

FAT SHREDDER

Why it's for you:

For those who are extremely committed to achieving short-term weight loss goals, the Fat Shredder program is a high-intensity, two-week weight loss regimen. Through a focused food guide, a quick, but intense workout plan and use of TLS supplements, you'll shred fat, add muscle and feel better, physically and emotionally, knowing you can do anything you set your mind to doing.

Results to expect:

Lose up to 10 pounds during this two-week program.

What you'll do:

- Follow a strict meal plan with each day consisting of:
 - 1 TLS® Whey Protein Shake
 - 6-12 servings of vegetables
 - 2 TLS® Nutrition Shakes
 - 3-4 servings of protein
 - 2 servings of good fats
 - 1 serving of fruit
- Take TLS® supplements, as directed

TLS® MENU PLANS



FAT SHREDDER

LOSE 10 POUNDS IN 2 WEEKS

Why It's For You:

You're extremely committed to achieving swift weight loss goals through an effective program. You'll shed fat and feel better, physically and emotionally, knowing you can do anything you set your mind to.

A Day On Fat Shredder:

Below is an example of some of the foods you can eat. Drink at least 8 glasses (8 oz.) of water daily, and supplement based on your Weight Loss Profile recommendation.



BREAKFAST:
VEGGIE OMELET



AM SNACK:
MINT CHOCOLATE SHAKE*



LUNCH:
HERB ROASTED CHICKEN*



PM SNACK:
STRAWBERRY & SPINACH SHAKE



DINNER:
TUSCAN COD*



POST WORKOUT:
TLS® WHEY PROTEIN SHAKE

*All recipes are found on tls.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

Thermochromes: Support normal metabolic functions

Nutrition Shake: Shake or occasional meal replacement

Whey Protein Shake: Protein supplement or post-workout shake

*Tardin 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.

2-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.