

# SURE & STEADY

## Why it's for you:

Some people don't dive right into the water; they ease their way in. The Sure & Steady plan helps those individuals looking to make gradual changes to their lifestyle, one day at a time. Throughout this 12-week program, you'll see that even small changes to your diet, regular exercise, and support from TLS<sup>®</sup> supplements can help achieve a healthier you.

## Results to expect:

Lose 1-2 pounds per week.

## What you'll do:

- 5-6 servings of protein
- 6-12 servings of vegetables
- 2 servings of dairy
- 1 serving of starches
- 2 servings of good fats
- 1 servings of whole grains
- 2 servings of fruit
- Exercise (3-5 days per week)
- Take TLS<sup>®</sup> supplements, as directed

## TLS<sup>®</sup> MENU PLANS



# SURE & STEADY

LOSE 1-2 POUNDS PER WEEK

### Why It's For You:

You're looking to make gradual changes to your lifestyle and reach your goal weight, one day at a time. With the TLS<sup>®</sup> Sure & Steady program it's not if you'll hit your goal; but when.

### A Day on Sure & Steady:

Below is an example of some of the foods you can eat. Supplement based on your Weight Loss Profile recommendation.



**ACTS:** Minimize stress related weight gain  
**CLA:** Target stubborn belly fat  
**CORE:** Tame hunger  
**Green Coffee:** Inhibit the conversion of sugar into fat  
**Thermochromin:** Support normal metabolic functions  
**Nutrition Shake:** Snack or occasional meal replacement  
**Whey Protein Shake:** Protein supplement or post workout shake

\*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. ©2014 TLS Nutrition, LLC. All rights reserved.

\*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.