



Instructions, Grocery List & Menu Options

Daily Survival Procedures

Check into www.facebook.com/thriveisland

- Look for New Options and Rations
- Follow all Homework Presented before your next Class
- Journal Online, but Check in to the Thrive Island page daily
- Support each other and keep a good attitude. You'll need one because Jack won't have one.
- Journal online daily. If you do not journal you cannot graduate.
- Weigh each morning BUTT NAKED. Record.

If you know you have violated the rules of Thrive Island then "Tap Out" publicly at www.facebook.com/thriveisland. You are welcome to attend graduation, but honor those that are survivors by admitting that the Island was too tough for you.

You must attend the Thrive Island class held Mondays at 7:00 PM either at the Kennesaw Care Center or online at island.thriveweightloss.com.

More Information:

This is a 24-day program. You can do anything for 24 days. It begins with an optional 10-Day Cleanse. This is a doable cleanse that focuses on "relaxing" the digestive system. It culminates with a 14-day survival effort. In 24 days you WILL lose weight, but the primary goal of this Thrive Island is to prove to yourself that you can persevere, negotiate with yourself and finish anything you DECIDE to finish. If you are to ever lose weight you will have to learn how to eat correctly even when it's not convenient to do so. Food is not your God. After 24 days on MY ISLAND you will have a new appreciation for what you are capable of.

If you choose to begin the Thrive Island Journey before January 21, 2013 then this will be a 31-day program for you. You will then be referred to as a Thrive Marine (First in, Last Out and take the most casualties.) Starting early does not permit you to finish early. All surviving Islanders will be rescued on the same day. The rescue boat comes February 13th at Midnight. We will celebrate those survivors together with a victory event on Saturday February 16th at Noon in the Kennesaw Care Center. The class will be broadcast live and online as well.

Trophies will be given to the Top 5 Males and the Top 5 Females Surviving the Thrive Island. This years Thrive Island will be divided into two teams as well. Team 1 is the Alpha Team and includes all of those castaways with last name beginning with an A through M. Last names beginning with an N-Z will be on team Omega. Two MVPs will be awarded trophies as well. One survivor from each team. This survivor shall demonstrate a No Excuses Attitude and be

This information will be updated and added to regularly.



Instructions, Grocery List & Menu Options

responsible for the most support and inspiration within their group.

Added January 14th -

Thrive Island Grocery List

The following list provides you with various options. Pick the options that you like best and use them. You do not have to purchase everything on this list, this is a complete list of options available to you. The items with a dot are available at your Thrive store, other items can be purchased at your nearest grocery store. This is ONLY a grocery list, menus describing how to use these products is below.

Deli

- Boars Head
- Turkey
- Chicken
- Ham

Breads

- Thomas Muffins Light Multi-Grain 100 Calorie
- Tortilla La Tortilla Factory 50 calorie tortilla
- Thrive Bread
- P28 Bread
- P28 Flats
- Bran Crisp Bread
- Wasa Fiber
- Wasa Light and Crispy

Produce

- Berries
- Grapefruit
- Apples
- Broccoli
- Cauliflower
- Cabbage
- Squash
- Bell Pepper
- Hot Peppers

This information will be updated and added to regularly.



Instructions, Grocery List & Menu Options

- Lima Beans
- Quinoa
- Lettuce
- Spinach
- Kale
- Butternut Squash

Meat Substitutes

- Light Life Smart Bacon
- Light Life Smart Ground

Cheese

- Veggie Cheese
- Kraft Fat Free Shredded Cheese
- Kraft Fat Free Sliced Cheese

Canned Goods

- Specific Progresso Light Soups – **See added list on January 16th.*
- Specific Campbell's Soups – **See added list on January 16th.*
- Margaret Holmes Chili Fixins
- Tuna in Water

Meats

- Any Shellfish; shrimp, scallops, lobster
- Chicken Breast; Ground or otherwise 99% Lean
- Turkey Breast; Ground or otherwise 99% Lean

Beverages

- Sparkling Ice
- Advocare Spark
- Advocare Coffecino
- Coffee
- Herb Teas
- Tea
- Diet Sprite
- Diet Mountain Dew

This information will be updated and added to regularly.



Instructions, Grocery List & Menu Options

Cooking agents

- ___TCO Oil
- ___Ghee
- ___Pam Cooking Spray
- ___Broth

Condiments/Spices/Seasonings

Any zero calorie Spice

- ___Goya Ham Seasoning
- ___Walden Farms Calorie Free; Salad Dressings, Chocolate Sauce, Pancake Syrup, Mayo, etc.
- ___Legg's Old Plantation Sausage Seasoning

Protein Bars

- ___Forti-FX
- ___Quest Bars
- ___Kind Bars
- ___Health Smart 3/1 Bars; Peanut Butter Cups, Pecan Clusters, Chocolate Pretzel, etc.

Frozen Foods

- ___Angle Foods Pizza

Microwave Meals

- ___Chicken Ravioli, Lasagna, Beef Stew, Spaghetti, Turkey Chili, etc. All Healthwise Meals

Bob's Red Mill Products

- ___Hemp Hearts
- ___TVP
- ___Quinoa
- ___Flax Seed
- ___Chia Seed

Other Thrive Approved Items

- ___Biscotti
- ___Better N Peanut Butter
- ___Egg Whites International
- ___Carb Quick

This information will be updated and added to regularly.



Instructions, Grocery List & Menu Options

- ___ Advanced Macaroni and Cheese
- ___ Advanced Fettuccini
- ___ Advanced Cheese Steak Pasta
- ___ Advanced Pancake Mix
- ___ Thrive Ice Cream

Arctic Zero

Exercise Equipment

6 Foot Towel

Stretch a Minute

X-Vest



Instructions, Grocery List & Menu Options

Added January 21st

10-Day Cleanse (with or without 10 Day Advocare Herbal Cleanse)

Breakfast:

Thrive Approved Shake in Egg whites or in water (Must use a Salmonella Tested Product)

Mark and Lola Jo Oatmeal Muffins (optional dipped in Xylitol). You may have 3 for breakfast

Kay's Natural Cereal, Hi Lo Cereal, or The Zone Cereal (1.5 Cups). Use Unsweetened Almond Milk

Scrambled Egg Whites with or without Fat Free Cheese

Greek Plain Yogurt (1 Cup) with or without Spark as a Flavoring

Low Fat Cottage Cheese (1 Cup)

1 Angle Foods Pizza

1 Quest Bar

Lunch:

Salad and Category 2 Veggies with 1 Tbsp of Flax Seed or 1 Tbsp of Hemp Hearts Use Walden Farms Calorie Free Dressing or Thrive Approved Dressing

1.5 Cup of Berries with or without Spark Flavoring

1 Apple

1 Grapefruit

1 Orange

Dinner:

Egg White Omelet with Category 2 Veggies and Kraft Fat Free Cheese

4 Ounces of Fish and Squash Stir Fried in TCO Oil

Thrive Approved Soups (See List)

Thrive Approved Egg Drop Soup (2 Cups)

Thrive Approved Shake in Egg Whites or in water (Must use a Salmonella Tested Product)

Quest Bar

Thrive Island Snacks:

(1 Time Per Day, only pick one per day)

5 Biscotti with or without Advocare Coffecino

Up to 2 Spark during the day

Bran Crisp Bread with 1 Tbsp of Better N Peanut Butter or 1 Teaspoon of Fat Free Cream Cheese and a Thrive Approved Fruit Spread

Any Thrive Approved Chips (1 Thrive Serving Only)

This information will be updated and added to regularly.



Instructions, Grocery List & Menu Options

***See Snacks Added January 21st**

This information will be updated and added to regularly.



Instructions, Grocery List & Menu Options

Additional:

You may add 1 slice of Thrive Approved Bread or 1 Thrive Approved Tortilla to any meal.

Cooking Tools:

TCO, Ghee Butter, 0 Calorie Cooking Spray

Beverages:

XS Energy Drink Up to 3 Each Day

Diet Sprite

Diet Mountain Dew

Crystal Light

Any Clear or Mostly Clear 5 Calorie or Less Beverage

Celsius Drinks

Water:

You must drink ½ - 1 Gallon of Water Each Day

Exercise:

You must Walk 5/10/15 Miles Each Week

You Must Follow the Exercise on the Videos Presented on Monday, Wednesday, and Friday.

You must take a whole food vitamin daily.

Advocare products available at www.advocare.com/1108887

XS energy drinks available at www.amway.com/TravisMartinStore



Instructions, Grocery List & Menu Options

If you gain weight overnight then you must use a rebound menu the next day:

Rebound Menu # 1:

Breakfast, Lunch, and Dinner

Egg White Omelet with Category 2 Veggies and Fat Free Cheese

Rebound Menu #2:

Breakfast, Lunch, Dinner

Seafood Slimming Soup

Rebound Menu #3

Breakfast, Lunch, Dinner

Thrive Approved Shake with Egg Whites International or Water

Rebound Menu #4

Breakfast, Lunch, Dinner

Quest Bar, Quest Bar, Quest Bar

Rebound Menu #5

Breakfast

2 oz. Macadamia Nuts

Lunch

1 oz. Macadamia Nuts

Dinner

2 oz. Macadamia Nuts



Instructions, Grocery List & Menu Options

Approved Soups Added January 16, 2013

Progresso Light

Chicken and Dumpling
Chicken Pot Pie
Italian Style Vegetable
Chicken Noodle
Chicken Vegetable Rotini

Campbell's Chunky

Kickin Buffalo Style Chicken
Classic Chicken Noodle
Chicken and White Bean
Kickin Crab & Sweet Corn Chowder
Southwest Style Chicken Chili with Black Beans & Corn

Healthy Choice

Chicken Noodle
Chicken with Rice

Thrive Island portion is the entire serving listed on the above container. You can have the entire portion as a meal on Thrive Island.

Thrive Weight Loss and Lifestyle portion. You can have the soups listed above as a meal on the regular Thrive program. However, you must have a slice of category 2 bread with 2 slices of Fat Free Cheese when having the soups as a meal. The soups can only be eaten alone on the detox portion of the program.

This information will be updated and added to regularly.



Instructions, Grocery List & Menu Options

Approved Snacks Added January 21, 2012

Best used Days 8 through 31

You can have the following chips or other snack options 1 time a day on a non-rebound day:

- 1 Package of Double Bites
- RW Garcia Chips
- Healthwise Protein Chips
- Healthwise Protein Krinkles
- 1 Package of Pop Chips
- 1 Package of Pop Corners
- 1 Package of Beanitos
- 1 Package of Soy Chips
- 1 Package of Crunch Ohs
- 1 Package of Perky Jerky
- 1 Package of Ostrim

Freebies

- Orbit Gum
- Xylichew
- Celery
- Broccoli
- Walden Farms Calorie Free Dressings and Spreads

This information will be updated and added to regularly.