

PHASE 2 MEAL GUIDE

PHASE 2 DAY PLANNER

Breakfast - 16 oz. water - 1 serving protein - 3 servings vegetables Snack - 1 TLS Nutrition Shake with 8 oz. of water - 1 serving fruit	Lunch - 16 oz. water - 1 serving good fat - 1 serving protein - 2 servings vegetables Snack - 1 TLS Nutrition Shake with 8 oz. of water - 2 servings vegetables	Dinner - 16 oz. water - 1 serving good fat - 1 serving protein - 3 servings vegetables Post Workout Snack - 1 serving of protein within: 30 minutes of exercise
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PHASE 2 DIRECTIVE

- Isotonix MultiVitamin*
- Isotonix OPC-3*
- TLS CORE Fat & Carb Inhibitor 30 minutes before your two biggest meals*
- TLS Nutrition Shake*
- No dairy
- No grains or starches
- No alcohol
- For overall cardiovascular health, the American Heart Association recommends at least 30 minutes of moderate-intensity aerobic activity at least 5 days per week.**

DAILY FOOD SERVINGS

- Vegetables: 8-12 servings per day
- Fruit: 1 serving per day
- Protein: 3-4 servings per day
- Good fats: 2 servings per day

**http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307976_Article.jsp
*as directed on label

PHASE 2 POWER FOODS

VEGETABLES: 1 SERVING, 1 -2 CUPS, UNLESS OTHERWISE NOTED

<ul style="list-style-type: none"> • Alfalfa sprouts • Artichokes • Arugula • Asparagus • Bean sprouts • Beets • Bell peppers • Bok choy • Broccoli • Brussels sprouts • Cabbage (red or white) • Carrots • Cauliflower 	<ul style="list-style-type: none"> • Celery • Chard • Collard greens • Cucumber • Dandelion greens • Eggplant • Endive • Ginger • Green beans • Green peas • Greens (beet, collard, dandelion, kale, mustard, turnip) 	<ul style="list-style-type: none"> • Hot peppers • Jerusalem artichokes • Jicama • Kale • Kohlrabi • Leeks • Lettuce (any) • Malanga • Mushrooms • Okra • Olives • Onions • Parsley 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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
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GOOD FATS: 1 SERVING, 1 TABLESPOON

- Oils (Olive, Avocado, Coconut, Grapeseed)
- Avocado, 1/2 medium*

FRUITS: 1 SERVING, 1 MEDIUM FRUIT OR 1 CUP, UNLESS OTHERWISE NOTED

<ul style="list-style-type: none"> • Apple • Apricots, 4 medium • Banana • Berries (blueberries, strawberries, boysenberries, blackberries), 3/4 cup • Cantaloupe • Casaba melon 	<ul style="list-style-type: none"> • Cherries, 12 large • Currants, 3 tbsp. • Dates (fresh), 2 • Figs (fresh), 2 • Gooseberries, 3/4 cup • Grapefruit • Grapes • Guava • Honeydew melon 	<ul style="list-style-type: none"> • Jackfruit • Kiwifruit • Kumquats, 4 medium • Lemon • Lime • Loganberries, 3/4 cup • Loquats • Lychees, 7 • Mandarin orange 	<ul style="list-style-type: none"> • Melon balls • Mulberries, 3/4 cup • Nectarine • Orange • Papaya, 1/2 medium • Passion fruit • Peach • Pear • Pineapple, 1/2 cup 	<ul style="list-style-type: none"> • Plum • Pomegranate, 1/2 small • Raisins, 2 tbsp. • Sharon fruit • Starfruit • Tangelo • Tangerine
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PROTEINS: PHASE 1 — 1 SERVING, 3 OUNCES, UNLESS OTHERWISE NOTED

PHASE 2 — WOMEN: 4-6 OZ. WITH BREAKFAST, LUNCH AND DINNER; 2-3 OZ. WITH SNACKS

MEN: 6-8 OZ. WITH BREAKFAST, LUNCH AND DINNER; 2-3 OZ. WITH SNACKS

<ul style="list-style-type: none"> • Canned tuna, salmon or sardines (packed in water) • Chicken or turkey (without skin) • Eggs (1-2) 	<ul style="list-style-type: none"> • Egg whites (3-4) • Lean veal • Tofu • Fresh fish (salmon, sardines, tuna, flounder, snapper; 	trout, etc.) <ul style="list-style-type: none"> • Seafood (shrimp, scallops, clams, lobster; calamari, squid, octopus, mussels, etc.) 	<ul style="list-style-type: none"> • Tempeh* • TVP (texturized vegetable protein)* • Veggie or garden burger (grain-free)* 	<ul style="list-style-type: none"> • TLS® Nutrition Shake* * Only allowed during Phase 2
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