

21 DAYS TO CLEANSE YOUR SYSTEM AND SLIM DOWN



**PHASE ONE
DETOX CLEANSE**



**PHASE TWO
FAT BURNING**

DAY 1

DAY 7

DAY 8

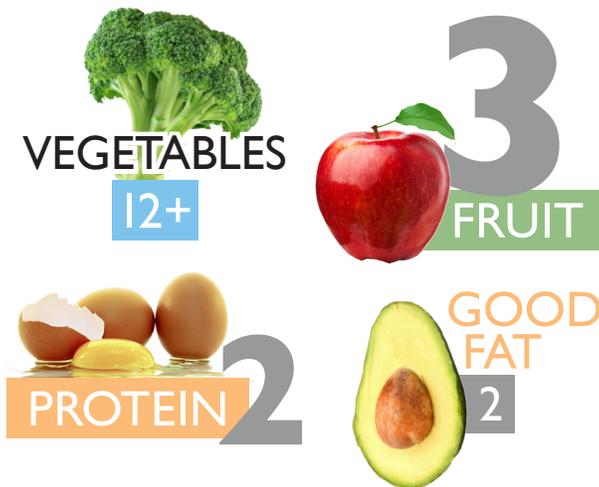
DAY 21

RENEW AND REPLENISH

REPAIR AND RESHAPE

PHASE 1: DETOX CLEANSE

FOOD GROUP & SERVINGS



PHASE 2: FAT BURNING

FOOD GROUP & SERVINGS



DRINK 8 GLASSES OF WATER EACH DAY



1 SERVING SIZE

Vegetables	1-2 cups
Good Fats	1 tbsp
Fruit	1 cup/1 medium fruit
Protein Phase 1:	3 oz
Phase 2 – women:	4-6 oz for main meals; 2-3 oz for snacks
Phase 2 – men:	6-8 oz for main meals; 2-3 oz for snacks



* Individuals following the TLS® Weight Loss Solution as part of a healthy diet and exercise program can expect to lose 1-2 pounds per week.