



Staple Business Card Here

14-DAY FAT SHREDDER PROGRAM



Please call me or shoot me an e-mail to review your progress!



The Rules: Simply follow the TLS® 14-Day Fat Shredder Meal Plan, take your TLS Weight Loss Supplements, and work out at least three days a week for the next 14 days for rapid results. At the end of the 14 days, review your results with your Shop Consultant, and if you have more weight to lose, try the TLS Weight Loss Solution.

Morning Breakfast

Pick:

- 1 protein or dairy
- 1 fruit
- 1-2 vegetables

Take TLS CORE Fat & Carb Inhibitor, TLS ACTS, and TLS CLA

Mid-Morning Snack

TLS Shake

Take TLS Thermochrome™

Afternoon Lunch

Pick:

- 1 protein or dairy
- 1 fruit
- 1-2 vegetables

Take TLS ACTS and TLS CLA

Mid-Day Snack

TLS Shake

Take TLS Thermochrome™

Evening Dinner

Pick:

- 1 protein or dairy
- 1-2 vegetables

Take TLS CORE Fat & Carb Inhibitor



TLS® CORE Fat & Carb Inhibitor

- Helps promote weight loss*
- Helps inhibit carbohydrate absorption in the body*
- May help suppress appetite by promoting a feeling of fullness*

TLS® ACTS Adrenal, Cortisol, Thyroid & Stress Support Formula

- Helps enhance and stabilize mood*
- May help reduce occasional fatigue associated with stress*
- May help to minimize certain stress-related issues (weight gain, difficulty sleeping, etc.)*

TLS® CLA

- Targets stubborn belly fat*
- Helps reduce overall body fat*
- Promotes lean muscle mass*

TLS® Thermochrome™ with Advantra Z® and South African Hoodia gordonii

- Increases energy*
- Promotes weight loss*
- May suppress appetite*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



Protein & Dairy

PORTION SIZE

Women: 3-4 oz., Men: 4-6 oz. (unless otherwise noted)

- TLS® Shake
- Torch™ After-Burn
- Baked beans (no sugar added), ½ cup
- Beans (red, black, garbanzo, lima, mung, pinto, black-eyed, soy), ½ cup
- Canned tuna, salmon or sardines (packed in water)
- Chicken, turkey or hen (without skin)
- Eggs or egg whites
- Fresh fish (salmon, tuna, sardines, flounder, snapper, trout, etc.)
- Lean veal
- Lentils
- Nonfat cheese
- Nonfat soy cheese
- Nonfat soy yogurt
- Nonfat yogurt, plain
- Red meat (limited to one to two servings per week) (beef, pork, lamb, buffalo or venison)
- Skim milk, 1 cup
- Soy or rice milk, 1% fat or nonfat
- Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)
- Tofu (firm or soft)
- Veggie or garden burger (low- or nonfat)

Fruit

PORTION SIZE

Fresh, frozen or canned with no added sugar or oil (1 medium fruit, unless otherwise noted)

- Apple
- Apricots, 4 medium
- Banana
- Berries (blueberries, strawberries, raspberries, boysenberries), ¾ cup
- Cherries, 12 large
- Currants, 3 tbsp.
- Dates (fresh), 2
- Figs (fresh), 2
- Grapefruit
- Kiwifruit
- Kumquats, 4 medium
- Lemon
- Lychees, 7
- Mandarin orange
- Nectarine
- Orange
- Papaya, ½ medium
- Peach
- Pear
- Pineapple, ½ cup
- Plum
- Pomegranate, ½ small
- Raisins, 2 tbsp.

Vegetables

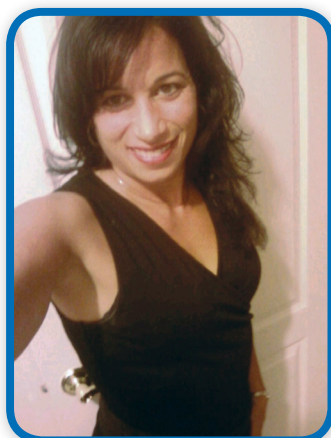
PORTION SIZE

Fresh, frozen or canned with no added sugar or salt (1-2 cups, unless otherwise noted)

- Alfalfa sprouts
- Artichokes
- Arugula
- Asparagus
- Bean sprouts
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage (red or white)
- Carrots
- Cauliflower
- Celery
- Chard
- Collard greens
- Cucumber
- Dandelion greens
- Eggplant
- Endive
- Green beans
- Green peas
- Hot peppers
- Jicama
- Kale
- Leeks
- Lettuce (any)
- Mushrooms
- Okra
- Olives
- Onions
- Parsley
- Radishes
- Sauerkraut
- Snow peas (no sugar)
- Spinach
- Taro root, ¼ cup
- Tomato juice (no salt), ½ cup
- Tomato paste, 2 tbsp.
- Tomato sauce, ½ cup
- Vegetable juice (no salt), ½ cup
- Vegetable soup (low fat), ½ cup
- Water chestnuts
- Watercress
- Winter squash (acorn, butternut, spaghetti)
- Yam/sweet potato (boiled, steamed, baked)
- Yellow squash
- Zucchini



Before



After†



Before

†The results shown in these testimonials may not be typical. Individual results may vary. The persons sharing their stories are Independent Distributors of Market America.



After†

Meal Tracker

Breakfast

Accelerator Tracker

TLS[®] CORE ☐

TLS ACTS ☐

TLS CLA ☐

Snack

Accelerator Tracker

TLS Shake ☐

TLS ThermoChrome™ ☐

Lunch

Accelerator Tracker

TLS ACTS ☐

TLS CLA ☐

Snack

Accelerator Tracker

TLS Shake ☐

TLS ThermoChrome ☐

Dinner

Accelerator Tracker

TLS CORE ☐

Meal Tracker

Breakfast

Accelerator Tracker

TLS CORE ☐

TLS ACTS ☐

TLS CLA ☐

Snack

Accelerator Tracker

TLS Shake ☐

TLS ThermoChrome ☐

Lunch

Accelerator Tracker

TLS ACTS ☐

TLS CLA ☐

Snack

Accelerator Tracker

TLS Shake ☐

TLS ThermoChrome ☐

Dinner

Accelerator Tracker

TLS CORE ☐

Fitness Tracker

10-15 min. ☐

20-30 min. ☐

45-60 min. ☐

Sleep Tracker

2-3 hours ☐

4-5 hours ☐

6-8 hours ☐

Water Tracker

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ (one check box equals 8 fl. oz. of water)

Fitness Tracker

10-15 min. ☐

20-30 min. ☐

45-60 min. ☐

Sleep Tracker

2-3 hours ☐

4-5 hours ☐

6-8 hours ☐

Water Tracker

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ (one check box equals 8 fl. oz. of water)



10-Minute Power Workout

Equipment: Stopwatch and mat or bath towel

Instructions: Follow exercises in order of sequence. Each exercise is broken down into set and time (not reps). Each movement is to be repeated by defined time noted beside exercise name. You can use a stopwatch or simply count (one one-thousand would be considered 1 second). To increase fat-burning results, repeat sequence from beginning (all moves, including warm-up).

Warm-Up

Jog in Place – 30 seconds

1. Stand with your feet shoulder-width apart and begin jogging in place.
2. Swing your arms up and down from hip to chest level as you jog.
3. Land on the balls of your feet; your heels should not touch the floor.

Optional High-Knee March – 30 seconds

1. Stand with your feet shoulder-width apart and your arms bent at 90 degrees.
2. Bend your knee and step it up to waist level as you swing your left arm forward. Swing your arm back to starting position as you set your foot down.
3. Switch sides and repeat continuously, marching in place.

Prisoner Squat – 30 seconds

1. Stand with your feet slightly wider than shoulder-width apart.
2. Bend your elbows and clasp your hands behind your head as you bend your knees and descend into a squat.
3. Push through your heels as you return to the starting position and keep your elbows up and back straight throughout the motion.

Tight Back-Arm Circles – 30 seconds

1. Stand with feet hip-width apart and your arms hanging down at your sides.
2. Raise both arms straight out to your sides with your palms facing down.
3. Rotate your arms in small reverse circles. Keep your abs tight and your eyes focused forward.

Spinal Twist – 30 seconds

1. Stand up straight and bend your elbows so that your forearms point forward on each side of your body.
2. Bend your knees slightly and rotate your torso to the right, come back to center, and twist to the left. Repeat from side to side in a continuous motion.

Standing Leg Extension – 30 seconds

1. Stand with your arms hanging at your sides. Bend your right knee and raise it to hip level.
2. Kick your right leg in front of you so that it is fully extended, with your heel forward and toes flexed back toward your body.
3. Keep your upper body upright throughout the movement. Switch sides and repeat.

Training Session

Switch Squat to Lunge – 30 seconds

1. Stand with your feet shoulder-width apart and knees slightly bent.
2. Lean into your heels and bend your knees to perform a shallow squat.
3. Launch yourself up and out of the lunge, softly landing in another shallow squat. Alternate between left and right foot lunges.

Plank to Pushup – 30 seconds

1. Start on your hands and knees.
2. Extend your arms and legs into a standard pushup position with your hands directly under your shoulders and your hips elevated.
3. Lower back down and drop both elbows onto the floor into an elbow plank. Push back up with one arm at a time into a full pushup position.





10-Minute Power Workout



Training Session (Continued)

Front Kicks – 30 seconds

1. Begin in a fight stance with knees slightly bent, abs tight and hands at chin level.
2. Balancing on one leg, lift your other leg and knee up towards your chest and in a single motion extend your foot forward, kicking away from your body.
3. Bring your kicking knee and foot back into your body, and lower it to the floor. Alternate left and right kicks.

Oblique Crunches – 30 seconds (each side)

1. Begin on your right side with your right leg slightly bent, and your left leg crossed over your right leg with knee bent.
2. Bend your right elbow on the floor and place your left hand on the side of your head.
3. Lift your torso upward and back down, using your right elbow to maintain stability. Switch sides and repeat.

Kickbacks – 30 seconds

1. Begin in a basic fight stance with your knees slightly bent and your hands at head level.
2. Shift your body weight onto one leg, bending and lifting the knee of your other leg as you do so.
3. As you lean forward, kick your lifted leg back as high as you can. Return to starting position and repeat with your other leg.

Single Leg Dip or Squat – 30 seconds (each leg)

1. Begin in a standing position and lift your left leg off the floor, bending it at the knee.
2. Squat halfway down with your right leg, keeping your left leg off the floor. Pause at the lowest point in your squat.
3. Push through the heel of your right leg to return to starting position. Switch sides and repeat.

Plank to Obliques – 30 seconds

1. Begin in a modified pushup position with your elbows on the floor.
2. Without lifting your hips, tuck your left knee up towards your left shoulder, keeping your left foot off the floor as you do so.
3. Return your left leg to its original position and alternate between legs.

Elbow-to-Knee Twist – 60 seconds

1. Stand with your feet shoulder-width apart. Lift your arms to shoulder level and bend your elbows at 90 degrees so that your hands are at ear level.
2. Thrust your left knee up and forward while you engage your abs to twist your upper body, reaching your right elbow to your raised left knee.
3. Squeeze your abs with each repetition as you alternate from side to side.

Half Moon Lunges – 60 seconds (each side)

1. Stand with your feet shoulder-width apart. Bend your left knee and lunge directly to your left side.
2. Bring your foot back to starting position, and lunge at a 45-degree angle with your left foot.
3. Return to starting position and perform a standard forward lunge. Switch sides and repeat the sequence.

Fire Hydrant – 30 seconds (each side)

1. Begin in a kneeling position with your toes on the floor behind you, heels pointed toward the ceiling and your arms extended beneath your upper body for support.
2. Raise your right leg up and to the right, keeping your knee bent.
3. Bring your leg back down to starting position and repeat for 30 seconds before switching legs.



The Importance of Low-GI Eating, Exercise and Supplementation

If you are trying to lose weight, there are simply no substitutes for the big three: exercise, nutrition and supplementation. All three play a significant part in progress; each one will work to increase the effects of the other two. The proper quantity and quality of exercise will burn calories, accelerate metabolism and create an appetite for the right kinds of foods through more efficient absorption and use of vitamins and minerals. Proper nutritional practices — eating the right kinds of foods in proper amounts and frequency — can also increase metabolism, while providing much-needed fuel for workouts. Nutritional supplementation helps to augment a proper diet and to aid in the preparation for, performance during, and recovery after workouts. All three elements, operating in tandem, will bring the fastest results.

If any of these are lacking, results will suffer. For example, lack of exercise — or a deficient amount of it — will result in a lackluster metabolism and poor use

of nutrients. Even with a proper diet, without some type of metabolic demand to satisfy, the body will only maintain its current status; it is unlikely to change. Similarly, nutritional practices simply cannot fall short. Contrary to popular belief, it is simply not possible to “out-exercise” a poor diet. In fact, a steady stream of starchy, sugary foods is most likely to leave people lethargic instead of energized. Furthermore, a diet that is not properly supplemented means that even the best efforts in the gym may still yield suboptimal results. Vitamins and minerals are the essential components of health and fitness, helping to keep our muscles working, our minds focused, and our hearts beating.*

With these three cornerstones in place, the chances for success are excellent. A few simple changes — and a careful eye directed toward which of the big three may be lacking — will result in a strong body, a focused mind, and a renewed attitude.

Accelerators for Success:

TLS® CORE Fat & Carb Inhibitor – Tame Hunger

TLS CORE is perfect for anyone that is addicted to carbs, has a problem with overeating, or doesn't feel satisfied after eating. Maximize your weight loss by slowing the absorption of carbohydrates into the blood stream.*

TLS ACTS Adrenal, Cortisol, Thyroid & Stress Support Formula –

Break the Stress & Weight-Gain Cycle

Losing weight can be stressful. TLS ACTS is perfect for anyone who experiences stress on a regular basis or turns to food to cope with stress. TLS ACTS helps balance adrenals, cortisol, thyroid and stress. Maximize your weight loss by better managing stress.*

TLS Tonalin® CLA Conjugated Linoleic Acid – Trim Stubborn Body Fat

TLS Tonalin® CLA (conjugated linoleic acid) helps to reduce overall body fat while enhancing lean muscle mass. TLS Tonalin CLA is perfect for anyone actively trying to get rid of stubborn body fat. The effects of TLS Tonalin CLA are enhanced with exercise. Maximize your weight loss by reducing body fat and increasing lean muscle mass.*

TLS Thermochrome™ with Advantra Z® and South African Hoodia gordonii – Boost Energy, Burn Fat

Advantra Z® is proven to support normal metabolic rate. TLS Thermochrome promotes thermogenesis (calorie burning) and lipolysis (fat breakdown). TLS Thermochrome is perfect for anyone with a slow metabolism or anyone that needs a boost to get them through the day. Advantra Z will maximize your weight loss with its thermogenic properties and may suppress appetite.

TLS Shakes – Big Taste, Slim Waist, On the Go

TLS shakes are a great way to lose weight and assist with muscle recovery. TLS Shakes are perfect for anyone who finds it difficult to get protein with every meal, including snacks. Maximize your weight loss by making two of your snacks TLS Shakes.*

Isotonix® Multivitamin – Get Total Nutrition

Even when eating the best in the way of fruits, vegetables, healthy fats and protein, it is difficult to reach the optimal amounts of vitamins and minerals. Essential vitamins and minerals promote the conversion of food into energy, and help maintain water and electrolyte balance and normal metabolic functioning. Isotonix Multivitamin is perfect for anyone that wants to assure that their daily nutrient intake is balanced and powerful enough to ward against any deficiencies. Support energy production and your metabolism to help supplement weight control.*

NutriClean® 7-Day Cleansing & Detoxification System – Detox, Feel Better, Lose Weight

A detox is an excellent cleansing tool that should be used twice a year for optimal digestive, colon and liver health. The NutriClean 7-Day Cleansing & Detoxification System is perfect for anyone transitioning from eating unhealthy foods to eating healthier foods, or anyone trying to lose weight. Maximize your weight loss by cleansing your body and promoting a healthy bacterial balance in the colon.*

Rapid Weight-Loss Tips:

Don't Skip Breakfast

Do you sometimes find yourself hungry, but too focused on the day ahead to tune in to what your body really needs? Foregoing breakfast is a big mistake — one that sets you up to be held in the thrall of food cravings throughout the day. If you find eating breakfast a challenge, blend a TLS Shake with 1 tablespoon of peanut butter and half a banana.

Portion Control Made Easy

It is very important to remember that this is about quality and not quantity. With TLS, there's no need to carry around measuring cups. Instead, mark your portions with your hands. One palm-size serving of protein along with your vegetables is a good way to mark a healthy portion of food.

Eat the Right Carbs

Eliminate unhealthy carbohydrates. Eat more frequently to keep your body satisfied — so you will be less likely to cheat. If you fall off the wagon, keep a bottle of TLS CORE handy to inhibit carbohydrate absorption.*

Water is Key

Drink at least eight 8 fl. oz. glasses of filtered water each day. This will help you control your appetite and purge your body of impurities.

Eat Your Veggies

Eat as many vegetables as you want from the TLS Fat Shredder Eating Guide. You should try to get 6-8 cups of vegetables in a day. If you find eating vegetables a challenge, try Complete Greens® Tablets or Powder.*

Plan Your Meals

Eating the right foods in the right amounts is key to staying satisfied throughout the day. Don't skip your snacks. Prepare them the night before so you have them on hand during the day. Have a plan for what you are eating each day and stick to it. If you are unprepared, you are more likely to snack from the vending machine or run out and grab a burger.

For more information about the accelerators recommended or TLS Weight Loss Solution, visit www.transitionslifestyle.com or contact your Market America Shop Consultant.



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