

Transitions Lifestyle System

TLS® 30-DAY

JUMP-START KIT



#FINDYOURFIT

#TLSJUMPSTART

au.tlsSlim.com



Ready, Set, Go!

Creating your own success
has never been easier.

OVERVIEW

Our 30-Day Jump-Start Kit is designed to start your weight management journey off the right way. We know you want fast results without compromising flavour or satiety, and that is why this jump-start is just the place to start. The two phases will get you looking and feeling great in no time. Phase 1 is a cleanse — a fresh start that not only gently cleanses your digestive tract but helps curb your cravings and prepares you for the second phase, which is the fat-burning phase. During the second phase, you will modify your food plan and add in exercise. This is where you really will see a loss of fat and centimetres.

PHASE 1 — DETOX CLEANSE	PHASE 2 — FAT BURNING
<p>DAYS 1–7</p> <p>Kick off your weight management journey with an invigorating cleanse! Phase 1 will curb cravings for sweet, fatty and salty foods while supporting your weight management efforts. Bursting with fruits and vegetables, this detox is the first step to a brand new you.</p>	<p>DAYS 8–30</p> <p>Accelerate your weight management efforts during Phase 2. Specially created to target stubborn fat, during these weeks you will reach the maximum phase of fat loss. In this phase, you'll shed those extra kilograms of fat and ultimately feel better, both physically and emotionally.</p>

Consult your healthcare provider before starting any weight management or exercise program.



TLS® JUMP-START STRATEGIES

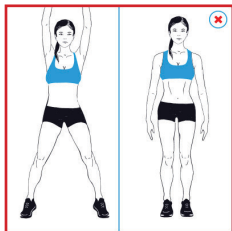
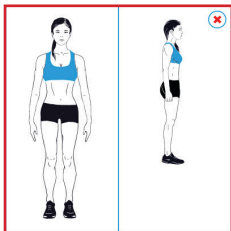
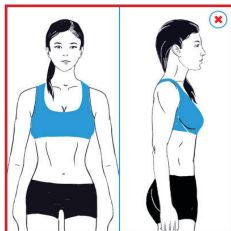
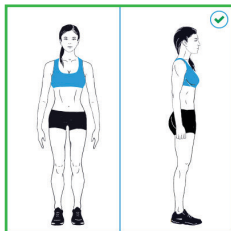
- **Get plenty of sleep.** Getting adequate sleep helps your body function optimally and burn more fat.
- **No skipping meals.** Do not go more than four hours without eating while awake. Eating consistently as our plan outlines keeps your blood sugar levels even throughout the day. This assists with not only having more energy but also being able to burn more fat!
- **No alcohol.** This may be a challenge for some, but alcohol negatively impacts your weight-management and health goals, by turning to sugar and storing as fat.
- **Drink water.** At least 8 cups/64 oz a day. There are so many health benefits aside from weight management, so drink up.
- **Use spices and fresh herbs to enhance your meals.** Eating healthy should not mean bland. You can use fresh garlic, ginger, basil, cilantro and parsley, and a dash of salt, pepper, cayenne, turmeric, vinegar, mustard, Bragg Liquid Aminos, or low-sodium soy sauce goes a long way.
- **No grains, starches or dairy.** You'll be getting your carbohydrates from fruits and vegetables!
- **No sugar or artificial sweeteners.** Once you complete your cleanse week, you will notice your taste buds naturally adjust and foods taste sweeter, so you won't even need extra!
- **Choose raw or lightly steamed or grilled vegetables.** While there are studies that show raw veggies may be better at times, we just want you to get your veggies in!



TIPS FOR TAKING “BEFORE AND AFTER” PHOTOS

Pictures speak louder than words. Before getting started on your TLS® 30-Day Jump-Start, be sure to take “before” photos. After just 30 days, you will see the physical rewards of your hard work.

- Photos should be full-body shots (from head to toe) consisting of one (1) shot each from the front, side and back. Posing for a “before” picture in a bathing suit isn’t the thing most people like to do, but seeing how far you’ve come and the change to your shape is worth it! If you prefer to do it privately, just set your camera or cell phone camera to a timer and take it by yourself. Just be sure to take them!
- Photographic area should be well lit; dim lighting prevents detailed viewing.
- Along with your photo, we would love to hear about your journey. Be sure to tell us your story along with how many centimetres and weight you’ve lost! findyourfit@marketaustralia.com.au



SHOW FULL BODY — HEAD TO TOE

Ditch the diets for good; the TLS® system will keep your blood sugar levels even throughout the day, which assists in improving energy, mood and keeping you in fat-burning mode!

30-DAY JUMP-START CHECKLIST

- ☐ Clean out the junk in the house
- ☐ Go grocery shopping for approved TLS foods
- ☐ Make additional copies of the Tracking Sheet
- ☐ Tell your friends and family you are committed to your TLS program so they can support you



Share your success on social media.

#TLSJUMPSTART

30-DAY JUMP-START CHECKLIST

DAYS 1–7	DAYS 8–30
<ul style="list-style-type: none"> • Ultimate Aloe® Juice • Isotonix® Multivitamin and Isotonix OPC-3® • Isotonix Isochrome 	<ul style="list-style-type: none"> • TLS® Nutrition Shake • Isotonix Isochrome • Isotonix Multivitamin and Isotonix OPC-3



From left: Ultimate Aloe Juice, Isotonix Multivitamin, Isotonix OPC-3 , Isotonix Isochrome and TLS Nutrition Shakes

**Flavours of our aloe and shakes may change without prior notice due to inventory*

PRODUCT TESTIMONIALS

ISOTONIX OPC-3

“Our family has been using OPC-3 for over 20 years. Thank you MA for this #1 supplement that has helped thousands and thousands!” — **Bonnie P.**

ISOTONIX ISOCHROME

“Curbed my cravings and good for sugar level maintenance. I’ve been taking the Isotonix Isochrome for a couple of years now. It tastes great and helps me with my craving. Love it.” — **Angela L.**

TLS NUTRITION SHAKE

“I lost 14 kg (30 lbs) and they are delicious! A must for my weight loss journey!” — **Maureen M.**

These statements are testimonials from our UnFranchise® Owners are based on their own experiences and are not intended to represent or guarantee that anyone will achieve the same or similar results.

Individuals following the TLS Weight Management Solution as part of a healthy diet and exercise program can expect to lose 0.45 - 0.9 kg (1–2 pounds) per week.

ADDITIONAL TLS® PRODUCTS THAT ACCELERATE YOUR RESULTS



1. **TLS JOURNAL - SINGLE BOOK (A5) 12 WEEKS WITH FREE TLS HEALTH GUIDE: Knowledge is Power** — Helps guide you through your TLS program with daily tracking sheets, essential information and education.
2. **TLS NUTRITION SHAKE: Delicious and Nutritious** — 18 grams protein and at least 10 grams of fibre. Great meal replacement.
3. **ISOTONIX ISOCHROME:** The most complete chromium supplement with a combination of vitamins, minerals, amino acids, enzymes, and co-enzyme Q10 that can help support healthy blood sugar and energy levels, which will ultimately help improve the success of most weight-management programs.
4. **TLS CORE FAT & CARB INHIBITOR:** Helps manage hunger, inhibit carbohydrate absorption and assists in weight loss.
5. **TLS TONALIN CLA (Conjugated Linoleic Acid): Melt Excess Fat** — Targets stubborn belly fat, and helps to reduce the percentage of body fat while preserving muscle tissue.
6. **TLS ACTS ADRENAL, CORTISOL, THYROID, AND STRESS SUPPORT FORMULA: Manage Stress** — Helps minimise certain stress-related issues. By promoting healthy levels of cortisol, dopamine and serotonin, TLS ACTS helps to enhance and stabilise mood.
7. **TLS GREEN COFFEE PLUS GARCINIA CAMBOGIA: Burn Stored Fat** — Inhibits conversion of sugar into fat and promotes healthy weight loss.
8. **TLS TRIM TEA AND TRIM CAFÉ: Eliminate Cravings** — Mix with water and drink daily to promote a feeling of fullness. Helps curb appetite and promotes weight loss.
9. **NutriClean 7-Day Cleansing System with Stevia:** A colon and liver cleansing system – uses exceptional herbs, botanicals, fibres and extracts to detoxify, cleanse, and purify the digestive tract and liver.

PRODUCTS AVAILABLE ON SHOP.COM GLOBAL! —

Many U.S. products are made available through the Personal Consumption Program on SHOP.COM Global in Australia. SHOP.COM Global with SHOP.COM online shopping is more convenient than ever! Visit GLOBAL.SHOP.COM today.

** Many other TLS and health products are made available through SHOP.COM Global. This personal consumption program allows U.S. products to be shipped to Australia that are not available for regular sale in Australia. These products are not listed with TGA. Any products for personal consumption must be only for your personal use. The total quantities of the goods imported within a 12-month period sale not exceed a 15-month supply of the goods/product.*

30-DAY JUMP-START GUIDE

PHASE I FOOD & SUPPLEMENT PLANNER

VIEW POWER FOODS PAGE FOR SUGGESTED FOOD CHOICES

WAKE-UP	Mix 2 servings of Isotonix OPC-3® and 1 serving of Isotonix® Multivitamin with 180 ml of water and drink immediately. Wait 15 minutes before eating or drinking anything else*.
15 MIN. LATER	Drink one serving of Ultimate Aloe® Juice as directed*
	Squeeze ½ lemon in 1 cup warm water, drink immediately
BREAKFAST	1 serving fruit 1 serving protein 3+ servings vegetables
MID-MORNING SNACK	1 cup water 1 serving fruit
LUNCH	2 cups water 1 serving good fat 3+ servings vegetables
AFTERNOON SNACK	1 cup water 1 serving fruit 2+ servings vegetables
SUPPLEMENT	Take one serving of Isotonix Isochrome as directed before dinner*
DINNER	2 cups water 1 serving protein 1 serving good fat 3+ servings vegetables
EVENING SNACK (OPTIONAL)	1 cup water 1 serving vegetable
BEFORE BED	Drink one serving of Ultimate Aloe Juice*

PHASE I RULES

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> • No coffee, soda or other caffeinated beverages • No dairy | <ul style="list-style-type: none"> • No grains or starches • No alcohol | <ul style="list-style-type: none"> • Avoid strenuous activity; rather, partake in walking, yoga or stretching. |
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DAILY FOOD SERVINGS

VEGETABLES: Unlimited | FRUIT: 3 | PROTEIN: 2 (1 serving = 85 grams) | GOOD FATS: 2

*As directed on label

30-DAY JUMP-START GUIDE

PHASE 2 FOOD & SUPPLEMENT PLANNER

VIEW POWER FOODS PAGE FOR SUGGESTED FOOD CHOICES

WAKE-UP	Mix 2 servings of Isotonix OPC-3® and 1 serving of Isotonix® Multivitamin with 180 ml of water and drink immediately. Wait 15 minutes before eating or drinking anything else*.
BREAKFAST	2 cups water 1 serving protein 3 servings vegetables
MID-MORNING SNACK	1 TLS® Nutrition Shake with 1 cup of water* 1 serving fruit
LUNCH	2 cups water 1 serving good fat 1 serving protein 2 servings vegetables
AFTERNOON SNACK	1 TLS Nutrition Shake with 1 cup of water* 2 servings vegetables
SUPPLEMENT	Take one serving of Isotonix Isochrome as directed before dinner*
DINNER	2 cups water 1 serving protein 1 serving good fat 3 servings vegetables

EXERCISE

Fitness Australia recommends at least 150 minutes of moderate intensity cardiovascular exercise or 75 minutes of vigorous cardiovascular exercise per week.**
Integrate our 30-Day Jump-Start Exercise Plan, downloadable on au.tlsSlim.com.

POST-WORKOUT SNACK	1 serving of protein within 30 minutes of exercise.
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PHASE 2 RULES

• No sugar	• No dairy	• No grains or starches	• No alcohol
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DAILY FOOD SERVINGS

VEGETABLES: 8–12 | FRUIT: 1 | PROTEIN: 3–4 (1 serving = 85 grams) | GOOD FATS: 2

Download the TLS Nutrition Shake Recipes on au.tlsSlim.com for some fun and tasty ideas.
They can be taken with a dairy alternative like almond milk.

*As directed on label **SOURCE: <http://www.heartfoundation.org.au/SiteCollectionDocuments/physical-activityin-patients-with-cvd-management-algorithm.pdf>, http://www.getmoving.tas.gov.au/__data/assets/file/0003/45048Fitness_Australia_cardiovascular_exercise_prescription_for_healthy_adults1.pdf

30-DAY JUMP-START POWER FOODS

VEGETABLES

1 SERVING = 1–2 CUPS, UNLESS OTHERWISE NOTED

- Alfalfa sprouts
- Artichokes
- Asparagus
- Bean sprouts
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage (red or white)
- Capsicum
- Carrots
- Cauliflower
- Celery
- Chilli
- Cucumber
- Dandelion greens
- Eggplant
- Endive
- Ginger
- Green beans
- Green peas
- Greens (beet, collard,

- dandelion, kale, mustard, turnip)
- Jerusalem artichokes
- Kale
- Kohlrab
- Leeks
- Lettuce (any)
- Malanga
- Mushrooms
- Okra
- Olives
- Onions
- Parsley
- Pimientos
- Radicchio
- Radishes
- Rhubarb
- Rocket
- Salsa
- Sauerkraut
- Silverbeet
- Snow peas (no sugar)

- Spinach
- Spring onions
- Squash leaves
- Stir-fry vegetables (no sauce)
- Swede, turnip
- Taro root, ¼ cup
- Tomatoes (fresh)
- Tomato juice (no salt), ½ cup
- Tomato paste, 2 tbsp
- Tomato sauce, ½ cup
- Vegetable juice (no salt), ½ cup
- Vegetable soup (low-fat), ½ cup
- Water chestnuts
- Watercress
- Yam bean
- Zucchini

GOOD FATS

1 SERVING, 1 TABLESPOON

- Oils (olive, avocado, coconut, grapeseed)
- Avocado, ½ medium

30-DAY JUMP-START POWER FOODS

FRUITS

1 SERVING = 1 MEDIUM-SIZED FRUIT OR 1 CUP, UNLESS OTHERWISE NOTED

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> • Apple • Apricots, 4 medium • Banana • Berries, $\frac{3}{4}$ cup (blueberries, strawberries, raspberries, boysenberries, blackberries) • Cantaloupe • Cherries, 12 large • Currants, 3 tbsp • Dates (fresh), 2 • Figs (fresh), 2 • Grapefruit • Grapes • Guava | <ul style="list-style-type: none"> • Honeydew melon • Jackfruit • Kiwifruit • Kumquats, 4 medium • Lemon • Lime • Loganberries, $\frac{3}{4}$ cup • Loquats • Lychees, 7 • Mandarin orange • Melon balls • Mulberries, $\frac{3}{4}$ cup • Nectarine • Orange | <ul style="list-style-type: none"> • Papaya, $\frac{1}{2}$ medium • Passion fruit • Peach • Pear • Pineapple, $\frac{1}{2}$ cup • Plum • Pomegranate, $\frac{1}{2}$ small • Raisins, 2 tbsp • Starfruit • Tangelo • Tangerine |
|--|---|---|

PROTEINS

PHASE 1

1 SERVING = 88 ML,
UNLESS OTHERWISE NOTED

PHASE 2

WOMEN: 1 SERVING = 113–170 GRAMS BREAKFAST
LUNCH AND DINNER: 57–85 GRAMS SNACKS
MEN: 1 SERVING = 170–227 GRAMS BREAKFAST
LUNCH AND DINNER: 57–85 GRAMS SNACKS

- Smoked salmon
- Chicken or turkey (without skin)
- Eggs (1–2)
- Egg whites (3–4)
- Lean veal
- Fresh fish (salmon, sardines, tuna, flounder, snapper, trout, etc.)
- Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)

VEGETARIAN PROTEINS

- Tempeh or tofu
- TVP (texturized vegetable protein)
- Veggies or garden burger (grain free)
- Hemp hearts
- Chia seeds
- Quinoa

PHASE 2

- TLS® Nutrition Shake




GET READY FOR SUCCESS

Transitions Lifestyle System

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