

21 DAYS TO CLEANSE YOUR SYSTEM AND SLIM DOWN



DAY 1

PHASE ONE
DETOX CLEANSE

DAY 7

DAY 8

PHASE TWO
FAT BURNING

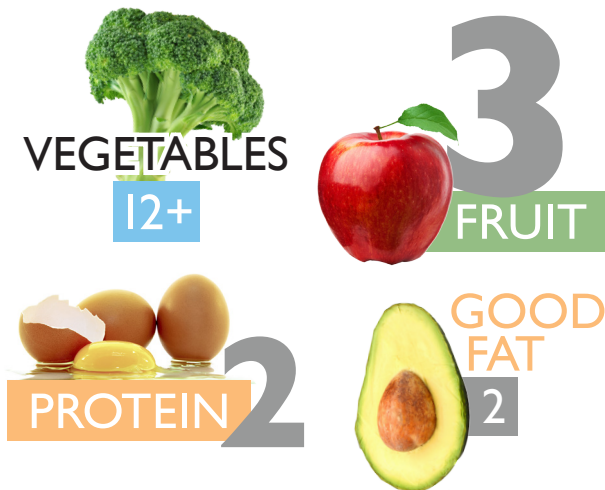
DAY 21

RENEW AND REPLENISH

REPAIR AND RESHAPE

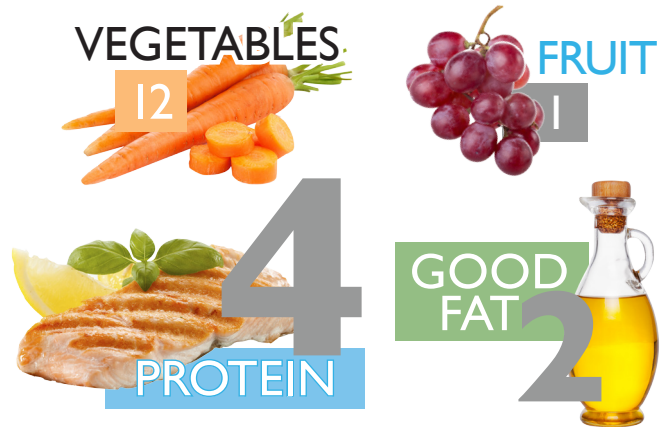
PHASE 1: DETOX CLEANSE

FOOD GROUP & SERVINGS



PHASE 2: FAT BURNING

FOOD GROUP & SERVINGS



DRINK 8 GLASSES OF WATER EACH DAY



I SERVING SIZE

Vegetables	1-2 cups
Good Fats	1 tbsp
Fruit	1 cup/1 medium fruit
Protein Phase 1:	85 grams
Phase 2 – women:	113-170 grams for main meals; 57-85 grams for snacks
Phase 2 – men:	170-227 grams for main meals; 57-85 grams for snacks

SUPPLEMENT FOR SUCCESS!

21-Day Challenge Supplements



*Individuals following the TLS Weight Management Solution as part of a healthy diet and exercise programme can expect to lose 0.5–0.9 kg per week.