



# SURE & STEADY

LOSE 0.45 – 0.9 KG (1–2 LBS) PER WEEK

## Why It's For You:

You're looking to make gradual changes to your lifestyle and reach your goal weight, one day at a time. With the TLS® Sure & Steady program it's not if you'll hit your goal, but when.

## A Day on Sure & Steady:

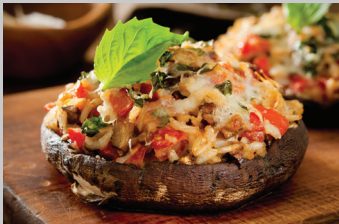
Below is an example of some of the foods you can eat. Supplement based on your weight management goals.



**BREAKFAST:**  
BANANA PROTEIN PANCAKES



**AM SNACK:**  
VEGGIES WITH HUMMUS†



**LUNCH:**  
PORTOBELLO CHICKEN PIZZA†



**PM SNACK:**  
GO GREEN SHAKE



**DINNER:** TENDERLOIN STEAK  
W/ SALSA VERDE†



**WATER:**  
EIGHT GLASSES (236 ml) DAILY

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



**ACTS:** Reduce the symptoms of stress

**CLA:** Support for healthy glucose metabolism and more

**CORE:** Metabolize fats and reduce the digestion of carbs

**Green Coffee:** Inhibit the conversion of sugar into fat

**Nutrition Shake:** A healthy meal replacement shake

**Whey Protein Shake:** Protein supplement or post-workout shake

Tonalin CLA® is an exclusively licensed product of BASF Personal Care and Nutrition GmbH.

\*You should consult your physician before beginning this or any other weight management program. Individuals following the TLS® Weight Management Solution can expect to lose 0.45–0.9 kg (1–2 lbs) per week. Many U.S. products are made available through the Personal Consumption Program on [GLOBAL.SHOP.COM](http://GLOBAL.SHOP.COM) in Canada. The Personal Consumption Program allows products that are available only in the U.S. to be shipped to Canada for personal consumption only; such products cannot be resold in Canada. Visit your [GLOBAL.SHOP.COM](http://GLOBAL.SHOP.COM) site today!

# SURE & STEADY POWER FOODS

**BREAKFAST:** 1 serving of protein, 2-4 servings of vegetables, 1 serving of whole grain

**AM SNACK:** 1 serving of snack protein, 1 serving of fruit, 1 serving of dairy

**LUNCH:** 1 serving of protein, 2-4 servings of vegetables, 1 serving of fruit, 1 serving of good fat

**PM SNACK:** 1 serving of snack protein, 1 serving of dairy

**DINNER:** 1 serving of protein, 2-4 servings of vegetables, 1 serving of starch, 1 serving of good fat

## VEGETABLES: 6-12 SERVINGS PER DAY

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
- Edamame
- Eggplant
- Endive
- Ginger
- Green beans
- Green peas
- Greens (beet, collard, dandelion, kale, mustard, turnip)
- Hot peppers
- Jerusalem artichokes
- Jicama
- 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

## GOOD FATS: 2 SERVINGS PER DAY

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

## FRUIT: 2 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

## WHOLE GRAINS: 1 SERVING PER DAY

1 serving: 1/2 cup

- All-bran cereal
- Barley (pearled or hulled)
- Bean thread (Chinese noodles)
- Buckwheat (kasha, groats)
- Buckwheat (or other whole grain) noodles
- Bulgur wheat
- Couscous
- Egg noodles
- Hominy
- Muesli or granola, no added sugar
- Oatmeal (rolled or steel-cut)
- Pasta (whole grain, protein enriched)
- Quinoa
- Rice (authentic basmati, brown)
- Rye
- Sprouted grain bread

## PROTEIN: 5-6 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

- TLS® Nutrition Shake
- TLS Whey Protein Shake
- Canned tuna, salmon or sardines (packed in water)
- Chicken or turkey (without skin)
- Eggs or egg whites
- Fresh fish (salmon, tuna, sardines, flounder, snapper, trout, etc.)
- Lean veal
- Red meat (limited to 1-2 servings per week) (beef, pork, lamb, buffalo or venison)
- Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)
- Tempeh
- Tofu
- TVP (texturized vegetable protein)
- Veggie or garden burger

## STARCHES: 1 SERVING PER DAY

1 serving: 1/2 cup

- Baked beans (no sugar added)
- Beans (red, black, garbanzo, lima, mung, pinto, black-eyed, soy, fat-free refried)
- Lentils
- Winter squash (acorn, butternut, spaghetti)
- Yam/sweet potato (boiled, steamed, baked)
- Yellow squash

## DAIRY: 2 SERVINGS PER DAY

*Those on a dairy-free diet may omit*

- Low-fat milk
- Low-fat cheese
- Plain Greek yogurt
- Low-fat yogurt
- Low-fat creamer
- Low-fat sour cream

## Other Rules:

- **Detox** (4-7 days, optional)
- **No alcohol** (for at least 21 days)
- **Water** (minimum of 8 cups per day)
- **Supplementation** (based on your weight management goals)
- **Exercise** (3-5 days per week)
- **Daily journaling**