

TLS 30-DAY JUMP-START

30 days to cleanse your system and slim down

Detoxify, burn fat and refresh your body.



DAY 1

**PHASE ONE
DETOX CLEANSE**

DAY 7

DAY 8

**PHASE TWO
FAT BURNING**

DAY 30

Renew and replenish

Repair and reshape

PHASE 1: DETOX CLEANSE

Food groups and servings

Vegetables	Unlimited
Fruits	3
Proteins	2
Good fats	2

PHASE 2: FAT BURNING

Food groups and servings

Vegetables	8-12
Fruits	1
Proteins	3-4
Good fats	2



DRINK 8 CUPS OF WATER EACH DAY



1 SERVING SIZE

Vegetables	1-2 big cups
Good fats	1 Tbsp
Fruits	1 cup/1 medium fruit
Proteins Phase 1:	85 grams
Phase 2 - women:	113-170 grams for main meals; 57-85 grams for snacks
Phase 2 - men:	170-227 grams for main meals; 57-85 grams for snacks



* Individuals following the TLS® Weight Management Solution as part of a healthy diet and exercise program can expect to lose 0.45-0.9 kg per week.