

SIMPLY DELIVERED

Why it's for you:

A plan that fits your on-the-go lifestyle, with no cooking involved, and designed to fit any budget.

Results to expect:

Lose up to 2.5 pounds per week.

What you'll do:

- Enjoy chef-prepared, low-glycemic meals delivered to your door, consisting of:
 - Breakfast, such as Spanish omelet with maple oatmeal and cinnamon apple sauce
 - Lunch, such as sweet and sour chicken with vegetables and pineapple
 - Dinner, such as creole baked fish over baby lima beans and corn
 - 2 TLS® Nutrition Shakes per day as snacks
 - 6 servings of vegetables per day
 - 2 servings of fruit per day
- Exercise (3-5 days per week)
- Take TLS supplements, as directed

TLS® MENU PLANS



SIMPLY DELIVERED

LOSE 1.5 - 2.5 POUNDS PER WEEK

Why It's For You:

You're looking for a weight loss plan that fits your on-the-go lifestyle. You don't want to worry about cooking, grocery shopping or counting calories. TLS® Simply Delivered brings healthy, fresh meals right to your door!

A Day On Simply Delivered:

Below is an example of some of the foods you will eat. Drink at least 8 cups of water daily, and supplement based on your Weight Loss Profile recommendation.



BREAKFAST: SIMPLY DELIVERED ENTRÉE OF YOUR CHOICE
• VEGETABLES: 1-2 SERVINGS

AM SNACK: TLS NUTRITION SHAKE
• FRUIT: 1 SERVING

LUNCH: SIMPLY DELIVERED ENTRÉE OF YOUR CHOICE
• VEGETABLES: 1-2 SERVINGS

PM SNACK: TLS NUTRITION SHAKE
• FRUIT: 1 SERVING

DINNER: SIMPLY DELIVERED ENTRÉE OF YOUR CHOICE
• VEGETABLES: 1-2 SERVINGS

2 PLANS TO CHOOSE FROM:

FRESH	
24 DAYS	\$29.99 PER DAY
CUSTOM FRESH	
30 DAYS	\$39.99 PER DAY

Order today on tisSlim.com/



ACTS: Minimize stress related weight gain
CLA: Targets stubborn belly fat
CORE: Tame hunger
Green Coffee: Inhibit the conversion of sugar into fat
Thermochrome: Support normal metabolic functions
Nutrition Shakes: Snack or occasional meal replacement

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4-TO 12-WEEK PROGRAM

*Consult your physician or other healthcare professional before starting this or any other exercise program. If you experience faintness, lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other healthcare professional. Do not start this program if your physician or healthcare professional advises against it.