21 DAYS TO CLEANSE YOUR SYSTEM AND SLIM DOWN

RENEW AND REPLENISH

REPAIR AND RESHAPE

PHASE 1: DETOX CLEANSE

FOOD GROUP & SERVINGS

VEGETABLES 12+

FRUIT 3

GOOD FAT 2

PROTEIN 2

8 GLASSES OF WATER EACH DAY

PHASE 2: FAT BURNING

FOOD GROUP & SERVINGS

VEGETABLES 12

FRUIT 1

GOOD FAT 2

PROTEIN

1 SERVING SIZE

Vegetables 1-2 cups
Good Fats 1 tbsp
Fruit 1 cup/1 medium fruit
Protein Phase 1: 3 oz
Phase 2 – women: 4-6 oz for main meals; 2-3 oz for snacks
Phase 2 – men: 6-8 oz for main meals; 2-3 oz for snacks

* Individuals following the TLS® Weight Loss Solution as part of a healthy diet and exercise program can expect to lose 1-2 pounds per week.