

TLS® Sure & Steady Success 14-Day Meal Plan for Women: Days 1-7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Omelet: 4-6 egg whites Non-fat cooking spray as needed ½ cup spinach ½ medium tomato (diced) ½ cup asparagus (chopped) 1 tbsp reduced-fat cheddar cheese Side: ½ medium orange	½ cup low-fat cottage cheese ½ cup berries 1 cup herbal tea <i>Optional:</i> ½ packet stevia 1 squirt lemon	Spinach egg scramble: Non-fat cooking spray as needed 4 egg whites 1 cup spinach leaves ½ roma tomato (diced) 2 tbsp low-fat feta cheese 1 tbsp fresh basil (chopped) 2 slices turkey bacon 1 slice whole grain toast	1 grapefruit 4-6 oz plain fat-free Greek yogurt 15 raw unsalted almonds 1 cup herbal tea <i>Optional:</i> ½ packet stevia 1 squirt lemon juice	Vegetable frittata: Sauté together: 1 tbsp extra virgin olive oil ½ cup broccoli (chunked) ½ bell pepper (cubed) ¼ cup onions (chopped) ½ cup mushrooms (sliced) ¼ cup carrots (shredded) ½ medium tomato (diced) Whip and pour over sauteed vegetables: 3 egg whites, 1 whole egg, 2 tsp fat-free milk cook in frying pan over low heat. Top with 1 tbsp low-fat cheddar cheese.	4-6 oz plain, non-fat Greek yogurt ¼ cup berries 1 medium banana ¼ cup bran	Mushroom omelet: 4-6 egg whites 1 cup mushrooms (sliced) 2-3 tbsp green onion (chopped) 1 oz low-fat cheddar cheese Side: ⅙ honeydew melon
Snack	10 unsalted cashews ½ cup low-fat cottage cheese ½ cup berries 1-2 cups of herbal tea <i>Optional:</i> ½ packet stevia 1 squirt lemon	1 hard boiled egg 1 cup carrot sticks	1 ExtendBar ½ cup almond, rice or low-fat milk	Hummus deviled eggs: 2 eggs hard boiled (cut in half and discard yolks) ¼ cup hummus Fill egg halves and refrigerate. Top with: 1 tsp slivered almonds	½ cup cottage cheese ¼ cup pineapple (diced) 1 tbsp raisins 15 raw unsalted almonds	1 cup celery sticks 1 cup carrot sticks 2 tbsp unsweetened peanut butter	Stuffed tomatoes: 1 medium tomato (cut in half and scoop insides) Mix together and stuff into tomato halves: ¼ cup low-fat cottage cheese ½ medium cucumber (shredded) 1 tsp almond slivers Sprinkle with: ⅙ tsp paprika ⅙ tsp dried dill
Lunch	Mixed green salad 1½ cup mixed greens ½ medium tomato 2 medium carrots (diced) ½ small cucumber (sliced) 4 oz boneless, skinless chicken breast (baked) 1 tbsp low-fat shredded parmesan ½ cup whole grain croutons 1 tsp vinaigrette	Hummus and veggie lettuce wraps: ½ cup plain hummus ½ cup tomatoes (chopped) ¼ cup green onion (chopped) ½ small cucumber (sliced) 2 tbsp of parsley 4 large lettuce leaves 1 tbsp raisins ½ whole grain pita	Portobello chicken pizza: 1 large portobello mushroom cap (upside down for crust) Top with: ½ cup tomato sauce ½ tsp onion (diced) 2 tbsp of low-fat mozzarella cheese 4 oz chicken breast (chunked) Bake: 350°F for 10-15 minutes	Turkey burger: Mix together & pan fry in patty: 4-6 oz ground turkey burger 2 tsp green onions (minced) 2 tsp parsley ½ tsp mustard 1 dash of low-salt soy sauce black pepper to taste Top with: 1 slice (1 oz) low-fat cheddar cheese 1 slice whole grain bread Side: ½ cup black beans Stew together: 1 cup okra (sliced) ½ cup tomatoes (diced) ½ cup onions (chopped)	4-6 oz chicken breast (baked or grilled) 1½ cups mixed greens ¼ cup black olives ½ cup artichoke hearts ½ medium tomato (diced) ½ medium cucumber (sliced) 1 tbsp low-fat feta cheese ½ cup whole grain croutons	Turkey and broccoli rolls: 4-6 oz sliced turkey (wrap) Top with mixture of: 2 tbsp plain non-fat yogurt 2 tbsp sour cream 1 tsp mustard ¼ cup fresh basil leaves 1 cup of broccoli spears (cook and roll in turkey) Side: ½ cup fresh green beans 1 celery stalk (sliced) 1 tbsp sunflower seeds 1 tbsp olive oil	Shrimp and bacon salad: Cook in sauce pan for 4 minutes: 3 oz of shrimp 1 oz Canadian bacon 1 tsp olive oil Combine and top with: 3 cups romaine lettuce (shredded) ½ cup mandarin oranges ½ cup red onion (chopped) ⅙ cup kidney beans ⅙ cup chickpeas 1 tbsp low-fat dressing

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack	1 cup celery sticks 2 tbsp unsweetened peanut butter or almond butter ½ medium apple	1 medium banana 15 raw unsalted almonds	½ cup plain hummus Eat with: 1 cup mixed greens 1 cup of mixed vegetables (carrots, celery, broccoli) 2 tbsp raisins	Veggie/tofu lettuce wraps: 2-4 oz firm tofu (small cubes or slices) ½ small avocado (sliced) ½ medium zucchini (sliced length-wise) ½ medium yellow squash (sliced length-wise) ½ medium tomato (sliced) 2 large lettuce leaves	TLS Protein Shake (Chocolate) Mix with: 1 cup almond, rice or fat-free milk 1 cup berries	1 bag Extend Crisps ½ cup almond, rice or low-fat milk	Blend together: 3 oz firm tofu 2 tbsp dry onion soup mix ½ tsp olive oil Eat with: 2 cups cucumbers (sliced) ¾ cups zucchini (sliced)
Dinner	4-6 oz salmon (grilled) 2 cups spinach (sautéed) Non-fat cooking spray as needed ½ cup yellow squash (chunked) ½ cup unsweetened applesauce	Sauté together: 4-6 oz lean beef ½ cup onion (minced) ½ bell pepper (cubed) ½ cup portabella mushroom (sliced) Non-fat cooking spray as needed Place over: 1 cup spaghetti squash (cooked)	Tuna and romaine salad: 4 oz of water packed tuna (drained) 2 cups romaine hearts ¼ small red onion (diced) ¼ cup olives 1 oz low-fat feta cheese Mix together the following: 1 tbsp extra virgin olive oil 1 tbsp lemon juice 1 tsp fresh oregano pinch of salt and pepper	4-6 oz boneless, skinless chicken breast (baked) 1 cup green beans 1 medium sweet potato (baked) 1 tsp cinnamon	Grilled salmon with spaghetti squash: 4-6 oz salmon Coat with 2 tsp low-salt soy sauce and bake or broil. Side dish: 1 cup spaghetti squash ½ cup tomato sauce Side salad: ½ cups mixed greens ½ medium tomato (sliced) ½ small cucumber (sliced) ¼ cup olives 15 unsalted cashews	Caribbean jerked pork: 4-6 oz pork tenderloin (sliced ½" thick) 1 tsp of Caribbean jerk seasoning 1 tsp of olive oil Cover pork with jerk seasoning and cook in skillet until no longer pink. Sauce: Mix together, heat and pour over pork: 1 tsp mustard ½ cup pineapple juice ½ tsp corn starch Side: 1 cup Brussels sprouts 1 small whole grain roll 2 cups mock mashed potatoes Whip together: 4 cups cauliflower florets (cooked) ½ tbsp fat-free milk ½ tbsp fat-free sour cream	Beef stir-fry: Sauté together: 4-6 oz sirloin steak strips 1½ tbsp low-salt soy sauce 1 tsp garlic (minced) ¼ cup onion (sliced) 1 tsp sesame oil 1 tsp ginger (minced) 1 cup broccoli florets Serve over: ½ cup brown rice

TLS® Sure & Steady Success 14-Day Meal Plan for Women: Days 8-14

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	4-6 oz plain, fat-free Greek yogurt <i>Optional:</i> ½ packet stevia squirt lemon 1tbsp chopped almonds 1 cup berries <i>Optional:</i> ½ packet stevia 1 squirt lemon juice	Bacon & egg breakfast cup: 4 slices turkey bacon (wrap around sides and bottom of 2 muffin tin cups) Mix together and add to muffin cups: 4 egg whites ½ cup spinach Bake at 350°F for 20-30 minutes. Top with: 1 oz low-fat cheddar cheese Serve with: 1 kiwi fruit (sliced)	Artichoke omelet: <i>Slightly sauté together:</i> ½ cup artichoke hearts (halved) ¼ cup bell pepper (diced) ¼ cup olives (sliced) 1 tsp fresh oregano 1 tsp fresh basil (chopped) 2 tsp fresh garlic (minced) Non-fat cooking spray as needed Cook and then cover with vegetables: 6-8 egg whites Sprinkle over omelet: 1 tbsp low-fat parmesan cheese Serve with: 1 slice whole grain toast	<i>Combine in blender:</i> 3 oz low-fat cottage cheese 3 oz low-fat Greek yogurt 1 cup strawberries 1 medium banana 1 tsp olive oil Blend until smooth and creamy	Bacon & sweet potato hash browns: 2 slices turkey bacon (cooked until crisp) ½ cup onions (diced) (cooked in same skillet until tender) Add: 1 medium sweet potato (peeled and grated) ½ tbsp garlic (minced) Sauté total mixture for 10-15 minutes. Serve with: 1 egg (sunny side up) 1 slice whole grain toast	Eggs florentine: <i>In baking pan, combine:</i> 1 oz lean ham ¾ cup spinach (cooked) 4 oz egg whites (pour into middle of spinach uncooked) dash of nutmeg salt and pepper to taste Bake at 450°F until eggs are set. Sprinkle over egg/spinach: 1 tablespoon low-fat mozzarella cheese 1 tbsp red bell pepper (chopped) Bake until cheese has melted. Side: 1 mandarin orange	Zucchini hash: <i>Cook together:</i> 1 oz extra virgin olive oil 4 oz turkey sausage 1 medium zucchini (cubed) ½ onion (slivered) 1 cup mushrooms (chopped) 1 medium clove of garlic (minced) 1 medium tomato (chunked) 1 tbsp fresh basil Top with: 2 oz egg whites (scrambled or fried) ½ cup low-fat feta cheese
Snack	1 medium zucchini (sliced in half) 1 tbsp pimiento (diced) 1 tbsp olives (chopped) 1 tbsp olive oil 2 oz low-fat mozzarella cheese Brush each half of zucchini with olive oil. Broil for 5 minutes (until tender). Combine cheese and olives. Spread on each zucchini half lengthwise. Broil again until cheese is melted.	1 cup cottage cheese ¼ cup pineapple (diced) 1 tbsp raisins 15 raw unsalted almonds	1 large carrot (½" slices) 2 oz firm tofu (chunked) ½ small onion (½" slices) 1 small zucchini (¾" lengthwise cuts) 1 small yellow squash (¾" lengthwise cuts) 1 tsp dried oregano ½ tsp dried basil 1 garlic clove (minced) 2 tbsp low-fat parmesan cheese 1-2 tbsp extra virgin olive oil salt and pepper to taste Mix ingredients together. Place on baking sheet, cover with foil. Roast at 400°F for 30 mins. Remove foil, roast for additional 15 min.	1 ExtendBar ½ cup almond, rice or low-fat milk	1 cup celery sticks 2 tbsp unsweetened peanut butter or almond butter	Guacamole & chips: <i>Combine in blender:</i> ½ medium avocado (ripe) ¼ cup chunky salsa 2 oz firm tofu chips: ½ medium cucumber (cut for dipping)	Hummus deviled eggs: 2 eggs hard boiled (cut in half and discard yolks) ¼ cup hummus Fill egg halves and refrigerate. Top with: 1 tsp almonds, slivered
Lunch	4-6 oz chicken (grilled) 1 cups romaine lettuce ½ cup halved cherry tomatoes 1 small cucumber ¼ cup diced red onion (diced) 1 medium carrots (diced) 1 tbsp low-fat shredded parmesan ½ cup whole grain croutons 1 tsp vinaigrette	Lettuce and turkey pita: 4-6 oz sliced turkey 5 pieces of lettuce (2 cups) ½ cup tomato (sliced) 2 tbsp avocado ½ medium zucchini (sliced) ½ cup alfalfa sprouts ½ whole grain pita salt and pepper to taste	4-6 oz shrimp (boiled) Cocktail sauce, mix together: 2 tbsp tomato paste enough water to form sauce 1 tbsp horseradish 1 tbsp lemon juice celery salt to taste 1 dash Tabasco sauce Side salad: 1 cup broccoli 1 cup cherry tomatoes 2 oz low-fat mozzarella balls 1 tbsp extra virgin olive oil	Cajun "fish" fillet(s): 4-6 oz flounder fillet(s) 1 tsp Cajun spice 1 tbsp paprika 1 small wedge of lemon Dust fish with mixture of Cajun spice and paprika. Broil 5 min. per side until spices are browned. Switch oven to bake and bake an additional 30 minutes until tofu is firm. Garnish with lemon wedge. Side: 1 cup asparagus 1 cup carrots	Stuffed mushrooms: 8-10 large mushrooms 4-6 oz chicken breast (diced and cooked) 1 cup spinach (cooked) 1 tbsp extra virgin olive oil 1 tsp garlic (minced) 2 tbsp low-fat parmesan cheese ½ cup tomato sauce 1 tsp Italian seasoning 1 tsp basil Remove stems of mushrooms and sauté with chicken, spinach, olive oil, and garlic; set aside. Lightly sauté mushroom caps in ½ tsp olive oil being careful not to lose mushroom shape. Stuff mushroom caps with spinach mixture. Sprinkle on cheese. Mix together remaining ingredients and heat for sauce.	Chef salad: 2 oz lean turkey breast 2 oz lean ham 1 tbsp fat-free mayonnaise 2 cups mixed greens 1 roma tomato (diced) ½ cup artichoke hearts (halved) ½ cup olives (sliced) 1 tbsp low-fat salad dressing 2 tbsp raisins	Spiced egg salad wraps: 4 oz egg whites (microwave) Mix with cooled eggs: 1 tbsp fat-free mayonnaise 1 tbsp fat-free yogurt ½ tsp curry powder ½ cup grapes (halved) ½ cup celery (chopped) ¼ cup onion (chopped) 15 unsalted almonds (chopped) ½ cup Grape-Nuts Wrap: 2 large lettuce leaves Side: 1 cup celery sticks 1 cup carrot sticks

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack	Combine in blender: TLS Protein Shake (Vanilla) 1 tsp decaf coffee grounds 1 cup almond, rice or fat-free milk ice	1 hard boiled egg 15 unsalted almonds	1 medium apple 1 low-fat mozzarella cheese stick	1 cup broccoli florets 1 cup cauliflower florets 2 oz of slivered almonds Mix together and pour over veg: 2-3 tbsp extra virgin olive oil, pinch of basil, pinch of oregano, pinch of garlic	1 medium orange 15 walnuts	½ cup celery sticks ½ cup carrot sticks 2 tbsp unsweetened peanut butter	1 ExtendBar ½ cup almond, rice or low-fat milk
Dinner	Mushroom and spinach quiche: Mix: 4 oz egg whites 1½ cups spinach (cooked) ½ cup mushrooms (diced) ⅓ cup onions (optional) 1 teaspoon olive oil Bake at 350°F for 35-40 minutes. Sprinkle on top: 1 tbsp low-fat cheddar cheese Side salad: 1 cup mixed greens ½ medium tomato (sliced) ½ small cucumber (sliced) ¼ cup olives 15 unsalted cashews	Chicken and vegetable stir-fry: 4-6 oz boneless, skinless chicken breast 1 cup broccoli ¼ cup green onion ½ cup carrots (sliced) 1 cup yellow squash (sliced) ½ cup snow peas ¼ cup water chestnuts 2 tbsp soy sauce 1 tbsp olive oil	Nutty cordon bleu: 4 oz firm boneless, skinless chicken breast (flatten to 1 in thickness with meat mallet) 1 tsp spicy mustard (spread on one side of chicken) Lay on mustard: 1 oz lean ham 1 slice reduced-fat swiss cheese Roll chicken to enclose mustard/ham/cheese. Combine: 1 oz powdered almonds ½ tsp Italian seasoning ½ tsp dried parsley Roll chicken in nuts and bake at 350°F (25 mins uncovered, then 15 mins covered with foil). Sides: 1 cup asparagus 1 cup carrots	Beef vegetable soup: 3 oz ground beef ½ cup onion (chopped) ⅓ cup tomato (chopped) ¼ cup tomato puree ½ cup black beans (canned) 1 oz fat-free mozzarella cheese 1½ cup green pepper (chopped) ¾ cup V8 juice 1 tsp olive oil Optional spices: Onion powder, chili powder, cilantro, red pepper, all spice, basil, nutmeg, sage, soy sauce, parsley In crock pot add browned beef, V8, all vegetables, black beans, and 2 cups of water (adding desired spices). Thoroughly cook, stirring occasionally. Top with mozzarella cheese. 1 small whole grain roll	Shrimp kabobs (makes 2-3): 4-6 oz shrimp 1 bell pepper (cut in large chunks) ½ onion (chunked) ½ cup mushrooms ½ cup grape tomatoes Side: 1 medium zucchini (sliced) ¼ cup water chestnuts	4-6 oz tuna steaks (seared) Brush tuna with ½ tbsp olive oil before searing. Stir-fry together as side: 1 cup fresh green beans (halved) ½ cup red bell pepper (sliced) ½ medium zucchini (sliced) ¼ cup onion (diced) ½ tbsp olive oil 2 tsp garlic (minced) 1 tbsp lemon juice Serve with: ½ cup long grain wild rice	4-6 oz halibut (poached) 2 cups kale (sautéed-crisp) 1 tbsp olive oil 1 cup carrots (steamed) ½ cup pineapple