# DETOX POWER FOODS

# Why it's for you:

For first-time TLS participants, this four to seven-day detox prepares the body for the TLS program; for those who experience a plateau, it helps kick-start weight loss efforts.

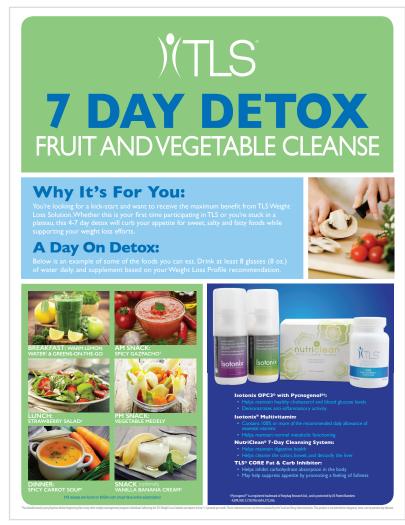
## Results to expect:

Varies by individual; the seven-day plan purges the body of toxins, resulting in reduced energy in the first few days, followed by an increase later in the week.

### What you'll do:

- Remove unhealthy foods ("junk food") from the house
- Follow a strict meal plan:
  - o 3 servings of fruit each day
  - As many raw vegetables as you want
  - At least eight glasses of water (8 oz. each) per day
  - o 2 servings of protein each day
  - 2 servings of good fats each day
  - Eliminate all grains and starches, sugars and artificial sweeteners, dairy, alcohol and caffeine (coffee, soda)

#### TLS® MENU PLANS



### 7-DAY CLEANSE