

## Week 1: Fat Shredder

(Unless otherwise noted serving size is for one day – aim to lose 3-5 pounds per week)

### Fat Shredder: Day 1 and 2

	<b>Sample Meal Plan to Follow</b> Along with Nutri Clean 7 Day System	<b>Serving Size for Formulating your own Meal Plan</b>
<b>Pre Breakfast</b>	<p>Wake Up: <b>Recommend:</b> 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"> <li>• Wait 10 minutes and Prepare breakfast while waiting</li> </ul>	
<b>Breakfast</b>	<p>8oz hot water with squeezed lemon</p> <ul style="list-style-type: none"> <li>• 1 cup of grapes</li> <li>• Omelet: 1 egg add and mix</li> <li>• 2 cups of spinach and 2 cups of chopped onions or peppers</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• 1 apple</li> <li>• TLS Nutritional Shake</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• <b>Recommend:</b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• 16oz water</li> <li>• ½ avocado</li> <li>• Canned tuna (women 4-6oz and men 6-8oz)</li> <li>• 2 cups of celery and 2 cup of onions mixed with tuna. (can substitute olive oil for avocado and mix with tuna)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving good Fat</li> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• TLS Nutritional Shake</li> <li>• 1 cup of celery</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving vegetables</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• <b>Recommend:</b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving good fat</li> <li>• 1 serving protein</li> </ul>

	<ul style="list-style-type: none"> <li>• 16oz water</li> </ul> <p><b><u>Zucchini Spaghetti Shrimp</u></b></p> <ul style="list-style-type: none"> <li>- 2 zucchini, large</li> <li>- Shrimp (3oz for women and 6oz for men)</li> <li>- ½ cup onions, chopped</li> <li>- 1 Tbsp. olive oil</li> <li>- ½ cup pasta sauce, low sugar</li> <li>- Dash of garlic powder</li> <li>- Dash of red pepper flakes</li> </ul> <p>In a nonstick skillet, add olive oil, onions and shrimp. 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"> <li>• 3-4 servings Vegetables</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise.</li> <li>•</li> </ul>	
<b>Notes</b>	<p>Exclude: No alcohol, grains, starches, 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"> <li>• Carrots</li> <li>• Cucumber's</li> <li>• Asparagus</li> </ul> <p>Good Fat equal 1 serving:</p> <ul style="list-style-type: none"> <li>• ½ Avacoda or</li> <li>• Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed)</li> </ul> <p>Exercise 5-6 Days per week: See our sample Exercise Plans</p> <p><b><u>Recommend:</u></b></p> <ul style="list-style-type: none"> <li>• The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• Isotonix Multivitamin</li> <li>• TLS Protein or Nutrition Shake</li> </ul>	

**Fat Shredder: Day 3 and 4**

	<b>Sample Meal Plan to Follow</b> Along with Nutri Clean 7 Day System	<b>Serving Size for Formulating your own Meal Plan</b>
<b>Pre Breakfast</b>	<p>Wake Up:</p> <p><b>Recommend:</b> 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"> <li>• Wait 10 minutes and Prepare breakfast while waiting</li> </ul>	
<b>Breakfast</b>	<p>8oz hot water with squeezed lemon</p> <p><u>Grain Free Protein Pancakes</u>            2 scoops TLS Nutrition Shake — Vanilla            3 oz. unsweetened apple sauce            2 eggs            Cinnamon and nutmeg to taste            Coconut oil            Mix all ingredients together. Add coconut oil to a pan and when melted, spoon mixture into pan to form pancakes. Cook on medium high heat until browned and flip.</p>	<ul style="list-style-type: none"> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• 1 apple</li> <li>• TLS Nutritional Shake</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• <b>Recommend:</b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• 16oz water</li> <li>• ½ avocado</li> <li>• Canned tuna (women 4-6oz and men 6-8oz)</li> <li>• 2 cups of celery and 2 cup of onions mixed with tuna. (can substitute olive oil for avocado and mix with tuna)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving good Fat</li> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• TLS Nutritional Shake</li> <li>• 1 cup of celery</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving vegetables</li> </ul>

<p><b>Dinner</b></p>	<ul style="list-style-type: none"> <li>• <b>Recommend:</b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• 16oz water</li> </ul> <p><b><u>Braised Chicken with Thyme and Pepper</u></b>  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  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 skillet. Simmer covered 5 minutes. Stir in beans and spinach. Simmer uncovered, stirring occasionally, 5 minutes or until chicken is thoroughly cooked.</p>	<ul style="list-style-type: none"> <li>• 1 serving good fat</li> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>
<p><b>Snack</b></p>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise.</li> </ul>	
<p><b>Notes</b></p>	<p>Exclude: No alcohol, grains, starches, 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"> <li>• Carrots</li> <li>• Cucumber's</li> <li>• Asparagus</li> </ul> <p>Good Fat equal 1 serving:</p> <ul style="list-style-type: none"> <li>• ½ Avacoda or</li> <li>• Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed)</li> </ul>	

	<p>Exercise 5-6 Days per week: See our sample Exercise Plans</p> <p><b>Recommend:</b></p> <ul style="list-style-type: none"> <li>• The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• Isotonix Multivitamin</li> <li>• TLS Protein or Nutrition Shake</li> </ul>
--	---

**Fat Shredder: Day 5 and 6**

	<b>Sample Meal Plan to Follow</b> Along with Nutri Clean 7 Day System	<b>Serving Size for Formulating your own Meal Plan</b>
<b>Pre Breakfast</b>	<p>Wake Up:</p> <p><b>Recommend:</b> 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"> <li>• Wait 10 minutes and Prepare breakfast while waiting</li> </ul>	
<b>Breakfast</b>	<p>8oz hot water with squeezed lemon</p> <ul style="list-style-type: none"> <li>• 1 cup of grapes</li> <li>• Omelet: 1 egg add and mix</li> <li>• 2 cups of spinach and 2 cups of chopped onions or peppers</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• 1 banana</li> <li>• TLS Nutritional Shake</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• <b>Recommend:</b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• 16oz water</li> </ul> <p><b>Spiced-Up Black Beans</b> 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"> <li>• 1 serving good Fat</li> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>

<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• TLS Nutritional Shake</li> <li>• 1 cup of celery</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving vegetables</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• <b>Recommend:</b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• 16oz water</li> <li>• 1.5 cup broccoli, 1.5 cup cauliflower and 1.5 cup of asparagus (can have as much as you like with vegetables (steam))</li> <li>• ½ avocado</li> <li>• Salmon (women 4-6oz and men 6-8oz)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving good fat</li> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise.</li> <li>•</li> </ul>	
<b>Notes</b>	<p>Exclude: No alcohol, grains, starches, 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"> <li>• Carrots</li> <li>• Cucumber's</li> <li>• Asparagus</li> </ul> <p>Good Fat equal 1 serving:</p> <ul style="list-style-type: none"> <li>• ½ Avacoda or</li> <li>• Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed)</li> </ul> <p>Exercise 5-6 Days per week: See our sample Exercise Plans</p> <p><b>Recommend:</b></p> <ul style="list-style-type: none"> <li>• The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• Isotonix Multivitamin</li> <li>• TLS Protein or Nutrition Shake</li> </ul>	

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

	<b>Sample Meal Plan to Follow</b> Along with Nutri Clean 7 Day System	<b>Serving Size for Formulating your own Meal Plan</b>
<b>Pre Breakfast</b>	<p>Wake Up:</p> <p><b>Recommend:</b> 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"> <li>• Wait 10 minutes and Prepare breakfast while waiting</li> </ul>	
<b>Breakfast</b>	<p>8oz hot water with squeezed lemon</p> <ul style="list-style-type: none"> <li>• 1 banana</li> </ul> <p><b>Zucchini Hash Browns</b></p> <ul style="list-style-type: none"> <li>• Serves 2 (or 2 days)</li> <li>• 2 eggs</li> <li>• 1 tsp garlic powder</li> <li>• 1 tsp onion powder</li> <li>• 1 dash pepper</li> <li>• 2 tsp olive oil</li> <li>• 1 cup shredded zucchini</li> </ul> <p>Heat oil in skillet. Mix all ingredients together in a bowl and drop, by spoonfuls, into the hot skillet. After browning on one side, spray with cooking spray and flip; brown the other side.</p>	<ul style="list-style-type: none"> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• 1 pear</li> <li>• TLS Nutritional Shake</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• <b>Recommend:</b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• 16oz water</li> </ul> <p><b>Tomato &amp; Garlic Green Beans</b></p> <p>Serves 4 so adjust accordingly</p> <p>4 garlic cloves            ½ cup chopped onion            1 pound green beans            4 tsp olive oil            ½ tsp salt            3 TBSP tomato paste            1 cup cherry tomatoes</p>	<ul style="list-style-type: none"> <li>• 1 serving good Fat</li> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>

	<p>Rinse and drain the green beans. Fry the onions and add to green beans, garlic and salt. Stir and cook 5 minutes on medium-high heat or until onion is slightly brown. Add tomato paste and tomatoes and stir. Add enough water just to cover the beans. Cover the pan, keep cooking for 30 minutes. At this stage, 25% of the water or liquid should remain. Taste the beans to decide how much liquid to leave.</p>	
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• TLS Nutritional Shake</li> <li>• 1 cup of celery</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving vegetables</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• <b>Recommend:</b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• 16oz water</li> </ul> <p><b><u>Brilliant Sautéed Broccoli</u></b> Serves 6 so adjust accordingly</p> <ul style="list-style-type: none"> <li>• 1 pound broccoli florets</li> <li>• 3 TBSP parmesan cheese</li> <li>• 1 tsp brown sugar</li> <li>• 2 TBSP extra virgin olive oil</li> <li>• 1 tsp red pepper flakes</li> <li>• ¼ TBSP salt</li> <li>• 1/8 tsp black pepper</li> </ul> <p>Fill a pot with water and bring to a boil. Fill a large bowl or pot with half ice and half water. When the water comes to a boil, add the broccoli florets using a strainer with a handle, if possible. Allow broccoli to cook for 2 minutes until tender. Immediately remove from the boiling water, and transfer to a bowl of ice to stop the cooking process. Immerse the broccoli completely in ice water for a minute. Remove and place in a dish that is lined with paper towels. In a small bowl, mix together the cheese and sugar; set aside. Heat the oil in a large skillet over medium high heat. Throw in the broccoli and season with red pepper flakes, salt and pepper. Stir to coat the broccoli, then cook and stir for 1 to 2 minutes. Remove from the heat and dust with the parmesan cheese mixture.</p>	<ul style="list-style-type: none"> <li>• 1 serving good fat</li> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>



<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise.</li> </ul>	
<b>Notes</b>	<p>Exclude: No alcohol, grains, starches, 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"> <li>• Carrots</li> <li>• Cucumber's</li> <li>• Asparagus</li> </ul> <p>Good Fat equal 1 serving:</p> <ul style="list-style-type: none"> <li>• ½ Avacoda or</li> <li>• Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed)</li> </ul> <p>Exercise 5-6 Days per week: See our sample Exercise Plans</p> <p><b>Recommend:</b></p> <ul style="list-style-type: none"> <li>• The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• Isotonix Multivitamin</li> <li>• TLS Protein or Nutrition Shake</li> </ul>	

## Week 2 and 3

### Fat Shredder: Day 8 and 9

	Sample Meal Plan to Follow	Serving Size for Formulating your own Meal Plan
<b>Pre Breakfast</b>	<p>Wake Up:</p> <p><b>Recommend:</b> 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"> <li>• Wait 10 minutes and Prepare breakfast while waiting</li> </ul>	
<b>Breakfast</b>	<p>8oz hot water with squeezed lemon</p> <p><b>Egg White Veggie Bake</b></p>	<ul style="list-style-type: none"> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>

	<p>Ingredients:</p> <ul style="list-style-type: none"> <li>- 3 egg whites</li> <li>- ½ cup broccoli, asparagus (each), chopped</li> <li>- ¼ cup fresh basil, chopped</li> <li>- 1 Tbsp. olive oil cooking spray</li> </ul> <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>	
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• 1 apple</li> <li>• TLS Nutritional Shake</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• <b>Recommend:</b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• 16oz water</li> <li>• ½ avocado</li> <li>• Canned tuna (women 4-6oz and men 6-8oz)</li> <li>• 1 cup each of carrots and onions (chop and mix with tuna)</li> <li>• Sandwich bag of carrots if still hungry</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving good Fat</li> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• 1 cup of cucumber</li> <li>• TLS Nutritional Shake</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving vegetables</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• <b>Recommend:</b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>•</li> <li>• 16oz water</li> <li>• 1 cup broccoli, 1 cup cauliflower and 2 cup of asparagus (can have as much as you like with vegetables (steam))</li> <li>• ½ avocado</li> <li>• Salmon (women 4-6oz and men 6-8oz)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving good fat</li> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise.</li> </ul>	
<b>Notes</b>	Exclude: No alcohol, grains, starches, 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"> <li>• Carrots</li> <li>• Cucumber's</li> <li>• Asparagus</li> </ul> <p>Good Fat equal 1 serving:</p> <ul style="list-style-type: none"> <li>• ½ Avacoda or</li> <li>• Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed)</li> </ul> <p>Exercise 5-6 Days per week: See our sample Exercise Plans</p> <p><b><u>Recommend:</u></b></p> <ul style="list-style-type: none"> <li>• The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• Isotonix Multivitamin</li> <li>• TLS Protein or Nutrition Shake</li> </ul>
--	---

**Fat Shredder: Day 10 and 11**

	<b>Sample Meal Plan to Follow</b> Along with Nutri Clean 7 Day System	<b>Serving Size for Formulating</b> <b>your own Meal Plan</b>
<b>Pre Breakfast</b>	<p>Wake Up: <b><u>Recommend:</u></b> 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"> <li>• Wait 10 minutes and Prepare breakfast while waiting</li> </ul>	
<b>Breakfast</b>	<p>8oz hot water with squeezed lemon</p> <ul style="list-style-type: none"> <li>• Omelet: 1 egg (men 2) add and mix</li> <li>• 2 cups of spinach and 1 cup of chopped onions or peppers</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• 1 pear</li> <li>• TLS Nutritional Shake</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving fruit</li> </ul>

<b>Lunch</b>	<ul style="list-style-type: none"> <li>• <b>Recommend:</b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• 16oz water</li> </ul> <p><b>Colorful Shrimp Kabobs</b></p> <ul style="list-style-type: none"> <li>• 4-6 oz shrimp</li> <li>• 1 bell pepper chopped</li> <li>• ½ onion chopped</li> <li>• 1 cup Portobello mushrooms chopped</li> <li>• ½ cup grape tomatoes chopped</li> <li>• Drizzle of extra virgin olive oil</li> </ul> <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"> <li>• 1 serving good Fat</li> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• TLS Nutritional Shake</li> <li>• 1 cup of cucumbers</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving vegetables</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• <b>Recommend:</b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• 16oz water</li> <li>• 1 cup broccoli, 1 cup cauliflower and 2 cups of pees(can have as much as you like with vegetables (steam))</li> <li>• ½ avocado</li> <li>• Sliced Chicken (women 4-6oz and men 6-8oz)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving good fat</li> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise.</li> </ul>	
<b>Notes</b>	<p>Exclude: No alcohol, grains, starches, 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"> <li>• Carrots</li> <li>• Cucumber's</li> <li>• Asparagus</li> </ul> <p>Good Fat equal 1 serving:</p>	

	<ul style="list-style-type: none"> <li>• ½ Avacoda or</li> <li>• Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed)</li> </ul> <p>Exercise 5-6 Days per week: See our sample Exercise Plans</p> <p><b>Recommend:</b></p> <ul style="list-style-type: none"> <li>• The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• Isotonix Multivitamin</li> <li>• TLS Protein or Nutrition Shake</li> </ul>
--	--

**Fat Shredder: Day 12 and 13**

	<b>Sample Meal Plan to Follow</b> Along with Nutri Clean 7 Day System	<b>Serving Size for Formulating your own Meal Plan</b>
<b>Pre Breakfast</b>	<p>Wake Up:</p> <p><b>Recommend:</b> 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"> <li>• Wait 10 minutes and Prepare breakfast while waiting</li> </ul>	
<b>Breakfast</b>	<p>8oz hot water with squeezed lemon</p> <ul style="list-style-type: none"> <li>• 1 banana</li> <li>• 1 cup of grapes</li> <li>• Omelet: 1 egg add and mix</li> <li>• 2 cups of kale and 2 cups of chopped onions or peppers</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• 1 apple</li> <li>• TLS Nutritional Shake</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• <b>Recommend:</b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• 16oz water</li> </ul> <p><b>Mini Salad</b></p>	<ul style="list-style-type: none"> <li>• 1 serving good Fat</li> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>

	<ul style="list-style-type: none"> <li>• ½ avocado</li> <li>• 1.5 cup lettuce</li> <li>• ½ cup onions</li> <li>• ½ cup parsley</li> <li>• ½ cup radishes</li> <li>• ½ cup spinach</li> <li>• Olive oil sprinkle</li> </ul> <p>Mix with salt and pepper</p>	
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• TLS Nutritional Shake</li> <li>• 1 cup of celery</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving vegetables</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• <b>Recommend:</b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• 16oz water</li> </ul> <p><b><u>Zucchini Spaghetti and Meatballs</u></b></p> <ul style="list-style-type: none"> <li>- 2 zucchini, large</li> <li>- 1 cup onions, chopped</li> <li>- 1 Tbsp. olive oil</li> <li>- ½ cup pasta sauce, low sugar</li> <li>- Dash of garlic powder</li> <li>- Dash of red pepper flakes</li> <li>- 4 oz. lean ground, organic turkey</li> </ul> <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"> <li>• 1 serving good fat</li> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise.</li> </ul>	
<b>Notes</b>	<p>Exclude: No alcohol, grains, starches, 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"> <li>• Carrots</li> <li>• Cucumber's</li> <li>• Asparagus</li> </ul> <p>Good Fat equal1 serving:</p> <ul style="list-style-type: none"> <li>• ½ Avacoda or</li> <li>• Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed)</li> </ul> <p>Exercise 5-6 Days per week: See our sample Exercise Plans</p> <p><b><u>Recommend:</u></b></p> <ul style="list-style-type: none"> <li>• The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• Isotonix Multivitamin</li> <li>• TLS Protein or Nutrition Shake</li> </ul>
--	--

**Fat Shredder: Day 14 and 15**

	<b>Sample Meal Plan to Follow</b> Along with Nutri Clean 7 Day System	<b>Serving Size for Formulating your own Meal Plan</b>
<b>Pre Breakfast</b>	<p>Wake Up:</p> <p><b><u>Recommend:</u></b> 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"> <li>• Wait 10 minutes and Prepare breakfast while waiting</li> </ul>	
<b>Breakfast</b>	<p>8oz hot water with squeezed lemon</p> <ul style="list-style-type: none"> <li>• 1 cup blueberries</li> <li>• Omelet: 1 egg (men 2) add and mix</li> <li>• 1 cup of spinach and 1 cup of chopped onions or 1 cup chopped peppers</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• 1 cup strawberries</li> <li>• TLS Nutritional Shake</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• <b><u>Recommend:</u></b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• 16oz water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving good Fat</li> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>

	<p><b><u>Cauliflower Spanish “Rice”</u></b>  Serves 4 prepare accordingly  1 cauliflower head, grated to the texture of rice  2 garlic cloves – chopped  1 medium green bell pepper  1 medium red bell pepper  3 celery stalks  2 large carrots  2 TBSP extra virgin olive oil  1 medium tomato – diced  2 tsp cumin  Heat oil in a large skillet and sauté chopped vegetables until heated through. Add broth and lower heat, stirring often. When cauliflower starts to soften add tomato and spices and cover over low heat until it reaches the texture of Spanish rice. Adjust seasoning and broth to taste and texture.</p>	
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• TLS Nutritional Shake</li> <li>• 1 cup of celery</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving vegetables</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• <b><u>Recommend:</u></b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• 16oz water</li> </ul> <p><b><u>Grilled White Fish with Salad</u></b></p> <ul style="list-style-type: none"> <li>- 1 white fish fillet</li> <li>- 1 cup spinach</li> <li>- 1 cup zucchini, sliced</li> <li>- 1 cup Brussels sprouts, chopped</li> <li>- 2 scallion stalks, chopped</li> <li>- Handful of water chestnuts - 1 pear, sliced</li> </ul> <p>On a grill, place fish and pear. Grill until cooked. In a nonstick skillet, sauté zuc-chini,</p>	<ul style="list-style-type: none"> <li>• 1 serving good fat</li> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>



	Brussels sprouts and scallions until cooked. Place sautéed vegetables on top of fresh spinach, top with water chest-nuts and pear. Dress with rice vinegar.	
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise.</li> <li>•</li> </ul>	
<b>Notes</b>	<p>Exclude: No alcohol, grains, starches, 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"> <li>• Carrots</li> <li>• Cucumber's</li> <li>• Asparagus</li> </ul> <p>Good Fat equal1 serving:</p> <ul style="list-style-type: none"> <li>• ½ Avacoda or</li> <li>• Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed)</li> </ul> <p>Exercise 5-6 Days per week: See our sample Exercise Plans</p> <p><b>Recommend:</b></p> <ul style="list-style-type: none"> <li>• The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• Isotonix Multivitamin</li> <li>• TLS Protein or Nutrition Shake</li> </ul>	

**Fat Shredder: Day 16 and 17**

	<b>Sample Meal Plan to Follow</b> Along with Nutri Clean 7 Day System	<b>Serving Size for Formulating your own Meal Plan</b>
<b>Pre Breakfast</b>	<p>Wake Up:</p> <p><b>Recommend:</b> 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"> <li>• Wait 10 minutes and Prepare breakfast while waiting</li> </ul>	
<b>Breakfast</b>	8oz hot water with squeezed lemon	<ul style="list-style-type: none"> <li>• 1 serving protein</li> </ul>

	<ul style="list-style-type: none"> <li>• 1 banana</li> </ul> <p><b><u>Power Pancakes</u></b>  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>	<ul style="list-style-type: none"> <li>• 3-4 servings Vegetables</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• 1 cup blueberries</li> <li>• TLS Nutritional Shake</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• <b><u>Recommend:</u></b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• 16oz water</li> <li>• ½ avocado</li> <li>• Canned tuna (women 4-6oz and men 6-8oz)</li> <li>• 2 cups of celery and 2 cup of onions mixed with tuna. (can substitute olive oil for avocado and mix with tuna)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving good Fat</li> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• TLS Nutritional Shake</li> <li>• 1 cup of celery</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving vegetables</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• <b><u>Recommend:</u></b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• 16oz water</li> <li>• 16oz water</li> <li>• 1.5 cup broccoli, 1.5 cup cauliflower and 1 cup of asparagus (can have as much as you like with vegetables (steam))</li> <li>• ½ avocado</li> <li>• Salmon (women 4-6oz and men 6-8oz)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving good fat</li> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise.</li> </ul>	
<b>Notes</b>	Exclude: No alcohol, grains, starches, 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"> <li>• Carrots</li> <li>• Cucumber's</li> <li>• Asparagus</li> </ul> <p>Good Fat equal 1 serving:</p> <ul style="list-style-type: none"> <li>• ½ Avacoda or</li> <li>• Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed)</li> </ul> <p>Exercise 5-6 Days per week: See our sample Exercise Plans</p> <p><b><u>Recommend:</u></b></p> <ul style="list-style-type: none"> <li>• The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• Isotonix Multivitamin</li> <li>• TLS Protein or Nutrition Shake</li> </ul>
--	---

**Fat Shredder: Day 18 and 19**

	<b>Sample Meal Plan to Follow</b> Along with Nutri Clean 7 Day System	<b>Serving Size for Formulating</b> <b>your own Meal Plan</b>
<b>Pre Breakfast</b>	<p>Wake Up:</p> <p><b><u>Recommend:</u></b> 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"> <li>• Wait 10 minutes and Prepare breakfast while waiting</li> </ul>	
<b>Breakfast</b>	<p>8oz hot water with squeezed lemon</p> <ul style="list-style-type: none"> <li>• 1 cup of blueberries</li> </ul> <p><b><u>Spanish Chicken Breakfast</u></b></p> <p>Ingredients:</p> <ul style="list-style-type: none"> <li>- 2 or 3 oz chicken breast sliced</li> <li>- 1 cup spinach chopped</li> <li>- ½ cup green pepper chopped</li> <li>- ¼ chopped onions</li> <li>- ¼ cup mushrooms chopped</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>

	<p>- Fresh Salsa</p> <p>In non-stick skillet sauté over medium heat the chicken until cooked. Add remaining ingredients (expect salsa) and cook for 1-2 minutes. Put mixture in a bowl and top with fresh salsa.</p>	
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• 1 banana</li> <li>• TLS Nutritional Shake</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• <b>Recommend:</b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• 16oz water</li> <li>• ½ avocado</li> <li>• Canned tuna (women 4-6oz and men 6-8oz)</li> <li>• 2 cups of celery and 2 cup of onions mixed with tuna. (can substitute olive oil for avocado and mix with tuna)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving good Fat</li> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• TLS Nutritional Shake</li> <li>• 1 cup of celery</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving vegetables</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• <b>Recommend:</b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• 16oz water</li> </ul> <p><b>Cauliflower Fried Rice</b></p> <ul style="list-style-type: none"> <li>• 1 head of cauliflower</li> <li>• 1 tablespoon of sesame oil</li> <li>• 1 tablespoon of garlic</li> <li>• 1 cup of carrots chopped</li> <li>• 1 cup of mushrooms chopped</li> <li>• 2 eggs scrambled</li> <li>• 3 tablespoons of low sodium soy sauce</li> <li>• 2 scallion stalks chopped</li> </ul> <p>In a food processor/blender add cauliflower. Blend until pieces resemble the size of rice grains. In a skilled add remaining ingredients</p>	<ul style="list-style-type: none"> <li>• 1 serving good fat</li> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>

	and stir well. Cook for 2-3 minutes or until desired. Serve with scallions on top and season with salt and pepper to taste.	
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise.</li> </ul>	
<b>Notes</b>	<p>Exclude: No alcohol, grains, starches, 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"> <li>• Carrots</li> <li>• Cucumber's</li> <li>• Asparagus</li> </ul> <p>Good Fat equal1 serving:</p> <ul style="list-style-type: none"> <li>• ½ Avacoda or</li> <li>• Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed)</li> </ul> <p>Exercise 5-6 Days per week: See our sample Exercise Plans</p> <p><b>Recommend:</b></p> <ul style="list-style-type: none"> <li>• The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• Isotonix Multivitamin</li> <li>• TLS Protein or Nutrition Shake</li> </ul>	

**Fat Shredder: Day 20 and 21**

	<b>Sample Meal Plan to Follow</b> Along with Nutri Clean 7 Day System	<b>Serving Size for Formulating your own Meal Plan</b>
<b>Pre Breakfast</b>	<p>Wake Up:</p> <p><b>Recommend:</b> 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"> <li>• Wait 10 minutes and Prepare breakfast while waiting</li> </ul>	
<b>Breakfast</b>	<p>8oz hot water with squeezed lemon</p> <p><b>Blue Berry Power Pancakes</b></p>	<ul style="list-style-type: none"> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>

	<p>Ingredients:</p> <ul style="list-style-type: none"> <li>- 2 eggs</li> <li>- 1 cup blueberries</li> <li>- 2 scoops of TLS nutritional shake vanilla</li> <li>- 3oz of apple sauce unsweetened</li> <li>- 1 cup chopped spinach</li> <li>- Dash of cinnamon and nutmeg</li> </ul> <p>In a bowl mix all and cook on non-stick skillet until brown</p>	
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• 1 banana</li> <li>• TLS Nutritional Shake</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving fruit</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• <b>Recommend:</b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• 16oz water</li> </ul> <p><b>Cabbage Soup</b> Serves 3 ½ tsp pepper ¼ cup onions 1 cup carrots 3 TBSP garlic 1 cup canned northern beans, drained and rinsed 1½ cups drained tomatoes ¼ tsp salt 4 cups vegetable broth 1 cup green beans, trimmed 4 cups chopped white cabbage 1 tsp Italian seasoning Combine cabbage, onions, carrots with broth and simmer for 15 minutes. Add tomatoes, beans and seasonings. Simmer 20 minutes.</p>	<ul style="list-style-type: none"> <li>• 1 serving good Fat</li> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• TLS Nutritional Shake</li> <li>• 1 cup of celery</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving vegetables</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• <b>Recommend:</b> The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• 16oz water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving good fat</li> <li>• 1 serving protein</li> <li>• 3-4 servings Vegetables</li> </ul>

	<p><b><u>Easy Tilapia and Vegetable Packets</u></b>  Serves 4 (prepare accordingly)  ½ tsp black pepper  1 tsp dill weed  4 TBSP chicken broth  1 cup broccoli  1 cup cauliflower  1 cup carrots, chopped  ¼ tsp salt  4 tilapia filets</p> <p>Heat oven to 450 degrees. Place each filet on a 12-inch square of aluminum foil. Top each filet with ¼ of the vegetables and sprinkle with dill weed, salt and pepper. Pour ¼ of the broth over vegetables. Bring sides of foil to make a tent, fold top edges over to seal. Repeat for remaining fillets. Place packets on ungreased cookie sheet. Bake until veggies are crisp and tender and fish flakes easily (about 40 minutes)</p>	
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 8oz water</li> <li>• TLS Protein Shake or TLS Nutritional shake within 30 minute of exercise.</li> </ul>	
<b>Notes</b>	<p>Exclude: No alcohol, grains, starches, 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 veggies!</p> <ul style="list-style-type: none"> <li>• Carrots</li> <li>• Cucumber's</li> <li>• Asparagus</li> </ul> <p>Good Fat equal 1 serving:</p> <ul style="list-style-type: none"> <li>• ½ Avacoda or</li> <li>• Oils 1 tablespoon (Olive, Avocado, Coconut, Grapeseed)</li> </ul> <p>Exercise 5-6 Days per week: See our sample Exercise Plans</p> <p><b><u>Recommend:</u></b></p> <ul style="list-style-type: none"> <li>• The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner</li> <li>• Isotonix Multivitamin</li> <li>• TLS Protein or Nutrition Shake</li> </ul>	

