



CONTINUED COMMITMENT

A GUIDE TO HEALTHY, EVERYDAY LIVING AT YOUR TARGET WEIGHT

Why It's For You:

You're at a healthy weight and are looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but are looking for a plan with flexibility, allowing the occasional indulgence.

A Day on Continued Commitment:

Below is an example of some of the foods you can eat.



BREAKFAST:
EGG SCRAMBLE



AM SNACK:
CHOCOLATE COCONUT SHAKE†



LUNCH:
CHICKEN SALAD SQUASH BOATS†



PM SNACK: PEANUT BUTTER
APPLE-CINNAMON WEDGES



DINNER: BAKED PORK CHOPS
WITH APPLE TOPPING†



WATER:
EIGHT (8 OZ.) GLASSES DAILY

†All recipes are found on iSLim.com (must have active subscription)



ACTS: Minimize stress related weight gain

CLA: Target stubborn belly fat

CORE: Tame hunger

Green Coffee: Inhibit the conversion of sugar into fat

Thermochrome: Support normal metabolic functions

Nutrition Shake: Snack or occasional meal replacement

Whey Protein Shake: Protein supplement or post workout shake

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*You should consult your physician before beginning this or any other weight management program. Individuals following the iTLS 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.

CONTINUED COMMITMENT 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 fruit, 1 serving of dairy

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

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
- Rustabaga
- 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

- Oils (Olive, Avocado, Coconut, etc.)
- Avocado, 1/2 medium
- Nuts & seeds

PROTEIN: 5-6 SERVINGS PER DAY

1 serving (women): 4-6 oz. with breakfast, lunch & dinner; 2-3 oz. with snacks

1 serving (men): 6-8 oz. with breakfast, lunch & dinner; 2-3 oz. with snacks

- 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
- TLS® Nutritionn Shake
- TLS® Whey Protein Shake
- Tofu
- TVP (texturized vegetable protein)
- Veggie or garden burger

WHOLE GRAINS: 2 SERVINGS 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

DAIRY: 2 SERVINGS PER DAY

Those on a dairy-free diet may omit

- Low-fat milk
- Soy or rice milk (1% fat or low-fat)
- Low-fat cheese
- Plain Greek yogurt
- Low-fat soy cheese
- Low-fat soy yogurt
- Low-fat yogurt
- Low-fat creamer
- Low-fat sour cream

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

STARCHES: 1-2 SERVING PER DAY

1 serving: 1/2 cup

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

Other Rules:

- Indulge in alcohol sparingly
- Water (minimum of 8 cups per day)
- Supplementation (based on your Weight Loss Profile recommendation) or optimal wellness regimen
- Exercise (3-6 days per week)