

THRIVE NUTRITION GUIDE

Welcome to the THRIVE Nutrition Guide! This document is intended to provide an introduction and overview to the THRIVE approach to healthful eating. It will be supplemented with many materials, recipes and videos to enhance your understanding and implementation of the principles discussed below.

If you've ever struggled to figure out what to eat to improve your health, decrease body fat, increase your energy and accelerate your fitness and intimacy - all without becoming psychotic or phobic about what you're eating, then you've purchased the right program!

It's our goal to design the THRIVE Nutrition Guide to meet three primary criteria for those seeking a "Fit. Together. For Life!" way of living. Taking steps to improve your health, accelerate fat loss and increase energy, while boosting intimacy through wholesome, balanced eating is what the THRIVE Nutrition Guide is all about.

Criteria 1: 80/20 RULE!

The THRIVE Nutrition Guide is a simple "don't worry if you don't have a perfect diet" nutrition guide. Be realistic in your diet, keep the pressure off yourself and try to include your favorite foods in moderation.

A good way to plan your diet is eighty percent of the time, eat foods that you plan to and that you know will provide you with the nutrients and vitamins you need. The other twenty percent of your diet feel free to add the foods of your choice.

Planning for such occasions lets you include them in your diet, and it takes the pressure off of you to eat perfectly (which just isn't realistic). You should endeavor to eat properly, but it is also very important to feel good about all the things you eat.

Criteria 2: SIMPLICITY!

We have done our best to devise a nutrition guide that is simple in nature so that your nutrition does not rule your life, but rather enhances it. We believe the KISS (Keep It Simple Stupid) mantra should be used when determining your food preparation. The easier it is for you to prepare

your meals, the higher the probability of you sticking with the program. Keep it SIMPLE!

Criteria 3: PRACTICALITY!

The THRIVE Nutrition Guide is designed to be practical in its use of wholesome foods and sensible menu plans. You won't have to search high and low for ingredients for recipes that we share.

We know you're busy and being able to prepare flavorful, wholesome meals is of the utmost importance for you and your family. By following the Guide, you won't have to allow your nutritional needs to consume every minute of your life. *We know how busy you are!*

THRIVE NUTRITION is NOT a DIET, it's a Way of Living!

THRIVE Nutrition is NOT a guide that will require you to weigh your food or count every calorie that you take in from carbohydrates, protein and fat. Been there! DONE that! It doesn't work and will likely lead to future problems with food.

It's also short-lived and the yo-yo effect of weight gain and loss isn't beneficial to your body. In the long run, it will only derail your fitness goals.

This Guide is about helping you open yourself up and begin to focus more on the QUALITY of wholesome, organic, nutrient-dense, and energy-packed foods that you're consuming. Your body will intuitively guide you to the right amount of food to consume to optimize your health, especially when you focus on eating as many single-ingredient foods as possible.

We know that you have a family and preparing your own nutrition plan and then another for your family would be tough. We'll guide you to help you plan meals that will benefit you and your entire family.

THRIVE NUTRITION Will Not Restrict Foods, Except for JUNK & the DIRTY DOZEN!

The primary goal of THRIVE Nutrition is to teach you a healthy pattern of wholesome eating that you can use to optimize your health and improve fitness and performance. If you want to get the best results from this program, you'll need to restrict and remove the following JUNK food as well as the DIRTY DOZEN from your diet as much as possible:

JUNK

1. **Processed Sugars:** These sugars are found in thousands of processed foods and are a primary reason for the obesity epidemic we're facing in the world today. They offer ZERO value to your health and performance and will slow your progress.

2. **High Fructose Corn Syrup:** This sugary substance is more prevalent than ever in our diets today. In fact, ironically, it's found in highest quantity in "diet foods." Can you believe that? No wonder the low-fat diet never worked out! Keep it out of your body!

3. **Saturated Fats:** Typically these are found in animal fat. Although some saturated fat in the diet isn't bad, having too much can definitely pose a threat to your health and overall performance. This is not to say that you shouldn't eat protein from animals. But, it might be time to trim off the extra fat and remove more of this heart-clogging substance by choosing leaner meats, more fish, and healthy nuts to get your protein.

4. **Hydrogenated Soybean Oil:** You may also see this called Trans Fat. Bottom line, this is one of the biggest problems we face in the processed foods available today. What used to be regular soybean oil now has hydrogen pumped through it in order to remain solid at room temperature. You should see what it can do to your heart. Stay away!

5. **Enriched White Flour:** Yeah, we're not eating white bread anymore, so we shouldn't have to worry about white flour either, right? WRONG! This stuff is everywhere. In fact, many foods label themselves "whole grain" or "heart healthy" yet still have processed and enriched white flour in them. Why is this a problem? Because like sugars, they have zero-added nutritional value for you and lots of added calories.

THE DIRTY DOZEN FRUITS & VEGETABLES

Fruits and vegetables are an essential part of a healthy nutrition plan, but many conventional fruits and veggies contain pesticide residues. These fruits and vegetables can contain 47 to 67 pesticides per serving. These foods are believed to be most susceptible because they have soft skin that tends to absorb more pesticides. There are 12 fruits and vegetables on the list that should be purchased organically.

Buy These Organic

1. Celery
2. Peaches
3. Strawberries
4. Apples
5. Blueberries
6. Nectarines.
7. Bell peppers
8. Spinach
9. Kale
10. Cherries
11. Potatoes
12. Grapes

The next time you are at your grocery store or farmers market, make it a point to purchase these 12 items organic. By buying these items organic, you can reduce your exposure to pesticides by as much as 80%. This one change in your diet is highly valuable to your family's health, healing and weight loss.

By keeping the JUNK and DIRTY DOZEN out of your diet, you are giving yourself a better chance to boost your metabolism, improve your energy and well-being, and fend off disease and sickness. The bottom line is that if the compounds, fruits and vegetables listed above are no longer a part of your life, you will reap long-term rewards and accelerate your fitness results!

Drink Lots of Water!

One of the most basic things you can do to improve your fitness and energy levels is to drink lots of water throughout the day. Many people are chronically dehydrated, and our hydration levels can suffer even more when we exercise regularly. Drinking lots of water will help you feel better, eat less, heal faster, digest more efficiently and much more!

Make water your drink of choice and make a habit of always having a refillable bottle full of water on-hand to sip from. Remember, if you are feeling thirsty, you are already getting dehydrated and should have drunk more water!

You Can't "Out-Exercise" Your Diet

THRIVE Nutrition is designed to help you lose weight, tone your body, and to reenergize you. To do this, you need to make a conscious effort about what you are eating each day. Like the title says, you can't expect to make improvements in your body if you are not willing to look at your nutrition.

For the next three days and only for these three days, we want you to write down everything you are eating. We know we said this isn't a calorie-counting nutrition plan that will tie you to how many calories, sugars, carbs and protein you are taking in daily. This is short-lived, just three days, to give you a snapshot of what it is you are eating and to give you the information you need to slowly adjust your nutrition plan.

Don't cut corners or leave items off during the next three days. This process is to benefit you, your weight-loss, and your physical fitness goals. By being truthful and honest with yourself, you will be able to see where you need to make improvements to meet your goals.

Day 1	Food Name	Calories	Sugars	Carbs	Protein
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Beverages					

Day 2	Food Name	Calories	Sugars	Carbs	Protein
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Beverages					

Day 3	Food Name	Calories	Sugars	Carbs	Protein
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Beverages					

Now that you have written down what you ate over the last three days, it's time to go over your daily sheets to see where you can make some changes to your nutrition plan to improve your physical fitness.

Have you consumed more food than you thought? Did you eat out more times than you thought? Were your snacks from a vending machine? Do

your beverage choices blow up your daily nutrition? Circle, underline and highlight patterns that you notice in your daily nutrition.

Maybe you realized that you are having a soda or two every day. Each 12-ounce soda is approximately 155 calories. By starting small and taking out one soda and substituting it with 12 ounces of water, you are decreasing your caloric intake by 155 calories a day or 465 calories every three days. Do this for a couple of weeks then choose another meal, snack or beverage that you can change to clean up your nutrition plan.

Over time, the goal is to have a nutrition plan where 80% of the time you are eating healthy, energy-packed foods, shakes and beverages to make you the healthiest person you can be.

THRIVE NUTRITION
Sample Recipes
Wholesome and Tasty!

CATEGORY: Breakfast

Basic Two Egg Mushroom & Cheese Omelet

2 eggs
1/8 C fresh mushrooms
1/8 C spinach
1/4 C full fat cheddar cheese (low fat optional)

1. Mix eggs together in small bowl.
2. Heat skillet over medium heat and spray with low-fat cooking spray.
3. Pour eggs into pan and tilt it towards you and around to coat the pan with the eggs completely.
4. Wait 1 minute and then sprinkle mushrooms, spinach, and cheese over one side of the eggs.
5. Flip the other side over and onto the side with the filling and wait 1 minute.
6. Using a large spatula, flip the entire omelet over for another one to two minutes.
7. Plate and eat.

CATEGORY: Breakfast

Power Pancakes (Makes 20-24 Pancakes)

1 C regular flour
1 C brown rice flour
1 TBSP flaxseed
2 TBSP sugar
1 tsp baking soda
2 1/2 tsp baking powder
dash of salt

2 eggs
2 C buttermilk
1/4 C canola oil

1. Stir dry ingredients together in a bowl.
2. In a separate bowl mix the eggs, buttermilk and oil.
3. Slowly blend the liquid ingredients with the dry, just until all ingredients are moist. Do NOT overstir!
4. Allow batter to stand for 5 minutes.
5. For prettiest results, cook pancakes on 325 degree griddle.

6. Add mashed banana, pumpkin or blueberries if so desired.

CATEGORY: Breakfast

Stick to Your Ribs Oatmeal w/ Almonds & Blueberries

- 1 $\frac{3}{4}$ C water
- 1 C old fashioned oatmeal (not prepackaged)
- Dash cinnamon
- $\frac{1}{4}$ C chopped almonds
- $\frac{1}{4}$ C fresh or frozen organic blueberries

1. Bring water and dash of cinnamon to a rolling boil.
2. Add oats and reduce to medium heat.
3. Stir until oats until they become thick.
4. Scoop out and place in bowl.
5. Add chopped almonds and frozen blueberries then mix together.
6. Let stand for 1 minute and enjoy.

CATEGORY: Breakfast

Breakfast Sandwich

- 1 egg
- 1 slice of cheese of choice
- 2 slices of whole wheat bread

1. Heat skillet over medium heat and spray with low-fat cooking spray.
2. Scramble or fry egg to your liking.
3. Place egg and slice of cheese on top of toasted whole wheat bread.

CATEGORY: Breakfast

Fruit & Crunch Parfait

- $\frac{3}{4}$ C organic yogurt
- $\frac{1}{4}$ C chopped seasonal fruit
- $\frac{1}{4}$ C granola
- 1 TBSP honey

1. Pour organic yogurt into bowl.
2. Add chopped seasonal fruit of choice and granola.
3. Drizzle honey on top and enjoy.

CATEGORY: Snacks

Piece of fruit (Apple, Orange, Grapes, Strawberries, etc) with:

- 1-3 TBSP organic peanut butter
- ½ C raw nuts (almonds, cashews, peanuts, etc)
- ½ - 1 C low-fat cottage cheese
- ½ - 1 C organic yogurt
- 1-2 oz of cheddar cheese

Half a slice toasted sprouted or whole wheat bagel with peanut butter.

1 serving organic granola that contains nuts, oats, dried Fruit, etc.

1 serving organic tortilla chips and fresh salsa (watch your servings)

10-12 multigrain crackers and ¼ C Hummus (your choice)

½ C trail mix (raw almonds, raw peanuts, raisins and/or Craisins, sunflower seeds, etc)

½ C low-fat cottage cheese and handful of raw nuts

10-15 baby carrots ¼ C Hummus (your choice)

CATEGORY: Lunch

Delicious & Healthy Turkey Wrap

1 tortilla

1 TBSP cream cheese

1 dozen fresh spinach leaves

¼ lb sliced turkey

1 dozen Greek olives - sliced

1. Lay tortilla flat. Spread cream cheese over entire surface. Place spinach leaves on cream cheese in one layer. Slice olives thinly and place on top of spinach. Last, place slices of turkey evenly over the other ingredients. Roll up the tortilla and enjoy!
2. Note: You can use any kind of turkey for this sandwich.

CATEGORY: Lunch

Mediterranean Sandwich

- 1 pita pocket
- ½ C hummus (your choice)
- 2 tsp feta cheese – crumbled
- ¼ C alfalfa sprouts
- 1 tsp Greek olives – chopped
- 1 slice romaine lettuce

1. Cut top 1/4 from pita pocket, open larger pocket and insert smaller piece into pocket.
2. Spread one side with hummus.
3. Add romaine lettuce, Greek olives, alfalfa sprouts, and feta cheese.

CATEGORY: Lunch

Chicken on Bagel with Sprouts

- 1 bagel, sliced
- 3-4 oz grilled chicken breast thinly sliced
- 1 slice of cheese (your choice)
- ¼ cup alfalfa sprouts

1. Arrange grilled chicken breast on bagel half. Top with 1 slice cheese and 1/4 cup sprouts.
2. Enjoy.

CATEGORY: Lunch

Tex-Mex Tuna Sandwich

- 1 8-oz. can of Tuna/Albacore (packed in water)
- ½ cup salsa
- 1 TBS Miracle Whip or mayonnaise
- 1 slice of cheese (your choice)
- 2 slices of toasted whole grain bread
- 1 slice of romaine lettuce

1. Drain tuna and combine in bowl with salsa and Miracle Whip.
2. Toast whole grain bread.
3. Place cheese slices on one half of whole grain bread.
4. Spoon tuna mixture onto cheese slice.
5. Put slice of romaine lettuce on top of tuna mixture and enjoy.

CATEGORY: Lunch

Bean & Rice Burrito

½ can black beans
½ C whole grain rice
¼ C shredded 4 cheese blend
2 tortillas

CATEGORY: Dinner

Shredded Beef Fajitas

1 beef flank steak (about 1 ½ pounds)
1 can diced tomatoes, undrained (14 ½ oz)
1 jalapeno pepper, seeded and finely chopped
½ onion, cut into strips
1 red pepper, cut into strips
1 yellow pepper, cut into strips
½ tsp garlic powder
1 package fajita seasoning mix (1 ½ oz)
4-6 flour tortillas (8in)

1. Cut flank steak into 6 portions, place in crock pot.
2. Combine tomatoes with juice, jalapeno, garlic and fajita seasoning mix in med bowl.
3. Pour over steak, cover and cook on low for 8 to 10 hours or on high for 4 to 5 hours.
4. Remove beef from crock pot, shred with two forks, return to crock pot and stir.
5. Pour 2-3 TBSP of olive oil in frying pan.
6. Add onion, red pepper, and yellow pepper strips to frying pan
7. Sauté onion and peppers until limp
8. Place meat mixture evenly into flour tortillas; add onion strips, pepper strips, and toppings as desired.
9. Roll up tortillas and enjoy.

CATEGORY: Dinner

Old Fashioned Hamburger

1 egg
½ TBS ketchup
1 TBSP Worcestershire sauce
1 pound hamburger
Bread crumbs
4 Oroweat multigrain sandwich thins
4 slices of cheese (your choice)
1 tomato, sliced
4 lettuce leaves

1. Whisk egg, ketchup, and Worcestershire sauce together.
2. Add hamburger and knead all ingredients until blended.
3. Sprinkle breadcrumbs into mixture until patties hold together.
4. Divide into 4 hamburger patties.
5. Cook as desired.
6. Top with slice of cheese.
7. Add remaining toppings.

CATEGORY: Dinner

Rigatoni Pasta & Turkey Meatballs

¾ package rigatoni pasta
1 lb. lean ground turkey
1 small diced onion
¾ C Italian style breadcrumbs
1 TBSP minced garlic
1 egg
3 TBSP olive oil
1 tsp Italian style herbs
1 Can low-sugar pasta sauce

1. In a large mixing bowl combine the turkey, onion, garlic, breadcrumbs, egg and a dash of salt and pepper.
2. Knead the mixture together thoroughly until cohesive.
3. Form into 1-1/2 inch balls and place on a clean plate.
 4. Boil about 4-5 cups of water in medium saucepan and begin to cook pasta according to the directions on the box.
5. Heat oil in large skillet on medium heat.
6. Add the turkey meatballs and brown thoroughly on all sides for about 5-8 minutes.
7. Reduce heat and then add the pasta sauce into the skillet. Make sure to cover the meatballs.

8. Let simmer on low heat for about 5-10 minutes at least.
9. Mix in the Italian herbs just before you decide to plate the meatballs.
10. Drain the pasta.
11. Place about ½ cup of cooked pasta onto a plate and then add 2-4 meatballs with sauce on top.
12. Top with a little parmesan cheese.

CATEGORY: Dinner

Savory Stuffed Peppers

- 1 lb lean ground turkey (7% fat)
- 4 whole red or yellow peppers
- 1 diced medium onion
- ½ C diced carrots
- 1 tsp minced garlic
- 1 TBSP olive oil
- ½ C black beans-drained
- ¼ C grated parmesan cheese
- ½ C Shredded cheddar cheese
- Dash salt and pepper

1. Cut all the peppers in half and remove the seeds and preheat the oven to 350°.
2. Heat the oil in large skillet over medium-high heat and begin to sauté the onion, carrots, and garlic for 1-2 minutes.
3. Add the turkey and continue to cook until brown.
4. Reduce heat and add the black beans with a dash of salt and pepper.
5. Remove from heat and let the mixture cool for about 5 minutes.
6. Place the pepper halves into a deep dish or pan.
7. Scoop the mixture out of the skillet and place inside the pepper halves individually (get your hands dirty a little)
8. Top each pepper with the parmesan and cheddar cheese.
9. Bake for 15-20 minutes or until the tops of the peppers are browned.
10. Plate and eat.

CATEGORY: Dinner

Grilled Salmon with Tomatoes, Spinach, and Mushrooms

- 4 4-oz. Salmon Fillets
- 2 C Chopped Fresh Spinach
- 1 C Sliced Fresh Mushrooms
- 1/3 C Sun-Dried Tomato Vinaigrette Dressing

1. Place salmon fillets, skin sides down on aluminum foil.
2. Mix dressing, tomatoes, spinach, and mushrooms until well blended; spoon over salmon.
3. Grill for 20 to 25 minutes or until salmon flakes easily when tested with fork.

CATEGORY: Smoothie

Very Berry Smoothie

- 8-oz. orange juice
- 1/2 C frozen organic strawberries
- 1/2 C frozen organic blueberries
- 1/2 C frozen organic raspberries

1. Pour juice, organic strawberries, and organic blueberries into blender.
2. Blend together until smooth.
3. Drink and enjoy!

CATEGORY: Smoothie

Peanut Butter-Banana Smoothie

- 1 banana cut into chunks
- 3 tbsp of peanut butter
- 1 C of milk(or soy milk)
- 1/2 C organic yogurt

1. Blend the banana with milk until banana chunks are well blended.
2. Mix the yogurt and peanut butter together before blending them.
3. Add the yogurt and peanut butter mixture to the blender and blend till smooth, creamy texture is formed.

CATEGORY: Smoothie

Orange Lover Smoothie

- 1 medium orange peeled and unseeded
- 1/2 C organic yogurt
- 1/2 C whole milk

1. Pour organic yogurt, whole milk, and orange into blender.
2. Blend everything together until well mixed.

Now that you have a number of recipes and snack ideas, you're probably wondering how to put it all together. Below we have some daily nutrition plans that can help you put it all together and have success.

Sample Plan #1 (Workout Day)
Breakfast: Breakfast Sandwich Piece of fruit 16 oz water
Morning Snack: ½ C low-fat cottage cheese and handful of raw nuts
Lunch: Delicious & Healthy Turkey Wrap 10 whole wheat crackers Drink of choice
Mid-Day Snack: 1 serving organic tortilla chips and fresh salsa
Dinner: Grilled Salmon with Tomatoes, Spinach, and Mushrooms Whole wheat pita bread Hot herbal tea (your choice)
Evening Snack (if necessary): ½ C organic yogurt, granola, and a drizzle of honey mixed together.

Sample Plan #1 (Non-Workout Day)
Breakfast: Very Berry Smoothie
Morning Snack: Piece of fruit (your choice) and ½ C of raw nuts
Lunch: Peanut Butter (organic or home made) and Jelly Sandwich 1 serving tortilla chips Snack bag of baby carrots Drink of choice
Mid-Day Snack: ½ C trail mix
Dinner: Savory Stuffed Peppers 1 serving of whole wheat cracker with hummus Drink of choice
Evening Snack (if necessary): Half a slice toasted sprouted or whole wheat bagel with peanut butter.