

Week 1: SURE & STEADY

(Unless otherwise noted serving size is for one day – goal to lose 1 to 2 pounds per week)

If on Dairy-Free Diet Omit: Low-Fat Milk, Low Fat cheese, Plain Greek Yogurt, Low Fat Yogurt, Low Fat Creamer, Low Fat Sour Cream – Whole Grains and Starches included in this plan as well.

Sure & Steady: 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	<p>Wake Up: Recommend: 1 teaspoon of Isotonix Multivitamin with 2oz of water to help supply your body with essential nutrients to fuel the body throughout the day.</p> <ul style="list-style-type: none"> • Wait 10 minutes and Prepare breakfast while waiting 	
Breakfast	<p>8oz hot water with squeezed lemon</p> <ul style="list-style-type: none"> • Omelet Sandwich: 1 egg add and mix • 1 cups of parsley and 1 cup Spinach or Kale and 2 cups of chopped onions or peppers or mixed • Toast one Rye Bread Slice – add omelet 	<ul style="list-style-type: none"> • 1 serving protein • 2-4 servings Vegetables • 1 serving whole grain
Snack	<ul style="list-style-type: none"> • 8oz water • 1 cup blueberries mix with • 1 serving plain Greek yogurt • 1 serving trail mix 	<ul style="list-style-type: none"> • 1 serving fruit • 1 Serving dairy • 1 serving snack protein
Lunch	<ul style="list-style-type: none"> • Recommend: The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water • Banana • Canned tuna (women 4-6oz and men 6-8oz) • 2 cups of celery and 2 cup of onions mixed with tuna. (can substitute olive oil for avocado and mix with tuna) 	<ul style="list-style-type: none"> • 1 serving good Fat • 1 serving protein • 2-4 servings Vegetables • 1 Serving fruit
Snack	<ul style="list-style-type: none"> • 8oz water • 1 tangerine 	<ul style="list-style-type: none"> • 1 serving Fruit

	<ul style="list-style-type: none"> • 1 serving Greek Yogurt • 1 serving mixed nuts or trail mix 	<ul style="list-style-type: none"> • 1 Serving of Daily (if dairy free then omit or replace with additional vegetable serving. • 1 serving snack protein
Dinner	<ul style="list-style-type: none"> • Recommend: The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water <p><u>Quick-Broiled Salmon with Ginger-Mint Salsa</u> Serves 2 or 2 days</p> <ul style="list-style-type: none"> • ½ cup scallions, chopped • ½ tsp black pepper • ½ oz. lime juice • 2 TBSP fresh mint, chopped • 1 tsp grated ginger • ¼ tsp salt • 2 salmon filets • 2 tsp lemon juice <p>Preheat broiler on oven to high and heat an oven-safe skillet in for 10 minutes. The pan should be 5-7" from the heat source. Rub salmon with 2 tsp fresh lemon juice and pepper. Using a hot pad, pull pan away from heat and place salmon on hot pan, skin side down. Return to broiler and cook about 5-7 minutes, depending on thickness. Test to ensure salmon is cooked. Meanwhile, combine ginger, mint, lime juice and scallion. Spoon over salmon. Garnish with 1 tsp olive oil.</p> <p>Serve with one cup of steamed Asparagus</p>	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 2-4 servings Vegetables • 1 serving Starch
Snack	<ul style="list-style-type: none"> • 8oz water • TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise. 	
Notes	<p>Exclude: No alcohol or soda.</p> <p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day. Never feel hungry! Reach for those vegies!</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 Avocado or • Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed) • Nuts or Seeds <p>Exercise 3-5 Days per week: See our sample Exercise Plans</p> <p><u>Recommend:</u></p> <ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • Isotonix Multivitamin • TLS Protein or Nutrition Shake
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Sure & Steady: 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:</p> <p><u>Recommend:</u> 1 teaspoon of Isotonix Multivitamin with 2oz of water to help supply your body with essential nutrients to fuel the body throughout the day.</p> <ul style="list-style-type: none"> • Wait 10 minutes and Prepare breakfast while waiting 	
Breakfast	<p>8oz hot water with squeezed lemon</p> <ul style="list-style-type: none"> • 1 serving low fat milk • ½ cup all bran cereal • 1 cup vegetable juice 	<ul style="list-style-type: none"> • 1 serving protein • 2-4 servings Vegetables • 1 serving whole grain
Snack	<ul style="list-style-type: none"> • 8oz water • 1 Orange • Pumpkin Seeds • One serving Low fat yogurt 	<ul style="list-style-type: none"> • 1 serving fruit • 1 Serving dairy • 1 serving snack protein
Lunch	<ul style="list-style-type: none"> • <u>Recommend:</u> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water 	<ul style="list-style-type: none"> • 1 serving good Fat • 1 serving protein • 2-4 servings Vegetables • 1 Serving fruit

	<p><u>Open-Faced Tuna Sandwich</u></p> <ul style="list-style-type: none"> • 1 slice multi-9 grain bread • ½ cup alfalfa sprout • 1 tomato, sliced • ½ TBSP Plain Greek Yogurt • ½ TBSP light mayonnaise • ½ lemon • 1 can tuna fish in water, drained <p>Mix lemon juice, mayonnaise, yogurt and tuna together. Place on top of bread. Top with tomato and sprouts.</p>	
<p>Snack</p>	<ul style="list-style-type: none"> • 8oz water • 1 cup of Strawberries • 1/2 cup of pumpkin seeds • 1 serving low fat sour cream to be spread or dipped in Strawberries 	<ul style="list-style-type: none"> • 1 serving Fruit • 1 Serving of Daily (if dairy free then omit or replace with additional vegetable serving. • 1 serving snack protein
<p>Dinner</p>	<ul style="list-style-type: none"> • <u>Recommend:</u> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water <p><u>Braised Chicken with Thyme and Pepper</u></p> <p>1/8 tsp black pepper 1 ½ TBSP salt 1 cup baby spinach ¼ cup dry white wine ½ tsp thyme dried ¼ cup white beans, drained ½ cup vegetable broth 3 cloves garlic minced 1 cup white onions 4 oz. chicken breast</p> <p>Season chicken with thyme and pepper. Melt 1 TBSP butter in 12-inch nonstick skillet over medium-high heat and brown chicken turning once, 6 minutes. Remove chicken and set aside. Add remaining butter to same skillet and add onions, stirring occasionally, 6 minutes or until tender. Add garlic and cook 30 seconds. Add broth and wine and bring to boil over high heat. Reduce to low and return chicken to</p>	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 2-4 servings Vegetables • 1 serving Starch

	skillet. Simmer covered 5 minutes. Stir in beans and spinach. Simmer uncovered, stirring occasionally, 5 minutes or until chicken is thoroughly cooked.	
Snack	<ul style="list-style-type: none"> • 8oz water • TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise. 	
Notes	<p>Exclude: No alcohol or soda.</p> <p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day. Never feel hungry! Reach for those vegies!</p> <ul style="list-style-type: none"> • Carrots • Cucumber's • Asparagus <p>Good Fat equal1 serving:</p> <ul style="list-style-type: none"> • ½ Avocado or • Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed) • Nuts and Seeds <p>Exercise 3-5 Days per week: See our sample Exercise Plans</p> <p>Recommend:</p> <ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • Isotonix Multivitamin • TLS Protein or Nutrition Shake 	

Sure & Steady: 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:</p> <p>Recommend: 1 teaspoon of Isotonix Multivitamin with 2oz of water to help supply your body with essential nutrients to fuel the body throughout the day.</p> <ul style="list-style-type: none"> • Wait 10 minutes and Prepare breakfast while waiting 	
Breakfast	8oz hot water with squeezed lemon	<ul style="list-style-type: none"> • 1 serving protein • 2-4 servings Vegetables

	<p>Easy Spinach and Onion Egg bake – Breakfast for 6 days if you like – adjust accordingly</p> <p>1-32 oz. carton of liquid egg whites 3 eggs 1-10oz package frozen chopped spinach 1 onion, chopped Defrost spinach according to directions. Spray a glass 9x11 baking dish with cooking spray. Add all ingredients. Bake at 350 degrees for 45 minutes. Split into 6 pieces. Store in refrigerator and reheat in a microwave for 1-2 minutes.</p>	<ul style="list-style-type: none"> • 1 serving whole grain
Snack	<ul style="list-style-type: none"> • 8oz water • 1 banana • Plain Greek Yogurt • Trail Mix 1 serving 	<ul style="list-style-type: none"> • 1 serving fruit • 1 Serving dairy • 1 serving snack protein
Lunch	<ul style="list-style-type: none"> • Recommend: The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water • 1 Plum <p>Spiced-Up Black Beans Serves 2 (or 2 days) 2 TBSP cumin seed 1 cup chopped onion 1 cup black beans 4 cloves garlic, minced 1 tsp chili powder, more to taste, if needed. Drain beans and rinse. Add onion, garlic, cumin and chili powder. Season with salt.</p>	<ul style="list-style-type: none"> • 1 serving good Fat • 1 serving protein • 2-4 servings Vegetables • 1 Serving fruit
Snack	<ul style="list-style-type: none"> • 8oz water • 1 cup grapes • 1 or 2 servings low-fat yogurt • 1 serving of nuts or trail mix 	<ul style="list-style-type: none"> • 1 serving Fruit • 1 Serving of Daily (if dairy free then omit or replace with additional vegetable serving. • 1 serving snack protein

<p>Dinner</p>	<ul style="list-style-type: none"> • Recommend: The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water <p>Chicken & Pasta Primavera Serves 4: Adjust Accordingly</p> <ul style="list-style-type: none"> • 4 cups high fiber whole grain pasta (may spiralize zucchini to make this a grain free meal) • 2 cups chopped chicken breast • ¼ tsp garlic powder • 10 oz. package frozen veggie mix (may use fresh vegetables of your choice) • 3 TBSP parmesan cheese • ½ cup low fat milk • 11 ounces low-sodium cream of mushroom soup <p>Mix soup, milk, cheese, garlic powder and vegetables in a saucepan. Heat to a boil. Cover and cook over low heat for 10 minutes or until tender-crisp. Add chicken and heat through. Serve over spaghetti (or zucchini).</p> <p>Serve with one cup of steamed green beans</p>	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 2-4 servings Vegetables • 1 serving Starch
<p>Snack</p>	<ul style="list-style-type: none"> • 8oz water • TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise. 	
<p>Notes</p>	<p>Exclude: No alcohol or soda.</p> <p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day. Never feel hungry! Reach for those vegies!</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 Avocado or • Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed) • Nuts and Seeds <p>Exercise 3-5 Days per week: See our sample Exercise Plans</p>	

	<p>Recommend:</p> <ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • Isotonix Multivitamin • TLS Protein or Nutrition Shake
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Sure & Steady: Day 7 flex meal

(Add as replacement for any of the plans or for a one day meal or 3 day meal with extras)

	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>Recommend: 1 teaspoon of Isotonix Multivitamin with 2oz of water to help supply your body with essential nutrients to fuel the body throughout the day.</p> <ul style="list-style-type: none"> • Wait 10 minutes and Prepare breakfast while waiting 	
Breakfast	<p>8oz hot water with squeezed lemon</p> <p>Chicken Breakfast Burrito</p> <ul style="list-style-type: none"> • ¼ cup chopped onions • ½ cup chopped green bell pepper • Chicken breast, diced • 1 low-carb, high-fiber tortilla (high fiber) • 1 TBSP sour cream (optional) <p>Heat a small skillet over medium-high heat sprayed with cooking spray. Sauté chicken until completely cooked through. Combine pepper and onions with cooked chicken in a small bowl. Place on tortilla on dinner plate and top with chicken mixture and fold. Garnish with sour cream.</p>	<ul style="list-style-type: none"> • 1 serving protein • 2-4 servings Vegetables • 1 serving whole grain
Snack	<ul style="list-style-type: none"> • 8oz water <p>Shake it up Shake</p> <ul style="list-style-type: none"> • TLS Nutritional Shake 1 scoop vanilla, 1 cup of orange juice and 1 cup ice blended until smooth 	<ul style="list-style-type: none"> • 1 serving fruit • 1 Serving dairy • 1 serving snack protein
Lunch	<ul style="list-style-type: none"> • Recommend: The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water 	<ul style="list-style-type: none"> • 1 serving good Fat • 1 serving protein • 2-4 servings Vegetables

	<p><u>Broccoli Marinara</u> Serves 4 adjust accordingly</p> <ul style="list-style-type: none"> • 2 cloves garlic chopped • 2 TBSP extra virgin olive oil • 2 cups chopped broccoli • Salt and pepper to taste • 2 cups canned diced tomatoes with basil, garlic and oregano (no salt added) <p>Heat oil in large skillet over medium heat. Add garlic and cook for a few minutes, stirring constantly. Pour in the tomatoes with their juices and simmer until the liquid has reduced about half. Place the broccoli on top of the tomatoes and season with salt and pepper. Cover and simmer on low heat for 10 minutes or until broccoli is tender. Do not overcook the broccoli. Pour into a serving dish and toss before serving.</p>	<ul style="list-style-type: none"> • 1 Serving fruit
<p>Snack</p>	<ul style="list-style-type: none"> • 8oz water • 1 cup of blueberries • 1 Cup pumpkin seeds • 1 serving Greek yogurt 	<ul style="list-style-type: none"> • 1 serving Fruit • 1 Serving of Daily (if dairy free then omit or replace with additional vegetable serving. • 1 serving snack protein
<p>Dinner</p>	<ul style="list-style-type: none"> • <u>Recommend:</u> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water <p><u>Balsamic Kale and Salmon</u> Serves 4 adjust accordingly</p> <ul style="list-style-type: none"> • 5 cups kale, chopped • 1 garlic clove, minced • 1 TBSP extra virgin olive oil • 2 TBSP balsamic vinegar • Salt and pepper to taste <p>Cook kale in large covered saucepan over medium-high heat until the leaves are wilted.</p>	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 2-4 servings Vegetables • 1 serving Starch

	<p>Uncover; stir in garlic, olive oil and vinegar. Cook while stirring for about 2 minutes. Add salt and pepper to taste.</p> <ul style="list-style-type: none"> • Salmon (women 4-6oz and men 6-8oz) cook on side serve with kale <p>Serve with 1 cup of steamed broccoli</p>	
Snack	<ul style="list-style-type: none"> • 8oz water • TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise. 	
Notes	<p>Exclude: No alcohol or soda.</p> <p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day. Never feel hungry! Reach for those vegies!</p> <ul style="list-style-type: none"> • Carrots • Cucumber's • Asparagus <p>Good Fat equal1 serving:</p> <ul style="list-style-type: none"> • ½ Avacoda or • Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed) • Nuts and Seeds <p>Exercise 3-5 Days per week: See our sample Exercise Plans</p> <p>Recommend:</p> <ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • Isotonix Multivitamin • TLS Protein or Nutrition Shake 	

Week 2 and 3

Sure & Steady: Day 8 and 9

	Sample Meal Plan to Follow	Serving Size for Formulating your own Meal Plan
Pre Breakfast	<p>Wake Up:</p> <p>Recommend: 1 teaspoon of Isotonix Multivitamin with 2oz of water to help supply</p>	

	<p>your body with essential nutrients to fuel the body throughout the day.</p> <ul style="list-style-type: none"> • Wait 10 minutes and Prepare breakfast while waiting 	
Breakfast	<p>8oz hot water with squeezed lemon</p> <p><u>Cinnamon French Toast</u></p> <ul style="list-style-type: none"> • 2 eggs • 1 TBSP vanilla extract • 2 slices high fiber whole grain bread • 1 TBSP butter • 1 tsp cinnamon <p>Heat a large non-stick griddle until hot and brush with butter. Put eggs in a shallow dish and beat well with the vanilla extract and cinnamon. Dip bread into egg mixture, turning once to coat. Place the bread slices in the pan and cook 2 minutes, until golden brown and crisp.</p>	<ul style="list-style-type: none"> • 1 serving protein • 2-4 servings Vegetables • 1 serving whole grain
Snack	<ul style="list-style-type: none"> • 8oz water <p><u>Banana Bread Shake</u></p> <ul style="list-style-type: none"> • 2 scoops TLS Nutrition Shake - Vanilla • 1 cup unsweetened vanilla almond milk • 1 banana • ½ cup (dry measure) rolled oats • 1 tsp. cinnamon 	<ul style="list-style-type: none"> • 1 serving fruit • 1 Serving dairy • 1 serving snack protein
Lunch	<ul style="list-style-type: none"> • <u>Recommend:</u> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water • 1 Apple • 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 • 1 serving protein • 2-4 servings Vegetables • 1 Serving fruit
Snack	<ul style="list-style-type: none"> • 8oz water • 2 tbsp natural nut butter to dip or spread on... • 1 cup of apples or celery sticks 	<ul style="list-style-type: none"> • 1 serving Fruit • 1 Serving of Daily (if dairy free then omit or replace with

	<ul style="list-style-type: none"> Trail mix or nuts 	<p>additional vegetable serving.</p> <ul style="list-style-type: none"> 1 serving snack protein
Dinner	<ul style="list-style-type: none"> Recommend: The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner 16oz water <p>Stuffed Cabbage Serves 5 adjust accordingly</p> <ul style="list-style-type: none"> 4 oz. white beans 2 egg whites 1 cup vegetable broth 4 cups tomato soup ½ pound ground turkey ½ pound 95% lean ground beef 1 cup tomatoes 1 head white cabbage, partially hollowed <p>Mix egg whites and drained white beans into beef and turkey; season with salt and pepper. Form into meatballs. Stuff into cabbage head. Mix together tomatoes, tomato soup and vegetable broth. Pour over cabbage and meat. Sprinkle with pepper. Cover and bring to a boil. Cook at 325 degrees for 30-40 minutes, spooning juices over the cabbage and meat every 15 minutes. Allow to sit for 10 minutes before serving. Skim off any excess fat before serving.</p>	<ul style="list-style-type: none"> 1 serving good fat 1 serving protein 2-4 servings Vegetables 1 serving Starch
Snack	<ul style="list-style-type: none"> 8oz water TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise. 	
Notes	<p>Exclude: No alcohol or soda.</p> <p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day. Never feel hungry! Reach for those vegies!</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 avocado or • Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed) • Nuts and Seeds <p>Exercise 3-5 Days per week: See our sample Exercise Plans</p> <p><u>Recommend:</u></p> <ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • Isotonix Multivitamin • TLS Protein or Nutrition Shake
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Sure & Steady: Day 10 and 11

	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><u>Recommend:</u> 1 teaspoon of Isotonix Multivitamin with 2oz of water to help supply your body with essential nutrients to fuel the body throughout the day.</p> <ul style="list-style-type: none"> • Wait 10 minutes and Prepare breakfast while waiting 	
Breakfast	<p>8oz hot water with squeezed lemon</p> <p><u>Cottage Cheese Pancakes</u></p> <ul style="list-style-type: none"> • Serves 4 adjust accordingly • ½ tsp vanilla extract • 1 cup low fat cottage cheese • 3 eggs • 2 TBSP olive oil • 1/3 cup whole wheat flour <p>Combine all ingredients and use as batter for pancakes or waffles. Heat a large skillet over medium heat and spray with cooking spray. Pour 1/3 of the batter in the skillet and cook until bubbles appear on the surface. Flip with a spatula and cook until browned on the other side.</p>	<ul style="list-style-type: none"> • 1 serving protein • 2-4 servings Vegetables • 1 serving whole grain
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 Plum • 1 cup of pumpkin seeds 	<ul style="list-style-type: none"> • 1 Serving dairy • 1 serving snack protein
Lunch	<ul style="list-style-type: none"> • Recommend: The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water • 1 banana <p>Colorful Shrimp Kabobs</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 • 1 serving protein • 2-4 servings Vegetables • 1 Serving fruit
Snack	<ul style="list-style-type: none"> • 8oz water • 1 cup of cucumbers sliced • 1 serving fat sour crème to dip or spread on cucumbers • 1 serving pumpkin seeds 	<ul style="list-style-type: none"> • 1 serving Fruit • 1 Serving of Daily (if dairy free then omit or replace with additional vegetable serving. • 1 serving snack protein
Dinner	<ul style="list-style-type: none"> • Recommend: The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water <p>Meatballs and Zucchini Spaghetti</p> <p>Serves 4 adjust accordingly</p> <ul style="list-style-type: none"> • 4-6 oz. no-added-salt tomato paste (or low-sugar pasta sauce) • ¼ chopped onions • 3 zucchini, spiralized • 2 pounds ground beef, 95% lean • 1/8 TBSP paprika • 3 cloves garlic, crushed <p>Mix beef with onion, garlic, paprika, salt and pepper and make into 12 balls. Place</p>	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 2-4 servings Vegetables • 1 serving Starch

	meatballs under preheated broiler for 7 minutes, turning occasionally until browned and cooked through. Meanwhile, spiralize zucchini and cook in 1 TBSP olive oil on medium heat for about 5-10 minutes or until softened. Add meatballs to zucchini pasta and add tomato sauce.	
Snack	<ul style="list-style-type: none"> • 8oz water • TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise. 	
Notes	<p>Exclude: No alcohol or soda.</p> <p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day. Never feel hungry! Reach for those vegies!</p> <ul style="list-style-type: none"> • Carrots • Cucumber's • Asparagus <p>Good Fat equal1 serving:</p> <ul style="list-style-type: none"> • ½ avocado or • Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed) • Nuts and Seeds <p>Exercise 3-5 Days per week: See our sample Exercise Plans</p> <p>Recommend:</p> <ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • Isotonix Multivitamin • TLS Protein or Nutrition Shake 	

Sure & Steady: Day 12 and 13

	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>Recommend: 1 teaspoon of Isotonix Multivitamin with 2oz of water to help supply your body with essential nutrients to fuel the body throughout the day.</p>	

	<ul style="list-style-type: none"> • Wait 10 minutes and Prepare breakfast while waiting 	
Breakfast	<p>8oz hot water with squeezed lemon</p> <ul style="list-style-type: none"> • 1 serving low fat milk • ½ cup all bran cereal • 1 cup vegetable juice 	<ul style="list-style-type: none"> • 1 serving protein • 2-4 servings Vegetables • 1 serving whole grain
Snack	<ul style="list-style-type: none"> • 8oz water • TLS Vanilla Nutritional Shake mix with a cup of fruit (strawberries, blueberries, raspberries) 	<ul style="list-style-type: none"> • 1 serving fruit • 1 Serving dairy • 1 serving snack protein
Lunch	<ul style="list-style-type: none"> • Recommend: The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water <p>Mini Salad</p> <ul style="list-style-type: none"> • ½ avocado • 1.5 cup lettuce • ½ cup onions • ½ cup parsley • ½ cup radishes • ½ cup spinach • Olive oil sprinkle <p>Mix with salt and pepper</p>	<ul style="list-style-type: none"> • 1 serving good Fat • 1 serving protein • 2-4 servings Vegetables • 1 Serving fruit
Snack	<ul style="list-style-type: none"> • 8oz water <p>Chunky Monkey Shake:</p> <ul style="list-style-type: none"> • 1 medium banana, 1 tablespoon of natural peanut butter, and 1 cup of almond chocolate milk blended with 1 cup of ice: 	<ul style="list-style-type: none"> • 1 serving Fruit • 1 Serving of Daily (if dairy free then omit or replace with additional vegetable serving. • 1 serving snack protein
Dinner	<ul style="list-style-type: none"> • Recommend: The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water <p>Old-Fashioned Chili Serves 6 – adjust accordingly</p> <ul style="list-style-type: none"> • 1 pound 95% lean ground beef 	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 2-4 servings Vegetables • 1 serving Starch

	<ul style="list-style-type: none"> • 2 TBSP onion powder • 2 TBSP ground chili powder • ¾ cup chopped white onion • ¼ tsp pepper • Salt to taste • 2 cups red kidney beans • 2 cups no-added-salt tomato sauce <p>In a large skillet, brown beef (can substitute ground chicken or turkey) and add the onion and drain excess oil. In a large saucepan, combine beef, onion, sauce, kidney beans, onion powder, chili powder, salt and pepper to taste. Simmer for 45 minutes to 1 hour. Can also use a slow cooker.</p> <p>Serve with 1 cup of asparagus and one cup of cauliflower steamed</p>	
Snack	<ul style="list-style-type: none"> • 8oz water • TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise. 	
Notes	<p>Exclude: No alcohol or soda.</p> <p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day. Never feel hungry! Reach for those vegies!</p> <ul style="list-style-type: none"> • Carrots • Cucumber's • Asparagus <p>Good Fat equal1 serving:</p> <ul style="list-style-type: none"> • ½ avocado or • Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed) • Nuts and Seeds <p>Exercise 3-5 Days per week: See our sample Exercise Plans</p> <p><u>Recommend:</u></p> <ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • Isotonix Multivitamin • TLS Protein or Nutrition Shake 	

Sure & Steady: Day 14 and 15

	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: Recommend: 1 teaspoon of Isotonix Multivitamin with 2oz of water to help supply your body with essential nutrients to fuel the body throughout the day.</p> <ul style="list-style-type: none"> • Wait 10 minutes and Prepare breakfast while waiting 	
Breakfast	<p>8oz hot water with squeezed lemon</p> <ul style="list-style-type: none"> • 1 cup grapes • Omelet Sandwich: 1 egg (men 2) add and mix • 1 cup of spinach and 1 cup of chopped onions or 1 cup chopped peppers • 1 slice rye bread 	<ul style="list-style-type: none"> • 1 serving protein • 2-4 servings Vegetables • 1 serving whole grain
Snack	<ul style="list-style-type: none"> • 8oz water <p>Shake it up Shake</p> <ul style="list-style-type: none"> • TLS Nutritional Shake 1 scoop vanilla, 1 cup of orange juice and 1 cup ice blended until smooth 	<ul style="list-style-type: none"> • 1 serving fruit • 1 Serving dairy • 1 serving snack protein
Lunch	<ul style="list-style-type: none"> • Recommend: The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water <p>Jazz Salad Serves 2 or 2 days</p> <ul style="list-style-type: none"> • 8 jumbo olives • 6 shrimp • 1 TBSP olive oil • 1 cup cherry tomatoes • 1/8 cup carrots, chopped • 1/8 cup cucumber, sliced • 2 lettuce leaves • 2 TBSP balsamic vinegar • 2 oz. crab <p>Combine lettuce, cucumber, carrots and tomato in a bowl. Add olives, cooked crab</p>	<ul style="list-style-type: none"> • 1 serving good Fat • 1 serving protein • 2-4 servings Vegetables • 1 Serving fruit

	and shrimp and toss in oil and vinegar dressing.	
Snack	<ul style="list-style-type: none"> • 8oz water • 1 banana • 1 or 2 servings Plain Greek Yogurt • 1 cup chick peas 	<ul style="list-style-type: none"> • 1 serving Fruit • 1 Serving of Daily (if dairy free then omit or replace with additional vegetable serving. • 1 serving snack protein
Dinner	<ul style="list-style-type: none"> • Recommend: The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water <p><u>Chicken Salad Squash Boats</u></p> <p>Serves 2 or for 2 days</p> <ul style="list-style-type: none"> • 2 TBSP yellow mustard • 1 TBSP light mayonnaise • 2 TBSP chopped scallions • 1 oz. parmesan cheese • 2 large summer (yellow) squash • 2 chicken breasts <p>Cut squash in half lengthwise and scoop out seeds. Cook squash until tender, about 5 minutes at 350 degrees. Cook chicken breast and chop into cubes. Mix chicken with onions, mustard and mayonnaise. Fill center of squash with chicken salad. Add parmesan cheese, if desired. Cook filled squash for 20 minutes at 400 degrees.</p> <p>Serve with 1 cup of steamed broccoli</p>	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 2-4 servings Vegetables • 1 serving Starch
Snack	<ul style="list-style-type: none"> • 8oz water • TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise. • 	
Notes	Exclude: No alcohol or soda.	

	<p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day. Never feel hungry! Reach for those vegies!</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 avocado or • Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed) • Nuts and Seeds <p>Exercise 3-5 Days per week: See our sample Exercise Plans</p> <p><u>Recommend:</u></p> <ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • Isotonix Multivitamin • TLS Protein or Nutrition Shake
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Sure & Steady: Day 16 and 17

	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><u>Recommend:</u> 1 teaspoon of Isotonix Multivitamin with 2oz of water to help supply your body with essential nutrients to fuel the body throughout the day.</p> <ul style="list-style-type: none"> • Wait 10 minutes and Prepare breakfast while waiting 	
Breakfast	<p>8oz hot water with squeezed lemon</p> <ul style="list-style-type: none"> • 1 serving low fat milk • ½ cup all bran cereal • 1 cup vegetable juice 	<ul style="list-style-type: none"> • 1 serving protein • 2-4 servings Vegetables • 1 serving whole grain
Snack	<ul style="list-style-type: none"> • 8oz water • TLS Vanilla Nutritional Shake mix with a cup of fruit (strawberries, blueberries, raspberries) 	<ul style="list-style-type: none"> • 1 serving fruit • 1 Serving dairy • 1 serving snack protein

Lunch	<ul style="list-style-type: none"> • Recommend: The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water • 1 banana • Veggie Burger • 1 tomato • 2 cups of sliced onion 	<ul style="list-style-type: none"> • 1 serving good Fat • 1 serving protein • 2-4 servings Vegetables • 1 Serving fruit
Snack	<ul style="list-style-type: none"> • 8oz water • 1 cup of Strawberries • 1 serving low-fat sour cream to dip • 1 serving of pumpkin seeds 	<ul style="list-style-type: none"> • 1 serving Fruit • 1 Serving of Daily (if dairy free then omit or replace with additional vegetable serving. • 1 serving snack protein
Dinner	<ul style="list-style-type: none"> • Recommend: The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water <p><u>Chicken with Balsamic Vinegar</u></p> <ul style="list-style-type: none"> • 1/8 tsp thyme • 1 dash salt • 1 TBSP extra virgin olive oil • ½ tsp black pepper • ¼ tbsp. butter, unsalted • 1 bay leaf • 1 chicken breast, evenly sliced into strips • 1/6 cup vegetable broth • ½ cup sliced mushrooms <p>Season the chicken with salt and pepper. Heat oil in a heavy skillet and cook the chicken over medium-high heat until nicely browned on one side, about 3 minutes. Add the garlic. Turn the chicken pieces over and scatter the mushrooms over all. Continue cooking, shaking the skillet and redistributing the mushrooms so they cook evenly. Cook for about 3 minutes. Add the balsamic vinegar, broth, bay leaf and thyme. Cover tightly and cook over moderately high-heat for about 10</p>	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 2-4 servings Vegetables • 1 serving Starch

	<p>minutes. Turn the chicken pieces occasionally as they cook. Transfer the chicken to a warm platter with foil. Let the sauce cook uncovered over moderately high heat for about 7 minutes. Swirl in the butter. Remove the bay leaf. Pour the sauce and mushrooms over the chicken and serve.</p> <p>Serve with 1 cup of asparagus and one cup of cauliflower steamed</p>	
Snack	<ul style="list-style-type: none"> • 8oz water • TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise. 	
Notes	<p>Exclude: No alcohol or soda.</p> <p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day. Never feel hungry! Reach for those vegies!</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 avocado or • Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed) • Nuts and Seeds <p>Exercise 3-5 Days per week: See our sample Exercise Plans</p> <p>Recommend:</p> <ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • Isotonix Multivitamin • TLS Protein or Nutrition Shake 	

Sure & Steady: Day 18 and 19

	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>Recommend: 1 teaspoon of Isotonix Multivitamin with 2oz of water to help supply</p>	

	<p>your body with essential nutrients to fuel the body throughout the day.</p> <ul style="list-style-type: none"> • Wait 10 minutes and Prepare breakfast while waiting 	
Breakfast	<p>8oz hot water with squeezed lemon</p> <ul style="list-style-type: none"> • 1 serving low fat milk • ½ cup all bran cereal • 1 cup Tomato juice – no salt 	<ul style="list-style-type: none"> • 1 serving protein • 2-4 servings Vegetables • 1 serving whole grain
Snack	<ul style="list-style-type: none"> • 8oz water <p><u>Bananna Bread Shake</u> 2 scoops TLS Nutrition Shake - Creamy Vanilla 1 cup unsweetened vanilla almond milk 1 banana ½ cup (dry measure) rolled oats 1 tsp. cinnamon</p>	<ul style="list-style-type: none"> • 1 serving fruit • 1 Serving dairy • 1 serving snack protein
Lunch	<ul style="list-style-type: none"> • <u>Recommend:</u> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water <p><u>Raspberry Chicken Salad</u> Serves 3 – adjust accordingly for 3 days</p> <ul style="list-style-type: none"> • 3 boneless chicken breasts • 2 packets Splenda • 1 TBSP red wine vinegar • ½ cup cherry tomatoes • ¼ cup onions, chopped • 1 cup plain Greek Yogurt • 1 cup raspberries • 4 cups romaine lettuce, shredded • 1/3 cup celery <p>Combine raspberries, yogurt, vinegar and Splenda. Toss all remaining ingredients together and serve with dressing.</p>	<ul style="list-style-type: none"> • 1 serving good Fat • 1 serving protein • 2-4 servings Vegetables • 1 Serving fruit
Snack	<ul style="list-style-type: none"> • 8oz water • 1 cup of blueberries • 1 serving Low-Fat Yogurt • Trail Mix 	<ul style="list-style-type: none"> • 1 serving Fruit • 1 Serving of Daily (if dairy free then omit or replace with additional vegetable serving.

		<ul style="list-style-type: none"> • 1 serving snack protein
Dinner	<ul style="list-style-type: none"> • Recommend: The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water <p><u>Italian Soup with Roasted Italian Sausage</u> Serves 6 adjust accordingly</p> <ul style="list-style-type: none"> • 2 TBSP tomato paste • 1 canned diced tomatoes • 1 cup lentils • 2 TBSP basil • 2 TBSP ground fennel • 1 TBSP garlic clove • 1 tsp oregano • 2 TBSP olive oil • 1 onion, chopped • 4 cups low-sodium chicken broth • 2 cups chick peas • 5 Italian sausages (may use chicken sausages) <p>Preheat oven to 400 degrees and lightly grease a roasting pan with olive oil. Place turkey sausages on pan and roast for 40 minutes, until skins are slightly hardened and brown. When sausage has cooled, cut in half lengthwise and then slice. While the sausage roasts, heat olive oil in a heavy soup pan and sauté onions about 5 minutes until softened and barely starting to color. Add oregano, fennel and garlic and sauté 2-3 minutes. Add diced tomatoes with liquid, chicken broth, tomato paste, beans and lentils. Simmer 40-60 minutes, until lentils are softened and slightly breaking apart. Add sausage to soup. Deglaze roasting pan with a cup of water, scraping off all browned bits on bottom of pan and add to soup. Simmer 30 minutes. Stir in basil and cook for 2 minutes.</p>	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 2-4 servings Vegetables • 1 serving Starch
Snack	<ul style="list-style-type: none"> • 8oz water • TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise. 	
Notes	Exclude: No alcohol or soda.	

	<p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day. Never feel hungry! Reach for those vegies!</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 avocado or • Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed) • Nuts and Seeds <p>Exercise 3-5 Days per week: See our sample Exercise Plans</p> <p>Recommend:</p> <ul style="list-style-type: none"> • The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • Isotonix Multivitamin • TLS Protein or Nutrition Shake
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Sure & Steady: Day 20 and 21

	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>Recommend: 1 teaspoon of Isotonix Multivitamin with 2oz of water to help supply your body with essential nutrients to fuel the body throughout the day.</p> <ul style="list-style-type: none"> • Wait 10 minutes and Prepare breakfast while waiting 	
Breakfast	<p>8oz hot water with squeezed lemon</p> <p>Oat Pancakes or Waffles Serves 8 adjust accordingly</p> <ul style="list-style-type: none"> • ½ cup old fashioned oats • ½ tsp baking powder • ½ tsp baking soda • 1 ½ cup low-fat buttermilk • 1 ¼ cup whole grain flour • 2 eggs, beaten • ¼ cup butter unsalted • ½ tsp salt 	<ul style="list-style-type: none"> • 1 serving protein • 2-4 servings Vegetables • 1 serving whole grain

	<p>Mix flour, oats, baking powder, baking soda and salt together. Stir in buttermilk, eggs and butter until smooth. For waffles, add 1 more egg and 1 TBSP of oil. For pancakes, spray a pan with cooking spray and place over medium heat. Pour 2-3 TBSP of batter into frying pan. Cook 2-3 minutes until bubbles form on top of pancake. Flip and cook 2 more minutes. For waffles, add 1 cup batter to hot waffle iron and close lid. Allow to cook as desired crispness.</p>	
Snack	<ul style="list-style-type: none"> • 8oz water <p><u>Black Cherry Berry Shake</u></p> <ul style="list-style-type: none"> • 2 scoops TLS Nutrition Shake — Vanilla • ½ cup cherries, without pits • ½ cup blackberries • ½ cup water or low fat milk <p>Add ice (more ice for a thicker shake) with all ingredients and blend until creamy.</p>	<ul style="list-style-type: none"> • 1 serving fruit • 1 Serving dairy • 1 serving snack protein
Lunch	<ul style="list-style-type: none"> • <u>Recommend:</u> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water <p><u>Fruit & Nut Salad</u> Serves 4 – adjust accordingly</p> <ul style="list-style-type: none"> • ¼ cup almonds • 2 oz. agave nectar • 1 apple • 2 TBSP lemon juice • 1 cup strawberries • ½ cup blueberries • 1 pear <p>Core apple and pear and cut into cubes. Squeeze juice from ½ lemon. Heat agave in microwave for 10 seconds. Stir heated agave over fruit. Add the berries and almonds and toss. Refrigerate for 30 minutes to meld flavors.</p> <p>Add ½ avocado as part of the meal.</p>	<ul style="list-style-type: none"> • 1 serving good Fat • 1 serving protein • 2-4 servings Vegetables • 1 Serving fruit
Snack	<ul style="list-style-type: none"> • 8oz water • 1 cup of Cantaloupe • 1 or2 servings Plain Greek yogurt 	<ul style="list-style-type: none"> • 1 serving Fruit • 1 Serving of Daily (if dairy free then omit

	<ul style="list-style-type: none"> • 1 serving of nuts or trail mix 	<p>or replace with additional vegetable serving.</p> <ul style="list-style-type: none"> • 1 serving snack protein
Dinner	<ul style="list-style-type: none"> • Recommend: The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water <p><u>Wasabi-Ginger Tuna Steak</u> Serves 4 adjust accordingly</p> <ul style="list-style-type: none"> • 2 cups wasabi paste • ½ tsp ground ginger • 1 cup marmalade, ginger flavor • 2 TBSP soy sauce • 4 tuna filets <p>Spoon 1 TBSP of soy sauce over tuna filets and let them sit for 5 minutes (or longer). Combine remaining TBSP of soy sauce, ginger marmalade, ground ginger and wasabi paste in a bowl and whisk. Heat a grill pan and spray with cooking spray. Add fish and cook for 2 minutes on each side. Spoon marmalade over the fish. Cook 1 minute more for medium rare or until desired level.</p> <p>Serve with 1 cup of asparagus and one cup of cauliflower steamed</p>	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 2-4 servings Vegetables • 1 serving Starch
Snack	<ul style="list-style-type: none"> • 8oz water • TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise. 	
Notes	<p>Exclude: No alcohol or soda</p> <p>Pack small sandwich bags of vegetables if feeling hungry to reach for throughout the day. Never feel hungry! Reach for those vegies!</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 avocado or • Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed) • Nuts and Seeds 	

Exercise 3-5 Days per week: See our sample Exercise Plans

Recommend:

- The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner
- Isotonix Multivitamin
- TLS Protein or Nutrition Shake