



FAT SHREDDER

RIGOUROUS 2-WEEK PROGRAMME FOR SERIOUS FAT BURNING

Why It's For You:

You're extremely committed to achieving swift weight loss goals through an effective programme. You'll shed fat and feel better, physically and emotionally, knowing you can do anything you set your mind to.

A Day On Fat Shredder:

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 needs.



BREAKFAST:
VEGGIE OMELETTE



AM SNACK:
MINT CHOCOLATE SHAKE



LUNCH:
HERB ROASTED CHICKEN



PM SNACK:
STRAWBERRY & SPINACH SHAKE



DINNER:
TUSCAN COD



POST WORKOUT:
1 SERVING OF PROTEIN WITHIN
30 MINUTES OF EXERCISE

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

FAT SHREDDER POWER FOODS

BREAKFAST: 1 serving of protein, 3–4 servings of vegetables

AM SNACK: TLS Nutrition Shake, 1 serving of fruit

LUNCH: 1 serving of protein, 3–4 servings of vegetables, 1 serving of good fat

PM SNACK: TLS Nutrition Shake

DINNER: 1 serving of protein, 3–4 servings of vegetables, 1 serving of good fat

POST WORKOUT: 1 serving of protein within 30 minutes of exercise

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 (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 (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

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

TLS NUTRITION SHAKE 2 SHAKES PER DAY

1 shake for AM snack and
1 shake for PM snack

Other Rules:

- No grains or starches
- No alcohol
- Water (minimum of 8 cups per day)
- Supplementation (based on your Weight Management Profile recommendation)
- Exercise (5–6 days per week)
- Daily journal
- No dairy