



# RAPID RESULTS

## INTENSIVE WEIGHT MANAGEMENT PROGRAMME FOR FAST RESULTS

### Why It's For You:

You're motivated, dedicated and committed to doing whatever it takes to reach your weight management goals. Get ready to break unhealthy habits and start losing fat and weight.

### A Day On Rapid Results:

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:**  
VEGGIE OMELETTE



**AM SNACK:** CHOCOLATE RASPBERRY SHAKE



**LUNCH:**  
SUNBURST CHICKEN SALAD



**PM SNACK:**  
LETTUCE WRAPS



**DINNER:** HOISIN-GLAZED SCALLOPS WITH GRILLED COURGETTE



**WATER:**  
EIGHT (236 ML) GLASSES DAILY

All recipes are found on [UK.TLSSLIM.COM](http://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

# RAPID RESULTS POWER FOODS

**BREAKFAST:** 1 serving of protein, 2–4 servings of vegetables, 1 serving of fruit

**AM SNACK:** TLS Nutrition Shake, 1 serving of fruit

**LUNCH:** 1 serving of protein, 2–4 servings of vegetables, 1 serving of good fat

**PM SNACK:** 1 serving of snack protein, 1 serving of dairy, 1 serving of vegetables

**DINNER:** 1 serving of protein, 2–4 servings of vegetables, 1 serving of good fat

## 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: 1-2 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 yoghurt
- Plain Greek yoghurt

## PROTEIN: 4-6 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

- 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, buffalo or venison)
- Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)
- Soy
- Tempeh
- Tinned tuna, salmon or sardines (packed in water)
- Tofu
- Veggie burger (grain-free)

## GOOD FATS: 2 SERVINGS PER DAY

1 serving: 1 tablespoon

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

## TLS NUTRITION SHAKE: 1-2 SHAKES PER DAY

1 shake for AM snack and/or  
1 shake for PM snack

## Other Rules:

- Detox (4–7 days, optional)
- No alcohol (for at least 21 days)
- Water (minimum of 8 cups per day)
- Supplementation (based on your Weight Management Profile recommendation)
- Exercise (4–5 days per week)
- Daily journal