

Thrive Journey in Week One

Guidelines

Thrive is a complete educational and lifestyle program designed to help you lose weight in an ever evolving environment. It takes several weeks to learn the basics of the program.

Please do not hand these out to friends and family who aren't getting the needed "how to" in class. Also, what works in the beginning won't work over the long haul. You need to learn the content and learn how to use the information as you progress toward your goal. Thrive begins by teaching everyone the same foundational material. Along with your coach and depending on your goals, your Thrive weight loss will evolve and build off your foundational knowledge.

As you get started in this first week remember that you can do anything for one week at a time! The variety you are allowed will increase weekly.

Attendance:

Attendance is imperative. When you think you know it all, you don't.

Daily Meal Allowances:

Everyone eats 3 meals each day.

Men you get up to 2 snacks each day.

Ladies you get up to 1 snack each day.

Timing:

Both men and women can have freebies.

Portions:

Everyone eats their meal from a 6-8" Plate or uses the hand rule.

Combinations:

Until you have mastered correct food combinations, make selections from the Meal ideas listed.

Journal:

If you bite it you write it! Finally, write why you bit it.

Water:

Drink ½ -1 Gallon of Water Daily.

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Breakfast Options:

- ½ cup scrambled egg whites and a slice of Thrive-approved bread.
- Thrive Approved Grilled Cheese.
- Thrive Approved Cereal with Blue Diamond Coconut Almond Unsweetened Milk.
- Kashi Go Lean with ¼ Cup of Skim Milk.
- Thrive Approved Shake with Egg Whites International or Water.
- 1 cup of Low Fat Cottage Cheese and a Palm Full of Berries.
- Greek Yogurt with Spark as flavoring.
- 1-2 packages of Thrive-approved pancakes with approved syrup.
- Labrada Raspberry Cheesecake bar (great to replace Pop Tarts).
- 2 scrambled eggs with cheese and Carbquick biscuit.
- Scrambled egg whites with Thrive-approved cheese toast.
- Egg and Turkey Wiener Omelet— use a 1 cup of egg whites. Dice 2 fat-free Ball Park
- Turkey Franks. Spray skillet with calorie free spray. Pour egg whites into pan, add sliced turkey wieners.

Lunch Options:

- Thrive Approved Shake with Egg Whites International or Water.
- Thrive Approved Turkey and Cheese Sandwich (Fat Free Cheese Optional).
- P28 Bread Banana Sandwich with 1 Teaspoon of Peanut butter (Use ½ Banana and 1 Slice of P28 Bread).
- Wendy's Chili (Small) with or without a salad.
- Chick Filet Grilled Chicken Nuggets with a side salad.
- Grilled Chicken Salad with a Thrive Approved Dressing.
- Grilled Fish with Squash, Broccoli, or Asparagus.
- Power Butter Sandwich or Peanut Butter Sandwich.
- Mexican Restaurant 3 soft chicken tacos with no shell (La Banderita Extreme Fiber).
- Captain D's 3 fish fillet with green beans.
- Stir Fry with Hemp Hearts – Stir Fry Chicken and Broccoli with 2-3 tbsp. of Hemp Hearts. Wendy's Chili alone or with Salad veggies.

Dinner Options:

- Thrive Approved Shake with Egg Whites International or Water.
- Laura's Lean Hamburger Steak with Green Beans.
- Grilled Chicken Breast with Squash, Broccoli, Asparagus, or Salad.
- Power Butter Sandwich or Peanut Butter Sandwich.
- Thrive for Life Shrimp Scampi (Thrive care).
- Lasagna Sandwich (Thrive care).
- Thrive style Stir Fry (Chicken, Water chestnuts, Broccoli, TCO Oil).
- 99% Fat Free Ground Turkey Patty with green beans.
- Thrive-approved Peanut Butter Sandwich.
- Grilled Chicken with ¼ cup of Thrive Mac n' Cheese.
- Grilled Chicken with Broccoli and ¼ cup of Dreamfield's Mac n' Cheese.
- Pan seared Catfish with green beans.



Snack Options:

- Thrive Approved Ice Cream– Breyer's Carbquick
- ½ Cup of Greek Plain Yogurt Mixed with Spark or Celsius Powder.
- 1 Tbsp Power Butter on Bran Crispbread.
- 1 Healthwise Chips.
- 2 fat free Turkey wieners in Pam Cooking Spray.
- 2 cups of Progresso Light Chicken Noodle Soup.
- Up to 2 Ostrim Jerky.
- Up to 2 packaged of Perky Jerky (Total of 200 Calories).
- 1 Pop Corners.
- Pickle and 1 Slice of Sargento Reduced-Fat Cheese (This counts as ½ snack).
- Bran Crispbread dipped in Mexican cheese dip ¼ - ½ cup.

Approved Freebies:

- Bran Crispbread.
- Up to 2 slices of Kraft Fat Free Cheese with Bran Crispbread.
- Up to 1 Tablespoon of Fat Free Cream Cheese with Calorie Free Spread.
- Pan Fried Squash in Cooking Spray or TCO Oil.
- Cabbage.
- Dill Pickles.
- Broccoli or Cauliflower.
- Broccoli or Cauliflower dipped in ¼ Cup of Low Fat Cottage Cheese with Ranch Seasoning.
- Popcorn Okra (Thrive care).
- Egg Drop soup (Thrive care).
- Sugar Free Jell-O.
- Sugar Free Popsicles – 2 Per Day.
- Sugar Free Gum (Orbit).
- ¼ Cup of guacamole with Brancrisp Bread
- ¼ Cup of fat free Cottage cheese mixed with Hidden Valley Ranch Dressing and Celery
- Fried Kraut (use TCO oil or zero-calorie spray in pan)

Condiment Options:

- Reduced Sugar Catsup.
- Mustard.
- Spritzer Salad Dressings.
- Kraft Fat Free Sliced Cheese.
- Kraft Fat Free Shredded Cheese.
- Stubb's Marinades listed in Thrive care.
- Light Miracle Whip.
- Walden Farms Calorie Free Condiments.
- Healthwise Honey Mustard Salad Dressing.

