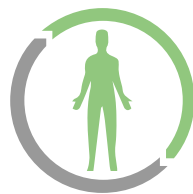


21-DAY CHALLENGE

Why it's for you:

You're looking for a quick way to lose weight, healthily. You're committed to staying focused and following a regimented plan. You want to focus on flushing your body of toxins, curbing your unhealthy cravings and obtaining optimal body composition.



DAY 1
PHASE ONE
DETOX CLEANSE

DAY 7
DAY 8



PHASE TWO
FAT BURNING

DAY 21

RENEW AND REPLENISH

REPAIR AND RESHAPE

Results to expect:

The seven-day detox cleanse, Phase 1, will purge the body of toxins, and prepare it for Phase 2, fat-burning. With Phase 2, you can lose up to 10 pounds.

*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.

21-DAY CHALLENGE

What you'll do:

PHASE 1

Follow a strict meal plan:

- ½ lemon in 1 cup warm water
- At least eight glasses of water (8 oz. each) per day
- Up to 3 servings of fruit each day
- Unlimited vegetable servings
- 2 servings of protein each day
- 2 servings of good fats each day
- No grains, starches, dairy, sugars, artificial sweeteners, alcohol or caffeinated beverages (coffee, soda)
- Avoid strenuous exercise; enjoy gentle stretches or yoga
- Take TLS® supplements, as directed

PHASE 2

Follow a strict meal plan:

- At least eight glasses of water (8 oz. each) per day
- 6-12 servings of vegetables each day
- 2 TLS® Nutrition Shakes each day
- 3-4 servings of protein each day
- 2 servings of good fats each day
- 1 serving of fruit
- No dairy
- For overall cardiovascular health, the American Heart Association recommends at least 30 minutes of moderate-intensity aerobic activity at least 5 days per week.**
- Take TLS® supplements, as directed

TLS® CHALLENGE BOOKLET



3-WEEK PROGRAM