



SURE & STEADY

LOSE 1-2 POUNDS 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:

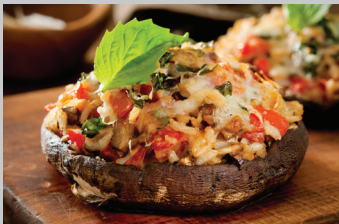
Below is an example of some of the foods you can eat. Supplement based on your Weight Loss Profile recommendation.



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 (8 OZ.) GLASSES DAILY

†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

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 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.

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 fruit, 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
- Pimentos
- 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

- 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): 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® 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 Loss Profile recommendation)
- **Exercise** (3-5 days per week)
- **Daily Journaling**