

# 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

## TLS®

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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.

**BREAKFAST:** VEGGIE OMELET

**AM SNACK:** CHOCOLATE RASPBERRY SHAKE\*

**LUNCH:** SUNBURST CHICKEN SALAD\*

**PM SNACK:** LETTUCE WRAPS

**DINNER:** HOISIN-GLAZED SCALLOPS W/ GRILLED ZUCCHINI\*

**WATER:** EIGHT (8 OZ.) GLASSES DAILY

\*All recipes are found on 858im.com (must have active subscription)

**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

\*Tolerin 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 TLS 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.