



# 7 DAY DETOX

## FRUIT AND VEGETABLE CLEANSE

### Why It's For You:

You're looking for a kick-start and want to receive the maximum benefit from TLS Weight Loss Solution. Whether this is your first time participating in TLS or you're stuck in a plateau, this 4-7 day detox will curb your appetite for sweet, salty and fatty foods while supporting your weight loss efforts.

### A Day On Detox:

Below is an example of some of the foods you can eat. Drink at least 8 glasses (8 oz.) of water daily, and supplement based on your Weight Loss Profile recommendation.



**BREAKFAST:** WARM LEMON  
WATER† & GREENS-ON-THE-GO



**AM SNACK:**  
SPICY GAZPACHO†



**LUNCH:**  
STRAWBERRY SALAD†



**PM SNACK:**  
VEGETABLE MEDELY



**DINNER:**  
SPICY CARROT SOUP†



**SNACK (optional):**  
VANILLA BANANA CREAM†

†All recipes are found on [tlslim.com](https://tlslim.com) (must have active subscription)

See next page  
for Detox  
POWER FOODS

# DETOX POWER FOODS

## VEGETABLES: UNLIMITED SERVINGS

1 serving: 1-2 cups, *unless otherwise noted*

- Alfalfa sprouts
- Artichokes
- Arugula
- Asparagus
- Bean sprouts
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage (red or white)
- Carrots
- Cauliflower
- Celery
- Chard
- Collard greens
- Cucumber
- Dandelion greens
- Eggplant
- Endive
- Ginger
- Green beans
- Green peas
- Greens (beet, collard, dandelion, kale, mustard, turnip)
- Hot peppers
- Jerusalem artichokes
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce (any)
- Malanga
- Mushrooms
- Okra
- Olives
- Onions
- Parsley
- Pimientos
- Radicchio
- Radishes
- Rhubarb
- Rustabaga
- Salsa
- Sauerkraut
- Scallions
- Snow peas (no sugar)
- Spinach
- Squash leaves
- Stir-fry vegetables (no sauce)
- Taro root, 1/4 cup
- Tomatoes (fresh)
- Tomato juice (no salt), 1/2 cup
- Tomato paste, 2 tbsp.
- Tomato sauce, 1/2 cup
- Vegetable juice (no salt), 1/2 cup
- Vegetable soup (low-fat), 1/2 cup
- Water chestnuts
- Watercress
- Zucchini

## FRUIT: 3 SERVINGS PER DAY

1 serving: 1 medium fruit or 1 cup,  
*unless otherwise noted*

- Apple
- Apricots, 4 medium
- Banana
- Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), 3/4 cup
- Cantaloupe
- Casaba melon
- Cherries, 12 large
- Currants, 3 tbsp.
- Dates (fresh), 2
- Figs (fresh), 2
- Gooseberries, 3/4 cup
- Grapefruit
- Grapes
- Guava
- Honeydew melon
- Jackfruit
- Kiwifruit
- Kumquats, 4 medium
- Lemon
- Lime
- Loganberries, 3/4 cup
- Loquats
- Lychees, 7
- Mandarin orange
- Melon balls
- Mulberries, 3/4 cup
- Nectarine
- Orange
- Papaya, 1/2 medium
- Passion fruit
- Peach
- Pear
- Pineapple, 1/2 cup
- Plum
- Pomegranate, 1/2 small
- Raisins, 2 tbsp.
- Sharon fruit
- Starfruit
- Tangelo
- Tangerine

## PROTEIN: 2 SERVINGS PER DAY

1 serving: 3 ounces, *unless otherwise noted*

- TLS® Whey Protein Shake
- Canned tuna, salmon or sardines (packed in water)
- Chicken or turkey (without skin)
- Eggs (1-2)
- Egg Whites (3-4)
- Fresh fish (salmon, tuna, flounder, snapper, trout, etc.)
- Lean veal
- Soy milk (6 oz.)
- Tofu

## GOOD FATS: 2 SERVINGS PER DAY

1 serving: 1 tablespoon

- Oils (Olive, Avocado, Coconut, Grapeseed)

### The Rules:

- No alcohol
- No coffee, soda or other caffeinated beverages
- No grains or starches
- Water (minimum of 8 cups per day)
- No sugar (other than those found naturally in fruits and vegetables) or artificial sweeteners
- First thing every morning, drink the juice of 1/2 a lemon in a cup of warm water.
- Supplementation: TLS® CORE Fat & Carb Inhibitor, Isotonix® Multivitamin, NutriClean® 7-Day Cleansing System, Isotonix OPC-3®

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

### Detox Tips:

- Do not engage in strenuous physical activity, even if you are used to it. Instead, participate in yoga or gentle stretching.
- Get plenty of rest and sleep. You may feel more tired than usual the first few days of detox. By the end of the week, you should feel energized.
- Use spices and herbs, small amounts of low-sodium soy sauce, salt, pepper, vinegar and mustard
- Choose raw, or lightly steamed vegetables
- Do not skip meals
- This is a great time to meditate, listen to relaxing music and engage in other stress reduction activities.
- Think about the commitment you are making to yourself, what you stand to gain and how accomplished you will feel.

How often you participate in a four to seven-day detox program will depend on your particular needs. Some people choose to complete the detox up to four times a year (every three months). It is recommended that you undergo a detox program one to three times each year.