

# i)TALS<sup>®</sup>

WEIGHT LOSS  
SOLUTION

## SHAKING AND BAKING WITH TALS<sup>®</sup>



# TLS® SHAKE RECIPES

Each shake may use either 2 scoops TLS Nutrition Shake or 1 packet TLS Whey Protein Shake.

## MINT CHOCOLATE CHIP

2 scoops TLS Nutrition Shake - Chocolate Delight OR  
1 serving TLS Whey Protein Shake - Chocolate  
1 tsp. mint extract  
½ cup unsweetened dark chocolate  
(broken up, 70% cocoa or higher)  
1 cup skim milk

## ALMOND MOCHA

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
1 tsp. almond extract  
1 tbsp. instant coffee  
1 cup unsweetened almond milk

## CHOCOLATE RASPBERRY

2 scoops TLS Nutrition Shake - Chocolate Delight OR  
1 serving TLS Whey Protein Shake - Chocolate  
1 cup raspberries  
1 tsp. vanilla extract  
1 cup skim milk

## PINA COLADA

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
½ banana  
½ cup pineapple juice  
¼ cup unsweetened coconut  
(or 1 tsp. coconut extract)  
½ cup skim milk

## VERY BERRY

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
½ cup raspberries  
½ cup blueberries  
½ cup blackberries  
½ cup strawberries  
1 cup skim milk

## BLACK CHERRY BERRY

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
½ cup black cherries (pitted)  
½ cup blackberries  
1 cup skim milk

## SPICE CAKE

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
1 tbsp. almond butter  
1 tsp. vanilla extract  
½ tsp. cinnamon  
1 tsp. nutmeg  
1 cup skim milk

## ORANGE TWIST

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
½ cup strawberries  
½ cup unsweetened orange juice  
½ cup water

## STRAWBERRY BLAST

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
½ cup strawberries  
½ cup mango  
1 cup skim milk

## LEMONADE BURST

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
1 small lemon (juiced)  
1 cup strawberries  
1 cup skim milk

**NOTE:** To give your shake a thicker consistency, add 5 ice cubes.

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## BLACKBERRY CREAMSICLE

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
1 cup blackberries  
1 cup unsweetened almond milk

## RASPBERRY CHAI

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
1 cup unsweetened green tea  
1 cup raspberries

## KEY LIME PIE

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
1 lime (juiced)  
1 tbsp. agave nectar  
1 cup skim milk

## CRASHING CRANBERRY

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
½ cup unsweetened cranberry juice  
½ cup water

## GREEN DREAM

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
1 cup strawberries  
2 kiwifruits (peeled)  
½ cup skim milk  
2 scoops Complete Greens®  
½ cup water

## BANANA BREAD

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
1 cup unsweetened vanilla almond milk  
1 banana  
½ cup (dry measure) rolled oats  
1 tsp. cinnamon

## APPLE-BANANA CINNAMON

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
1 cup unsweetened almond milk  
1 apple (cored, sliced)  
½ banana  
1 tsp. cinnamon

## CHOCOLATE PEANUT BUTTER

2 scoops TLS Nutrition Shake - Chocolate Delight OR  
1 serving TLS Whey Protein Shake - Chocolate  
1 cup unsweetened almond milk  
1 tbsp. reduced fat peanut butter  
1 tbsp. dark cocoa powder

## BROWNIE CHEESECAKE

2 scoops TLS Nutrition Shake - Chocolate Delight OR  
1 serving TLS Whey Protein Shake - Chocolate  
1 cup unsweetened almond milk  
1 tsp. dark chocolate cocoa powder  
1 tsp. JELL-O instant sugar-free Cheesecake  
    Pudding mix

## BLUEBERRY-PEACH COBBLER

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
1 cup unsweetened almond milk  
½ cup blueberries  
1 cup peaches (sliced)  
1 tsp. vanilla extract  
2 graham crackers

## COFFEE MOCHA LATTE

2 scoops TLS Nutrition Shake - Chocolate Delight OR  
1 serving TLS Whey Protein Shake - Chocolate  
1 cup unsweetened almond milk  
1 tsp. instant coffee  
1 tsp. cocoa  
1 tsp. vanilla extract

**NOTE:** To give your shake a thicker consistency, add 5 ice cubes.

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Each shake may use either 2 scoops TLS Nutrition Shake or 1 packet TLS Whey Protein Shake.

## BLACKBERRY-LEMON COOLER

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
½ cup blackberries  
1 cup unsweetened almond milk  
1 tsp. lemon zest

## APPLE CINNAMON

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
½ tsp. cinnamon  
¼ cup Greek yogurt  
¼ cup unsweetened applesauce  
1 cup skim milk

## CARDAMOM VANILLA

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
1 tsp. ground cardamom  
¼ cup Greek yogurt  
1 cup skim milk

## LIME

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
½ lime (juiced)  
1 tsp. agave nectar  
1 cup skim milk

## PINEAPPLE

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
¼ cup pineapple  
¼ cup Greek yogurt  
1 cup skim milk

## CHOCOLATE STRAWBERRY

2 scoops TLS Nutrition Shake - Chocolate Delight OR  
1 serving TLS Whey Protein Shake - Chocolate  
1 cup strawberries  
1 cup skim milk

## STRAWBERRY BANANA

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
1 banana  
1 cup strawberries  
1 cup skim milk

## CHOCOLATE BANANA

2 scoops TLS Nutrition Shake - Chocolate Delight OR  
1 serving TLS Whey Protein Shake - Chocolate  
1 banana  
1 cup skim milk

## VANILLA LATTE

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
1 tsp. instant coffee  
1 tsp. agave nectar  
1 cup skim milk

## CHOCOLATE COCONUT

2 scoops TLS Nutrition Shake - Chocolate Delight OR  
1 serving TLS Whey Protein Shake - Chocolate  
¼ cup coconut  
1 tsp. agave nectar  
1 cup skim milk

## FALL FITNESS

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
½ cup cooked sweet potato or ½ cup  
canned pumpkin  
½ tsp. cinnamon  
¼ tsp. ginger  
1 cup skim milk

**NOTE:** To give your shake a thicker consistency, add 5 ice cubes.

# TLS® SHAKE RECIPES

Each shake may use either 2 scoops TLS Nutrition Shake or 1 packet TLS Whey Protein Shake.

## BLUEBERRY

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
¼ cup blueberries  
1 cup skim milk

## GO GREEN

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
½ cup spinach  
½ cup gently steamed broccoli  
1 tsp. lemon zest  
½ cup Greek yogurt

## CAKE BATTER

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
1 cup unsweetened almond milk  
½ cup low-fat cottage cheese  
½ tsp. pure vanilla extract

## PEANUT BUTTER & JELLY

2 scoops TLS Nutrition Shake - Creamy Vanilla OR  
1 serving TLS Whey Protein Shake - Vanilla  
1 tbsp. reduced fat peanut butter  
½ cup strawberries  
1 cup unsweetened almond milk

**NOTE:** To give your shake a thicker consistency, add 5 ice cubes.

# TLS<sup>®</sup> BAKING RECIPES

## PROTEIN-POWERED GRANOLA

(Servings: 10)

- 1 cup oats
- ½ cup coconut
- ¼ cup pumpkin seeds
- ¼ cup soy nuts
- ½ cup almonds, chopped
- ⅓ cup dried cranberries
- ⅓ cup raisins
- 1 tbsp. cinnamon
- 1 tsp. cocoa
- ¼ tsp. salt
- 2 tbsp. coconut oil
- 4 tbsp. agave nectar
- 1 serving TLS Whey Protein Shake - Chocolate

Combine oats, coconut, almonds, soy nuts and pumpkin seeds. Spread on baking tray and "toast" for 15 minutes at 350 degrees. Combine fruit with protein powder, cocoa and salt. Microwave coconut oil and agave for 1-2 minutes, until melted. Mix all ingredients and pack mixture into 8x8 baking tray, pressing down thoroughly. Bake at 300 degrees for 20 minutes, cool and break into chunks.

## WORKOUT WAFFLES

(Servings: 2)

- ¼ cup almond milk
- ¼ cup oat or whole wheat flour
- ½ large banana (mashed)
- 1 egg
- ½ tsp. baking powder
- 1 serving TLS Whey Protein Shake - Vanilla

Combine all ingredients using blender or food processor. Thickly coat waffle iron with cooking spray. Pour mixture and cook for 5-6 minutes each.

## RAISIN NUT MUFFINS

(Servings: 12)

- 1 cup oat or whole-wheat flour
- 3 egg whites
- ½ cup fat-free Greek yogurt
- 2 tsp. cinnamon
- 1 tsp. nutmeg
- 1 tsp. ginger
- ½ tsp. baking powder
- ½ tsp. baking soda
- ½ cup stevia powder

½ cup chopped walnuts

½ cup raisins

2 servings TLS Whey Protein Shake - Vanilla

Preheat oven to 350 degrees. Combine all ingredients and mix thoroughly. Coat muffin pan with cooking spray and pour batter. Bake for 25 minutes and cool.

## MOCHA BROWNIES

(Servings: 12)

- 14 oz. sweet potatoes (skinned)
- 3 ½ oz. dark chocolate chips
- 2 tbsp. oats
- 3 egg whites
- 1 tsp. agave nectar
- 1 tsp. instant coffee
- ½ tsp. cinnamon
- ½ tsp. baking powder
- ½ tsp. coconut oil
- ½ cup almonds (chopped) (optional)
- 1 serving TLS Whey Protein Shake - Chocolate

Preheat oven to 350 degrees. Microwave potatoes until soft (5-6 minutes) and combine with protein powder, oats, coffee and baking powder using blender or food processor. Microwave chocolate and coconut oil until melted (1-2 minutes) and add to other ingredients along with agave and egg whites, mixing thoroughly. Coat 8x8 baking pan with cooking spray. Pour batter and bake for 30 minutes.

## VANILLA-CRANBERRY BREAD

(Servings: 10)

- 1 cup oats
- 1 cup dried cranberries
- ¼ cup whipped cream cheese
- 2 egg whites
- ¼ cup almond milk
- 7 oz. apple sauce
- 2 tsp. coconut oil
- 2 tsp. vanilla extract
- 3 servings TLS Whey Protein Shake - Vanilla

Preheat oven to 325 degrees. Combine all ingredients, whisking until smooth. Coat bread pan with cooking spray. Pour batter and bake for 30-35 minutes.

# TLS<sup>®</sup> BAKING RECIPES

## POWER PANCAKES

(Servings: 1-2)

- 1/4 cup oats
- 1/2 banana (mashed)
- 1 egg white
- 1 tbsp. almond milk
- 1/2 tsp. baking powder
- 1/4 tsp. cinnamon
- 1 serving TLS Whey Protein Shake - Vanilla

Using a fork, combine all ingredients into a uniform paste, adding milk as necessary to achieve desired consistency. Coat non-stick pan with cooking spray, pour batter and heat for two minutes per side, or until cooked.

## PEANUT BUTTER-BANANA COOKIES

(Servings: 5)

- 1 cup oats
- 2 medium bananas
- 2 tbsp. peanut butter
- 1 serving TLS Whey Protein Shake - Vanilla

Preheat oven to 350 degrees. Using a fork, combine all ingredients into a uniform dough, adding milk or water as necessary to achieve desired consistency. Coat cookie sheet with cooking spray and divide dough into 8-10 individual cookies. Bake for 15-20 minutes.

## PROTEIN BREAKFAST BARS

(Servings: 6)

- 1/2 cup unsweetened applesauce
- 1/3 cup almond flour
- 1/4 cup oat flour
- 1/4 cup stevia (powder)
- 1 tsp. vanilla extract
- 1 tsp. maple extract
- 1 tsp. cinnamon
- 1 tsp. baking soda
- 1/8 tsp. salt
- 1 serving TLS Whey Protein Shake - Vanilla

Frosting (optional):

- 1 cup low-fat Greek yogurt (plain)
- 1 tbsp. stevia powder
- 1/2 tsp. vanilla extract

Preheat oven to 350 degrees. Coat 8x8 baking pan with cooking spray. Combine dry ingredients and wet ingredients separately, then combine dry ingredients with wet ingredients and mix thoroughly. Bake for 10-12 minutes until set. Cool and frost before serving.

## CROSS TRAINER CUPCAKES

(Servings: 12)

- 1 1/4 cup oat flour
- 1/2 cup stevia powder
- 1/2 cup unsweetened applesauce
- 1/2 cup nonfat Greek yogurt (plain)
- 1/4 cup almond milk
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 tsp. almond extract
- 1 tsp. vanilla extract
- 3 egg whites
- 1 serving TLS Whey Protein Shake - Vanilla
- Light whipped cream (optional)

Preheat oven to 375 degrees. Coat muffin pan with cooking spray. Combine all ingredients in blender or food processor, mixing into uniform consistency. Pour into pan and bake for 20 minutes. Cool and top with light whipped cream. Store in refrigerator, as needed.

## DUSTED DOUGHNUT HOLES

(Servings: approximately 16)

- 1 cup oat flour
- 1/2 cup stevia powder
- 1/4 cup almond milk
- 1 tsp. baking powder
- 1 tsp. cinnamon
- 1/2 tsp. salt
- 1/2 tsp. vanilla extract
- 1/4 tsp. baking soda
- 4 egg whites
- 1 serving TLS Whey Protein Shake - Vanilla

Dusting (optional):

- 1/4 cup stevia powder
- 2 tbsp. cinnamon

Preheat oven to 325 degrees. Coat mini-muffin tray with cooking spray. Combine dry ingredients and wet ingredients separately. Combine dry ingredients with wet ingredients and mix thoroughly into uniform texture. Bake for 20-25 minutes. Remove while warm and roll in dusting, if desired.

# TLS® BAKING RECIPES

## DELECTABLE DIET DOUGHNUTS

(Servings: 6)

- 1 whole egg
- 2 egg whites
- 1 cup almond milk
- ½ cup coconut flour
- ¼ cup stevia powder
- 2 tbsp. unsweetened applesauce
- 2 tbsp. honey
- 1 tsp. baking soda
- ⅛ tsp. salt
- 1 serving TLS Whey Protein Shake - Vanilla

Preheat oven to 350 degrees. Coat DOUGHNUT pan with cooking spray. Combine dry ingredients and wet ingredients separately. Combine dry ingredients with wet ingredients and mix thoroughly into uniform texture. Bake for 20-25 minutes and cool.

## CHAMPIONSHIP CHOCOLATE CHIP COOKIES

(Servings: 24)

- 1 ¾ cup oat flour
- 1 cup unsweetened applesauce
- 1 cup low-fat Greek yogurt (plain)
- 1 can (16 oz.) chickpeas (drained and rinsed)
- ½ cup stevia powder
- ¼ cup dark chocolate chips
- 1 egg
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1 tsp. vanilla extract
- 1 serving TLS Whey Protein Shake - Vanilla

Preheat oven to 400 degrees. Coat baking sheet with cooking spray. Setting aside chocolate chips, combine all dry ingredients. Using a blender or food processor, combine all wet ingredients, mixing thoroughly into uniform texture. Combine all ingredients, stirring chocolate chips in last. Scoop and place dough on baking tray in 2 tbsp. portions. Bake for 8-10 minutes and cool.