



 (TLS) WEIGHT
MANAGEMENT
SOLUTION

Transitions Lifestyle System

TLS 30-DAY

JUMP-START KIT



#FINDYOURFIT
#TLSJUMP-START

uk.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 pounds.

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 pounds of fat and ultimately feel better, both physically and emotionally.</p>

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



TLS Jump-Start STRATEGIES

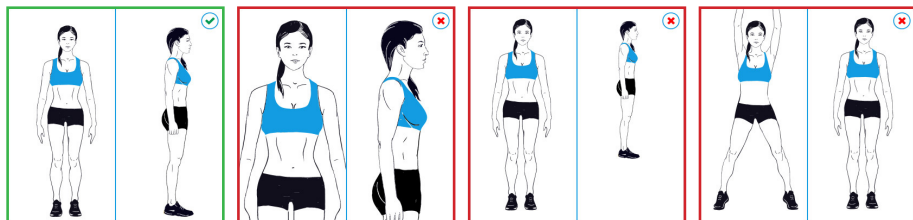
- **Get plenty of sleep.** Getting adequate sleep helps your body function optimally and burn more fat.
- **No skipping meals.** Do not go more than four hours without eating while awake. Eating consistently as our plan outlines keeps your blood sugar levels even throughout the day. This assists with 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, coriander and parsley. And a dash of salt, pepper, cayenne, turmeric, vinegars, mustard, Worcestershire sauce, 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 your progress. Email us at findyourfit@marketunitedkingdom.com.uk.



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 programme 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"> • Isotonix® Digestive Enzymes with Probiotics • Isotonix Daily Essential Packets (includes Multivitamin, Activated B-Complex, OPC-3 and Calcium Plus) • TLS CORE 	<ul style="list-style-type: none"> • Isotonix Digestive Enzymes with Probiotics • TLS Nutrition Shake • TLS CORE • Isotonix Daily Essential Packets (includes Multivitamin, Activated B-Complex, OPC-3 and Calcium Plus)



From left: Isotonix Digestive Enzymes with Probiotics, TLS CORE, Isotonix Daily Essentials Packets, TLS Nutrition Shake

PRODUCT TESTIMONIALS

TLS CORE

"CORE is absolutely one of the BEST supplements! It helps me with cravings and maintaining my 90 lb weight loss!" — **Stacey B.**

ISOTONIX DIGESTIVE ENZYMES WITH PROBIOTICS

"Amazing product. This is amazing! It saved my life. I don't have bloated stomach anymore. It helps me with my health and well-being. Everyone should have this. And it tastes great. Highly recommended." — **Natalia R.**

TLS NUTRITION SHAKE

"I lost 30 lbs and they are delicious! A must for my weight loss journey!" — **Maureen M.**

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

Individuals follow the TLS Weight Management Solution as part of a healthy diet and exercise programme.

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 programme with daily tracking sheets, essential information and education.
2. **TLS NUTRITION SHAKE: Delicious and Nutritious** – at least 18 grams of protein and 11 grams of fibre. Treat your body to a delicious shake!
3. **TLS CORE:** Contains key minerals like chromium, which contribute to normal macronutrient metabolism and the maintenance of normal blood glucose levels.
4. **TLS THERMOCHROME WITH ADVANTRA Z®:** **Boost Metabolism** – Increases energy, promotes weight management and may suppress appetite.
5. **TLS CLA: 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 management.
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 management.
9. **NutriClean® 7-Day Cleansing System:** A colon and liver cleansing system – uses exceptional herbs, botanicals, fibres and extracts to detoxify, cleanse, and purify the digestive tract and liver.

**Advantra Z® is a registered trademark of Nutratech, Inc. (U.S. Patent No. 6,224,873). Many other TLS or health and nutrition exclusive products are available on SHOP.COM Global. Please note that restrictions may apply. Products sold on SHOP.COM Global are according to U.S. laws and regulations, and the company makes no representation it complies with EU laws and/or regulations. Please see SHOP.COM Global Terms and Conditions to learn more.*

30-DAY JUMP-START GUIDE

PHASE I FOOD & SUPPLEMENT PLANNER

VIEW POWER FOODS PAGE FOR SUGGESTED FOOD CHOICES

WAKE-UP	Mix 1 packet of the Isotonix® Daily Essentials Packets with exactly 240 ml of water, drink immediately and wait 20 minutes before eating or drinking anything else*
20 MINUTES LATER	Mix one serving of Isotonix Digestive Enzymes with Probiotics in 60 ml water, drink immediately*
	Squeeze ½ lemon in 240 ml warm water, drink immediately
BREAKFAST	1 serving fruit 1 serving protein 3+ servings vegetables
MID-MORNING SNACK	240 ml water 1 serving fruit
SUPPLEMENT	Take two TLS CORE tablets 30–45 minutes before lunch
LUNCH	480 ml water 1 serving good fat 3+ servings vegetables
AFTERNOON SNACK	240 ml water 1 serving fruit 2+ servings vegetables
SUPPLEMENT	Take two TLS CORE tablets 30–45 minutes before dinner*
DINNER	480 ml water 1 serving protein 1 serving good fat 3+ servings vegetables
EVENING SNACK (OPTIONAL)	240 ml water 1 serving vegetable
BEFORE BED	Take a serving of Isotonix Digestive Enzymes with Probiotics in 60 ml water*

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

Download the 30-Day Jump-Start Recipe Booklet, Exercise Guide and our
TLS Shaking and Baking recipes on uk.tlsSlim.com

*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 1 packet of the Isotonix® Daily Essentials Packets with exactly 240 ml of water, drink immediately and wait 20 minutes before eating or drinking anything else*
20 MINUTES LATER	Mix one serving of Isotonix Digestive Enzymes with Probiotics in 60 ml water, drink immediately*
BREAKFAST	240 ml water 1 serving protein 3 servings vegetables
MID-MORNING SNACK	1 TLS Nutrition Shake with 240 ml of water* 1 serving fruit
SUPPLEMENT	Take two TLS CORE tablets 30–45 minutes before lunch*
LUNCH	480 ml water 1 serving good fat 1 serving protein 2 servings vegetables
AFTERNOON SNACK	1 TLS Nutrition Shake with 240 ml of water* 2 servings vegetables
SUPPLEMENT	Take two TLS CORE tablets 30–45 minutes before dinner*
DINNER	480 ml water 1 serving protein 1 serving good fat 3 servings vegetables
BEFORE BED	Take a serving of Isotonix Digestive Enzymes with Probiotics in 60 ml water*

EXERCISE

England's National Health Service (NHS) recommends at least 150 minutes of moderate-intensity aerobic activity every week, combined with muscle-strengthening activities two days a week.**
Integrate our 30-Day Jump-Start Exercise Plan, downloadable on uk.tlsSlim.com.

POST-WORKOUT SNACK
 1 serving of protein within 30 minutes of exercise.
We highly recommend our TLS Whey Protein Shake for a convenient and great-tasting way to deliver the protein and amino acids to promote optimal body composition.

PHASE 2 RULES

• No sugar • No dairy • No grains or starches • No alcohol

DAILY FOOD SERVINGS

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

*As directed on label **Source: <http://www.nhs.uk/Livewell/fitness/Pages/physical-activityguidelines-for-adults.aspx>

30-DAY JUMP-START POWER FOODS

VEGETABLES

1 SERVING = 1–2 CUPS, UNLESS OTHERWISE NOTED

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|--|--|---|
| <ul style="list-style-type: none">• Alfalfa sprouts• Artichokes• Arugula/Rocket salad• Asparagus• Aubergine• Bean sprouts• Beetroot• Bell peppers/sweet peppers• Bok choy• Broccoli• Brussels sprouts• Cabbage (red or white)• Carrots• Cauliflower• Celery• Chard• Courgette/Zucchini• Cucumber• Dandelion greens• Chicory/Endive• Ginger | <ul style="list-style-type: none">• Runner beans/Green beans• Green peas• Greens (beet, collard, dandelion, kale, mustard, turnip)• Hot peppers• Jerusalem artichokes• Jicama• Kale• Kohlrabi• Leeks• Lettuce (any)• Mushrooms• Okra• Olives• Onions• Parsley• Peppers/Pimientos• Radicchio• Radishes• Rhubarb• Salsa | <ul style="list-style-type: none">• Sauerkraut• Scallions/ Spring onions• Mange tout snow peas (no sugar)• Spinach• Squash leaves• Stir-fry vegetables (no sauce)• Taro root, ¼ cup• Tomatoes (fresh)• Tomato juice (no salt), ½ cup• Tomato paste, 2 tbsp• Tomato sauce, ½ cup• Turnips• Vegetable juice (no salt), ½ cup• Vegetable soup (low-fat), ½ cup• Water chestnuts• Watercress |
|--|--|---|

GOOD FATS

1 SERVING, 1 TABLESPOON

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|---|---------------------|
| • Oils (olive, avocado, coconut, grapeseed) | • Avocado, ½ medium |
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30-DAY JUMP-START POWER FOODS

FRUITS

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

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|---|---|--|
| <ul style="list-style-type: none"> • Apple • Apricots, 4 medium • Banana • Berries, $\frac{3}{4}$ cup (blueberries, strawberries, raspberries, boysenberries, blackberries) • Cantaloupe • Casaba melon • Cherries, 12 large • Currants, 3 tbsp • Dates (fresh), 2 • Figs (fresh), 2 • Gooseberries, $\frac{3}{4}$ cup • Grapefruit | <ul style="list-style-type: none"> • Grapes • Guava • 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 | <ul style="list-style-type: none"> • Nectarine • Orange • Papaya, $\frac{1}{2}$ medium • Passion fruit • Peach • Pear • Pineapple, $\frac{1}{2}$ cup • Plum • Pomegranate, $\frac{1}{2}$ small • Raisins, 2 tbsp • Sharon fruit • Starfruit • Tangelo • Tangerine |
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PROTEINS

PHASE 1

1 SERVING = 85 GRAMS, 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

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

VEGETARIAN PROTEINS

- Tempeh or tofu
- Veggies burger (grain-free)
- Hemp hearts
- Chia seeds
- Quinoa

PHASE 2

- TLS Nutrition Shake



GET READY FOR
SUCCESS

Transitions Lifestyle System

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