



Presents...

Travis Martin's Fast Start Program

Grocery List – Get started with this short list of options!

Items in blue found at your local Thrive Care Center, Thrive e-store, and at fine nutrition retailers everywhere.

Protein Sources/Meats

- Fish (No Catfish)
 - Cod
 - Grouper
 - Tuna in Water
 - Orange Roughy
 - Salmon
 - Practically any fish
- Chicken
 - Deli (Boars head, Dietz and Watson, Jenny O)
 - Breast Meat
 - 98-99% Ground
- Turkey
 - Deli (Boars head, Dietz and Watson, Jenny O)
 - Breast Meat
 - 98-99% Ground
- [Hemp Hearts](#)
- [Egg Whites](#) (I prefer Liquid Egg Whites from Egg Whites International, but you can begin with Egg Beaters or simply the white of an egg)
- Egg Beaters or the white of an egg
- [T7 Protein Powder](#)
- [Oh Yeah Bar](#)
- [Forti Fx Bar](#)
- [Quest Bar](#)

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Produce

- Broccoli
- Asparagus
- Green Beans
- Cauliflower
- Squash
- Cabbage
- Celery
- Zucchini Squash
- Okra
- Lettuce
- Spinach
- Kale
- Turnip Greens

Soups

- Progresso Light Chicken with Rice
- Progresso Light Chicken Noodle Soup
- Healthy Choice Chicken with Rice
- Healthy Choice Chicken Noodle Soup

If you choose a soup you can have 1 cup and up to 2 cups as a meal, but you must have Thrive Approved Cheese toast with it using a Thrive approved cracker or bread along with 2 slices of Kraft Fat Free Cheese.

Thrive Approved Breads

- Natures Own Double Fiber Wheat Bread 50 Calorie
- [La Tortilla Factory Tortilla 50 Calorie](#)
- La Banderita Xtreme Fiber Tortilla

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Crackers

- Scandanavian Bran Crisp Bread (Preferred)
- Wasa Fiber Crackers
- Wasa Crisp and Lite Crackers

The crackers listed above can also be found at your local grocery retailer.

Cooking Agents

- Thrive Cooking Oil
- Ghee Butter
- Pam cooking Spray
- (Olive Oil only if you do not have access to the above)
- You can use any low or zero calorie spice, condiment, bullion, or broth. Keep calories 15 or less.

Ready to Eat Microwave Shelf Stable Meals

- Spaghetti
- Vegetable Lasagna
- Turkey Chili
- Any Healthwise Microwave Meal

Cheese

- Kraft Fat Free Sliced Cheese (Cheese toast)
- Kraft Fat Free shredded Cheese (Salads)
- Veggie brand veggie Cheese

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Grocery Store Approved Condiments – *(remember up to 50 calories of condiments allowed per serving per meal)*

- Reduced sugar Ketchup
- Blue Plate Light Mayo
- Spritzer Salad Dressings
- Mustard

We prefer that you use Walden Farms Calorie Free condiments, but you can do that once you adopt Thrive as a life long program. ;-)

Approved Beverages

- Coffee
- Unsweet Tea
- Diet Sprite
- Diet Mountain Dew
- Sparkling Ice Zero Calorie flavored water
- Celsius
- XS Energy Drinks

Snacks

- Better N Peanut Butter (You may use any peanut butter with non hydrogenated oil, however Better N Peanut Butter is ½ the calories per serving.)
- Chocolite Peanut Butter Cup patties
- Chocolite Pecan Clusters
- Chocolite Chocolate Caramel Pretzel
- Protein Krinkles
- Celery
- Pickles
- Fat Free Cream Cheese
- Walden Farms Calorie Free Syrups, Spreads and Salad Dressings
- Protein Chips such as Beanitos
- Healthwise Smoothies

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- 1 Cup of Breyers Carb Smart Ice Cream
- 1 Sugar Free Vita Top
- 1 handful of any nut or seed; almonds or macadamias preferred

The items in blue can be found at nutrition retailers like your local Thrive Care Center, Thrive e-store, or any other fine retailer that specializes in healthy products.

Thrive should not cost you any more than your current eating lifestyle. You are simply re-directing what you are spending on unhealthy foods into healthy food choices that work within the Thrive system. Only stock up on a few items that you can focus on for 3 days. You can do anything for 3 days can't you?

NOW, LET'S HAVE SOME FUN!

SEE YOUR MENU ATTACHED:

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Helpful tips for your first week:

Remember, you can do anything for 3 days until you learn more. You are beginning with a "diet". Stick with me and let me educate you. You will soon want to adopt Thrive as a Lifestyle as you watch unwanted body fat melt from your body! These are meal ideas for your first 3 days and up to 1 week. You can focus on these until I teach you fat loss food combinations.

Some helpful tips for your Fast Start Week:

Timing: Eat a Breakfast Lunch and Dinner

Portions: Eat from a 6-8 Inch Plate

Snacks: Choose 1 only if you are hungry; remember food is not a solution to boredom, anxiety, depression, or any other problem except for a growling stomach.

Freebies: Got the munchies; graze on these liberally. Remember most hunger is a signal that you are thirsty or not getting the correct nutrients. Drink ½ to 1 gallon of water daily. Take a good whole food Multi Vitamin.

See other items on the 3-Day Grocery List? Buy them and ask questions in class.

It is my sincere desire to help you begin losing weight and restoring your self-esteem and self-confidence with this easy to follow diet while you learn a healthy and fun lifestyle.

Welcome to the Thrive Family!

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Menu Options:

Breakfast:

- Scrambled Egg Whites with Kraft Fat Free Cheese with or without Spinach
- Peanut Butter Sandwich with 1-2 Tablespoons of Peanut Butter
Use Nature's Own Double Fiber Wheat Bread 50 Calorie Bread
- 1.5 Cup of Greek Plain yogurt with your favorite flavor of Sugar Free Jell-O for flavor
- 1.5 Cup of Low Fat Cottage Cheese
- .75 Cup of Low Fat Cottage Cheese and 2-4 Scrambled Egg Whites
- 1.5 Cups of Kashi Go Lean Cereal with ½ Cup of Skim Milk
- Thrive Approved Shake with Egg Whites International Liquid Egg Whites or Water
- Quest Bar – Moisten in microwave for 15 seconds

Lunch:

- Double Fiber Bread Turkey Sandwich with mustard and lite mayo optional
- Grilled Chicken Salad (No Croutons or Crunchy Stuff!) Use Spritzer Salad Dressing or Walden Farms Calorie Free Salad Dressing. You can only use Fat Free Shredded Cheese at this time
- Soup from grocery store list and as described.
- Small Wendy's Chili
- Small Wendy's Chili on a side salad
- Zaxby's Grilled Chicken Salad with no crunchy things. Use your salad dressing and not theirs. I like to use their wing sauce as a salad dressing.
- Using your tortillas; 3 soft grilled chicken tacos, but use your tortilla shell. I use the La Tortilla 50 calorie low carb tortilla
- Grilled Fish and your favorite; broccoli, asparagus, green beans, cauliflower. See produce.

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Menu Options Cont'd...

Dinner:

- Any Lunch listed above
- Healthwise Shelf Stable Meal; Turkey Chili would be a good one to begin with.
- Grilled or baked Chicken breast with an approved barbecue sauce. Stubb's Moppin' Sauce is a good one to start with and is found in your local grocery store.
- 2 Ball Park Fat Free Turkey Wieners fried in TCO Oil, Ghee, or in Pam Cooking Spray in an approved tortilla.
- 2 Ball Park Fat Free Turkey Wieners fried with kraut in TCO Oil, Ghee, or in Pam Cooking Spray.
- Pan Seared White Fish and Squash

Snacks: Pick one if you are hungry

- 100 Calorie bag of Popcorn before 4 PM
- Up to 3 Chocolite Peanut Butter Patties or Pecan Clusters
- Thrive Approved Cracker with 1-2 Slices of Fat Free Cheese
- 1 Tbsp of Better N Peanut Butter with Bran crisp Bread or Thrive Approved Cracker
- 1 Tbsp of Better N Peanut Butter with Celery
- 1 Pack of Protein Krinkles
- 10 Beanitos
- 1 Sugar Free Vita Top

Freebies: Graze on these if you are still hungry

- Dill Pickles
- Cucumbers
- Celery with ¼ Cup of Low Fat Cottage Cheese
- Celery with ¼ Cup of Fat Free Cream Cheese
- Stir Fried Cabbage in Pam Cooking spray
- Up to 3 sugar Free Popsicles

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