



# TAI*slim*

*For a Totally New You*

## GET FAST RESULTS WITH THE TAI*slim*™ PHASE I FOOD PLAN

When you're trying to lose weight, there's nothing more motivating than fast results. The **TAI*slim*™ Phase I Food Plan** has been designed to work in synergy with **TAI*slim*** and the **TAI*slim* Ultimate Weight Loss Plan** to help your body to burn more calories than you consume. We recommend that you follow the Phase I Food Plan until you reach your weight loss goal. Once your goal is reached, you'll be ready for the **TAI*slim* Phase II Food Plan** (see [www.TAIslim.com](http://www.TAIslim.com) for details). Our Phase II Food Plan has been specifically designed to help you maintain your healthy weight. If at any time you see that your weight is slowly creeping up, you can use the **TAI*slim* Phase I Food Plan** to help you get back to your ideal healthy weight.

### GENERAL GUIDELINES

To ensure your success, plan each day's menus in advance, choosing from the following foods and beverages. Advanced meal planning will keep you focused and on track, so you're more likely to stick with your good intentions.

### BEVERAGES:

ONLY water (still or sparkling), tea, coffee, diet soft drinks, and GoChi (limit GoChi to 4 ounces per day). NO ALCOHOL, CALORIC SOFT DRINKS, JUICES, OR ANY OTHER TYPE OF BEVERAGE MAY BE CONSUMED. Any non-caloric sweetener can be used.

### SEASONINGS:

You can freely use lemon juice, white or black pepper, herbs, spices, and vinegar. Use sea salt sparingly. Do not use any oil, margarine, butter, or other dressings. A small amount of cooking spray may be used in food preparation, but no other fats or oils. **IMPORTANT:** Be sure to drink at least eight glasses of water every day, and do not consume any fast food or heavily processed foods.

### EARLY MORNING:

- Drink an **eight-ounce glass of water** upon awakening in the morning.

### BREAKFAST:

- Start your meal with **two ounces of TAI*slim***, along with **eight ounces of water**.
- **Black coffee or tea** (with non-nutritive sweetener if desired).
- **One serving of fruit** (½ grapefruit, 1 orange, or a handful of any type of berries).
- **Two whole eggs** (any style) or **one cup of oatmeal**.
- **1 slice dry whole wheat toast**.

### MID-MORNING SNACK:

- Drink an **eight-ounce glass of water**.
- **1 serving of fruit**. Choose one of the following: apple, orange, pear, plum, peach, nectarine, one-half grapefruit, or a handful of berries or cherries.
- **1 Grissini breadstick or one Melba toast**.

### LUNCH:

- Start the meal with **two ounces of TAI*slim***, along with **eight ounces of water**.
- **One six-ounce serving of lean meat, poultry, or fish\*** (six ounces is about the size of two packs of playing cards – weigh raw prior to cooking).
- **2 large handfuls of vegetables**. Choose from the following: leafy greens (spinach, chard, beet greens, collards, arugula, romaine), artichoke, broccoli, cauliflower, tomatoes, celery, fennel, green beans, peppers, summer squash, onions, cucumbers, asparagus, or cabbage. These can be eaten raw, steamed, grilled (without oil), or gently boiled. Avoid starchy vegetables like corn, potatoes, and beans.

### MID-AFTERNOON SNACK:

- Drink an **eight-ounce glass of water**.
- **1 serving of fruit**. Choose one of the following: apple, orange, pear, plum, peach, nectarine, one-half grapefruit, or a handful of berries or cherries.
- **1 Grissini breadstick or one Melba toast**.

### DINNER:

- Drink an **eight-ounce glass of water** or, for quicker results, start the meal with **two ounces of TAI*slim* with eight ounces of water**.
- **One six-ounce serving of lean meat, poultry, or fish\*** (six ounces is about the size of two packs of playing cards – weigh raw prior to cooking).
- **2 large handfuls of vegetables**. Choose from the following: leafy greens (spinach, chard, beet greens, collards, arugula, romaine), artichoke, broccoli, cauliflower, tomatoes, celery, fennel, green beans, peppers, summer squash, onions, cucumbers, asparagus, or cabbage. These can be eaten raw, steamed, grilled (without oil), or gently boiled. Avoid starchy vegetables like corn, potatoes, and beans.

### EVENING:

- Do not consume any food after 7 p.m. Non-caloric beverages are allowed without restriction.

**\*Vegetarian and vegan protein substitutes:** The following vegetarian or vegan foods can be substituted for proteins noted above, but weight loss may be slower:

- 500 mL of skim milk or soy milk
- 200 grams of non-fat cottage cheese or non-fat soy cottage cheese
- Two whole eggs (boiled or poached) with the whites of four more eggs
- Tofu
- One soy patty

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