



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® 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. Supplements are encouraged to help support your weight management goals, health goals and overall well-being.



BREAKFAST: Mixed Vegetable Omelette & Oatmeal



AM SNACK: TLS® Nutrition Shake



LUNCH: Stir-Fry Chicken and Vegetables



PM SNACK: Hardboiled Egg & Unsweetened Yogurt with Fruit



DINNER: Steamed Fish & Vegetable



WATER: Eight (8 oz.) Glasses Daily



- Choice™ Astaxanthin
- NutriClean™ Fiber with L-Glutamine & Probiotics
- TLS Nutrition Shakes – Chocolate Delight Flavor
- TLS Nutrition Shakes – Creamy Vanilla Flavor
- Isonix™ Calcium Plus
- Isonix™ Multivitamin & Minerals
- Isonix™ Digestive Enzyme Plus
- Isonix™ OPC-3 Plus
- Isonix™ B-Complex Plus
- Timeless™ Evergreen Formula
- Select™ Aloe Vera Plus - Strawberry + Kiwi flavor
- Select™ Aloe Vera Plus - Natural flavor
- Select™ Aloe Vera Plus - Cranberry + Apple flavor

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*You 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.

SURE & STEADY POWER FOODS

BREAKFAST: 1 serving of protein, 2–4 servings of vegetables, 1 serving of whole grain

AM SNACK: 1 serving snack protein, 1 serving dairy, 1 serving of fruit

LUNCH: 1 serving of protein, 2–4 servings of vegetables, 1 serving of fruit, 1 serving of good fat

PM SNACK: 1 serving snack protein or 1 serving dairy; 1 serving of vegetables

DINNER: 1 serving of protein, 2–4 servings of vegetables, 1 serving of starch, 1 serving of good fat

VEGETABLES:

6–12 SERVINGS PER DAY

1 serving: 1–2 cups, *unless otherwise noted*

- Amaranth
- asparagus
- baby corn
- bamboo shoot
- bean sprouts
- beet root
- bell peppers
- bitter melon
- black fungus
- bok choy
- broccoli
- burdock
- cabbage (red or white)
- carrots
- cauliflower
- celery
- Chinese cabbage
- cucumber
- dried lily flower
- eggplant
- garlic chives flower
- green bean
- kale
- kai lan
- leeks
- lettuce (any)
- mushrooms
- mustard greens
- okra
- onions
- parsley
- radishes
- spinach
- sweet potato leaves
- tomato juice (no salt), ½ cup
- tomato paste, 2 tbsp
- tomatoes (fresh)
- vegetable juice (no salt), ½ cup
- vegetable soup (low-fat), ½ cup
- watercress
- yellow garlic chives
- zucchini

WHOLE GRAINS:

1 SERVING PER DAY

1 serving: ½ cup

- all-bran cereal
- barley
- buckwheat noodles
- egg noodles
- Muesli or granola, no added sugar
- oatmeal
- pasta (whole grain, protein-enriched)
- quinoa
- rice (authentic basmati, brown, long-grain white)
- rye
- vermicelli

FRUIT:

2 SERVINGS PER DAY

1 serving: 1 medium fruit or 1 cup, *unless otherwise noted*

- apple
- banana
- berries (blueberry, strawberry, raspberry, blackberry) ¾ cup
- cantaloupe
- cherries, 12 large
- dragon fruit
- figs (fresh), 2
- grapefruit
- grapes
- guava
- jujube
- kiwi
- loquat
- lychees, 7
- mangosteen
- orange
- papaya, ½ medium
- passion fruit
- pear
- pineapple, ½ cup
- plum
- pomegranate, ½ small
- raisins, 2 tbsp
- persimmon
- star fruit
- watermelon

STARCHES:

1 SERVING PER DAY

1 serving: ½ cup

- beans (red, black, chickpea, mung, black-eyed, soy)
- yam/sweet potato (boiled, steamed, baked)

GOOD FATS:

2 SERVINGS PER DAY

- oil (olive, avocado, coconut, grapeseed), 1 tbsp
- avocado, ½ medium
- nuts & seeds, 1 oz (28g) or ¼ cup of nuts
– goal is to aim for 15g of fat in nuts to replace 1 tbsp of oil (15g)

PROTEIN:

5–6 SERVINGS PER DAY

1 serving (women): 115-170g with breakfast, lunch and dinner; 57-85g with snacks

1 serving (men): 170-225g with breakfast, lunch and dinner; 57-85g with snacks

- TLS Nutrition Shake
- canned tuna (packed in water)
- chicken (without skin)
- eggs or egg whites
- fresh fish (salmon, flounder, snapper, trout, etc.)
- lean veal
- red meat (beef, pork or lamb) (limited to 1-2 servings per week)
- seafood (prawn, scallops, clams, lobster, squid)
- tofu
- tempeh

DAIRY:

2 SERVINGS PER DAY

1 serving: 1 cup

unless otherwise noted (check label)

Those on a dairy-free diet may omit

- milk
- cheese
- plain yogurt, ¾ cup
- plain Greek yogurt, ¾ cup
- dairy alternatives (unsweetened soy, oat, rice, almond milk)

OTHER RULES:

- Detox (four – seven days)
- No alcohol (for at least 21 days)
- Water (minimum of 8 cups per day)
- Supplementation (based on your weight management goals)
- Exercise (three – five days per week)
- Daily journaling