

PHASE 1 - Week 1

(Unless otherwise noted serving size is for one day – goal to lose 5 to 20 pounds over the 3 weeks while detoxing)

TLS 21 Day Challenge Kit Meal Plan: Day 1 and 2

	Sample Meal Plan to Follow Along with Nutri Clean 7 Day System	Serving Size for Formulating your own Meal Plan
Pre Breakfast	Wake Up: 1 teaspoon OPC-3 with 2 oz of water 1 teaspoon of multivitamin with 2 oz of water <ul style="list-style-type: none"> • wait 10 minutes can mix together • NutriClean kit: 1 scoop of advanced fiber powder with 8oz of water and 2 release tablets: wait 30 minutes before having breakfast • Prepare breakfast while waiting 	
Breakfast	8oz hot water with squeezed lemon <ul style="list-style-type: none"> • 1 cup of grapes • Omelet: 1 egg add and mix • 2 cups of spinach and 1 cup of chopped onions or peppers 	<ul style="list-style-type: none"> • 1 serving Fruit • 1 serving protein • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 1 apple 	<ul style="list-style-type: none"> • 1 serving fruit
Lunch	<ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner • 16oz water • ½ avocado • 2 cups of asparagus and 1 cup of green beans 	<ul style="list-style-type: none"> • 1 serving good Fat • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 2 cups of Carrots • Banana 	<ul style="list-style-type: none"> • 1 serving Fruit • 2+ servings Vegetables

<p>Dinner</p>	<ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner • 16oz water <p><u>Zucchini Spaghetti</u></p> <ul style="list-style-type: none"> - 2 zucchini, large - ½ cup onions, chopped - 1 Tbsp. olive oil - ½ cup pasta sauce, low sugar - Dash of garlic powder - Dash of red pepper flakes <p>In a nonstick skillet, add olive oil and onions. Cook until soft, set aside. Place zucchini in a vegetable spiralizer. Add zucchini, garlic powder, red pepper flakes and cooked onions to the same nonstick skillet, cook for 1-2 minutes. While cooking, heat up pasta sauce in the microwave. Place cooked zucchini mixture in a bowl, add pasta sauce.</p>	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 3+ servings Vegetables
<p>Snack</p>	<ul style="list-style-type: none"> • 8oz water • 1 cup of cucumber • Daily Release Packet from Nutri Kit before bed 	<ul style="list-style-type: none"> • 1+servings vegetables
<p>Notes</p>	<p>Exclude: No alcohol, dairy, grains, starches, coffee, or soda. No Shakes the first week and limit exercise.</p> <p><u>Notes on Detoxing:</u> The Detox Cleanse, Renew and Replenish will help curb those cravings for sweet, fatty and salty foods and cleanses the body of toxins. With Detoxing you may feel nausea, headaches and fatigued. Your body is screaming for the junk you are denying it. OPC-3 helps with calming the withdrawals from not having the caffeine, sugar, dairy, and processed foods.</p> <p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day.</p> <ul style="list-style-type: none"> • Carrots • Cucumber's • Asparagus <p>Good Fat equal 1 serving:</p> <ul style="list-style-type: none"> • ½ Avacoda or • Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed) 	

TLS 21 Day Challenge Kit: Day 3 and 4

	Sample Meal Plan to Follow Along with Nutri Clean 7 Day System	Serving Size for Formulating your own Meal Plan
Pre Breakfast	<p>Wake Up: 1 teaspoon OPC-3 with 2 oz of water 1 teaspoon of multivitamin with 2 oz of water</p> <ul style="list-style-type: none"> • wait 10 minutes can mix together • NutriClean kit: 1 scoop of advanced fiber powder with 8oz of water and 2 release tablets: wait 30 minutes before having breakfast • Prepare breakfast while waiting 	
Breakfast	<p>8oz hot water with squeezed lemon</p> <p><u>Green Smoothie</u></p> <ul style="list-style-type: none"> • 2 cups kale • ½ lemon, peeled • 1 inch fresh ginger, peeled • 1 cucumber, roughly chopped • 2 celery stalks • 1 green apple, roughly chopped - ½ cup water • Add all ingredients to a blender. Blend until desired consistency is reached. 	<ul style="list-style-type: none"> • 1 serving Fruit • 1 serving protein • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 1 apple 	<ul style="list-style-type: none"> • 1 serving fruit
Lunch	<ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner • 16oz water • ½ avocado • 2 cups of carrots and 1 cup of celery 	<ul style="list-style-type: none"> • 1 serving good Fat • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 1 orange • ½ cup tomato juice no salt • 1 cup water chestnuts 	<ul style="list-style-type: none"> • 1 serving Fruit • 2+ servings Vegetables

Dinner	<ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner • 16oz water • Shrimp 3oz with 1 tablespoon of Olive Oil • 2 cups of Broccoli • 1 cup of carrots 	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 1 cup of Asparagus • Daily Release Packet from Nutri Kit before bed 	<ul style="list-style-type: none"> • 1+serving vegetables
Notes	<p>Exclude: No alcohol, dairy, grains, starches, coffee, or soda.</p> <p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day.</p> <ul style="list-style-type: none"> • Carrots • Cucumber's • Asparagus <p>Good Fat equal 1 serving:</p> <ul style="list-style-type: none"> • ½ Avacoda or • Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed) 	

TLS 21 Day Challenge Kit: Day 5 and 6

	Sample Meal Plan to Follow Along with Nutri Clean 7 Day System	Serving Size for Formulating your own Meal Plan
Pre Breakfast	<p>Wake Up: 1 teaspoon OPC-3 with 2 oz of water 1 teaspoon of multivitamin with 2 oz of water</p> <ul style="list-style-type: none"> • wait 10 minutes can mix together • NutriClean kit: 1 scoop of advanced fiber powder with 8oz of water and 2 release tablets: wait 30 minutes before having breakfast • Prepare breakfast while waiting 	
Breakfast	8oz hot water with squeezed lemon	<ul style="list-style-type: none"> • 1 serving Fruit

	<ul style="list-style-type: none"> • 1 pear • 1 egg for Omelet: Mix • 1 cups of onions, 1 cup parsley, 1 cup celery 	<ul style="list-style-type: none"> • 1 serving protein • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 1 Banana 	<ul style="list-style-type: none"> • 1 serving fruit
Lunch	<ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner • 16oz water <p><u>Saucy Salmon Salad</u> - 3 oz. salmon fillet - 1 Tbsp. olive oil - 1 Tbsp. low-sodium soy sauce/liquid amino acid - 1 Tbsp. fresh garlic, finely diced - 1 Tbsp. Dijon mustard - 2 cups broccoli, chopped - 1 cup cauliflower, chopped - 1 cup carrots, chopped In a shallow dish, add olive oil, soy sauce, garlic, mustard and salmon. Marinate salmon for at least 30 minutes. Steam broccoli, carrots and cauliflower in a pot until cooked. Sauté salmon in a nonstick skillet for 5-10 minutes. Plate salmon with veggies.</p>	<ul style="list-style-type: none"> • 1 serving good Fat • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 1 Apple • 2 cups green peas 	<ul style="list-style-type: none"> • 1 serving Fruit • 2+ servings Vegetables
Dinner	<ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner • 16oz water • Lean veal 3oz • 2 cups of cauliflower • 1 cup of chopped onions 	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 1 cup of Cucumber 	<ul style="list-style-type: none"> • 1+servings vegetables

	<ul style="list-style-type: none"> Daily Release Packet from Nutri Kit before bed 	
Notes	<p>Exclude: No alcohol, dairy, grains, starches, coffee, or soda.</p> <p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day.</p> <ul style="list-style-type: none"> Carrots Cucumber's Asparagus <p>Good Fat equal 1 serving:</p> <ul style="list-style-type: none"> ½ Avacoda or Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed) 	

TLS 21 Day Challenge Kit: Day 7

(or add as replacement for one the above plans or for use one of the 2 days plans as a 3 day plan)

	Sample Meal Plan to Follow Along with Nutri Clean 7 Day System	Serving Size for Formulating your own Meal Plan
Pre Breakfast	<p>Wake Up:</p> <p>1 teaspoon OPC-3 with 2 oz of water 1 teaspoon of multivitamin with 2 oz of water</p> <ul style="list-style-type: none"> wait 10 minutes can mix together NutriClean kit: 1 scoop of advanced fiber powder with 8oz of water and 2 release tablets: wait 30 minutes before having breakfast Prepare breakfast while waiting 	
Breakfast	<p>8oz hot water with squeezed lemon</p> <p>Egg White Muffins</p> <ul style="list-style-type: none"> ½ cup egg whites ½ Cup kale chopped ½ cup onions chopped 1 Cup Asparagus chopped ½ cup tomatoes chopped <p>Mix all and pour into a nonstick muffin tray. Bake at 350 F for 20-30 minutes</p>	<ul style="list-style-type: none"> 1 serving Fruit 1 serving protein 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> 8oz water 	<ul style="list-style-type: none"> 1 serving fruit

	<ul style="list-style-type: none"> • 1 Banana 	
Lunch	<ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner • 16oz water • ½ avocado • 2 cups of broccoli and 1 cup of celery 	<ul style="list-style-type: none"> • 1 serving good Fat • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 1 Apple • 2 cups carrots 	<ul style="list-style-type: none"> • 1 serving Fruit • 2+ servings Vegetables
Dinner	<ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner • 16oz water <p>Veggie Lettuce Wraps</p> <ul style="list-style-type: none"> • Lettuce • Avacoda sliced • Tomato sliced • ½ cup zucchini sliced • ½ cup alfalfa sprouts <p>Stuff all into a lettuce leaf. Season with yellow mustard, salt, pepper to taste. Serve with bowl of Vegetable soup.</p>	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 1 cup of Cauliflower • Daily Release Packet from Nutri Kit before bed 	<ul style="list-style-type: none"> • 1+ serving vegetables
Notes	<p>Exclude: No alcohol, dairy, grains, starches, coffee, or soda.</p> <p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day.</p> <ul style="list-style-type: none"> • Carrots • Cucumber's • Asparagus <p>Good Fat equal 1 serving:</p> <ul style="list-style-type: none"> • ½ Avacoda or • Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed) 	

PHASE 2 - Week 2 and 3

(Add TLS Shakes And Exercise)

TLS 21 Day Challenge Kit: Day 8 and 9

	Sample Meal Plan to Follow	Serving Size for Formulating your own Meal Plan
Pre Breakfast	<p>Wake Up: 1 teaspoon OPC-3 with 2 oz of water 1 teaspoon of multivitamin with 2 oz of water</p> <ul style="list-style-type: none"> • wait 10 minutes can mix together • Prepare breakfast while waiting for the vitamins to absorb into the your system 	
Breakfast	<p>8oz hot water with squeezed lemon</p> <p><u>Egg White Veggie Bake</u> Ingredients: - 3 egg whites - ½ cup broccoli, asparagus (each), chopped - ¼ cup fresh basil, chopped - 1 Tbsp. olive oil cooking spray</p> <p>Coat a small glass baking dish with oil. Add egg whites. Add vegetables. Bake at 350°F for 20-30 minutes, or until done. Season with salt and pepper to taste.</p>	<ul style="list-style-type: none"> • 1 serving Fruit • 1 serving protein • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 1 apple • TLS Nutritional Shake 	<ul style="list-style-type: none"> • 1 serving fruit
Lunch	<ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner • 16oz water • ½ avocado • Canned tuna (women 4-6oz and men 6-8oz) • 1 cup each of carrots and onions (chop and mix with tuna) • Sandwich bag of carrots if still hungry 	<ul style="list-style-type: none"> • 1 serving good Fat • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water 	<ul style="list-style-type: none"> • 1 serving Fruit

	<ul style="list-style-type: none"> • 1 cup of olives • 1 cup of cucumber • Banana • TLS Nutritional Shake 	<ul style="list-style-type: none"> • 2+ servings Vegetables
Dinner	<ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner • 16oz water • 1 cup broccoli, 1 cup cauliflower and 1 cup of asparagus (can have as much as you like with vegetables (steam)) • ½ avocado • Salmon (women 4-6oz and men 6-8oz) 	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • Within 30 minutes of workout • 8oz water • 1 hardboiled egg 	<ul style="list-style-type: none"> • 1 serving protein
Notes	<p>Exclude: No alcohol, dairy, grains, starches, or soda.</p> <p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day.</p> <ul style="list-style-type: none"> • Carrots • Cucumbers • Asparagus <p>Good Fat equal 1 serving:</p> <ul style="list-style-type: none"> • ½ Avocado or • Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed) 	

TLS 21 Day Challenge Kit: Day 10 and 11

	Sample Meal Plan to Follow	Serving Size for Formulating your own Meal Plan
Pre Breakfast	<p>Wake Up:</p> <p>1 teaspoon OPC-3 with 2 oz of water</p> <p>1 teaspoon of multivitamin with 2 oz of water</p> <ul style="list-style-type: none"> • wait 10 minutes can mix together • Prepare breakfast while waiting for the vitamins to absorb into your system 	
Breakfast	8oz hot water with squeezed lemon	<ul style="list-style-type: none"> • 1 serving Fruit • 1 serving protein

	<ul style="list-style-type: none"> • Omelet: 1 egg (men 2) add and mix • 2 cups of spinach and 1 cup of chopped onions or peppers 	<ul style="list-style-type: none"> • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 1 apple • TLS Nutritional Shake 	<ul style="list-style-type: none"> • 1 serving fruit
Lunch	<ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner • 16oz water <p><u>Colorful Shrimp Kabobs</u></p> <ul style="list-style-type: none"> • 4-6 oz shrimp • 1 bell pepper chopped • ½ onion chopped • 1 cup Portobello mushrooms chopped • ½ cup grape tomatoes chopped • Drizzle of extra virgin olive oil <p>Place shrimp and vegetables onto skewer sticks. Drizzle with extra virgin olive oil. Grill until shrimp is pink and cooked through.</p>	<ul style="list-style-type: none"> • 1 serving good Fat • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 1 cup of olives • 1 cup of cucumber • Banana • TLS Nutritional Shake 	<ul style="list-style-type: none"> • 1 serving Fruit • 2+ servings Vegetables
Dinner	<ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner • 16oz water • 1 cup broccoli, 1 cup cauliflower and 1 cup of peas(can have as much as you like with vegetables (steam)) • ½ avocado • Sliced Chicken (women 4-6oz and men 6-8oz) 	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • Within 30 minutes of workout • 8oz water • 3 oz of canned tuna 	<ul style="list-style-type: none"> • 1 serving protein

Notes	<p>Exclude: No alcohol, dairy, grains, starches, or soda.</p> <p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day.</p> <ul style="list-style-type: none"> • Carrots • Cucumber's • Asparagus <p>Good Fat equal 1 serving:</p> <ul style="list-style-type: none"> • ½ Avacoda or • Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed)
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TLS 21 Day Challenge Kit: Day 12 and 13

	Sample Meal Plan to Follow	Serving Size for Formulating your own Meal Plan
Pre Breakfast	<p>Wake Up:</p> <p>1 teaspoon OPC-3 with 2 oz of water 1 teaspoon of multivitamin with 2 oz of water</p> <ul style="list-style-type: none"> • wait 10 minutes can mix together • Prepare breakfast while waiting for the vitamins to absorb into the your system 	
Breakfast	<p>8oz hot water with squeezed lemon</p> <ul style="list-style-type: none"> • Sliced Chicken (women 4-6oz and men 6-8oz) • ½ cup vegetable juice • 1 Cup of Water Chestnuts • 1 cup spinach 	<ul style="list-style-type: none"> • 1 serving Fruit • 1 serving protein • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 1 pear • TLS Nutritional Shake 	<ul style="list-style-type: none"> • 1 serving fruit
Lunch	<ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner • 16oz water <p>Mini Salad</p> <ul style="list-style-type: none"> • ½ avocado • 1 cup lettuce • ½ cup onions • ½ cup parsley • ½ cup radishes • ½ cup spinach 	<ul style="list-style-type: none"> • 1 serving good Fat • 3+ servings Vegetables

	<ul style="list-style-type: none"> Mix with salt and pepper 	
Snack	<ul style="list-style-type: none"> 8oz water 1 cup of bell peppers 1 cup of cucumber Banana TLS Nutritional Shake 	<ul style="list-style-type: none"> 1 serving Fruit 2+ servings Vegetables
Dinner	<ul style="list-style-type: none"> The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner 16oz water <p><u>Zucchini Spaghetti and Meatballs</u></p> <ul style="list-style-type: none"> - 2 zucchini, large - ½ cup onions, chopped - 1 Tbsp. olive oil - ½ cup pasta sauce, low sugar - Dash of garlic powder - Dash of red pepper flakes - 3 oz. lean ground, organic turkey <p>In a nonstick skillet, add olive oil and onions. Cook until soft, set aside. Shape turkey into small balls. Place turkey in the same skillet. Cook until golden brown, set aside. Place zucchini in a vegetable spiralizer. Add zucchini, garlic powder, red pepper flakes and cooked onions to the same nonstick skillet, cook for 1-2 minutes. While cooking, heat up pasta sauce in the microwave. Place cooked zucchini mixture in a bowl. Top with tur-key meatballs and add pasta sauce.</p>	<ul style="list-style-type: none"> 1 serving good fat 1 serving protein 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> Within 30 minutes of workout 8oz water 3 oz of shrimp 	<ul style="list-style-type: none"> 1 serving protein
Notes	<p>Exclude: No alcohol, dairy, grains, starches, or soda.</p> <p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day.</p> <ul style="list-style-type: none"> Carrots Cucumber's Asparagus 	

	<p>Good Fat equal 1 serving:</p> <ul style="list-style-type: none"> • ½ Avacoda or • Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed)
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TLS 21 Day Challenge Kit: Day 14 and 15

	Sample Meal Plan to Follow	Serving Size for Formulating your own Meal Plan
Pre Breakfast	<p>Wake Up:</p> <p>1 teaspoon OPC-3 with 2 oz of water 1 teaspoon of multivitamin with 2 oz of water</p> <ul style="list-style-type: none"> • wait 10 minutes can mix together • Prepare breakfast while waiting for the vitamins to absorb into the your system 	
Breakfast	<p>8oz hot water with squeezed lemon</p> <ul style="list-style-type: none"> • Omelet: 1 egg (men 2) add and mix • 2 cups of spinach and 1 cup of chopped onions or peppers 	<ul style="list-style-type: none"> • 1 serving Fruit • 1 serving protein • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 1 Cup of Grapes • TLS Nutritional Shake 	<ul style="list-style-type: none"> • 1 serving fruit
Lunch	<ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner • 16oz water 	<ul style="list-style-type: none"> • 1 serving good Fat • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 1 cup of olives • 1 cup of cucumber • Banana • TLS Nutritional Shake 	<ul style="list-style-type: none"> • 1 serving Fruit • 2+ servings Vegetables
Dinner	<ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner • 16oz water 	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 3+ servings Vegetables

	<p><u>Grilled White Fish with Salad</u></p> <ul style="list-style-type: none"> - 1 white fish fillet - 1 cup spinach - ½ cup zucchini, sliced - ½ cup Brussels sprouts, chopped - 2 scallion stalks, chopped - Handful of water chestnuts - 1 pear, sliced <p>On a grill, place fish and pear. Grill until cooked. In a nonstick skillet, sauté zucchini, Brussels sprouts and scallions until cooked. Place sautéed vegetables on top of fresh spinach, top with water chestnuts and pear. Dress with rice vinegar.</p>	
Snack	<ul style="list-style-type: none"> • Within 30 minutes of workout • 8oz water • Tls shake 	<ul style="list-style-type: none"> • 1 serving protein
Notes	<p>Exclude: No alcohol, dairy, grains, starches, or soda.</p> <p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day.</p> <ul style="list-style-type: none"> • Carrots • Cucumbers • Asparagus <p>Good Fat equal 1 serving:</p> <ul style="list-style-type: none"> • ½ Avocado or • Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed) 	

TLS 21 Day Challenge Kit: Day 16 and 17

	Sample Meal Plan to Follow	Serving Size for Formulating your own Meal Plan
Pre Breakfast	<p>Wake Up:</p> <p>1 teaspoon OPC-3 with 2 oz of water</p> <p>1 teaspoon of multivitamin with 2 oz of water</p>	

	<ul style="list-style-type: none"> • wait 10 minutes can mix together • Prepare breakfast while waiting for the vitamins to absorb into the your system 	
Breakfast	<p>8oz hot water with squeezed lemon</p> <p><u>Power Pancakes</u> Ingredients: - 2 eggs - 2 scoops of TLS nutritional shake vanilla - 3oz of apple sauce unsweetened - 1 cup chopped spinach - Dash of cinnamon and nutmeg</p> <p>In a bowl mix all and cook on non-stick skillet until brown</p>	<ul style="list-style-type: none"> • 1 serving Fruit • 1 serving protein • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 1 banana • TLS Nutritional Shake 	<ul style="list-style-type: none"> • 1 serving fruit
Lunch	<ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner • 16oz water • ½ avocado • Canned tuna (women 4-6oz and men 6-8oz) • 1 cup of onions (chop and mix with tuna) and one Tomato chopped and add to mix. • Sandwich bag of carrots if still hungry 	<ul style="list-style-type: none"> • 1 serving good Fat • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 1 cup of olives • 1 cup of cucumber • Pear • TLS Nutritional Shake 	<ul style="list-style-type: none"> • 1 serving Fruit • 2+ servings Vegetables
Dinner	<ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner • 16oz water 	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 3+ servings Vegetables

	<ul style="list-style-type: none"> • 1 cup broccoli, 1 cup cauliflower and 1 cup of asparagus (can have as much as you like with vegetables (steam)) • ½ avocado • Salmon (women 4-6oz and men 6-8oz) 	
Snack	<ul style="list-style-type: none"> • Within 30 minutes of workout • 8oz water • 1 hardboiled egg 	<ul style="list-style-type: none"> • 1 serving protein
Notes	<p>Exclude: No alcohol, dairy, grains, starches, or soda.</p> <p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day.</p> <ul style="list-style-type: none"> • Carrots • Cucumbers • Asparagus <p>Good Fat equal 1 serving:</p> <ul style="list-style-type: none"> • ½ Avocado or • Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed) 	

TLS 21 Day Challenge Kit: Day 18 and 19

	Sample Meal Plan to Follow	Serving Size for Formulating your own Meal Plan
Pre Breakfast	<p>Wake Up:</p> <p>1 teaspoon OPC-3 with 2 oz of water 1 teaspoon of multivitamin with 2 oz of water</p> <ul style="list-style-type: none"> • wait 10 minutes can mix together • Prepare breakfast while waiting for the vitamins to absorb into your system 	
Breakfast	<p>8oz hot water with squeezed lemon</p> <p><u>Spanish Chicken Breakfast</u></p> <p>Ingredients:</p> <ul style="list-style-type: none"> - 2 or 3 oz chicken breast sliced - 1 cup spinach chopped - ½ cup green pepper chopped - ¼ chopped onions - ¼ cup mushrooms chopped - Fresh Salsa <p>In non-stick skillet sauté over medium heat the chicken until cooked. Add remaining</p>	<ul style="list-style-type: none"> • 1 serving Fruit • 1 serving protein • 3+ servings Vegetables

	<p>ingredients (expect salsa) and cook for 1-2 minutes. Put mixture in a bowl and top with fresh salsa.</p>	
Snack	<ul style="list-style-type: none"> • 8oz water • 1 banana • TLS Nutritional Shake 	<ul style="list-style-type: none"> • 1 serving fruit
Lunch	<ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner • 16oz water • ½ avocado • Canned tuna (women 4-6oz and men 6-8oz) • 1 cup of onions (chop and mix with tuna) and one Tomato chopped and add to mix. • Sandwich bag of carrots if still hungry 	<ul style="list-style-type: none"> • 1 serving good Fat • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 1 cup of olives • 1 cup of cucumber • Banana • TLS Nutritional Shake 	<ul style="list-style-type: none"> • 1 serving Fruit • 2+ servings Vegetables
Dinner	<ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner • 16oz water <p><u>Cauliflower Fried Rice</u></p> <ul style="list-style-type: none"> • 1 head of cauliflower • 1 tablespoon of sesame oil • 1 tablespoon of garlic • 1 cup of carrots chopped • 1 cup of mushrooms chopped • 2 eggs scrambled • 3 tablespoons of low sodium soy sauce • 2 scallion stalks chopped <p>In a food processor/blender add cauliflower. Blend until pieces resemble the size of rice grains. In a skilled add remaining ingredients and stir well. Cook for 2-3 minutes or until</p>	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 3+ servings Vegetables

	desired. Serve with scallions on top and season with salt and pepper to taste.	
Snack	<ul style="list-style-type: none"> • Within 30 minutes of workout • 8oz water • 1 hardboiled egg 	<ul style="list-style-type: none"> • 1 serving protein
Notes	<p>Exclude: No alcohol, dairy, grains, starches, or soda.</p> <p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day.</p> <ul style="list-style-type: none"> • Carrots • Cucumber's • Asparagus <p>Good Fat equal 1 serving:</p> <ul style="list-style-type: none"> • ½ Avacoda or • Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed) 	

TLS 21 Day Challenge Kit: Day 20 and 21

	Sample Meal Plan to Follow	Serving Size for Formulating your own Meal Plan
Pre Breakfast	<p>Wake Up:</p> <p>1 teaspoon OPC-3 with 2 oz of water</p> <p>1 teaspoon of multivitamin with 2 oz of water</p> <ul style="list-style-type: none"> • wait 10 minutes can mix together • Prepare breakfast while waiting for the vitamins to absorb into the your system 	
Breakfast	<p>8oz hot water with squeezed lemon</p> <p><u>Power Pancakes</u></p> <p>Ingredients:</p> <ul style="list-style-type: none"> - 2 eggs - 2 scoops of TLS nutritional shake vanilla - 3oz of apple sauce unsweetened - 1 cup chopped spinach - Dash of cinnamon and nutmeg <p>In a bowl mix all and cook on non-stick skillet until brown</p>	<ul style="list-style-type: none"> • 1 serving Fruit • 1 serving protein • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 1 banana • TLS Nutritional Shake 	<ul style="list-style-type: none"> • 1 serving fruit

Lunch	<ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner • 16oz water • ½ avocado • Canned tuna (women 4-6oz and men 6-8oz) • 1 cup of onions (chop and mix with tuna) and one Tomato chopped and add to mix. • Sandwich bag of carrots if still hungry 	<ul style="list-style-type: none"> • 1 serving good Fat • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 1 cup of olives • 1 cup of cucumber • Banana • TLS Nutritional Shake 	<ul style="list-style-type: none"> • 1 serving Fruit • 2+ servings Vegetables
Dinner	<ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor must be taken 30 minutes before Lunch and Dinner • 16oz water <p><u>Broiled Sole with Warm Eggplant Salad</u></p> <ul style="list-style-type: none"> • 1 Cup Sole fish fillet • ¼ cup eggplant peeled and chopped • ½ tablespoon olive oil • 1/4 cup onion chopped • ½ tablespoon capers • 1 chopped tomato • , 1 cup cauliflower and 1 • 1 tablespoon fresh parsley • ¼ tablespoon balsamic vinegar <p>Preheat oven to 350. Place sole in oven cook until it flakes. Heat olive oil in non-stick pan. Add eggplant and sauté for 10 minutes until soft. Add remaining ingredients and sauté for 2-3 minutes. Season lightly salt and pepper.</p>	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 3+ servings Vegetables
Snack	<ul style="list-style-type: none"> • Within 30 minutes of workout • 8oz water • Tls shake 	<ul style="list-style-type: none"> • 1 serving protein
Notes	Exclude: No alcohol, dairy, grains, starches, or soda.	

	<p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day.</p>
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- Carrots
- Cucumber's
- Asparagus

Good Fat equal1 serving:

- ½ Avacoda or
- Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed)