

CONTINUED COMMITMENT

Why it's for you:

You're at a healthy weight and are looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but are looking for a plan with flexibility, allowing the occasional indulgence.

Results to expect:

Healthy, everyday living at your target weight.

What you'll do:

- Follow a balanced and healthy menu plan, with each day consisting of:
 - 5-6 servings of protein
 - 6-8 servings of vegetables
 - 2 servings of dairy
 - 1 serving of starches
 - 2 servings of good fats
 - 2 servings of whole grains
 - 3 servings of fruit
- Exercise (3-6 days per week)
- Continue use of TLS® supplements, as needed

TLS® MENU PLANS



CONTINUED COMMITMENT

A GUIDE TO HEALTHY, EVERYDAY LIVING AT YOUR TARGET WEIGHT

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A Day on Continued Commitment:

Below is an example of some of the foods you can eat.



 <p>BREAKFAST: EGG SCRAMBLE</p>	 <p>AM SNACK: CHOCOLATE COCONUT SHAKE</p>	 <p>ACTS: Minimize stress related weight gain CLA: Target stubborn belly fat CORE: Tame hunger Green Coffee: Inhibit the conversion of sugar into fat Thermochromax: Support normal metabolic functions Nutrition Shake: Snack or occasional meal replacement Whey Protein Shake: Protein supplement or post workout shake</p> <p><small>TLS® CLA is an exclusively licensed product of BNSF Personal Care and Nutrition GmbH.</small></p>
 <p>LUNCH: CHICKEN SALAD SQUASH BOATS</p>	 <p>PM SNACK: PEANUT BUTTER APPLE-CINNAMON WEDGES</p>	
 <p>DINNER: BAKED PORK CHOPS WITH APPLE TOPPING</p>	 <p>WATER: EIGHT (8 OZ.) GLASSES DAILY</p>	

*You should consult your physician before beginning this or any other weight management program. Individual results 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. The products are intended to improve, treat, cure or prevent any disease.