

TLS™ 21-DAY CHALLENGE
PHASE I: DAYS 1-7



NAME: _____

DATE: _____

<p>BREAKFAST TIME: _____</p> <p><input type="checkbox"/> squeeze 1/2 lemon in 1 cup warm water</p> <p><input type="checkbox"/> 1 serving fruit</p> <p><input type="checkbox"/> 1 serving protein</p> <p><input type="checkbox"/> 3+ servings vegetables</p>	<p>SNACK TIME: _____</p> <p><input type="checkbox"/> 1 cup water</p> <p><input type="checkbox"/> 1 serving fruit</p>
---	--

☐ Curcumin Extreme™ ☐ NutriClean™ Advanced Fibre Powder

☐ Other supplements _____

<p>LUNCH TIME: _____</p> <p><input type="checkbox"/> 2 cups water</p> <p><input type="checkbox"/> 1 serving good fat</p> <p><input type="checkbox"/> 3+ servings vegetables</p>	<p>SNACK TIME: _____</p> <p><input type="checkbox"/> 1 cup water</p> <p><input type="checkbox"/> 2+ servings vegetables</p> <p><input type="checkbox"/> 1 serving fruit</p>
---	---

☐ TLS™ CORE Fat & Carb Inhibitor

☐ Other supplements _____

<p>DINNER TIME: _____</p> <p><input type="checkbox"/> 2 cups water</p> <p><input type="checkbox"/> 1 serving good fat</p> <p><input type="checkbox"/> 1 serving protein</p> <p><input type="checkbox"/> 3+ servings vegetables</p>	<p>SNACK (OPTIONAL) TIME: _____</p> <p><input type="checkbox"/> 1 cup water</p> <p><input type="checkbox"/> 1 serving vegetable</p>
--	---

☐ TLS™ CORE Fat & Carb Inhibitor ☐ NutriClean™ Advanced Fibre Powder

☐ Other supplements _____

1 serving of protein = 3 oz

Water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Sleep: _____ hours

Comments:

TLS™ 21-DAY CHALLENGE
PHASE 2: DAYS 8–21



NAME: _____

DATE: _____

<p>BREAKFAST TIME: _____</p> <p><input type="checkbox"/> 2 cups water</p> <p><input type="checkbox"/> 1 serving protein</p> <p><input type="checkbox"/> 3 servings vegetables</p>	<p>SNACK TIME: _____</p> <p><input type="checkbox"/> 1 TLS™ Nutrition Shake with 1 cup water</p> <p><input type="checkbox"/> 1 serving fruit</p> <p>Did you add anything to your shake?</p>
---	---

☐ Curcumin Extreme™
 ☐ TLS™ Nutrition Shake
 ☐ Other supplements _____

<p>LUNCH TIME: _____</p> <p><input type="checkbox"/> 2 cups water</p> <p><input type="checkbox"/> 1 serving good fat</p> <p><input type="checkbox"/> 1 serving protein</p> <p><input type="checkbox"/> 2 servings vegetables</p>	<p>SNACK TIME: _____</p> <p><input type="checkbox"/> 1 TLS™ Nutrition Shake with 1 cup water</p> <p><input type="checkbox"/> 2 servings vegetables</p> <p>Did you add anything to your shake?</p>
--	---

☐ TLS™ CORE Fat & Carb Inhibitor
 ☐ TLS™ Nutrition Shake
 ☐ Other supplements _____

<p>DINNER TIME: _____</p> <p><input type="checkbox"/> 1 cup water</p> <p><input type="checkbox"/> 1 serving good fat</p> <p><input type="checkbox"/> 1 serving protein</p> <p><input type="checkbox"/> 3 servings vegetables</p>	<p>POST WORKOUT SNACK TIME: _____</p> <p><input type="checkbox"/> 1 serving protein within 30 minutes of exercise</p>
--	---

☐ TLS™ CORE Fat & Carb Inhibitor
 ☐ NutriClean™ Advanced Fibre Powder
 ☐ Other supplements _____

1 serving of protein = women – 4-6 oz, men – 6-8 oz; with snacks – 2-3 oz

Water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Sleep: _____ hours Exercise – type: _____ / _____ minutes

Comments: _____