - 1 serving protein - 3 servings vegetables <p>SNACK</p> <ul style="list-style-type: none"> - 1 TLS™ Nutrition Shake with 1 cup water - 1 serving fruit 	<p>LUNCH</p> <ul style="list-style-type: none"> - 2 cups water - 1 serving good fat - 1 serving protein - 2 servings vegetables <p>SNACK</p> <ul style="list-style-type: none"> - 1 TLS™ Nutrition Shake with 1 cup water - 2 servings vegetables 	<p>DINNER</p> <ul style="list-style-type: none"> - 1 cup water - 1 serving good fat - 1 serving protein - 3 servings vegetables <p>POST WORKOUT SNACK</p> <ul style="list-style-type: none"> - 1 serving protein within 30 minutes of exercise

PHASE 2 DIRECTIVE

- Curcumin Extreme™*
- NutriClean™ Advanced Fibre Powder*
- TLS™ CORE Fat & Carb Inhibitor 30 minutes before your two biggest meals*
- TLS™ Nutrition Shake*
- No dairy
- No grains or starches
- No alcohol

DAILY FOOD SERVINGS

- Vegetables: 8-12 servings per day
- Fruit: 1 serving per day
- Protein: 3-4 servings per day
(1 serving: women – 4-6 oz, men – 6-8 oz; with snacks – 2-3 oz)
- Good fats: 2 servings per day

For overall cardiovascular health, the American Heart Association recommends at least 30 minutes of moderate-intensity aerobic activity at least 5 days per week.**

* as directed on label

**http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307976_Article.jsp

21-DAY CHALLENGE POWER FOODS

VEGETABLES: 1 SERVING, 1-2 CUPS, UNLESS OTHERWISE NOTED

<ul style="list-style-type: none"> • Asparagus • Bean sprouts • Beet root • Bok choy • Brinjal / Eggplant • Broccoli • Cabbage (red or white) • Capsicum • Carrots • Cauliflower • Celery 	<ul style="list-style-type: none"> • Chye sim • Cucumber • Edamame • Ginger • Green beans • Green peas • Jicama (Mexican turnip) • Kai lan • Lady fingers • Leeks • Lettuce (any) 	<ul style="list-style-type: none"> • Mushrooms • Olives • Onions • Parsley • Radishes • Shanghai green • Sio pek chye • Snow peas (no sugar) • Spinach • Stir-fry vegetables (no sauce) • Tomatoes (fresh) 	<ul style="list-style-type: none"> • 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
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GOOD FATS: 1 SERVING, 1 TABLESPOON

- Oils (Olive, Avocado, Coconut, Grapeseed) • Avocado, 1/2 medium

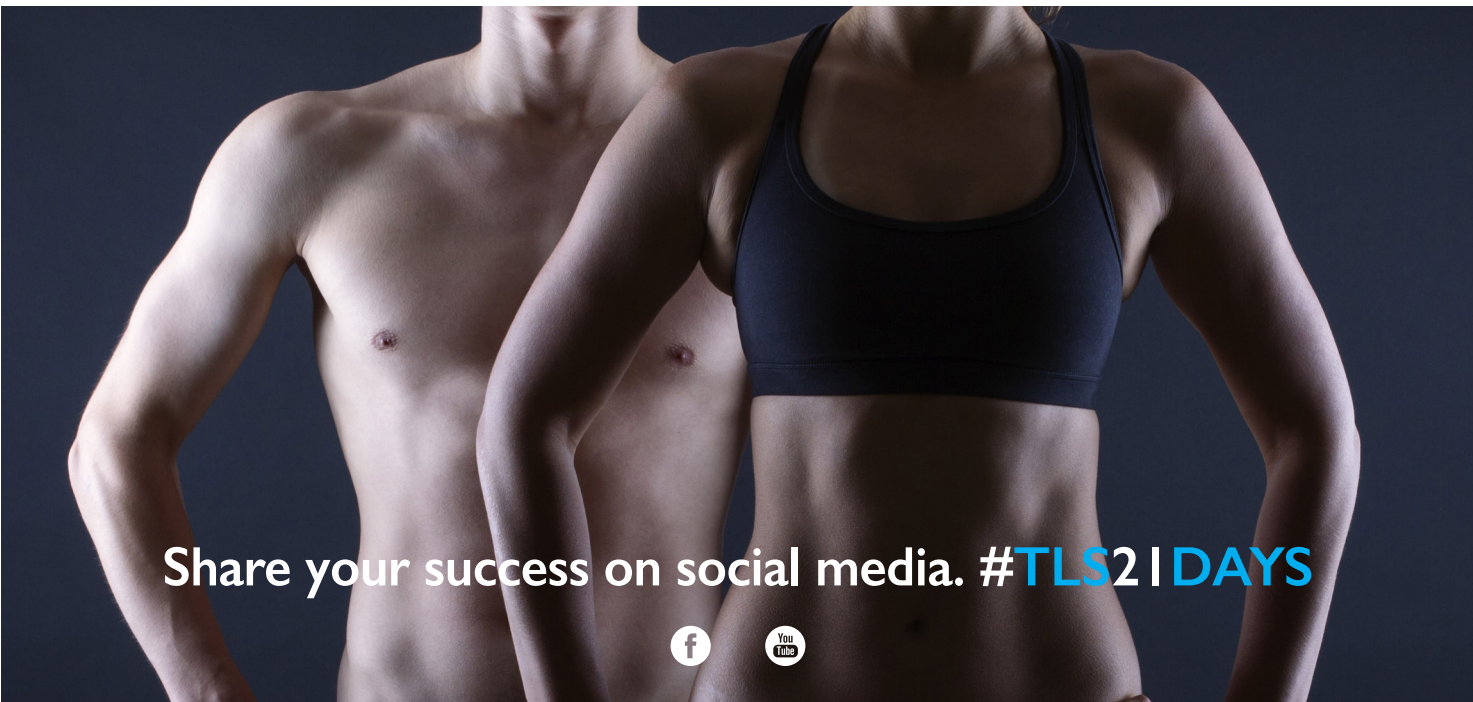
FRUITS: 1 SERVING, 1 MEDIUM FRUIT OR 1 CUP, UNLESS OTHERWISE NOTED

<ul style="list-style-type: none"> • Apple • Banana • Berries (blueberries, strawberries, raspberries, blackberries), 3/4 cup • Cantaloupe • Cherries, 12 large • Figs (fresh), 2 • Grapefruit 	<ul style="list-style-type: none"> • Grapes • Guava • Honeydew melon • Jackfruit • Kiwifruit • Lemon • Lime • Lychees, 7 • Mandarin orange 	<ul style="list-style-type: none"> • Mango • Melon balls • Mulberries, 3/4 cup • Nectarine • Orange • Papaya, 1/2 medium • Passion fruit • Peach • Pear 	<ul style="list-style-type: none"> • Pineapple, 1/2 cup • Plum • Pomegranate, 1/2 small • Raisins, 2 tbsp. • Sharon fruit (Persimmon) • Starfruit • Watermelon
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PROTEINS: PHASE 1 — 1 serving, 3 ounces, unless otherwise noted

**PROTEINS: PHASE 2 — women: 4-6 oz. with breakfast, lunch and dinner; 2-3 oz. with snacks
men: 6-8 oz. with breakfast, lunch and dinner; 2-3 oz. with snacks**

<ul style="list-style-type: none"> • Canned tuna (packed in water) • Chicken (without skin) • Eggs (1-2) • Egg whites (3-4) • Tofu 	<ul style="list-style-type: none"> • Fresh fish (salmon, flounder, snapper, pomfret, seabass, yellowtail, grouper, codfish, etc.) • Seafood (prawn, scallops, clams, lobster, squid, octopus, mussels, etc.) 	<ul style="list-style-type: none"> • Red meat (beef, pork or lamb) (limited to 1-2 servings per week)* • Tempeh* <p style="text-align: center; color: orange;">* Only allowed during Phase 2</p>
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Share your success on social media. **#TLS21DAYS**

