



CONTINUED COMMITMENT

A GUIDE TO HEALTHY 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.



BREAKFAST: SCRAMBLED EGGS



AM SNACK: CHOCOLATE COCONUT SHAKE



LUNCH: CHICKEN SALAD SQUASH BOATS



PM SNACK: PEANUT BUTTER APPLE-CINNAMON WEDGES



DINNER: BAKED PORK CHOPS WITH APPLE TOPPING



POST WORKOUT: EIGHT (236 ML) GLASSES DAILY

All recipes are found on UK.TLSSLIM.COM

Meet our family of products.

The products in your programme will be customised to meet your needs.



TLS CORE with Chromium, White Kidney Bean & LeptiCore®

Contains key proven herbals like White Kidney Bean & LeptiCore®, as well as the mineral chromium, which supports normal macronutrient metabolism and blood glucose levels

TLS Nutrition Shakes

A healthy meal replacement and excellent source of fibre with more than 10 grams of dietary fibre, 18 grams of protein and 25 vitamins and minerals per serving

Isotonix® Multivitamin

Promotes normal macronutrient, protein and glycogen metabolism and ideal for anyone who struggles to maintain a healthy diet

Isotonix Activated B-Complex

Contributes to normal energy-yielding metabolism, the reduction of tiredness and fatigue, and the normal function of the immune system

You should consult your physician before beginning this or any other weight management programme.
*LeptiCore is a registered trademark of Gateway Health Alliances, Inc. and is protected under U.S. Patent 6,899,892

CONTINUED COMMITMENT 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 dairy

DINNER: 1 serving of protein, 2–4 servings of vegetables, 1 serving of starch, 1 serving of good fat, 1 serving of whole grain

VEGETABLES: 6-12 SERVINGS PER DAY

1 serving: 1-2 cups, unless otherwise noted

- Alfalfa sprouts
- Artichokes
- Arugula/Rocket salad
- Asparagus
- Aubergine
- Bean sprouts
- Beetroot
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage (red or white)
- Carrots
- Cauliflower
- Celery
- Chard
- Courgette
- Cucumber
- Dandelion greens
- Endive
- Ginger
- Green beans
- Green peas
- Greens (beet, collard, dandelion, kale, mustard, turnip)
- Hot peppers
- Jerusalem artichokes
- Jicama
- Kohlrabi
- Leeks
- Lettuce (any)
- Mangetout
- Mushrooms
- Okra
- Olives
- Onions
- Parsley
- Peppers (red, yellow, green)
- Radicchio
- Radishes
- Rhubarb
- Salsa
- Sauerkraut
- Scallions/Spring onions
- Spinach
- Squash leaves
- Stir-fry vegetables (no sauce)
- Taro root, 1/4 cup
- Tomatoes (fresh)
- Tomato juice (no salt), 1/2 cup
- Tomato paste, 2 tbsp
- Tomato sauce, 1/2 cup
- Turnips
- Vegetable juice (no salt), 1/2 cup
- Vegetable soup (low-fat), 1/2 cup
- Water chestnuts
- Watercress

FRUIT: 2 SERVINGS PER DAY

1 serving: 1 medium fruit or 1 cup, unless otherwise noted

- Apple
- Apricots, 4 medium
- Banana
- Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), 3/4 cup
- Cantaloupe
- Casaba melon
- Cherries, 12 large
- Currants, 3 tbsp.
- Dates (fresh), 2
- Figs (fresh), 2
- Gooseberries, 3/4 cup
- Grapefruit
- Grapes
- Guava
- Honeydew melon
- Jackfruit
- Kiwifruit
- Kumquats, 4 medium
- Lemon
- Lime
- Loganberries, 3/4 cup
- Loquats
- Lychees, 7
- Mandarin orange
- Melon balls
- Mulberries, 3/4 cup
- Nectarine
- Orange
- Papaya, 1/2 medium
- Passion fruit
- Peach
- Pear
- Pineapple, 1/2 cup
- Plum
- Pomegranate, 1/2 small
- Raisins, 2 tbsp.
- Sharon fruit
- Starfruit
- Tangelo
- Tangerine

DAIRY: 2 SERVINGS PER DAY

Those on a dairy-free diet may omit

- Low-fat cheese
- Low-fat creamer
- Low-fat milk
- Low-fat sour cream
- Low-fat soy cheese
- Low-fat soy yoghurt
- Low-fat yoghurt
- Plain Greek yoghurt
- Soy or rice milk (1% fat or low-fat)

PROTEIN: 5-6 SERVINGS PER DAY

1 serving (women):
118–177 g with breakfast,
lunch & dinner; 59–88 g with snacks

1 serving (men):
177–236 g with breakfast,
lunch & dinner; 59–88 g with snacks

- Tinned tuna, salmon or sardines (packed in water)
- Chicken or turkey (without skin)
- Eggs or egg whites
- Fresh fish (salmon, tuna, sardines, flounder, red snapper, trout, etc.)
- Lean veal
- Red meat (limited to 1-2 servings per week) (beef, pork, lamb, or venison)
- Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)
- Soy
- Tempeh
- TLS Nutrition Shake
- Tofu
- Veggie burger

GOOD FATS: 2 SERVINGS PER DAY

1 serving: 1 tablespoon

- Avocado, 1/2 medium
- Oils (olive, avocado, coconut, grapeseed)

WHOLE GRAINS: 2 SERVINGS PER DAY

1 serving: 1/2 cup

- All-bran cereal
- Barley (pearled or hulled)
- Bean thread (glass 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)
- Polenta
- Quinoa
- Rice (authentic basmati, brown)
- Rye
- Sprouted grain bread

STARCHES: 1-2 SERVINGS PER DAY

1 serving: 1/2 cup

- Baked beans (no added sugar)
- Beans (red, black, chickpea, lima, mung, pinto, soy, black-eyed, fat-free refried)
- Winter squash (acorn, butternut, spaghetti)
- Yam/sweet potato (boiled, steamed, baked)
- Yellow squash
- Lentils

Other Rules:

- Consume alcohol sparingly
- Water (minimum of 8 cups per day)
- Supplementation (based on your Weight Management Profile recommendation) or optimal wellness regime
- Exercise (3–6 days per week)