



CHALLENGE

Step 1: Choose a List below Alpha OR Omega

Step 2: Choose items that you like from the list you choose and only that list!

Step 3: Complete the Form below and submit by Sunday night with the list you have chosen indicating you are participating. Challenge winners will be selected Monday night April 15th at 7PM

[Grocery vs. Care Center Challenge](#)

Step 4: Challenge begins Monday morning April 8th.

Step 5: Show up for Challenge Class Monday at 7PM Online or in Kennesaw Care Center

Monday's Menu:

Breakfast: Thrive Approved Shake or Thrive Approved Meal Bar
Lunch: Thrive Approved Shake or Thrive Approved Meal Bar
Dinner: NONE!

The remainder of your menu will be distributed Monday night based on the items from the lists below. Remember, choose to eat from List Alpha OR List Omega!

Note for Both Lists...

- ★ Any Thrive Approved Beverage is Allowed.
- ★ All Thrive Approved Condiments are Allowed.
- ★ Advocare Spark and other Supplements are Allowed
- ★ Any Category II Vegetable is Allowed



CHALLENGE

Alpha List Grocery Items

- Approved Turkey Lunch Meat
 - Nature's Own Double Fiber Wheat Bread
 - Wasa Fiber Crackers
 - Kraft Fat Free Cheese (shredded & slices)
 - Dreamfield's Pasta
 - Egg Beaters
 - Progresso Light Approved Soups (see Thrive Care)
 - EAS Shakes
 - Olive Oil
 - Lean Ground Turkey
 - Vitalicious Vita-Pizza
 - Sugar Free Vitalicious Vita Tops
 - Butternut Squash
 - TVP
 - Approved Milk
 - Arctic Zero Ice Cream
 - Breyer's Carb Smart Ice Cream
 - Kashi Go Lean
 - Thomas' Light Multi-Grain English Muffins (100 Calorie)
 - Thrive Approved Tomato Sauce
 - Spaghetti Sauce Dry Mix
- ★ Any Thrive Approved Beverage is Allowed.
 - ★ All Thrive Approved Condiments are Allowed.
 - ★ Advocare Spark and other Advocare Supplements are Allowed
 - ★ Take a whole food Multi-Vitamin
 - ★ Any Category II Vegetable is Allowed



CHALLENGE

Omega List Care Center Items

- Any HW Biscotti
- Any HW Microwaveable Meal
- Thrive Macaroni & Cheese (AHS)
- Thrive Fettuccini (AHS)
- T7 Shake
- Thrive Cooking Oil
- Angle Foods Pizza
- Vitalicious Vita- Pizza
- Light Life Smart Ground Beef
- Light Life Smart Bacon
- Spinach
- TVP
- Butternut Squash
- Arctic Zero Ice Cream
- Thrive Ice Cream
- Kashi Go Lean
- The Zone Cereal
- Hi-Lo Cereal
- P28 Bread / Bagels / Flats
- Egg Whites International

- ★ Any Thrive Approved Beverage is Allowed.
- ★ All Thrive Approved Condiments are Allowed.
- ★ Advocare Spark and other Advocare Supplements are Allowed
- ★ Take a whole food Multi-Vitamin
- ★ Any Category II Vegetable is Allowed



CHALLENGE

Alpha Menu

Breakfast:

Double Fiber Turkey Sandwich
Egg White and Cheese Omelet
Vitalicious Vita Pizza
Thrive Approved Cereal
Thomas Light Muffin 100 Calories
Thrive Approved Shake

Lunch:

Double Fiber Turkey Sandwich
Vitalicious Vita Pizza
Thrive Approved Shake
Progresso Light Soup with Wasa and FF Cheese
Spaghetti using Dreamfields Pasta (Thrive Style)
Arctic Zero Pint or 2 Cups of Breyer's Carb Smart

Dinner:

Vitalicious Vita Pizza
Lean Ground Turkey Patty (Thomas Light Muffin)
Fish and Broccoli pan seared in TCO Oil
TVP Fried Chicken or Fish with Butter nut squash
1.5 Cups *Margaret Holmes Chili and Lean Ground Turkey

Snack:

1 Sugar Free Vita Top
1 Cup of Arctic Zero
1 Cup of Breyer's Carb Smart
2 Spark

Any Freebie not cooked in fat can be used with any meal and between meals.

Fast Food:

Wendy's Chili with/without Salad
8 Chicken Nuggets and Side Salad
Grilled chicken in a Tortilla

Thrive Approved Condiments



CHALLENGE

Omega Menu

Breakfast:

T7, Syntha 6, or Oh Yeah Shake
Angle Foods Pizza or Vitalicious Pizza
Egg Whites and Fat Free Cheese
Thrive Approved Cereal (Cinnamon Version the best)
P28 Bagel

Lunch:

Vitalicious Pizza
Angle Foods Pizza
Thrive Approved Shake
Healthwise meal; spaghetti, turkey chili, etc.
Macaroni and Cheese
Fettuccini
Arctic Zero (Pint)
Thrive Ice Cream (2 Cups)

Dinner:

2 Packages of Cheesesteak Pasta or Nacho Cheese Pasta
Healthwise meal
TVP Fried Fish with Butternut Squash
Pan seared fish with Broccoli
P28 Pizza Bread
P28 Flat with 1 Fat Free Frank (TCO Oil)
1.5 Cup of **Margaret Holmes Chili** and Smart Ground

Snacks:

7 Biscotti with Better N Peanut Butter
1 Cup of Arctic Zero
1 Cup of Thrive Ice Cream
2 Spark
Up to 2 packages of Cinnamon Thrive Cereal

Freebie:

Any Freebie not cooked in fat can be used with any meal and between meals.

Fast Food:

Wendy's Chili with/without Salad
8 Chicken Nuggets and Side Salad
Grilled chicken in an approved Tortilla