



TLS TRIM TEA & TLS TRIM CAFÉ RECIPES



TLS TRIM TEA RECIPES

For each drink, use one packet TLS® Trim Tea.



ICED STRAWBERRY TEA

1 packet TLS Trim Tea
1 scoop Pure Collagen+
1 packet Ultimate Aloe® Powder – Strawberry Kiwi
1 scoop Daily Greens powder (optional)
15 oz water

Mix or blend on low.

Serve over 2 or 3 frozen strawberries.



ARNIE PALMER

1 packet TLS Trim Tea
1 packet Isotonix® Digestive Enzymes
A squeeze of fresh lemon
10–15 oz water

Serve on the rocks.



SUMMER SWEET TEA AND GREENS

1 packet TLS Trim Tea
1 scoop NutriClean® Advanced Fiber Powder with Stevia
1 scoop Daily Greens powder
15 oz water

Serve over lots of ice.



MYCO-THAI TEA

1 packet TLS Trim Tea
1 scoop MycoAdapt
¼ cup almond milk
8–12 oz hot or cold water

Optional: Add Stevia™ to sweeten

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HOT LEMON DROP TEA

1 packet TLS Trim Tea

6–10 oz hot water

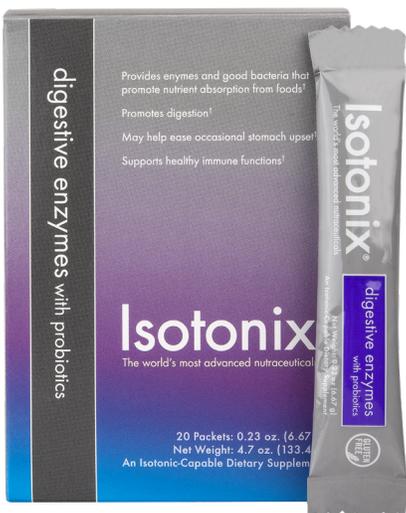
Fresh lemon juice to taste

Optional: Add Stevia™ to sweeten



PRODUCTS FEATURED IN TRIM TEA RECIPES

TLS Trim Tea, Pure Collagen+, NutriClean® Advanced Fiber Powder with Stevia, Ultimate Aloe® Powder – Strawberry Kiwi, MycoAdapt, Daily Greens powder and Isotonix® Digestive Enzymes



TLS TRIM CAFÉ RECIPES

For each drink, use one packet TLS® Trim Café.



HAZELNUT DREAM

1 packet of TLS Trim Café

6–8 oz of hot water

1 tsp MochaTonix® – Chocolate Mocha

A splash of hazelnut milk

(Hazelnut milk can be purchased in Tetra Pak® cartons in the organic section of most grocery stores, usually next to the Tetra Pak almond milk.)

Serve hot or over ice.

MELANIE'S MEAL-IN-A-MUG

1 packet of TLS Trim Café

1 scoop Pure Collagen+

1 scoop NutriClean® Advanced Fiber Powder with Stevia

1 scoop of your favorite TLS Nutrition Shake

1 scoop MycoAdapt

10–12 oz hot water

4 oz warmed or steamed milk of choice (almond, rice, etc.)



SHOT IN THE DARK CAPPUCCINO

1 packet of TLS Trim Café

6 oz hot water

2–4 oz warmed or steamed milk of choice (almond, rice, etc.)

1 tsp MochaTonix – Cappuccino

Serve hot or over ice.

MOCHA TLS SHAKE

1 packet of TLS Trim Café

1 tsp of your favorite MochaTonix

Two scoops of your favorite TLS Nutrition Shake

10 oz water

Mix or blend.

Serve hot or cold.

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ENJOYING YOUR TLS TREATS?

Take a picture or video of your creations and tag us!



@TLSWEIGHTLOSS

CHRISTMAS IN A MUG

- 1 packet of TLS Trim Café
- 1 scoop TLS Nutrition Shake – Chocolate or Vanilla
- 2 Tbsp Nestle® Coffee mate Peppermint Mocha creamer
- 10 oz hot water

Mix well.



PRODUCTS FEATURED IN TRIM CAFÉ RECIPES

TLS Trim Café, MochaTonix, Pure Collagen+, NutriClean® Advanced Fiber Powder with Stevia and TLS Nutrition Shake – Chocolate or Vanilla

