



# RAPID RESULTS

## LOSE 2-3 POUNDS PER WEEK

### Why It's For You:

You're motivated, dedicated and committed to doing whatever it takes to reach your weight loss goals. Get ready to break unhealthy habits and start losing fat and inches.

### A Day on Rapid Results:

Below is an example of some of the foods you can eat. Supplement based on your Weight Loss Profile recommendation.



**BREAKFAST:**  
VEGGIE OMELET



**AM SNACK:** CHOCOLATE  
RASPBERRY SHAKE†



**LUNCH:**  
SUNBURST CHICKEN SALAD†



**PM SNACK:**  
LETTUCE WRAPS



**DINNER:** HOISIN-GLAZED  
SCALLOPS/W/ GRILLED ZUCCHINI†



**WATER:**  
EIGHT (8 OZ.) GLASSES DAILY

†All recipes are found on [i\(TLS\)Sim.com](http://i(TLS)Sim.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 i(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.

# RAPID RESULTS POWER FOODS

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

**AM SNACK:** TLS Nutrition Shake, 1 serving of fruit

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

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

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

## 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

## 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

- 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 (grain-free)

## TLS® NUTRITION SHAKE: 1-2 SHAKES PER DAY

1 shake for mid-morning snack and/or 1 shake for mid-day snack

## DAIRY: 1-2 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 Loss Profile recommendation)
- Exercise (4-5 days per week)
- Daily Journaling