



7-DAY DETOX

FRUIT AND VEGETABLE CLEANSE

Why It's For You:

You're looking for a kick-start and want to receive the maximum benefit from TLS Weight Management Solution. Whether this is your first time participating in TLS or you're stuck in a plateau, this 4-7 day detox will curb your appetite for sweet, salty and fatty foods while supporting your weight loss efforts.

A Day On Detox:

Below is an example of some of the foods you can eat. Drink at least 8 glasses (236 ml) of water daily, and supplement based on your Weight Management Profile recommendation.



BREAKFAST: WARM LEMON WATER & GREENS-ON-THE-GO



AM SNACK: SPICY GAZPACHO



LUNCH: STRAWBERRY SALAD



PM SNACK: VEGETABLE MEDLEY



DINNER: SPICY CARROT SOUP



SNACK (optional): VANILLA BANANA CREAM

All recipes are found on UK.TLSSLLIM.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

Isotonix Digestive Enzymes with Probiotics

Contributes DigeZyme® (a powerful digestive enzyme blend) and probiotics with Lactospore® (*Bacillus coagulans*) with one serving supplying more than 100 mg of key digestive enzymes and 150 million live bacteria

Isotonix OPC-3®

Contains Pycnogenol®**, the most clinically researched and potent bioflavonoid, as well as grape seed, red wine, bilberry and citrus extracts

Isotonix® Multivitamin

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

**Pycnogenol® is a registered trademark of Horphag Research Ltd., and is protected by US Patent Numbers 4,698,360; 5,720,956 and 6,372,266.

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

DETOX POWER FOODS

VEGETABLES: UNLIMITED SERVINGS

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: 3 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

PROTEIN: 2 SERVINGS PER DAY

1 serving: 88 g, *unless otherwise noted*

- Tinned tuna, salmon or sardines (packed in water)
- Chicken or turkey (without skin)
- Eggs (1–2)
- Egg whites (3–4)
- Fresh fish (salmon, tuna, flounder, red snapper, trout, etc.)
- Lean veal
- Soy milk (177 ml)
- Tofu

GOOD FATS: 2 SERVINGS PER DAY

1 serving: 1 tablespoon

- Oils (olive, avocado, coconut, grapeseed)

The Rules:

- No alcohol
- No coffee, soda or other caffeinated beverages
- No dairy
- No grains or starches
- Daily journal
- Water (minimum of 8 cups per day)
- No sugar (other than those found naturally in fruits and vegetables) or artificial sweeteners
- First thing every morning, drink the juice of 1/2 a lemon in a cup of warm water.

**Supplementation: Isotonix® Multivitamin, TLS CORE, Isotonix OPC-3®, Isotonix Digestive Enzymes with Probiotics*

Detox Tips:

- Do not engage in strenuous physical activity, even if you are used to it. Instead, participate in yoga or gentle stretching.
- Get plenty of rest and sleep. You may feel more tired than usual the first few days of detox. By the end of the week, you should feel energised.
- Use spices and herbs, small amounts of low-sodium soy sauce, salt, pepper, vinegar and mustard.
- Choose raw or lightly steamed vegetables.
- Do not skip meals.
- This is a great time to meditate, listen to relaxing music and engage in other stress-reduction activities.
- Think about the commitment you are making to yourself, what you stand to gain and how accomplished you will feel.

How often you participate in a 4–7 day detox programme will depend on your particular needs. Some people choose to complete the detox up to four times a year (every three months). It is recommended that you undergo a detox programme one to three times each year.