



FAT SHREDDER

LOSE 4.5 KGS IN TWO WEEKS

Why It's For You:

You're extremely committed to achieving swift weight management goals through an effective program. You'll shed fat and feel better, physically and emotionally, knowing you can do anything you set your mind to.

A Day On Fat Shredder:

Below is an example of some of the foods you can eat. Drink at least 8 glasses (250 ml each) of water daily, and supplement based on your Weight Management Profile recommendation.



BREAKFAST:
VEGGIE OMELETTE



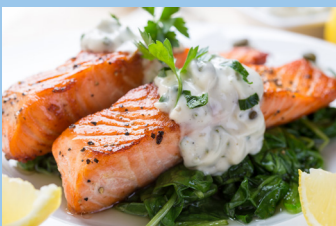
AM SNACK:
MINT CHOCOLATE SHAKE



LUNCH:
CHICKEN & VEGETABLE FRITTATA



PM SNACK:
STRAWBERRY & SPINACH SHAKE



DINNER:
GRILLED SALMON



POST WORKOUT:
EGGS

Meet our family of products.

The products in your program will be customised to meet your needs.



Nutrition Shake:

- Healthy meal replacement
- Includes 24 vitamins, minerals and essential nutrients, including eight B vitamins, and also antioxidants vitamin C and E for protection from free-radical damage
- Contains 10-11 grams of dietary fibre and 18 grams of high-quality soy protein to handle your hunger

Isotonix® Isochrome:

- Supports healthy blood sugar functions
- Help to maintain cardiovascular health
- Promotes muscle health and strength

Isotonix OPC-3® with Pycnogenol®:

- May assist in the maintenance of healthy cholesterol and blood sugar levels in healthy individuals
- Demonstrates anti-inflammatory activity
- Contains antioxidants that protect the cells and tissues from damages by free radicals

Isotonix Multivitamin:

- Contains 100% or more of the daily value of many essential vitamins and minerals
- Supports metabolism and conversion of food into energy, thyroid function, adrenal functions, and hormones
- Assists in the maintenance or improvement of general well-being

†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 Management Solutions can expect to lose 0.45 - 0.9 kilograms per week.

FAT SHREDDER POWER FOODS

BREAKFAST: 1 serving of protein, 3-4 servings of vegetables

AM SNACK: TLS Nutrition Shake, 1 serving of fruit

LUNCH: 1 serving of protein, 3-4 servings of vegetables, 1 serving of good fat

PM SNACK: TLS Nutrition Shake

DINNER: 1 serving of protein, 3-4 servings of vegetables, 1 serving of good fat

POST WORKOUT: 1 serving of protein within 30 minutes of exercise

VEGETABLES: 8–12 SERVINGS PER DAY

1 serving: 1–2 cups, *unless otherwise noted*

- Alfalfa sprouts
- Artichokes
- Arugula (rocket)
- Asparagus
- Bean sprouts
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage (red or white)
- Capsicums (pimientos)
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Dandelion greens
- Eggplant
- Endive (lettuce)
- Ginger
- Green beans
- Green peas
- Greens (beet, collard, dandelion, kale, mustard, turnip)
- Hot peppers (chillies)
- Jerusalem artichokes
- Kohlrabi
- Leeks
- Lettuce (any)
- Mushrooms
- Okra (lady finger, gumbo)
- Olives
- Onions
- Parsley
- Pimientos
- Radicchio
- Radishes
- Rhubarb
- Salsa
- Sauerkraut
- Scallions (shallots/spring onions)
- Silverbeet (chard)
- Snow peas (no sugar)
- Spinach
- Squash leaves
- Stir-fry vegetables (no sauce)
- Swede, turnip (rutabaga)
- 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
- Yam Bean (jicama)
- Zucchini

PROTEIN: 3–4 SERVINGS PER DAY

1 serving (women): 118 – 177 g (4 – 6 oz) with breakfast, lunch & dinner; 59 – 88 g (2 – 3 oz) with snacks

1 serving (men): 177 – 236 g (6 – 8 oz) with breakfast, lunch & dinner; 59 – 88 g (2–3 oz) with snacks

- Smoked salmon
- Chicken or turkey (without skin)
- Eggs or egg whites
- Fresh fish (salmon, tuna, sardines, flounder, snapper, trout, etc.)
- Seafood (prawn, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)
- Tempeh
- Tofu
- TVP (texturised vegetable protein)
- Veggie or garden burger (grain-free)

FRUIT: 1 SERVING 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 (rockmelon)
- 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/paw paw, 1/2 medium
- Passion fruit
- Peach
- Pear
- Pineapple, 1/2 cup
- Plum
- Pomegranate, 1/2 small
- Raisins, 2 tbsp
- Sharon fruit (carambola)
- Starfruit
- Tangelo
- Tangerine

GOOD FATS: 2 SERVINGS PER DAY

- Oils (olive, avocado, coconut, etc.)
- Avocado, 1/2 medium

TLS NUTRITION SHAKE: 2 SHAKES PER DAY

1 shake for AM snack and
1 shake for PM snack

Other Rules:

- No grains or starches
- No alcohol
- Water (minimum of 8 cups per day)
- Supplementation (based on your weight management needs)
- Exercise (5–6 days per week)
- Daily journaling
- No dairy