Please call me or shoot me an e-mail to review your progress! 561-404-7670

Simply follow the TLS® 14-Day Fat Shredder Meal Plan, take your TLS Weight Loss Supplements, and work out at least three days a week for the next 14 days for:

**TLS® CORE Fat & Carb Inhibitor**
- Helps promote weight loss*
- Helps inhibit carbohydrate absorption in the body*
- May help suppress appetite by promoting a feeling of fullness*

**TLS® ACTS Adrenal, Cortisol, Thyroid & Stress Support Formula**
- Helps enhance and stabilize mood*
- May help reduce occasional fatigue associated with stress*
- May help to minimize certain stress-related issues (weight gain, difficulty sleeping, etc.)*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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**Morning Breakfast**
*Pick:*
- 1 protein or dairy
- 1 fruit
- 1-2 vegetables

**Mid-Morning Snack**
*Take:*
- TLS Shake

**Afternoon Lunch**
*Pick:*
- 1 protein or dairy
- 1 fruit
- 1-2 vegetables

**Mid-Day Snack**
*Take:*
- TLS Shake

**Evening Dinner**
*Pick:*
- 1 protein or dairy
- 1-2 vegetables

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**Accelerators:**
- Take TLS CORE Fat & Carb Inhibitor, TLS ACTS and TLS Tonalin CLA
- Take TLS Thermochrome
**Protein & Dairy**

**PORTION SIZE**
Women: 3-4 oz., Men: 4-6 oz. (unless otherwise noted)

- TLS® Shake
- Torch™ After-Burn
- Baked beans (no sugar added), ½ cup
- Beans (red, black, garbanzo, lima, mung, pinto, black-eyed, soy), ½ cup
- Canned tuna, salmon or sardines (packed in water)
- Chicken, turkey or hen (without skin)
- Eggs or egg whites
- Fresh fish (salmon, tuna, sardines, flounder, snapper, trout, etc.)
- Lean veal
- Lentils
- Nonfat cheese, 1-2 oz
- Nonfat soy cheese, 1-2 oz
- Nonfat soy yogurt, 6-8 oz
- Nonfat yogurt, 6-8 oz plain
- Red meat (limited to one to two servings per week) (beef, pork, lamb, buffalo or venison)
- Skim milk, 1 cup
- Soy or rice milk, 1 cup 1% fat or nonfat
- Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)
- Tofu (firm or soft)
- Veggie or garden burger (low- or nonfat)

**Fruit**

**PORTION SIZE**
Fresh, frozen, or canned with no added sugar or oil (1 medium fruit or 1 cup, unless otherwise noted)

- Apple
- Apricots, 4 medium
- Banana
- Berries (blueberries, strawberries, raspberries, boysenberries), ¾ cup
- Cherries, 12 large
- Currants, 3 tbsp.
- Dates (fresh), 2
- Figs (fresh), 2
- Grapefruit
- Kiwifruit
- Kumquats, 4 medium
- Lemon
- Lychees, 7
- Mandarin orange
- Nectarine
- Orange
- Papaya, ½ medium
- Pear
- Pineapple, ½ cup
- Plum
- Pomegranate, ½ small
- Raisins, 2 tbsp.

**Vegetables**

**PORTION SIZE**
Fresh, frozen or canned with no added sugar or oil (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
- Green beans
- Green peas
- Hot peppers
- Jicama
- Kale
- Leeks
- Lettuce (any)
- Mushrooms
- Okra
- Olives
- Onions
- Parsley
- Radishes
- Sauerkraut
- Snow peas (no sugar)
- Spinach
- Taro root, ¼ cup
- Tomato juice (no salt), ½ cup
- Tomato paste, 2 tbsp.
- Tomato sauce, ½ cup
- Vegetable juice (no salt), ½ cup
- Vegetable soup (low fat), ½ cup
- Water chestnuts
- Watercress
- Winter squash (acorn, butternut, spaghetti)
- Yam/sweet potato (boiled, steamed, baked)
- Yellow squash
- Zucchini

†The results shown in these testimonials may not be typical. Individual results may vary. The persons sharing their stories are Independent Distributors of Market America.
If you are trying to lose weight, there are simply no substitutes for the big three: exercise, nutrition and supplementation. All three play a significant part in progress; each one will work to increase the effects of the other two. The proper quantity and quality of exercise will burn calories, accelerate metabolism and create an appetite for the right kinds of foods through more efficient absorption and use of vitamins and minerals. Proper nutritional practices — eating the right kinds of foods in proper amounts and frequency — can also increase metabolism, while providing much-needed fuel for workouts. Nutritional supplementation helps to augment a proper diet and to aid in the preparation for performance during, and recovery after workouts. All three elements, operating in tandem, will bring the fastest results.

If any of these are lacking, results will suffer. For example, lack of exercise — or a deficient amount of it — will result in a lackluster metabolism and poor use of nutrients. Even with a proper diet, without some type of metabolic demand to satisfy, the body will only maintain its current status; it is unlikely to change. Similarly, nutritional practices simply cannot fall short. Contrary to popular belief, it is simply not possible to “out-exercise” a poor diet. In fact, a steady stream of starchy, sugary foods is most likely to leave people lethargic instead of energized. Furthermore, a diet that is not properly supplemented means that even the best efforts in the gym may still yield suboptimal results. Vitamins and minerals are the essential components of health and fitness, helping to keep our muscles working, our minds focused, and our hearts beating.*

With these three cornerstones in place, the chances for success are excellent. A few simple changes — and a careful eye directed toward which of the big three may be lacking — will result in a strong body, a focused mind and a renewed attitude.

**Accelerators and Supplements for Success:**

**TLS® CORE Fat & Carb Inhibitor – Tame Hunger**
TLS CORE is perfect for anyone that is addicted to carbs, has a problem with overeating, or doesn’t feel satisfied after eating. Maximize your weight loss by helping to slow the absorption of carbohydrates into the blood stream.*

**TLS® ACTS Adrenal, Cortisol, Thyroid & Stress Support Formula – Break the Stress & Weight-Gain Cycle**
Losing weight can be stressful. TLS ACTS is perfect for anyone who experiences stress on a regular basis or turns to food to cope with stress. TLS ACTS helps balance adrenals, cortisol, thyroid and stress. Maximize your weight loss by better managing stress.*

**TLS® TLS® Conjugated Linoleic Acid – Trim Stubborn Body Fat**
TLS® TLS Conjugated linoleic acid helps to reduce overall body fat while enhancing lean muscle mass. TLS® TLS Conjugated linoleic acid is perfect for anyone actively trying to get rid of stubborn body fat. The effects of TLS® TLS Conjugated linoleic acid are enhanced with exercise. Maximize your weight loss by reducing body fat and increasing lean muscle mass.*

**TLS® Thermochrome™ with Advantra Z® and South African Hoodia gordoni® – Boost Energy, Burn Fat Advantra Z is proven to support normal metabolic rate. TLS Thermochrome promotes thermogenesis (calorie burning) and lipolysis (fat breakdown). TLS Thermochrome is perfect for anyone with a slow metabolism or anyone that needs a boost to get them through the day. Advantra Z will maximize your weight loss with its thermogenic properties and may suppress appetite.*

**TLS® Shakes – Big Taste, Slim Waist, On the Go**
TLS shakes are a great way to lose weight and assist with muscle recovery. TLS Shakes are perfect for anyone who finds it difficult to get protein with every meal, including snacks. Maximize your weight loss by making two of your TLS Shakes.*

**Isotin® Multivitamin – Get Total Nutrition**
Even when eating the best in the way of fruits, vegetables, healthy fats and protein, it is difficult to reach the optimal amounts of vitamins and minerals. Essential vitamins and minerals promote the conversion of food into energy, and help maintain water and electrolyte balance and normal metabolic functioning. Isotin® Multivitamin is perfect for anyone that wants to assure that their daily nutrient intake is balanced and powerful enough to ward against any deficiencies. Support energy production and your metabolism to help supplement weight control.*

**NutriClean® 7-Day Cleansing & Detoxification System – Detox, Feel Better, Lose Weight**
A detox is an excellent cleansing tool that should be used twice a year for optimal digestive, colon and liver health. The NutriClean 7-Day Cleansing & Detoxification System is perfect for anyone transitioning from eating unhealthy foods to eating healthier foods, or anyone trying to lose weight. Maximize your weight loss by cleansing your body and promoting a healthy bacterial balance in the colon.*

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