





MOMENTUM2015

THE REVOLUTIONARY RESOLUTION



TOTAL LIFE CHANGES HAS YOUR NEW YEAR'S RESOLUTION

Lose weight quickly and safely, with little to no change of your daily routine. When used together with our moniker 1200-calorie diet, Resolution supports speedy weight loss, including stubborn belly fat, and reduces the odds of returning weight gain.

TLC's very own C.O.O. John Licari, was one of the first to try samples of Resolution. "I was just a little hesitant to try them, because I am an avid runner and I train at least three times a week. I didn't want anything to interfere with my weekly diet and exercise. But at the same time, I had about 7-10 pounds of stubborn belly fat that I just couldn't shed over the past few months. After reviewing the 1200-Calorie Diet Plan and considering that it is okay to make necessary adjustments, I gave it a try and I couldn't be more pleased. It just works. It's really that simple. I had few to no food cravings and lost 10 pounds in 10 days. Just amazina!"

The recommended daily 1200-calorie diet allows for a (200) calorie breakfast, (400) calorie lunch & dinner and two (100) calorie snacks throughout the day.

Enjoy (3) balanced meals each day consisting mostly of protein and vegetables, while limiting fruit serving sizes and excluding the starch category for the best results.

Resolution is derived from certified-grade raw materials (the most pure ingredients available), processed according to Good Manufacturing Practices (GMP) and made in the U.S.A.

About Total Life Changes

<u>Total Life Changes</u> maintains an active vision of selecting and providing superior products that have a lasting effect on consumer's health while providing these same customers with an opportunity to **CHANGE** their socioeconomic status through a rewarding binary compensation plan. To learn more or become a TLC Representative, visit our official site today! https://totallifechanges.com/about/join

Impossible Is Nothing. Make a **CHANGE**



APPROVED FOODS

Egg Whites (6)



3.5 OZ. PER PORTION.

*All foods are to be weighed PRIOR to being cooked.

Make protein at least half (50%) of your daily calorie intake.

PROTEIN:

100 calories

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Chicken Breast	110 calories
Turkey Breast	115 calories
95% Lean Grnd Beef	135 calories
Eye of Round	180 calories
Flank Steak	165 calories
Top sirloin	190 calories
Bison (buffalo)	110 calories
Venison (deer)	120 calories
1 can Tuna Fish in water	80 calories
Steak Lobster	95 calories
Crab	85 calories
Shrimp	110 calories
Scallops	95 calories
Orange Roughy	75 calories
Cod	85 calories
Flounder/Sole	90 calories
Sea Bass/Tilapia	100 calories
Halibut/Mahi-Mahi	110 calories

VEGETABLES:

Each serving is weighed in at 1 cup

Lettuce (any variety)	10 calories
Cucumbers	20 calories
Tomatoes	35 calories
Celery	20 calories
Onions	65 calories
Spinach	10 calories
Chard	10 calories
Fennel	30 calories
Red Radishes	20 calories
Asparagus	30 calories
Cabbage	25 calories
Chicory	40 calories
Beet Greens	10 calories

VEGETARIAN PROTEIN:

Tofu (firm/extra firm)	75-100 calories
Tofu Noodles	20 calories

DAIRY PROTEIN:

 ${\it Make\,sure\,all\,products\,\,are\,\,"Fat\,Free"}$

Milk-1 Cup (8 oz.)	90 calories
Yogurt (plain, non-fat) $^{3\!4}$ cup (6oz)	103 calories
Cottage Cheese (non-fat) ¾ cup (6oz)	100 calories

FRUIT:

Apple - 1 medium	74 calories
Orange-1 medium	95 calories
Grapefruit - 1/4 cup (sections)	85 calories
Strawberries - 1 cup (sliced)	50 calories
Blueberries - ½ cup (whole)	40 calories

STARCHES:

Melba Toast - (1) cracker	15 calories
Grissini Breadstick - (1)	15 calories
Saltine Crackers - (1) piece	20 calories
Wasa "Lite" Crackers - (1) piece	25-45 calories

You can make a salad with a few different vegetables, just be sure to accurately calculate your portion sizes (2 cups total) and the corresponding calories. It is recommended that you have just one item at a time for ease of digestion and better results.

APPROVED DRINKS

Black Coffee

No creamer (only 1 tablespoon of fat free milk per day is allowed for use in coffee/ tea; does not count as a dairy selection).

Plain Black or Green Tea

Self-brewed. You may use sweeteners; Stevia and Saccharin (Sweet 'N Low) are allowed. Aspartame, Sucralose (Splenda) and regular sugar are not allowed. You made add flavor with a fresh lemon, lime or orange only. No additional added flavors or ingredients in the tea packets or bags including fruit, rosebuds, roots, honey, etc. and do not consume pre-bottled teas.

Spices / Seasonings:

You can use any spice you want, just be sure it doesn't contain sugar or starch. Salt and pepper are allowed. Read the ingredients of everything you consume, even a minor intake of something that is not allowed can affect your results

Chewing Gum:

You can have gum, but be sure it is flavored ONLY with Xylitol (a natural sweetener). Most brands use Aspartame, which is not allowed.

Consume at least three (3) liters of water every day



DAY ONE

Breakfast Egg white omelet with spinach and tomatoes

Lunch Grilled chicken with cold chicory salad

Snack Celery sticks + savory dill dressing

Dinner Poached halibut + steamed asparagus

Dessert Sugar-free Gelatin

DAY TWO

Breakfast Nonfat Greek yogurt + 1 orange
Lunch Tilapia or Tuna (oil free, in water)
Snack Fruit w/ warm vanilla sauce
Dinner Chinese Chicken Salad
Dessert Fat-free frozen Strawberry sorbet

DAY THREE

Breakfast Egg whites

Lunch Mongolian beef with cabbage

Snack Lemonade

Dinner Tilapia with herbs

Dessert Sugar-Free Applesauce with cinnamon

DAY FOUR

Breakfast Strawberry smoothie

Lunch Chinese chicken salad

Snack Tomato basil soup

Dinner Creole Shrimp + steamed spinach

Dessert Fruit with warm vanilla sauce

RESOLUTION

DAY

SAMPLE MENU
(1200 CALORIES)

DAY FIVE

Breakfast Nonfat cottage cheese + 1 orange
Lunch Shrimp cocktail + ceviche
Snack Melba toast with strawberry jam
Dinner Baked Cajun chicken + saffron
cabbage
Dessert Apple Chips

DAY SIX

Breakfast Egg whites with allowed veggies of your choice

Lunch Curried shrimp with homatoes & Indian rice

Snack Melba toast with strawberry jam

Dinner Pepper crusted steak + garlic spinach

Dessert Chilled Sugar-Free Orange Pops

DAY SEVEN

Breakfast ½ Grapefruit

Lunch Breaded chicken cutlets + cucumber salad

Snack N/A Bloody Hot Thin Mary

Dinner Creole Gumbo + grilled asparagus

Dessert Zucchini Bread

DAY EIGHT

Breakfast Strawberry smoothie

Lunch Boneless chicken hot wings + coleslaw
Snack Virgin mojito

Dinner Fajitas with Mexican rice

Dessert Apple Cookies

DAY NINE

Breakfast Nonfat Greek yogurt

Lunch Blackened Chicken Salad

Snack Peanut Butter with Celery

Dinner Tilapia with herbs+ steamed veggies

Dessert Chilled Orange Pops

DAY TEN

Breakfast Egg whites
Lunch Slow roasted beef brisket
Snack 1 apple
Dinner Mexican chicken soup
Dessert Fresh Strawberries

YOU CAN'T EXERCISE YOUR WAY OUT OF A BAD DIET.

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