



# YOUR GUIDE TO A HEALTHY WEIGHT

) (TLS

# WHAT ARE YOUR GOALS?

- Why do you want to manage your weight?
- What is your ideal weight?
- How will your life be different when you achieve your ideal weight?



# WHAT ARE YOUR STRUGGLES?

## Why do you struggle with weight?

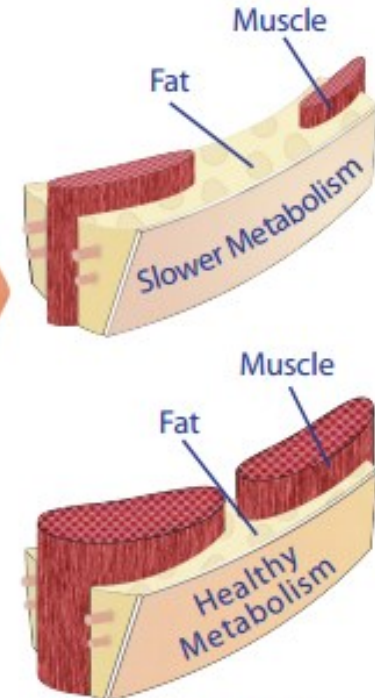
- Too much to do for everyone else
- I don't have time to exercise
- I don't like to cook
- I spend a lot of time at work
- I've tried to diet, but nothing has worked / I've fallen off the wagon
- I make poor food choices
- I eat too much, too often
- Other: \_\_\_\_\_





# WEIGHT MANAGEMENT ISN'T UNIVERSAL

- There's no one-size-fits-all plan for weight management. What's right for someone else isn't always right for you.
- Many commercial weight loss programs place an emphasis on what to eat, not how to eat.
- Many programs focus on weight loss rather than actual fat loss. True health and fitness is the result of an optimised ratio of muscle to fat.



The saying goes, "Muscle dictates metabolism." The less muscle you have, the slower your metabolism. The more you have, the stronger your metabolism.

# WHAT IS THE TLS® SOLUTION?

## Four Components

### Low-Glycemic-Impact-Eating

- It's about eating right, not eating less.

### Body Composition

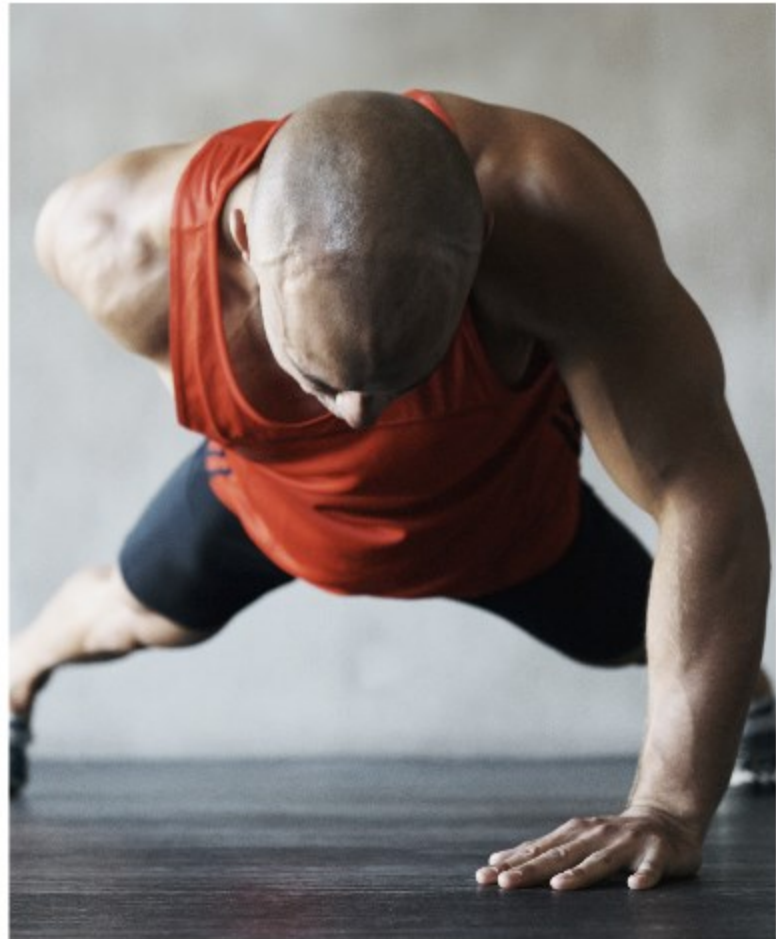
- Focusing on fat loss instead of weight loss.

### Science-Based Supplementation

- Working with your body to enhance weight loss efforts.

### Education

- Being aware and changing unhealthy behaviors for life.



# LOW-GLYCAEMIC EATING

## WHY LOW-GLYCAEMIC-IMPACT?

LEADING A LOW-GLYCAEMIC-IMPACT (GI) LIFESTYLE DOESN'T HAVE TO BE COMPLICATED. HERE'S A QUICK INTRO ON HOW THE GI OF FOODS AFFECTS YOUR METABOLISM AND HELPS YOU BURN FAT.

BLOOD SUGAR LEVELS

1

2

3

4

5

6

7

THIS IS YOUR  
**FAT-BURNING ZONE**  
IDEAL FOR WEIGHT MANAGEMENT.

  
WEIGHT MANAGEMENT  
SOLUTION  
[au.tlsslim.com](http://au.tlsslim.com)



EATING **LOW- AND MEDIUM-GI** FOODS  
KEEPS YOU HERE.



## HIGH-GI FOODS

SPIKE YOUR BLOOD SUGAR,  
CAUSING YOU TO LEAVE  
FAT-BURNING ZONE...



...AND LEAD TO A **CRASH**  
**SAPPING** YOUR ENERGY.

A BALANCED DIET OF  
**LOW- AND MEDIUM-GI** FOODS GETS  
YOU BACK ON **TRACK** TO  
**FIND YOUR FIT.**



# WHAT ARE YOUR OPTIONS?

The TLS Weight Management Solution is the most customisable weight management program available today.

Finding a solution that fits your lifestyle has never been easier.

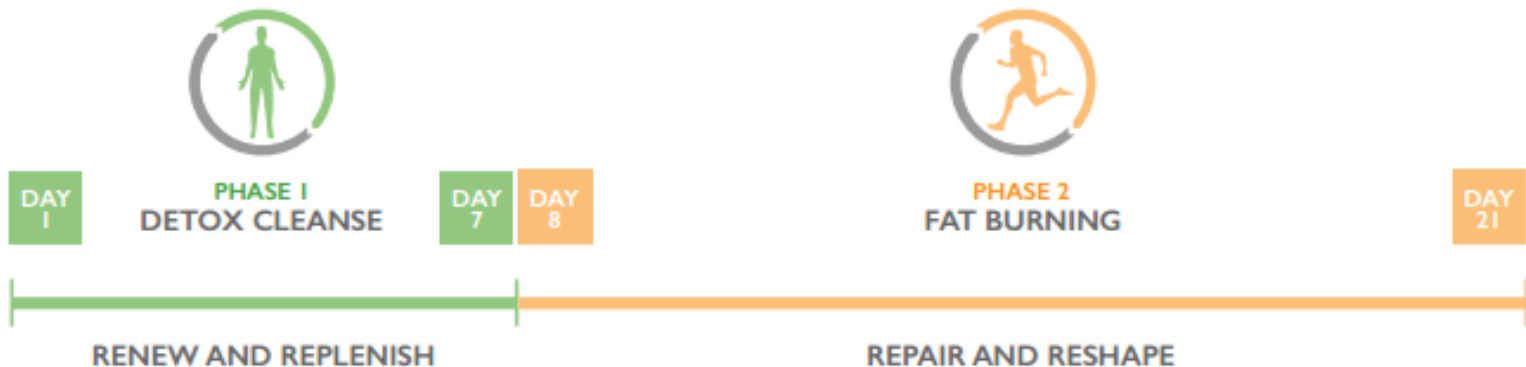




# 21-DAY CHALLENGE

## Why it's for you:

You're looking for a healthy way to take control of your weight, fast. You're committed to staying focused and following a regimented plan. You want to focus on flushing your body of toxins, curbing your unhealthy cravings and obtaining optimal body composition.



## Results to expect:

The seven-day detox cleanse, Phase 1, will purge the body of toxins, and prepare it for Phase 2, fat burning. With Phase 2, you can lose up to 4.5 kg.

Do not start this program if your physician or healthcare professional advises against it.



# 21-DAY CHALLENGE

## What you'll do:

### PHASE 1

Follow a strict meal plan:

- ½ lemon in 1 cup warm water every morning
- At least 8 glasses of water (250 ml each) per day
- 3 servings of fruit each day
- Unlimited vegetable servings
- 2 servings of protein each day
- 2 servings of good fats each day\*\*\*
- No grains, starches, dairy, sugars, artificial sweeteners, alcohol or caffeinated beverages (coffee, soda)
- Avoid strenuous exercise; rather enjoy gentle stretches or yoga\*

### PHASE 2

Follow a strict meal plan:

- At least 8 glasses of water (250 ml each) per day
- 6–12 servings of vegetables each day
- 2 TLS Nutrition Shakes each day
- 3–4 servings of protein each day
- 2 servings of good fats each day\*\*\*
- 1 serving of fruit each day
- No dairy
- Fitness Australia recommends at least 150 minutes of moderate-intensity cardiovascular exercise or 75 minutes of vigorous cardiovascular exercise per week.\*\*
- Take TLS supplements, as directed

## TLS CHALLENGE BOOKLET



## 3-WEEK PROGRAM

\*Consult your physician or other healthcare professional before starting this or any other exercise program. If you experience faintness, lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other healthcare professional. Do not start this program if your physician or healthcare professional advises against it.

\*\*[http://www.getmoving.tas.gov.au/\\_\\_data/assets/file/0003/45048/Fitness\\_Australia\\_cardiovascular\\_exercise\\_prescription\\_for\\_healthy\\_adults1.pdf](http://www.getmoving.tas.gov.au/__data/assets/file/0003/45048/Fitness_Australia_cardiovascular_exercise_prescription_for_healthy_adults1.pdf)

\*\*\*Unsaturated fats like omega-3 fatty acids (e.g. avocado, flax seed, nuts, olive oil)

# DETOX POWER FOODS

## Why it's for you:

For first-time TLS participants, this four- to seven-day detox prepares the body for the TLS program; for those who experience a plateau, it helps kick-start weight management efforts.

## Results to expect:

Varies by individual; the seven-day plan purges the body of toxins, resulting in reduced energy in the first few days, followed by an increase later in the week.

## What you'll do:

- Remove unhealthy foods ("junk food") from the house
- Follow a strict meal plan:
  - 3 servings of fruit each day
  - As many raw vegetables as you want
  - At least 8 glasses of water (250 ml each) per day
  - 2 servings of protein each day
  - 2 servings of good fats each day
  - Eliminate all grains and starches, sugars and artificial sweeteners, dairy, alcohol, and caffeine (coffee, soda)

## TLS MENU PLANS

The graphic is a promotional poster for the '7-DAY DETOX FRUIT AND VEGETABLE CLEANSE'. At the top, it features the 'i)TLS' logo in white on a green background. Below the logo, the title '7-DAY DETOX' is written in large, bold, blue letters, with 'FRUIT AND VEGETABLE CLEANSE' in smaller white letters underneath. The poster is divided into several sections. On the left, there is a 'Why It's For You:' section with a blue background and white text, and a 'A Day On Detox:' section with a white background and blue text. On the right, there is a small image of hands preparing food. Below these sections is a grid of six images showing various meals: 'FRUIT & VEGETABLES', 'SALAD', 'LENTILS', 'PHE', 'COUSCOUS', and 'BROCCOLI'. To the right of the grid is a section titled 'Meet our family of products.' which shows several bottles of TLS products. At the bottom of the poster, there is a list of 'Benefits' and 'What's Included'.

## 7-DAY CLEANSE



# RAPID RESULTS

## Why it's for you:

You're motivated, dedicated and committed to do what it takes to reach your weight management goals. You're ready to break unhealthy habits and start shedding fat and centimetres.

## Results to expect:

Lose 0.9–1.3 kgs per week.

## What you'll do:

- Follow a strict low-glycaemic menu plan, with each day consisting of:
  - 5–6 servings of protein
  - 6–12 servings of vegetables
  - 2 servings of dairy
  - No grains or starches
  - 2 servings of good fats
  - 2 servings of fruit
- Exercise (4–5 days per week)\*
- Take supplements, as directed

## TLS MENU PLANS

**TLS**  
**RAPID RESULTS**  
LOSE 0.9–1.3 KGS PER WEEK

**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 and start losing fat and weight.

**A Day on Rapid Results:**  
Below is an example of some of the foods you can eat. Supplements based on your Weight Management Practitioner recommendation.

**Meet our family of products.**  
To protect your progress, TLS provides essential supplements.

**Meat & Dairy Protein**  
• Provides 12g protein per 100g  
• Contains 12g protein per 100g  
• Contains 12g protein per 100g

**AM BUCCO CHOCOLATE PROTEIN DRINK**  
• Provides 12g protein per 100g  
• Contains 12g protein per 100g  
• Contains 12g protein per 100g

**LACTIC DAIRY**  
• Provides 12g protein per 100g  
• Contains 12g protein per 100g  
• Contains 12g protein per 100g

**THE BRUNCH LITTLER WAFER**  
• Provides 12g protein per 100g  
• Contains 12g protein per 100g  
• Contains 12g protein per 100g

**DRESSING**  
• Provides 12g protein per 100g  
• Contains 12g protein per 100g  
• Contains 12g protein per 100g

**WATER**  
• Provides 12g protein per 100g  
• Contains 12g protein per 100g  
• Contains 12g protein per 100g

\*Consult your physician or other healthcare professional before starting this or any other exercise program. If you experience faintness, lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other healthcare professional. Do not start this program if your physician or healthcare professional advises against it.



# SURE & STEADY

## Why it's for you:

Some people don't dive right into the water; they ease their way in. The Sure & Steady plan helps those individuals looking to make gradual changes to their lifestyle, one day at a time. Throughout this 12-week program, you'll see that even small changes to your diet, regular exercise and support from TLS supplements can help achieve a healthier you.

## Results to expect:

Lose 0.45 – 0.9 kg per week.

## What you'll do:

- 5 – 6 servings of protein
- 6 – 12 servings of vegetables
- 2 servings of dairy
- 1 serving of starches
- 2 servings of good fats
- 1 serving of whole grains
- 2 servings of fruit
- Exercise (3 – 5 days per week)\*
- Take supplements, as directed

## TLS MENU PLANS

The graphic is a promotional poster for the TLS Sure & Steady menu plan. At the top, it says 'TLS MENU PLANS' in a light blue font. Below that is the TLS logo, which consists of a stylized 'T' and 'S' with a person icon in between, followed by 'TLS' in a large, light blue font. Underneath the logo, the words 'SURE & STEADY' are written in a bold, dark blue font. Below that, it says 'LOSE 0.45-0.9 KGS PER WEEK' in a smaller, dark blue font. The background of the top half is a light grey. Below this, there are three main sections. The first section is titled 'Why It's For You:' in a bold, dark blue font. Below this title, there is a small paragraph of text. The second section is titled 'A Day on Sure & Steady:' in a bold, dark blue font. Below this title, there is a small paragraph of text. The third section is titled 'Meet our family of products.' in a bold, dark blue font. Below this title, there is a row of five product bottles. To the right of the bottles, there is a small paragraph of text. The bottom right corner of the graphic features a small image of a person's legs in athletic wear, standing on a red and white striped surface. The overall design is clean and professional, with a color palette of light blue, dark blue, and grey.

**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 program, it's not just for your goal, but also.

**A Day on Sure & Steady:**  
Below is an example of some of the foods you can eat. Supplements based on your Weight Management Profile recommendations.

**Meet our family of products.**  
The products you need to support your lifestyle and reach your goals.

**Available: Protein**  
Protein is essential for building muscle, maintaining metabolism, and supporting overall health. TLS Protein is a high-quality, low-calorie protein supplement that is easy to digest and absorb.

**Available: Fiber**  
Fiber is essential for maintaining a healthy digestive system and supporting overall health. TLS Fiber is a high-quality, low-calorie fiber supplement that is easy to digest and absorb.

**Available: BCAA's**  
BCAA's are essential for supporting muscle recovery and preventing muscle breakdown. TLS BCAA's are a high-quality, low-calorie BCAA supplement that is easy to digest and absorb.

**Available: Electrolytes**  
Electrolytes are essential for supporting hydration and preventing dehydration. TLS Electrolytes are a high-quality, low-calorie electrolyte supplement that is easy to digest and absorb.

**Available: Omega-3's**  
Omega-3's are essential for supporting heart health and reducing inflammation. TLS Omega-3's are a high-quality, low-calorie omega-3 supplement that is easy to digest and absorb.

\*Consult your physician or other healthcare professional before starting this or any other exercise program. If you experience faintness, lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other healthcare professional. Do not start this program if your physician or healthcare professional advises against it.

# CONTINUED COMMITMENT

## Why it's for you:

You're at a healthy weight and are looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but are looking for a plan with flexibility, allowing the occasional indulgence.

## Results to expect:

Healthy, everyday living at your target weight.

## What you'll do:

- Follow a balanced and healthy menu plan, with each day consisting of:
  - 5–6 servings of protein
  - 6–8 servings of vegetables
  - 2 servings of dairy
  - 1 serving of starches
  - 2 servings of good fats
  - 2 servings of whole grains
  - 3 servings of fruit
- Exercise (3–6 days per week)\*
- Continue use of supplements, as directed

\*Consult your physician or other healthcare professional before starting this or any other exercise program. If you experience faintness, lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other healthcare professional. Do not start this program if your physician or healthcare professional advises against it.

## TLS MENU PLANS

**TLS**  
**CONTINUED COMMITMENT**  
A GUIDE TO HEALTHY, EVERYDAY LIVING AT YOUR TARGET WEIGHT

**Why It's For You:**  
You're at a healthy weight and are looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but are looking for a plan with flexibility, allowing the occasional indulgence.

**A Day on Continued Commitment:**  
Below is an example of some of the foods you can eat.

**Meet our family of products.**  
The perfect fit for your lifestyle.

**Breakfast:**  
1 Serving: 100% Whole Grain Flour  
1 Serving: 100% Whole Grain Flour  
1 Serving: 100% Whole Grain Flour  
1 Serving: 100% Whole Grain Flour

**Midmorning:**  
1 Serving: 100% Whole Grain Flour  
1 Serving: 100% Whole Grain Flour  
1 Serving: 100% Whole Grain Flour  
1 Serving: 100% Whole Grain Flour

**Lunch:**  
1 Serving: 100% Whole Grain Flour  
1 Serving: 100% Whole Grain Flour  
1 Serving: 100% Whole Grain Flour  
1 Serving: 100% Whole Grain Flour

**Afternoon:**  
1 Serving: 100% Whole Grain Flour  
1 Serving: 100% Whole Grain Flour  
1 Serving: 100% Whole Grain Flour  
1 Serving: 100% Whole Grain Flour

**Dinner:**  
1 Serving: 100% Whole Grain Flour  
1 Serving: 100% Whole Grain Flour  
1 Serving: 100% Whole Grain Flour  
1 Serving: 100% Whole Grain Flour

**Water:**  
1 Serving: 100% Whole Grain Flour  
1 Serving: 100% Whole Grain Flour  
1 Serving: 100% Whole Grain Flour  
1 Serving: 100% Whole Grain Flour



# TLS SUPPLEMENTS & WHEY SHAKES

Available via  Global.  
SHOP.COM



## OVEREATING?

Tame your hunger with TLS CORE Fat & Carb Inhibitor.

- TLS CORE helps suppress your appetite with the help of LeptiCore®, an all-natural ingredient with the demonstrated ability to enhance weight loss.
- Promote weight loss, help control carbohydrates and help your body stop storing fat with TLS CORE.



## STRESSED OUT?

Stabilise your mood with TLS ACTS Adrenal, Cortisol, Thyroid & Stress Support Formula.

- Don't turn to food to help you deal with stress. Your body's reaction to stress can be directly impacted by the adrenal and thyroid glands and the hormone cortisol, all of which can benefit from TLS ACTS.
- TLS ACTS addresses the root of the problem by helping your body adapt to stress and assisting you with your weight loss.



## BUILDING MUSCLE?

TLS Whey Protein Shakes – Vanilla and Chocolate Flavours

- Muscle dictates metabolism, and TLS Whey Protein is an rB-GH-free, fast-absorbing formula that contains 21 grams of protein with minimal carbohydrates and fat, providing the protein you need and nothing you don't.



## TONING UP?

Slim down with TLS Tonalin® CLA (Conjugated Linoleic Acid).

- TLS Tonalin CLA contains natural ingredients to help redistribute fat to fat-burning muscle tissue, promoting lean muscle mass and decreasing the amount of fat stored in your body.
- A great supplement while on an exercise plan, TLS Tonalin CLA will help your body use fat as fuel, enhancing your lean muscle mass.



## BURNING FAT?

Accelerate fat burning with TLS Green Coffee Plus Garcinia Cambogia.

- TLS Green Coffee Plus Garcinia Cambogia helps facilitate the use of stored fat as a source of energy — promoting thermogenesis and accelerating fat burning in the body when used as part of the TLS System.
- TLS Green Coffee Plus Garcinia Cambogia uses Svetol® Green Coffee Extract, the most clinically researched brand of green coffee bean extract.

Many products are made available through GLOBAL.SHOP.COM. This personal consumption program allows U.S. products to be shipped to Australia that are not available for regular sale in Australia. These products are not listed with the TGA. Any products for personal consumption must be only for your personal use.



# TLS NUTRITION SHAKES

YOUR #1 CHOICE FOR A HEALTHY MEAL REPLACEMENT



## NEED MORE PROTEIN AND FIBRE?

- A healthy meal replacement shake
- Great tasting nutrition shake available in two flavours: Chocolate Delight and Creamy Vanilla
- Includes 24 vitamins, minerals and essential nutrients, including eight B vitamins, and also antioxidants vitamin C and E for protection from free radical damage
- Easy to prepare – just add water or milk, blend and enjoy
- Convenient, re-sealable canister for easy use and storage
- Excellent source of fibre, contains 10-11 grams of dietary fibre
- Feel full and stay satisfied: packed with 18 grams of high quality soy protein to handle your hunger
- When used in conjunction with regular exercise may contribute to weight loss or weight management
- No colour added
- Good source of calcium
- Low in saturated fat
- No added sugar
- Gluten free
- Vegetarian



# TLS TOOLS

## *TLS Health Guide & Journal*

The first step in securing your commitment to TLS, the *Health Guide & Journal* is designed to take you day by day through your first 12 weeks of the program, helping instil behaviours and techniques to help you stay healthy, feel great and lose weight.

## [au.tlsSlim.com](http://au.tlsSlim.com)

Our cutting-edge website offers personalised weight management plans and supplement recommendations, educational videos, BMI and body fat calculators, TLS success stories, printable grocery lists, online parties, a health and wellness blog, TLS downloads, and so much more!

## Social Media

Documenting your weight management journey on social media is proven to increase weight loss. Using social media is very beneficial when transitioning because it provides inspiration and support. It's also a great tool for tips and finding fresh ideas or gadgets. Our social media platforms are here to help you. Connect with us on Facebook, Twitter, Instagram and Pinterest. Use our TLS blog to stay up to date on trends and the latest health news.



# Are You Ready?

You have taken the first step in getting healthy by finding TLS.  
But your story doesn't end here. TLS Weight Management Solution  
begins now! It's time to live the life you were meant to!

FIND YOUR FIT

 TLS

SHOP•COM<sup>®</sup>

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