



FAT SHREDDER

LOSE 10 POUNDS IN 2 WEEKS

Why It's For You:

You're extremely committed to achieving swift weight loss 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 (8 oz.) of water daily, and supplement based on your Weight Loss Profile recommendation.



BREAKFAST:
VEGGIE OMELET



AM SNACK:
MINT CHOCOLATE SHAKE†



LUNCH:
HERB ROASTED CHICKEN†



PM SNACK:
STRAWBERRY & SPINACH SHAKE



DINNER:
TUSCAN COD†



POST WORKOUT:
TLS® WHEY PROTEIN SHAKE

†All recipes are found on tlsSim.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 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.

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 TLS Whey Protein Shake within 30 minutes of exercise

VEGETABLES: 8-12 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
- 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

PROTEIN: 3-4 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.)
- Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)
- Tempeh
- Tofu
- TVP (texturized 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
- 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

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

TLS® WHEY PROTEIN SHAKE: 1 SHAKE PER DAY

1 shake, within 30 minutes of a workout

Other Rules:

- No grains or starches
- No alcohol
- Water (minimum of 8 cups per day)
- Supplementation (based on your Weight Loss Profile recommendation)
- Exercise (5-6 days per week)
- Daily Journaling
- No Dairy