



## WHAT IS THE TLS FLEX PROGRAMME AND WHAT IS A FLEX MEAL?

**TLS™ Flex Programme** is for those of you who want to be successful with living TLS as a lifestyle. Whether you are going away for a weekend and want a couple of flexible meals to enjoy or you want to incorporate some of your favourite meal choices that aren't on your normal and healthy TLS menu, the TLS flex plan is to be used in moderation into your diet.

**Flex Meals** are that **additional food item you may crave** — pizza, cheeseburger, alcohol, nasi lemak or chicken rice, to name a few. On the TLS Flex Programme, you can **enjoy 1-2 of these flex meals weekly while still meeting your TLS programme goals**. Just don't forget serving size still matters!

YES

IS THIS PROGRAMME FOR ME?

NO

### THIS PROGRAMME **IS** FOR YOU IF:

- You can follow guidelines of your TLS plan and an occasional flex meal won't throw you back into unhealthy eating habits (i.e., you can have 1-2 slices of pizza with a salad at a local pizza joint and feel satisfied that you won't stop for more during your lunch break the following day).
- You are more likely to stick to your TLS plan if you know you can have a flex meal here or there so you don't feel deprived.
- You have reached your goals and want to live the TLS Programme as a lifestyle where the majority of your meals are TLS friendly, but occasionally you enjoy other options without impeding your progress.

### THIS PROGRAMME IS **NOT** FOR YOU IF:

- You feel you lack the self-control and willpower to eat flex meals in a managed way (i.e., you plan to have a small piece of cake at a birthday party and find yourself craving more and eating additional pieces days later).
- You know that having a flex meal will turn into a flex day, week or month of bad-habit eating.
- You feel it will impede your progress.

After your flex meal, be sure to get back on track. **Do not have two flex meals back-to-back;** bracket each flex meal with good choices.



#### TIPS TO TLS FLEX SUCCESSFULLY:

- Remember that **fat, fibre and protein blunt the glycaemic effect**, so adding these items to your flex meal will help.
- **High-carbohydrate meals are better** options than high-fat meals because carbohydrates do not heavily impact fat cells. High-fat meals store as body fat more efficiently than carbohydrates or protein because fat requires hardly any energy for conversion.
- **Consider your food portions with your flex meals.** Better to have a small piece of the chocolate cake to conquer your craving than to eat half of the cake.
- Remember, **it's a flex meal, not a full day** of flex eating.
- Opting for a **well-balanced flex meal may serve you better** than too many sweets.

#### For example:

- » Cheeseburger with bun and sweet potato fries instead of regular fries
- » Two slices of pizza (with a side salad)
- » Pasta dish with protein source
- » Chicken rice with skin removed with a plate of steamed cai-xin.
- » Stir fry with chicken and rice or noodles
- » Increase vegetables with your flex meals whenever you can (e.g., nasi lemak with added stir fry cabbage, vegetables yong tau fu soup with fried omelette or char kway teow.)
- **Plan your flex meal.** If you don't plan it, you may get tempted and indulge more than allowed.
- **Alternate your flex meals** with TLS-friendly meals.
- **Reserve your flex meal for a planned night out or special occasion.** Sometimes indulging with a cookie while watching TV at night is not as satisfying as a night out with friends or family.
- If you are opting for fast food, **get the child's size.**
- If you want an alcoholic drink, an unhealthy meal and dessert, you should **pick one treat**, especially if you're trying to lose weight.
- Pick **baked foods over fried.**
- Avoid cheating when you are famished, as you may over indulge.
- Avoid eating your flex meal while watching TV. People tend to eat 10-25% more while doing this.
- Eat slowly and mindfully.

#### CREATE HEALTHIER VERSIONS OF YOUR CRAVINGS

- Use low-fat milk instead of coconut milk for curry.
- Bake with your TLS Shakes (download the TLS Shake and Bake document on [tlsSlim.com](https://tlsSlim.com)).
- Avoid additional gravy when eating economical rice or choose brown sauce over curry.

- Use oil spray instead of pouring the oil when stir frying.
- Gelato instead of ice cream (gelato is made with milk vs. cream).
- Make veggie chips out of beets, zucchini, kale, sweet potato or carrots instead of buying bagged chips.
- De-shelling your nuts helps with over eating.
- Choose stir fry and steamed dishes over fried dishes.
- Replace white rice with brown rice.

#### Alcohol Tips

- Avoid eating high-fat foods with alcohol.
- If you are drinking alcohol as your "flex meal," it is better not to have carbohydrate-laden drinks such as beer or fruity drinks with juice or fruit mixes. **Stick to dry wines and spirits such as vodka, tequila and gin.**
- Limit your alcohol intake to **no more than 1-2 drinks.**
- If consuming more than one alcoholic beverage, **drink water in between drinks.**
- When using alcohol, **soda/seltzer water is better** than tonic.

#### Sweets Tips

- Better to **purchase from a bakery** instead of baking an entire batch or buying an entire box of sweets at the grocery store. **Bakeries offer single servings.**
- Pick **dark chocolate** over milk chocolate.
- Try using **raw cacao.** There's only 1 gram of sugar in a half-cup serving of it!

#### Exercise Tips

- Exercise on the day of your flex meal because you will more likely burn fat instead of muscle.
- Exercise is good because it **depletes glycogen stores** (sugar in your system that burns up for energy). Doing it on flex days helps the **body not store carbohydrates as fat** until the glycogen stores are full again.

#### Danger Zones

- Late-night eating.
- Alcohol (or bread) before the meal arrives and alcohol with meals.
- Eating when stressed.

#### Supplements and TLS Flex

- Always **take your TLS supplements as directed**, especially the TLS CORE and TLS Trim Tea before your flex meals. These products help to manage hunger and promote a feeling of fullness, so you'll be less likely to over indulge.
- Consider drinking a **TLS Nutrition Shake** prior to heading out where you know you may be tempted. Packed with protein and fibre, you will stay full longer.
- Be sure to download the Shaking & Baking with TLS document to cure some cravings you might have with healthier recipes. This document is located on [tlsSlim.com](https://tlsSlim.com) > Programme Downloads.