

Guidelines

As you prepare for your journey with Thrive! Weight Loss, take comfort in knowing that we are committed to your success! We have compiled a list of helpful hints to get you prepared for success!

1. Class attendance is imperative! You learn the “Why’s” of the program by attending class.
2. It is very natural to be confused during the first couple of weeks. The fog will lift! Stay with us and remember that we are here to answer your questions!
3. Read your Acceptable Grocery Store List to assist you with food shopping and meal planning.
4. **Create meals by combining Category I + II, I + II + TCO or IV + II, for the first week.**
5. Women – Three meals and one snack each day – Use 4-6 oz of protein for each meal.
6. Men – Three meals and up to two snacks each day – Use 6-8 oz of protein for each meal.
7. Drink ½ to 1 full gallon of plain water a day.
8. Eliminate dark colored diet sodas; replace them with clear diet sodas such as Sprite Zero or Diet Mountain Dew.
9. Condiments are allowed. Check your Acceptable Grocery Store List for suggestions. Keep the total calories from all condiments within a meal to 50 calories.
10. Begin journaling your new Lifestyle... if you bite it, you write it! Don’t forget to write why you bit it.
11. Record your WHY in a book. Remember to attach both pain and pleasure to your WHY. **Your WHY will be a major factor in your level of success.**
12. It is natural to encounter Blow-It Days as you learn the program. Keep your focus on the end results you want to achieve. **Don’t beat yourself up when you Blow-It, just jump back on the program.**

Focus on what you can have NOT on what you cannot have!

Our goal during your program is to retrain your body to prefer stored fat as the primary source of energy/calories. We also want to teach you a new nutritional lifestyle that will CHANGE YOUR LIFE.

Thank You for choosing Travis Martin’s Thrive! Weight Loss!



Acceptable Grocery Store Items

MEATS / PROTEIN (Category I or IV)

Boar's Head lunchmeat- found in the Deli case. Other brands are acceptable as long as they fit the formula.

****Cat. I meats must be 1 ½ grams fat or less and 3 grams or less of sugar****

****Cat. IV meats must be 2 ½ grams of fat or less and 3 grams or less of sugar****

Crab Legs - 2 to 3 clusters is acceptable portion.

Fish - All fish cooked using acceptable methods will be Category I except catfish. Catfish will be Category IV.

- Salmon can be eaten as Category I or IV (preferably IV).

Ground Turkey - Make sure you buy only ground turkey BREAST- Recommended brand is Perdue

Red Meat - We prefer you eat Laura's Lean Beef brand. Make sure it fits within your fat content guidelines.

Canadian Bacon - Category IV Protein+Fat

Oscar Mayer 98% Fat Free Weiner - Category IV: Protein+Fat.

Ball Park Smoked Turkey Franks - Category I: Lean Protein

Chicken Breast

Pork Tenderloin

Shellfish - Category IV

Tuna - Packed in water if buying cans or packages.

Egg Beaters or Egg Whites - No cheese flavored. The variety, with yolk added, would count as Cat. IV

Low Fat Cottage Cheese

Whole Eggs - Cat. IV

Turkey Pepperoni - Counts as Cat. IV - Recommended Brands: Hormel or Kroger

VEGETABLES - Fibrous Carbs (Category II)

All Salad greens and lettuce varieties

Squash

Cucumber

Bell Peppers - Red and Yellows are more nutritious. All are acceptable.

Celery

Asparagus - Natural diuretic, great source of potassium

Broccoli - Super Fiber - Catabolic Veggie

Cabbage

Eggplant - Eat with Category I and II only

Mushrooms - Fibrous Carb- great grilled with your protein

Beets - Not pickled varieties

Brussels Sprouts - Sprinkle w/ Splenda to kill bitterness - dilled variety in pickle section are wonderful

Cauliflower - Can be pickled but no sweet variety

Okra - Can be pickled but no sweet variety

Green Beans

Spinach

Turnip greens, collards, mustard

Scallions (green onions)

Sugar Snap Peas (in the pod)

Birdseye Steamfresh Veggies

(avoid sauce varieties)

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BREADS & TORTILLAS (Category II Breads & Tortillas)

Nature's Own Double Fiber Wheat Bread – Make sure it is the 50 calorie per slice. Category II bread.

Thrive! Bread from Great Harvest Bread Company, Category II Bread

Other varieties of wheat bread must be counted as a complex carb, Category III, and limit to one slice.

Approved tortillas can be counted as a fibrous carb, category II. LaBanderita Extreme Fiber up to 2 tortillas.

You may find other tortillas that will work on the Thrive! Program.

- Use this formula to evaluate other tortillas:
- For every 10 calories in your tortilla you must have at least 1 gram of fiber.
- Your tortillas cannot exceed 110 calories.

Example:

90 – Calories / 10 grams of fiber – *Acceptable Tortilla*

80 – Calories / 5 grams of fiber – *Unacceptable Tortilla*

SUPERFOODS

Beans - Black, Red, Kidney, Garbanzo, Soy, & Pinto are Super foods

- 1 to 1 ½ cups for women and 1 ½ to 2 cups for men - Eat alone or with fibrous carbs/Category II ONLY.

Peanut Butter - 1 Tbs can be eaten with rice cakes or 1 slice of approved bread as a snack.

- 2 Tbs can be eaten with 2 slices of double fiber bread and this counts as a meal.

➤ You can add sugar free jelly as a condiment.

Kashi Go Lean Original Cereal (not the *Crunch*) - 1 to 1 ½ cups for women and 1 ½ to 2 cups for men

- Eat with ½ cups skim or soymilk. You can also add a few berries. This is a meal.

Nuts - Any variety, one handful is a snack.

VEGETABLES - Complex Carbs (Category III)

***Remember to follow proper serving size and combinations.**

Corn

Sweet Potato

White Potato - Recommended Precooked Brand: Simply Potatoes

Oatmeal - Instant brand must be Quaker Weight Control - Regular oatmeal is also acceptable

Grits - All flavors are acceptable

Black-eyed Peas

Green Peas, Field Peas

Butter Beans, Navy Beans, Great Northern

Great Northern Beans

*All other beans that are not a "Superfood"

Turnips

Genisoy Soy Chips - Use as a Category III when eaten with a Cat I and II, eat 7-10 chips.

- OR - As a snack eat 12-17 chips.

PopChips & Pop Corners – Use the same way as Genisoy Chips

Long Grain Brown Rice – Recommended brands are Texmati, Uncle Ben's and Kroger

Whole Wheat Pasta – Recommended brand is Dreamfield's

Quinoa

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FRUITS – (Category V) All fruits must be eaten with Categories I and II only!

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***No Bananas, Peaches or Pineapple...yet* --- All other fruits are acceptable.**

Examples:

All types of melon

Kiwi

Oranges

Apples

Grapes

Grapefruit

Prunes

***Berries are the best fruit- serving size is 1 cup**

CONDIMENTS - Maximum of 50 calories per meal in condiments

Avocado - Good fat helps with appetite control. Use as a condiment ONLY!

Olives- Black or Green - eat 4 to 5 for satiety

Salsa - Choose the hotter varieties - Less sugar content - Recommended Brand: Hell on the Red

Zero Calorie Spray Butter - Parkay or I Can't Believe It's Not Butter

Brummel and Brown Butter (this is to be used ONLY as a dip for seafood)

Sugar Free Pancake Syrup - Ms. Butterworth or Walden Farms are our favorites

Wish Bone, Kens or Paul Newman Salad Spritzers - Only 1 calorie per spray

Mustard - Yellow or spicy - NO honey mustard or sweet mustard

Onion - Use sparingly, contains sugar especially when cooked.

Tomatoes - Use sparingly, contains sugar especially when cooked.

Mayonnaise - use Light Miracle Whip or Low Fat Blue Plate

Beef/Chicken Bullion Cubes - Great to flavor veggies.

Carrots

Nuts - 1 TBSP as condiment

Cheese - Recommended Brands: Kraft Fat Free Shredded, Veggie Slices, Sargento Light Provolone and Sargento Light String cheese, Light Laughing Cow, Kraft Reduced Fat Parmesan, Hell on The Red Spicy Cheese Dip (4 TBSP will be 50 calories), Fat Free Cream Cheese

Soy Sauce

Teriyaki Sauce

Worcester Sauce

Ketchup - Recommended Brand: Heinz Reduced Sugar

Tobasco Sauce

Stubbs Original Bar-B-Que Sauce - The only approved bar-b-que sauce

Meat Marinades - Stubb's Moppin' Sauce, Stubb's pork, beef and chicken marinades, Dale's marinade

A1 Steak Sauce - This is the only approved steak sauce

Heritage Fare Chicken Wing Sauce

Dry Ranch Dressing Mix - Mix with Low Fat Cottage Cheese - This makes a great dip for fibrous carbs

Fat Free Sour Cream

Kroger Sloppy Joe Mix - This is the only approved Sloppy Joe mix

Fat Free Coffee Mate - Original flavor (no flavored creamers) 2 tsp ONLY!!!

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FREEBIES - Can be eaten any time of the day

***Eat only the amount needed to satisfy hunger.**

Sugar Free Jell-O - You can also add 1 Tbs of LITE cool whip once a day.

Dill Pickles

Sweet Pickles - Must be sweetened with Splenda

Lemon Juice

Lime Juice

*Popsicle Brand: Sugar Free Popsicles (NO fudgesicles) - Limit of 2 per day (15 calories each)

Bragg's Apple Cider Vinegar with The Mother – 1 Tbs in the morning, 1 Tbs at bedtime.

- Helps promote fat burning. *not required*

Goya Chicken Bouillon - Great for flavoring veggies

Category II Veggies - Bread and tortillas are NOT freebies

Sugar Free Gum - Recommended Brand: Orbit

Splenda Flavors for Coffee

Sugar Substitutes: Truvia, Splenda, Stevia

Crystal Light

SNACK IDEAS

***Females 1 per day, Men up to 2 per day - Does not play a part in daily timing - Can be eaten at any time of day.**

2 Rice cakes (70 calories maximum on rice cakes) with 1 Tbs peanut butter (total for both cakes)

1 snack can of Tuna with 5 Whole Wheat Ritz Crackers

Handful of nuts

1 Tbs of peanut butter or Fat Free Cream Cheese eaten with raw fibrous carbs

1 Stick low fat variety white string cheese with 5 whole-wheat Ritz crackers

1 cup Special K Protein Plus Cereal - DRY

2-3 oz turkey/chicken with 5 Whole Wheat Ritz Crackers

½ Cup low fat cottage cheese with 5 Whole Wheat Ritz Crackers

1 Tbs peanut butter on ½ acceptable tortilla or 1 slice approved bread

Orville Redenbacher's - 100 Calorie Mini-Bag Smart Pop Popcorn 94% Fat Free Butter Flavor

Athenus Hummus - Great with fibrous carbs

***SNACKS & MEAL REPLACEMENTS are also available at you local Thrive! Care Center or Thrive's Online E-Store**

★ Log in to your online account and check out the Thrive! Care database for more great options.

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Thrive! Starter Week Meal Ideas⁶

Breakfast

***Men ¾ to 1 cups egg beaters liquid or 6-8 egg whites.**

***Women ½ to ¾ cups egg beaters liquid or 4-6 egg whites**

1. Egg Whites with 2 slices of approved bread cooked in zero calorie cooking spray or TCO – spread sugar free jelly on bread or spray with spray butter.
2. Egg White Omelet with any fibrous carbs added (spinach, mushrooms, onions, peppers) you can also add up to 50 calories from condiments such as cheese (feta, blue cheese, mozzarella) & 1 slice approved bread.
3. Low Fat Cottage Cheese (Men 1 ½ to 2 cups and Women 1 to 1 ½ cups) with berries and 2 slices of approved bread.
4. Peanut Butter sandwich (2 Tbs peanut butter, 2 slices of approved bread, add up to 50 calories sugar free jelly as a condiment)
5. French Toast – dip 2 slices double fiber wheat bread in egg whites, fry in Pam or TCO. Top with a little cinnamon, spray butter and sugar free syrup – YUM!
6. T7 Shake – 3 scoops for a meal - Must be mixed with WATER or Egg Whites International. Can add ¼ cup of berries.

Lunch or Dinner

1. Grilled chicken breast salad, add Category II veggies, Use spritzer type dressings. Remember 50 cal condiment rule.
2. Grilled or pan seared fish (TCO or Pam), steamed broccoli or other fibrous carb in Category II
3. Turkey sandwich (Women eat 4-6 oz of protein each meal and men eat 6-8oz) 2 slices of approved bread. Add up to 50 calories of condiments like mayo, cheese, and mustard. Add raw broccoli, cucumbers or other fibrous carbs if still hungry.
4. Stir fry chicken breast in TCO or Pam, add Category II veggies such as asparagus, broccoli, cauliflower, mushrooms. Add seasoning of choice, remember 50 calorie condiment rule.
5. Tuna sandwich (packed in water or flavored variety in foil packets) Approved bread or tortilla. Add up to 50 calories of mayo, dill pickles or relish in your tuna salad. 1 slice of tomato. Cucumbers, broccoli, and lettuce can be added or eaten as a side dish.

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Survival Kit Ideas

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Prior Preparation Prevents Poor Performance

On the road today? Need help staying in Efficient Fat Burning Mode? Choose a few items from the Survival Kit checklist and TAKE THEM WITH YOU!! You may want to toss in a plastic spoon/fork/knife, a plate, and a couple of napkins, too! YEAH - instead of driving through, I'm THRIVING through!

Survival Kit Items

Thrive! Bread / Fiber Tortillas

Pop Chips / Pop Corners

Hemp Hearts

Spritzer Dressing

Nuts

Tuna

Lite Laughing Cow Cheese

Light String Cheese (50 calories)

Packets of Yellow Mustard

Splenda / Truvia / Stevia

Meal Bar

Snack Bar

Cookie / Brownie - (Snack)

Protein Powder / RTD - (Snack / Meal Portion)

Thrive! Approved Jerky

PB2 / Power Butter / Peanut Butter - (Snack / Meal Portion - Bring the Sugar Free Jelly too!)

Kashi Go Lean Original (OR Another Thrive! Approved Cereal)



Don't Forget Your Freebies!!!

Celery / Broccoli / Cauliflower / Pickles / Other Fibrous Carbs

Bran Crisp Bread

Spark (advocare.com/1108887)

Sparkling Ice Water

Water

Sugar Free Lollipops

Sugar Free Jell-O



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Things To Remember

Did you journal online this week or in your Personal Thrive Assistant? Journaling and class attendance can potentially double your results. If you are journaling online then you may request a review of your journal by emailing ClientCare@ThriveWeightLoss.com and requesting a review of your eating habits to make sure you are making optimal choices.

Would you like to be a client of the month? Submit your before/after pictures and your WHY? ClientCare@ThriveWeightLoss.com and you could become our next Thrive! client of the month.

When you have a lot of weight to lose, you want to lose it all by tomorrow. You know that this is not going to happen and you are afraid of relapsing down the road after a long battle. The good news is that the weight loss process doesn't have to be so difficult if you approach it as a lifestyle change instead of a temporary diet. Week after week, you are making changes that are awesome! Congratulations! Lets take note of some of your awesome accomplishments no matter how small you think they are.

Are you discouraged with your results? Take a minute to write down a note to self about why you should continue and why losing the weight is so important to your future. _____

Write down 3 positive lifestyle changes that you have made during your program. _____

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Is it worth it? Do a cost benefit analysis. Fill in each box with “cost too much”, or “great deal”.

	Cost of Remaining Overweight	Benefits of Remaining Overweight	Cost of Controlling Overweight	Benefits of Controlling Overweight
Short-Term				
Long-Term				

Pick one or two key phrases that will help you stay focused this week:

Determination Strength Persistence Change Dedication Love Life Family

Accountability

Other Key Phrases: _____

It’s very important to set goals for yourself especially in the beginning of a new program. What are your goals?

Daily: _____

Weekly: _____

Monthly: _____

Are you a fan of Thrive’s Facebook page? If not, ask your Thrive! Coach for assistance in becoming a member of this wonderful community forum. We care about you deeply and so does the Thrive! community. Feel alone? There are thousands of Thrivers just like yourself at www.Facebook.com/ThriveWeightLoss.

Phone Numbers and Emails You May Need:

Website: www.ThriveWeightLoss.com

Community Pages: www.Facebook.com/ThriveWeightLoss

Follow Travis: www.Twitter.com/TravisMartinTWL

YouTube Videos: www.YouTube.com/TMThriveWeightLoss

Client Care: 888.800.3118 OR ClientCare@ThriveWeightLoss.com



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