Resolution Diet Plan
About Total Life Changes®
At Total Life Changes® (TLC) we provide products and a community that you’ll feel, as well as providing an opportunity to CHANGE your socioeconomic status through a rewarding binary compensation plan.

The Revolutionary Resolution
Let us take the craves away! A revolutionary game changer in dieting from Total Life Changes®. TLC’s exclusive proprietary blend is Resolution. Extensive testing resulted in one unique fat burning machine giving way to No.20, the final formula for your Resolution to weight loss. The perfect choice for drastic changes in just 23 days. Resolution and the two-stage program supports regular cardiovascular workouts and weight training that will not interfere with your desired results.
I was 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 couldn’t be more pleased. It just works. It’s really that simple. I had a few to no food cravings and lost 10 pounds in 10 days. Just amazing!

Your New Year’s Resolution

Lose weight quickly and safely, with little to no change of your daily routine. When used with our moniker 1200-calorie diet, Resolution supports speedy weight loss, including stubborn belly fat, and helps reduce the odds of returning weight gain. Total Life Changes® own COO John Licari was one of the first to try samples of Resolution.

The recommended daily 1200-calories diet allows for a (200-calorie) breakfast, (400-calorie) lunch and 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 (that most pure ingredients available), processed according to Good Manufacturing Practices (GMP) and made in the U.S.A.
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 may 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. Do not consume pre-bottled teas.

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.)

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.

Be sure to consume the equivalent of half your weight, in ounces of water, daily.
Approved Foods

PROTEIN:
- Egg Whites (6) 100 calories
- Chicken Breast 110 calories
- Turkey Breast 115 calories
- 95% Lean Ground Beef 135 calories
- Eye of Round 80 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 Roughly 75 calories
- Cod 85 calories
- Flounder/Sole 90 calories
- Sea Bass/Tilapia 100 calories
- Halibut/Mahi-Mahi 110 calories

VEGETARIAN PROTEIN:
- Tofu (firm/extra firm) 75-100 calories
- Tofu Noodles 20 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 0 calories
- Fennel 30 calories
- Red Radishes 20 calories
- Asparagus 30 calories
- Cabbage 25 calories
- Chicory 40 calories
- Beet Greens 10 calories

STARCHES:
- Melba Toast - (1) cracker 15 calories
- Grissini Bread stick - (1) 15 calories
- Saltine Crackers - (1) piece 20 calories
- Wasa “Lite” Crackers - (1) piece 25-45 calories

DAIRY PROTEIN:
Make sure all products are “Fat Free”
- Milk - 1 Cup (8 oz.) 90 calories
- Yogurt (plain, non-fat) 3/4 cup (6 oz.) 103 calories
- Cottage Cheese (non-fat) 3/4 cup (6 oz.) 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 - 1/2 cup (whole) 40 calories

3.5 oz. Per Portion
*All foods are to be weighed prior to being cooked/consumed. Make protein at least half (50%) of your daily calorie intake.

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.
<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
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</thead>
<tbody>
<tr>
<td><strong>BREAKFAST:</strong> Egg white omelet w/spinach &amp; tomatoes</td>
<td><strong>BREAKFAST:</strong> Nonfat Greek yogurt + 1 orange</td>
<td><strong>BREAKFAST:</strong> Egg whites</td>
<td><strong>BREAKFAST:</strong> Strawberry smoothie</td>
<td><strong>BREAKFAST:</strong> Nonfat cottage cheese + 1 orange</td>
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<td><strong>LUNCH:</strong> Grilled chicken w/cold chicory salad</td>
<td><strong>LUNCH:</strong> Tilapia or tuna (oil free, in water)</td>
<td><strong>LUNCH:</strong> Mongolian beef w/cabbage</td>
<td><strong>LUNCH:</strong> Chinese chicken salad</td>
<td><strong>LUNCH:</strong> Shrimp cocktail + ceviche</td>
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<td><strong>SNACK:</strong> Celery sticks + savory dill dressing</td>
<td><strong>SNACK:</strong> Fruit w/warm vanilla sauce</td>
<td><strong>SNACK:</strong> Lemonade</td>
<td><strong>SNACK:</strong> Tomato basil soup</td>
<td><strong>SNACK:</strong> Melba toast w/strawberry jam</td>
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<tr>
<td><strong>DINNER:</strong> Poached halibut + steamed asparagus</td>
<td><strong>DINNER:</strong> Chinese chicken salad</td>
<td><strong>DINNER:</strong> Tilapia w/herbs</td>
<td><strong>DINNER:</strong> Creole Shrimp + steamed spinach</td>
<td><strong>DINNER:</strong> Baked Cajun chicken + saffron cabbage</td>
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<td><strong>DESSERT:</strong> Sugar-free gelatin</td>
<td><strong>DESSERT:</strong> Fat-free frozen strawberry sorbet</td>
<td><strong>DESSERT:</strong> Sugar-free applesauce w/cinnamon</td>
<td><strong>DESSERT:</strong> Fruit w/warm vanilla sauce</td>
<td><strong>DESSERT:</strong> Apple chips</td>
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<tr>
<th>Day 6</th>
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<th>Day 10</th>
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</thead>
<tbody>
<tr>
<td><strong>BREAKFAST:</strong> Egg whites w/allowed veggies of your choice</td>
<td><strong>BREAKFAST:</strong> 1/2 grapefruit</td>
<td><strong>BREAKFAST:</strong> Strawberry smoothie</td>
<td><strong>BREAKFAST:</strong> Nonfat Greek yogurt</td>
<td><strong>BREAKFAST:</strong> Egg whites</td>
</tr>
<tr>
<td><strong>LUNCH:</strong> Curried shrimp w/tomatoes &amp; Indian cabbage rice</td>
<td><strong>LUNCH:</strong> Breaded chicken cutlets + cucumber salad</td>
<td><strong>LUNCH:</strong> Boneless chicken hot wings + coleslaw</td>
<td><strong>LUNCH:</strong> Blackened chicken salad</td>
<td><strong>LUNCH:</strong> Slow roasted beef brisket</td>
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<tr>
<td><strong>SNACK:</strong> Melba toast w/strawberry jam</td>
<td><strong>SNACK:</strong> N/A Bloody Hot Thin Mary</td>
<td><strong>SNACK:</strong> Virgin mojito</td>
<td><strong>SNACK:</strong> Peanut butter w/celery</td>
<td><strong>SNACK:</strong> 1 apple</td>
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<tr>
<td><strong>DINNER:</strong> Pepper crusted steak + garlic spinach</td>
<td><strong>DINNER:</strong> Creole gumbo + grilled asparagus</td>
<td><strong>DINNER:</strong> Fajitas w/Mexican cabbage rice</td>
<td><strong>DINNER:</strong> Tilapia w/herbs + steamed veggies</td>
<td><strong>DINNER:</strong> Mexican chicken soup</td>
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<td><strong>DESSERT:</strong> Chilled sugar-free orange pops</td>
<td><strong>DESSERT:</strong> Zucchini bread</td>
<td><strong>DESSERT:</strong> Apple cookies</td>
<td><strong>DESSERT:</strong> Chilled orange pops</td>
<td><strong>DESSERT:</strong> Fresh strawberries</td>
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