



# 7-DAY DETOX

## Why It's For You:

You're looking for a kick-start and want to receive the maximum benefit from TLS® Weight Loss Solution. Whether this is your first time participating in TLS or you're stuck in a plateau, this 7-Day Detox will curb your appetite for sweet, salty and fatty foods while supporting your weight loss efforts.

## A Day On Detox:

Below is an example of some of the foods you can eat. Drink at least 8 glasses (8 oz) of water daily, and supplement based on your Weight Loss Profile recommendation. The the NutriClean 7-Day Cleansing system along with the TLS CORE Carb & Fat Inhibitor. Isotonix Multivitamin and OPC-3 are great products to utilize during your cleanse.



**BREAKFAST:** WARM LEMON WATER† & GREENS ON THE GO



**AM SNACK:** SPICY GAZPACHO†



**LUNCH:** STRAWBERRY CHICKEN SALAD†



**PM SNACK:** VEGETABLE MEDLEY



**DINNER:** SPICY CARROT SOUP WITH THAI SPICED TOFU†



**SNACK (optional):** VANILLA BANANA CREAM†

†All recipes are found on [tlsSlim.com](http://tlsSlim.com) (must have active subscription)



### Isotonix OPC3® with Pycnogenol®†:

- Helps maintain healthy cholesterol and blood glucose levels
- Demonstrates anti-inflammatory activity

### Isotonix® Multivitamin:

- Contains 100% or more of the recommended daily allowance of essential vitamins
- Helps maintain normal metabolic functioning

### NutriClean® 7-Day Cleansing System:

- Helps maintain digestive health
- Helps cleanse the colon, bowel, and detoxify the liver

### TLS® CORE Fat & Carb Inhibitor:

- Helps inhibit carbohydrate absorption in the body
- May help suppress appetite by promoting a feeling of fullness

†Pycnogenol™ is a registered trademark of Horphag Research Ltd., and is protected by US Patent Numbers 4,698,360; 5,720,956 and 6,372,266.

\*You should consult your physician before beginning this or any other weight management program. Individuals following the TLS Weight Loss Solution can expect to lose 1-2 pounds per week. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# DETOX POWER FOODS

**BREAKFAST:** 3 servings vegetables, 1 serving fruit

**AM SNACK:** 1 serving fruit, 1 serving vegetable

**LUNCH:** 1 serving protein, 1 serving good fat, 3 servings vegetables

**PM SNACK:** 1 serving fruit, 2 servings vegetables

**DINNER:** 1 serving protein, 1 serving good fat, 3 servings vegetables

## VEGETABLES: UNLIMITED SERVINGS

1 serving: 1–2 cups, unless otherwise noted

- Alfalfa sprouts
- Artichokes
- Arugula
- Asparagus
- Bean sprouts
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage (red or white)
- Carrots
- Cauliflower
- Celery
- Chard
- Collard greens
- Cucumber
- Dandelion greens
- Eggplant
- Endive
- Ginger
- Green beans
- Green peas
- Greens (beet, collard, dandelion, kale, mustard, turnip)
- Hot peppers
- Jerusalem artichokes
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce (any)
- Malanga
- Mushrooms
- Okra
- Olives
- Onions
- Parsley
- Pimientos
- Radicchio
- Radishes
- Rhubarb
- Rutabaga
- Salsa
- Sauerkraut
- Scallions
- Snow peas (no sugar)
- 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
- Vegetable juice (no salt), 1/2 cup
- Vegetable soup (low-fat), 1/2 cup
- Water chestnuts
- Watercress
- Zucchini

## FRUIT: 3 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

## PROTEIN: 2 SERVINGS PER DAY

1 serving: 3 oz, unless otherwise noted

- Canned tuna, salmon or sardines (packed in water)
- Chicken or turkey (without skin)
- Eggs (2)
- Egg whites (3)
- Fresh fish (salmon, tuna, cod, flounder, shrimp, lobster, snapper, trout, etc.)

### VEGETARIAN OPTIONS

- Chia or hemp seeds (2oz)
- Lentils
- Nutritional Yeast (2 Tbsp)
- Organic non-gmo tempeh
- Organic soy milk (not processed)
- Quinoa
- Spirulina (2 Tbsp)
- TLS Plant-Based Protein
- Tofu

## GOOD FATS: 2 SERVINGS PER DAY

1 serving: 1 tablespoon

- Oils (olive, avocado, coconut, grapeseed)

## The Rules:

- No alcohol
- No coffee, soda or other caffeinated beverages
- No grains or starches
- No sugar (other than those found naturally in fruits and vegetables) or artificial sweeteners
- Water (minimum of 8 cups per day)
- First thing every morning, drink the juice of 1/2 a lemon in a cup of warm water.
- Supplementation: TLS® CORE Fat & Carb Inhibitor, Isotonix® Multivitamin, NutriClean® 7-Day Cleansing System, Isotonix OPC-3®

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## Detox Tips:

- Do not engage in strenuous physical activity, even if you are used to it. Instead, participate in yoga or gentle stretching.
- Get plenty of rest and sleep. You may feel more tired than usual the first few days of detox. By the end of the week, you should feel energized.
- Use spices and herbs, small amounts of low-sodium soy sauce, salt, pepper, vinegar and mustard
- Choose raw, or lightly steamed vegetables
- Do not skip meals
- This is a great time to meditate, listen to relaxing music and engage in other stress reduction activities.
- Think about the commitment you are making to yourself, what you stand to gain and how accomplished you will feel.

How often you participate in a 7 day detox program will depend on your particular needs. Some people choose to complete the detox up to four times a year (every three months). It is recommended that you undergo a detox program one to three times each year.