

Class Notes Week Six

Review from last week:

When we talk about living a lifestyle, the foundation to having a successful and sustainable eating lifestyle is _____.

- Diet =

- Lifestyle=

What are the three phases to learning the _____ eating lifestyle?

- Phase One: _____ Plans
- Phase Two: The Thrive _____ Food Categories and healthy food combos.
- Phase Three: Thrive Care _____ online and your own meal ideas.

Some snacks are _____ and done, other snacks allow you to have lots more _____.

Don't count calories, but snacks should be around _____ calories.



Class Notes Week Six

What are the two types of freebies?

- There are freebies that don't require you to watch _____
- There are some freebies that _____ to watch portion control.

In Thrive, we have our own "Rule of Thumb", it refers to _____ servings.

The condiment rule when you are shopping is: 2-2-and few!

- The first "2" refers to grams of _____.
- The second "2" refers to grams of _____.
- The "few" means you should consume ____ calories or less!

My Notes:



Snack Options

Snack Options: Pick One

- 1 small can of Tuna with Bran Crispbread or 5 Whole Wheat Ritz crackers.
- Handful of nuts.
- Raw fibrous (CAT II) veggies with 1 tbsp. peanut butter/fat free cream cheese/Athenos hummus.
- 1 stick low fat (50 calories) string cheese with Bran Crispbread.
- 1 cup Thrive approved cereal – dry.
- 2 – 3 ounces turkey, chicken, tuna, with Bran Crispbread or 5 Whole Wheat Ritz crackers.
- 1 tbsp. peanut butter with 1 slice of Thrive-approved bread or ½ Thrive-approved tortilla.
- Orville Redenbacher's 100 calorie mini bag Smart Pop popcorn 94% fat free butter flavor.
- Bran Crispbread with 2 tbsp. fat free cream cheese and sugar free jelly.
- Bran Crispbread crumbs and 200 calories of Greek yogurt.
- Genisoy chips (10-17) with salsa, optional.
- 1 scoop of Syntha 6 protein powder.
- Thrive-approved snack-size protein bar.
- 1 Glenny's brownie with 2/3 cup Thrive ice cream with Walden Farms Chocolate Syrup.
- Jello poppers – sugar free jello with Egg Whites International.
- Carbquik chocolate drop cookies (1 4" cookie).
- 7 Biscotti with 1 Tablespoon Power Butter.
- 7 Biscotti.
- 1 AdvoCare Fruit and Fiber Bar.
- 1 package chocolate covered pretzels.
- 1 protein wheyfer bar.
- 1 power Crunch Choklat Bar.
- 1 power Crunch Bar.
- 1 cup of Egg White International and PB2.
- Thrive-approved Ice cream.
- ½ cup Greek plain yogurt mixed with Spark or Celsius powder.
- 1 tbsp. peanut butter on Bran Crispbread.
- 1 package Healthwise chips.
- 1 package Thrive packages.
- 1 Healthwise smoothie and Glenny's Brownie.
- 2 cups of Progress of Light Chicken Noodle Soup.
- 10 pretzel chips with ¼ cup of guacamole.
- 1 Healthwise Cookie.
- Healthy Choice Fudge Bar
- 2 cups of Un-hulled pistachios.
- Jalapeno Poppers.
- Fried Cheese Sticks (Thrive Care Recipe).
- 1 pack of Thrive Mac and Cheese.
- Thrive-approved snack size protein bars.
- Lowry's Microwavable Pork Rinds.
- Turkey Roll-up.
- 1 slice Thrive approved bread with 1 tbsp. peanut butter.
- ½ Thrive approved tortilla with 1 tbsp. peanut butter.
- 1 package Pop Chips.
- 1 No Sugar added Klondike Bar.

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Snack Options

Snack Options: Pick One

- Onion rings with TVP (Thrive Care recipe).
- ½ of any Thrive-approved meal.
- 1 Tri-O- Plex cookie.
- Breyer's Carb Smart Fudge Bar.
- Bran Crispbread with 1 wedge Light Laughing Cow Cheese.
- Carbquik Peanut butter Chocolate Chip Cake (Thrive Care Recipe) .
- Up to 7 boiled egg whites.
- Pickle and sargento cheese.
- Spicy Tamari Nut Mix-mixture of peanuts, cashew, pecans and almonds tossed in tamari (soy sauce), lemon juice, and cayenne pepper and toasted to golden brown perfection.
- ¼ cup Bear Naked Peak Protein Granola.
- Fried Mushrooms with TVP (Thrive Care Recipe).
- 1 cup of Pan Fried sauerkraut with 1 fat-free Thrive-approved wiener.
- 1 Package Kays' Jalepeno Mustard Pretzels.
- 1 package Crunch O's.
- Turkey Sausage Balls (Thrive Care Recipe).
- Pumpkin Pie (Thrive Care Recipe).

Snack Options: Pick Two

- 2 AdvoCare Spark.
- 2 Glenny's Brownies (up to 2, 1 brownie is ½ snack).
- 2 VitaTops Sugar Free (1 = ½ snack).
- 2 Healthwise smoothies.
- 1 Healthwise Smoothie and a Glenny's Brownie.
- 2 fat-free Turkey wieners in 0-calorie cooking spray.
- 2 packs of Robard's pudding.
- 2 pickled eggs.
- 2 cups of popped popcorn – (popped in TCO).
- 2 packs of Healthwise Protein Cereal (dry).
- Asparagus Wraps - 2 slices Thrive approved turkey, 2 slices Thrive Approved Sargento Reduced Fat Cheese wrapped around as much asparagus as you like.
- 2 Tablespoons Smoked Salmon dip (Publix brand seafood section) with Bran Crispbread.
- 2 packages of Robard's Hot Chocolate Mix.

Snack Options: Pick Three

- 3 packages Health Smart Chocolite Peanut Butter Cups (3 pkgs = 6pieces).
- 3 AdvoCareCoffecino.
- 3 Health Wise Smoothies.
- 3 Kroger brand CarbMaster Yogurt.

Snack Options: Pick Four

4 Hoodia Curb Bites.

Up to 4 Sparkling ice mixed with 1/2 scoop AdvoCare spark .

4 Fiber Gourmet Chees-Its.

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Freebie Options

Freebie Options: Have FUN!

- Dill Pickles.
- Asparagus soup.
- Okra popcorn.
- Mushroom broth – fat free beef broth with sliced mushrooms, green onions, and lemon juice.
- Squash Apple Crisp.
- Kale chips.
- Steamed squash.
- Butternut squash fries.
- Stir-Fried cabbage.
- Bran Crispbread with Walden Farms Marshmallow Dip and strawberry syrup.
- Sugar free Jell-O.
- Grilled green beans.
- Cucumbers with Walden Farms Italian dressing.
- Lemon popsicles – homemade popsicles made with lemon juice and Splenda.
- Banana peppers.
- Any Category II: Fibrous Carb Ceggies.
- Butternut squash soup.
- Bran Crispbread with Walden Farms Chocolate Dip.
- Broccoli with Walden Farms Ranch Dressing.
- Thrive Care Egg Drop Soup.
- Thrive Care Vegetable Soup.
- Steamed green beans.
- Spinach salad with Walden Farms 0-calorie dressing.
- Jalapeno peppers filled with fat free cheese.
- Mixed green salad with Walden Farms 0-calorie dressing.
- Herb roasted beets.
- Sugar snap peas.
- Red pepper and cabbage slaw.
- Chilled cucumber soup-English cucumber blended with mint, garlic, and a little water. Serve cold.
- Japanese pickles – cucumber, rice vinegar, cilantro, and red chili peppers combined and refrigerated.
- Brand Crispbread with thin slice of turkey and fat free cheese.
- Bran Crispbread sprayed with Thrive approved butter spray, sprinkled with 1 package of Turvia and cinnamon
- lemon or lime juice.
- grilled mushrooms.
- fried kraut (use TCO).
- Seasoned cabbage.
- Cauliflower mash (fake potatoes).

Freebie Options: Not so Free!

- 5 Healthwise biscotti.
- Candy Creek Sugar Free lollipops (3 = freebie).
- 1/4 cup low fat cottage cheese mixed with sugar free Jell-O.
- 1/4 cup plain Greek yogurt with Celsius powder.
- 1/4 cup low fat cottage cheese with celery or broccoli.
- Celery with 1/4 cup fat free cottage cheese Hidden Valley ranch dressing.
- 1/4 cup Greek plain yogurt with or without spark flavoring.
- 1/4 cup Roasted Red Pepper Cheese Spread (Thrive Care Recipe).
- Sliced red or yellow peppers with 1/4 cup low fat cottage cheese Ranch dressing.
- Sugar Free popsicles (up to 2 a day).
- 4 packages AdvoCare V16.
- 2 Sparkling Ice.
- 1/4 cup Roasted Red Pepper Cheese Spread (Thrive Care Recipe).
- 1/4 cup Greek plain yogurt with or without Spark flavoring.
- Bran Crispbread with 1/4 cup guacamole.





WEEK SIX JOURNAL

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WEEK SIX JOURNAL

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