

Week 1: Rapid Results Plan

(Unless otherwise noted serving size is for one day – aim to lose 2-3 pounds a 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

Rapid Results: 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"> • 1 cup of blueberries • Omelet: 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 	<ul style="list-style-type: none"> • 1 serving protein • 2-4 servings Vegetables • 1 serving fruit
Snack	<ul style="list-style-type: none"> • 8oz water • 1 tangerine • TLS Nutritional Shake 	<ul style="list-style-type: none"> • 1 serving fruit
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 cup nuts • 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
Snack	<ul style="list-style-type: none"> • 8oz water • 1 cup of carrots • 1 serving Greek Yogurt 	<ul style="list-style-type: none"> • 1 serving vegetables • 1 Serving of Daily (if dairy free then omit

	<ul style="list-style-type: none"> • 1 serving mixed 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>Blue Cheese Steak 2 TBSP lemon juice 5 oz. lean porterhouse beef 1/8 cup crumbled blue cheese Grill steak to your liking. Just before steak is ready, heat cheese and fresh lemon juice together over low heat to make a sauce. Place on steak and serve.</p> <p>1.5 Cups Steamed Broccoli and 1.5 Cups steamed Cauliflower</p>	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 2-4 servings Vegetables
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, 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"> • 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) <p>Exercise 4-5 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 	

Rapid Results: 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>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>1- Banana (or mix in 1 Cup of Blueberries)</p> <p>Grain Free Protein Pancakes</p> <p>2 scoops TLS Nutrition Shake — Vanilla</p> <p>3 oz. unsweetened apple sauce</p> <p>2 eggs</p> <p>Cinnamon and nutmeg to taste</p> <p>Coconut oil</p> <p>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"> • 1 serving protein • 2-4 servings Vegetables • 1 serving fruit
Snack	<ul style="list-style-type: none"> • 8oz water • 1 Orange • TLS Nutritional Shake 	<ul style="list-style-type: none"> • 1 serving fruit
Lunch	<ul style="list-style-type: none"> • Recommend: The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water • Canned tuna (women 4-6oz and men 6-8oz) • 2 cups of chopped carrots and 1 cup of parsley and 1 cup onions mixed with tuna and olive oil. (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
Snack	<ul style="list-style-type: none"> • 8oz water • 1 cup of celery • 1/2 cup of pumpkin seeds 	<ul style="list-style-type: none"> • 1 serving vegetables • 1 Serving of Daily (if dairy free then omit)

	<ul style="list-style-type: none"> • 1 serving low fat sour cream to be spread or dipped in your celery 	<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>Braised Chicken with Thyme and Pepper</u> 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"> • 1 serving good fat • 1 serving protein • 2-4 servings Vegetables
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, 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"> • 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) <p>Exercise 4-5 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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Rapid results: 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	<p>8oz hot water with squeezed lemon</p> <ul style="list-style-type: none"> • 1 cup of Strawberries <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</p> <p>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 protein • 2-4 servings Vegetables • 1 serving fruit
Snack	<ul style="list-style-type: none"> • 8oz water • 1 banana • TLS Nutritional Shake 	<ul style="list-style-type: none"> • 1 serving fruit

<p>Lunch</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>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
<p>Snack</p>	<ul style="list-style-type: none"> • 8oz water • 1 cup snow peas • 1 or 2 servings low-fat yogurt • 1 serving of nuts or trail mix 	<ul style="list-style-type: none"> • 1 serving vegetables • 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>Asparagus and Red Pepper with Balsamic Vinegar</p> <ul style="list-style-type: none"> • Serves 2 or 2 days • 1 TBSP butter • 1 TBSP extra virgin olive oil • ½ bunch fresh asparagus • 1 sliced red onion • 1 sliced red bell pepper • 1 dash salt to taste • 1 TBSP balsamic vinegar • ¼ cup parmesan cheese • 1 TBSP sesame seeds • 1 TBSP pine nuts <p>Melt the butter with the oil in a large skillet over medium heat; add the asparagus and red onion in the mixture, season with salt, and cook until the onion begins to soften, about 5 minutes. Stir the red bell pepper into the mixture and continue cooking until the onions</p>	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 2-4 servings Vegetables

	<p>begin to caramelize, another 5 minutes. Remove from the heat and add the vinegar, cheese, seeds and nuts; toss to combine</p> <ul style="list-style-type: none"> • ½ avocado 	
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, 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"> • 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) <p>Exercise 4-5 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 	

Rapid Results: 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	8oz hot water with squeezed lemon	<ul style="list-style-type: none"> • 1 serving protein

	<ul style="list-style-type: none"> • 1 banana <p><u>Zucchini Hash Browns</u></p> <ul style="list-style-type: none"> • Serves 2 (or 2 days) • 2 eggs • 1 tsp garlic powder • 1 tsp onion powder • 1 dash pepper • 2 tsp olive oil • 1 cup shredded zucchini <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"> • 2-4 servings Vegetables • 1 serving fruit
Snack	<ul style="list-style-type: none"> • 8oz water <p><u>Shake it up Shake</u></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
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>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</p>	<ul style="list-style-type: none"> • 1 serving good Fat • 1 serving protein • 2-4 servings Vegetables

	is tender. Do not overcook the broccoli. Pour into a serving dish and toss before serving.	
Snack	<ul style="list-style-type: none"> • 8oz water • 1 cup of carrots • 1 Cup pumpkin seeds • 1 serving Greek yogurt 	<ul style="list-style-type: none"> • 1 serving vegetables • 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>Balsamic Kale and Salmon</u></p> <p>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. 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 	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 2-4 servings Vegetables
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, 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"> • Carrots 	

	<ul style="list-style-type: none"> • 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) <p>Exercise 4-5 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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Week 2 and 3

Rapid Results: Day 8 and 9

	Sample Meal Plan to Follow	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>1 Banana</p> <p><u>Scrambled Eggs with Goat Cheese</u> Serves 2 or two days</p> <p>4 egg yolks 1/8 TBSP salt ½ TBSP olive oil 1 TBSP low-fat milk 1/8 tsp pepper</p> <p>In a bowl, whisk eggs with the milk, salt and pepper until blended. Heat the oil in a heavy-bottomed skilled over medium heat. When hot, add the eggs and shake the</p>	<ul style="list-style-type: none"> • 1 serving protein • 2-4 servings Vegetables • 1 serving fruit

	pan to distribute them evenly. Cook 1 minute, then distribute the goat cheese and herbs over the eggs. Scramble the eggs until done	
Snack	<ul style="list-style-type: none"> • 8oz water • 1 tangerine • TLS Nutritional Shake 	<ul style="list-style-type: none"> • 1 serving fruit
Lunch	<ul style="list-style-type: none"> • Recommend: The TLS Core Fat and Carb inhibitor 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 • 1 serving protein • 2-4 servings Vegetables
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 • Trail mix or nuts 	<ul style="list-style-type: none"> • 1 serving vegetables • 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>Cheesy Eggplant Parmesan</u> Serves 8 – adjust accordingly</p> <ul style="list-style-type: none"> • ¼ TBSP basil • 3 large egg whites • 2 cups marinara sauce • ½ cup low-fat parmesan cheese • 2½ cups shredded low-fat mozzarella cheese • ½ cup whole wheat breadcrumbs (may use panko) • 2 eggplants, unpeeled and sliced <p>Preheat oven to 400 degrees. Coat 2 cookie sheets with cooking spray. Whisk egg whites with 3 TBSP water until egg whites look frothy. Combine breadcrumbs, ¼ cup</p>	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 2-4 servings Vegetables

	<p>parmesan cheese, salt and pepper together and place on flat plate. Dip the eggplant into the egg white mixture and coat with breadcrumbs. Place on cookie sheet and bake until golden brown on each side, about 30 minutes. Combine basil and sauce; spread an even amount on the bottom of the baking dish. Top the marinara with the golden eggplant, cover with more sauce and half the mozzarella cheese. Repeat until all eggplant, sauce and cheese is gone. Sprinkle the remainder of the parmesan cheese on top and bake 20-30 minutes.</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, 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"> • 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) <p>Exercise 4-5 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 	

Rapid Results: 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	Wake Up:	

	<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>1 Cup Blueberries</p> <ul style="list-style-type: none"> • Omelet: 1 egg (men 2) add and mix • 2 cups of Kale and 1 cup of chopped onions or peppers 	<ul style="list-style-type: none"> • 1 serving protein • 2-4 servings Vegetables • 1 serving fruit
Snack	<ul style="list-style-type: none"> • 8oz water • 1 Plum • TLS Nutritional Shake 	<ul style="list-style-type: none"> • 1 serving fruit
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>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
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 vegetables • 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 • 1 cup broccoli, 1 cup cauliflower and 2 cups of pees(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 • 2-4 servings Vegetables
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, 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"> • 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) <p>Exercise 4-5 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 	

Rapid Results: 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	Wake Up: Recommend: 1 teaspoon of Isotonix Multivitamin with 2oz of water to help supply	

	<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 orange <p><u>Vegetable Omelet with Turkey Bacon</u> 2 slices turkey bacon 2 eggs 2 TBSP green pepper 2 TBSP onions 2 tsp olive oil 3 mushrooms, sliced Beat eggs in bowl. Cook vegetables in oil about 5 minutes. Reduce heat and add eggs. Cook until center is set. Loosen omelet with spatula and fold into an omelet shape. Serve with bacon on the side</p>	<ul style="list-style-type: none"> • 1 serving protein • 2-4 servings Vegetables • 1 serving fruit
Snack	<ul style="list-style-type: none"> • 8oz water • 1 cup Cantaloupe • TLS Nutritional Shake 	<ul style="list-style-type: none"> • 1 serving fruit
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>Mini Salad</u></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
Snack	<ul style="list-style-type: none"> • 8oz water <p><u>Chunky Monkey Shake:</u></p> <ul style="list-style-type: none"> • 1 medium banana, 1 tablespoon of natural peanut butter, and 1 cup of 	<ul style="list-style-type: none"> • 1 serving vegetables • 1 Serving of Daily (if dairy free then omit or replace with

	almond chocolate milk blended with 1 cup of ice:	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>Old-Fashioned Chili Serves 6 – adjust accordingly</p> <ul style="list-style-type: none"> • 1 pound 95% lean ground beef • 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>	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 2-4 servings Vegetables
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, 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"> • 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) <p>Exercise 4-5 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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Rapid Results: 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:</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 cup grapes • Omelet: 1 egg (men 2) add and mix • 1 cup of spinach and 1 cup of chopped onions or 1 cup chopped peppers 	<ul style="list-style-type: none"> • 1 serving protein • 2-4 servings Vegetables • 1 serving fruit
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
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 	<ul style="list-style-type: none"> • 1 serving good Fat • 1 serving protein • 2-4 servings Vegetables

	<ul style="list-style-type: none"> • 2 lettuce leaves • 2 TBSP balsamic vinegar • 2 oz. crab <p>Combine lettuce, cucumber, carrots and tomato in a bowl. Add olives, cooked crab and shrimp and toss in oil and vinegar dressing.</p>	
Snack	<ul style="list-style-type: none"> • 8oz water • 1 cup of carrots • 1 or 2 servings Plain Greek Yogurt • 1 cup chick peas 	<ul style="list-style-type: none"> • 1 serving vegetables • 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>	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 2-4 servings Vegetables
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, 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"> • 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) <p>Exercise 4-5 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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Rapid Results: 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 banana or mix with pancakes one cup blueberries <p><u>Power Pancakes</u> 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 	<ul style="list-style-type: none"> • 1 serving protein • 2-4 servings Vegetables • 1 serving fruit

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"> • Recommend: The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water • Veggie Burger • ½ avocado • 1 tomatoe • 2 cups of sliced onion 	<ul style="list-style-type: none"> • 1 serving good Fat • 1 serving protein • 2-4 servings Vegetables
Snack	<ul style="list-style-type: none"> • 8oz water • 1 cup of bean sprouts • 1 serving low-fat sour cream to dip • 1 serving of pumpkin seeds 	<ul style="list-style-type: none"> • 1 serving vegetables • 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</p>	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 2-4 servings Vegetables

	<p>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 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>	
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, 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"> • 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) <p>Exercise 4-5 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 	

Rapid Results: 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 Orange <p>Pea Salad Serves 2 or split for 2 days</p> <ul style="list-style-type: none"> • 1 cup plain Greek Yogurt • ½ tsp yellow mustard • 6 Romaine lettuce leaves • 2 cups no-added-salt peas • 1 dash salt • 2 eggs <p>Heat canned peas and then strain off the juice. Hard-boil eggs and dice. Once cool, add peas. Add mustard to taste. Mix together with yogurt. Spoon pea salad onto romaine lettuce.</p>	<ul style="list-style-type: none"> • 1 serving protein • 2-4 servings Vegetables • 1 serving fruit
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"> • Recommend: The TLS Core Fat and Carb inhibitor taken 30 minutes before Lunch and Dinner • 16oz water <p>Raspberry Chicken Salad 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 	<ul style="list-style-type: none"> • 1 serving good Fat • 1 serving protein • 2-4 servings Vegetables

	Combine raspberries, yogurt, vinegar and Splenda. Toss all remaining ingredients together and serve with dressing.	
Snack	<ul style="list-style-type: none"> • 8oz water • TLS Nutritional Shake • 1 cup of celery • 1 serving Low-Fat Yogurt • Trail Mix 	<ul style="list-style-type: none"> • 1 serving vegetables • 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>Dea-Seau Chicken Thai Basil</u></p> <ul style="list-style-type: none"> • 1 TBSP extra virgin olive oil • 1 chicken breast • 2 TBSP water • 1 TBSP basil • 1/8 tsp fish sauce <p>1 TBSP dehydrated red curry sauce/paste Lightly oil skillet. Heat chicken through and shred. Heat red curry paste in oil until softened. Toss chicken into curry paste. Add fish sauce and add 1-2 TBSP water to keep moist. Garnish with basil.</p>	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 2-4 servings Vegetables
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, 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"> • 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) <p>Exercise 4-5 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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Rapid Results: 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><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>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 protein • 2-4 servings Vegetables • 1 serving fruit
Snack	<ul style="list-style-type: none"> • 8oz water <p><u>Shake it up Shake</u></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
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></p> <p>Serves 4 – adjust accordingly</p> <ul style="list-style-type: none"> • ¼ cup almonds • 2 oz. agave nectar • 1 apple 	<ul style="list-style-type: none"> • 1 serving good Fat • 1 serving protein • 2-4 servings Vegetables

	<ul style="list-style-type: none"> • 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>	
Snack	<ul style="list-style-type: none"> • 8oz water • 1 cup of cucumbers • 1 or 2 servings Plain Greek yogurt • 1 serving of nuts or trail mix 	<ul style="list-style-type: none"> • 1 serving vegetables • 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>Roasted Turkey Serves 8 – adjust accordingly</p> <ul style="list-style-type: none"> • 2 garlic cloves • 2 cups low-sodium chicken broth • 3 bay leaves, crumbled • 2 cups celery, chopped • 1 cup lemon juice • 1 ½ tsp thyme • ½ tsp pepper • 6 TBSP unsalted butter • 1 onion, quartered • 1 cup orange juice, fresh squeezed <p>Submerge turkey in water, breast side down for 1-2 days. Preheat oven to 325 degrees. Rinse turkey under cold water and dry inside and out. In a bowl, mix butter, salt, pepper and thyme. Stir in the juice of 1 orange and 1 lemon. Rub turkey with the seasoned butter inside and out. Fill the turkey with the onion, celery, bay leaves</p>	<ul style="list-style-type: none"> • 1 serving good fat • 1 serving protein • 2-4 servings Vegetables

	<p>and whole garlic cloves. Tie up turkey according to directions. Roast turkey for 45 minutes. Spoon broth over turkey and let roast for 1 hour, repeating the basting every 20 minutes. Cook until thickest part of meat is 165 degrees and juices run clear. Remove the turkey from the oven and let rest for 20-30 minutes. Remove vegetables from inside and discard.</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, 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"> • 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) <p>Exercise 4-5 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 	