

RAPID RESULTS

TLS® MENU PLANS

Why it's for you:

You're motivated, dedicated and committed to do what it takes to reach your weight loss goals. You're ready to break unhealthy habits and start shedding fat and inches.

Results to expect:

Lose 2-3 pounds per week.

What you'll do:

- Follow a strict low-glycemic menu plan, with each day consisting of:
 - 5-6 servings of protein
 - 6-12 servings of vegetables
 - 2 servings of dairy
 - No grains or starches
 - 2 servings of good fats
 - 2 servings of fruit
- Exercise (4-5 days per week)
- Take TLS® supplements, as directed



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A Day on Rapid Results:

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



 <p>BREAKFAST: VEGGIE OMELET</p>	 <p>AM SNACK: RASPBERRY SHAKE*</p>
 <p>LUNCH: SUNBURST CHICKEN SALAD*</p>	 <p>PM SNACK: LETTUCE WRAPS</p>
 <p>DINNER: HOISIN-GLAZED SCALLOPS w/ GRILLED ZUCCHINI*</p>	 <p>WATER: EIGHT (8 OZ.) GLASSES DAILY</p>



ACTS: Minimize stress related weight gain
CLA: Target stubborn belly fat
CORE: Tame hunger
Green Coffee: Inhibit the conversion of sugar into fat
Thermochrom: Support normal metabolic functions
Nutrition Shake: Snack or occasional meal replacement
Whey Protein Shake: Protein supplement or post workout shake

*All recipes are found on i95im.com (must have active subscription)

Torin® CLA is an exclusively licensed product of BASF Personal Care and Nutrition GmbH

*This should consult your physician before beginning this or any other weight management program. Individuals following the i95 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.