

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.

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.

“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!”

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.





Approved Drinks

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

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

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

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.

10 Day 1200 Calorie Menu

Day 1

BREAKFAST:

Egg white omelet w/spinach & tomatoes

LUNCH:

Grilled chicken w/cold chicory salad

SNACK:

Celery sticks + savory dill dressing

DINNER:

Poached halibut + steamed asparagus

DESSERT:

Sugar-free gelatin

Day 2

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 3

BREAKFAST:

Egg whites

LUNCH:

Mongolian beef w/cabbage

SNACK:

Lemonade

DINNER:

Tilapia w/herbs

DESSERT:

Sugar-free applesauce w/cinnamon

Day 4

BREAKFAST:

Strawberry smoothie

LUNCH:

Chinese chicken salad

SNACK:

Tomato basil soup

DINNER:

Creole Shrimp + steamed spinach

DESSERT:

Fruit w/warm vanilla sauce

Day 5

BREAKFAST:

Nonfat cottage cheese + 1 orange

LUNCH:

Shrimp cocktail + ceviche

SNACK:

Melba toast w/strawberry jam

DINNER:

Baked Cajun chicken + saffron cabbage

DESSERT:

Apple chips

Day 6

BREAKFAST:

Egg whites w/allowed veggies of your choice

LUNCH:

Curried shrimp w/tomatoes & Indian cabbage rice

SNACK:

Melba toast w/strawberry jam

DINNER:

Pepper crusted steak + garlic spinach

DESSERT:

Chilled sugar-free orange pops

Day 7

BREAKFAST:

1/2 grapefruit

LUNCH:

Breaded chicken cutlets + cucumber salad

SNACK:

N/A Bloody Hot Thin Mary

DINNER:

Creole gumbo + grilled asparagus

DESSERT:

Zucchini bread

Day 8

BREAKFAST:

Strawberry smoothie

LUNCH:

Boneless chicken hot wings + coleslaw

SNACK:

Virgin mojito

DINNER:

Fajitas w/Mexican cabbage rice

DESSERT:

Apple cookies

Day 9

BREAKFAST:

Nonfat Greek yogurt

LUNCH:

Blackened chicken salad

SNACK:

Peanut butter w/celery

DINNER:

Tilapia w/herbs + steamed veggies

DESSERT:

Chilled orange pops

Day 10

BREAKFAST:

Egg whites

LUNCH:

Slow roasted beef brisket

SNACK:

1 apple

DINNER:

Mexican chicken soup

DESSERT:

Fresh strawberries



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