



SURE & STEADY

GRADUAL WEIGHT MANAGEMENT PROGRAMME

Why It's For You:

You're looking to make gradual changes to your lifestyle and reach your goal weight, one day at a time. With the TLS Sure & Steady programme, it's not if you'll hit your goal but when.

A Day On Sure & Steady:

Below is an example of some of the foods you can eat. Supplement based on your Weight Management Profile recommendation.



BREAKFAST:
BANANA PROTEIN PANCAKES



AM SNACK:
VEGGIES WITH HUMMUS



LUNCH: PORTOBELLO
CHICKEN PIZZA



PM SNACK:
GO GREEN SHAKE



DINNER: FILLET STEAK WITH
SALSA VERDE



WATER:
EIGHT (236 ML) GLASSES DAILY

All recipes are found on UK.TLSLIM.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

SURE & STEADY 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

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 yoghurt
- Plain Greek yoghurt

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

- 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
- Tinned tuna, salmon or sardines (packed in water)
- TLS Nutrition Shake
- TLS Whey Protein Shake
- Tofu
- Veggie burger

GOOD FATS: 2 SERVINGS PER DAY

1 serving: 1 tablespoon

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

WHOLE GRAINS: 1 SERVING 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 SERVING 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)
- Lentils

- Winter squash (acorn, butternut, spaghetti)
- Yam/sweet potato (boiled, steamed, baked)
- Yellow squash

Other Rules:

- Detox (4–7 days, optional)
- No alcohol
- Water (minimum of 8 cups per day)
- Supplementation (based on your Weight Management Profile recommendation)
- Exercise (3–5 days per week)
- Daily journal