

I AM Fabulous Energetic Thin Confident Happy Unique
Content Successful Determined Lean Youthful Healthy
Awesome Unstoppable A Runner Loving Fabulous Fit
Strong Active Happiness Natural Thriving Tough *ME!*

THRIVE

28-Day Detox & Weight – Loss Lifebok



Your **THRIVING** Wellness Goals

THRIVE Wellness Challenge Goals

- ✓ Maximize Your Weight Loss
- ✓ Build Lean Muscle
- ✓ Triple Your Energy
- ✓ Improve Digestion
- ✓ Decrease Blood Pressure
- ✓ Manage & Prevent Many Health Disorders
- ✓ Reduce Joint Pain
- ✓ Decrease Medications
- ✓ Reduce Cholesterol
- ✓ Improve Mental Clarity
- ✓ Decrease Inflammation
- ✓ Make You Look & Feel Younger
- ✓ Give You EASY Solutions
- ✓ **THRIVE!**

THRIVE Nutrition

You would never think to put trash into your body as a source of fuel but often times that is exactly what we are doing to our bodies! Trash In equal trash out! Last time I Checked, trash wasn't very sexy! Processed foods, are exactly that, trash. These chemical creations send your body into a tizzy! Insulin levels become completely off kilter, your body becomes acidic which makes you more susceptible to illness and disease, your skin begins to look older, you have increased inflammation and joint pain, you feel lethargic and your overall well-being is no where near its potential! In many of the The meal plans are designed to provide you with an easy, healthy, & helping you stay lean, strong and energetic. That's why its time to make a change and to THRIVE again! It not hard, it just takes swapping out the trash for REAL FOODS that your body can use as fuel to get your game on! It all right here for you!

THRIVE Fitness

Time to stop being a rat on the treadmill and not seeing all of the results that you deserve! Your sexy workouts will ignite your metabolism and help you to burn the maximum calories. These doctor lead workouts were designed to help balance your musculoskeletal system to increase your results, decrease your chance of injury, and keep you energized throughout the day. Its time that you recognize that inner athlete again that is screaming to get out and show its young and vibrant self!

THRIVE Mindset

Nothing is better than a great mind to go with that awesome and healthy body of yours! We are here to guide you throughout your sexy transformation! Where the mind leads, the body follows! You need to commit to this program both mentally and physically to see your optimal results. Wellness isn't just how good you "Look" its how amazing you allow your self to experience life to its fullest and be at your optimal wellness! I don't care what programs you have tried and failed, You can succeed with this one IF YOU WANT TO! Time to ditch all of the negative thoughts and doubts and replace them with sexy empowering ones! You have everything you need right here!


HEALTHY IS THE NEW SKINNY!
STRONG IN MIND & BODY

28-Days to **THRIVE**

Detox & Weight- Loss Challenge

Index

Pages 5-6:	“Get Your THRIVE Back” Essential Tips
Pages 8:	Creating Your THRIVING Kitchen
Pages 10:	Approved THRIVE Foods
Pages 11-12 :	THRIVE Cooking & Meal Planning
Pages 14-25:	THRIVE Recipes
Page 27-32:	“ THRIVE ” Sample Workouts
Page 34-35:	Greens & Dream Protein Product Details



“I used to be an athlete many years ago and when I had kids, I let it all go! I was always telling my boys how important it was to stay active! Well, it was time for me to practice what I was preaching! Now.....I have my Sexy back and feel younger than I have in years! I never knew how much I was missing out of life until I REALLY started living it fully!”

“Your **THRIVE** Essentials!”



15 Keys Steps To THRIVE

1. **Be Dedicated And Honest With Your Nutrition.** Its only 28 Days! Decreased commitment equals decreased results!
2. **Be Prepared!** Have healthy snacks on hand throughout your day. There are NO EXCUSES for grabbing the unhealthy snacks.
3. **Keep a Journal.** Use Your Sexy Journal to document what you eat, drink, and exercise activity. This will help you stay accountable to yourself and your goals.
4. **Eat REAL, Whole Fresh Foods.** Stay away from ALL processed foods. If it is in a box, bag, or takes a machine to create....STAY AWAY FROM IT! Even more so, Watch out for the “healthy food imitators” that claim zero calories or low fat.
5. **No Artificial Sweeteners.** This produces fat on the body. Foods and drinks that claim “sugar free” or “low carb” actually contain fattening artificial sweeteners and other additives. Your body responds to the fake sugars just as it does the real stuff. The only difference is, you are adding more chemicals into your body.
6. **Don't Go Hungry.** Use healthy snacks and water to curb your cravings. Munch on fresh veggies or enjoy a protein shake.
7. **Start Your Day With Food.** The best way to burn fat & jumpstart your metabolism is to eat a healthy breakfast. This will cut down on cravings throughout the day too.
8. **Drink Half Your Body Weight in Ounces.** Water is great for the body. Drinking half your body weight in oz...’s helps flush out all the bad stuff bodies tend to hold onto. It also increases weight loss!
9. **Skip The Coffee!** Don't panic just yet! You can have green tea in its place. Hard to do, and addictive for some, but staying away for a minimum of 14 days! This will help detox the body. After the 14 days, you may have one small cup. Its not the caffeine we are eliminating, its actually the toxic oils on the coffee beans themselves that hinder weight-loss that we are concerned with.
10. **Stop Eating By 7:00pm.** This will allow your body to process the food before going to bed. Eating late not only add to your waist line but also interrupts you sleep.

15 Keys Steps To THRIVE

11. **Get 7-8 Hours Of Sleep.** Your body needs rest to regroup and reenergize. Lack of sleep is a primary reason for stalled weight loss
12. **No Alcohol.** This is where the tomatoes get thrown at me! FYI, I love red wine. Its not easy but if you really want results, do it! Once again, its only 28 Days! Pregnant women have to do it for 9 months. You can handle it! Time to decide what is more important, your SEXY or your booze.
13. **Get Your Body Moving.** Do the Core Performance workouts twice a week and fill in the other 3 days with other forms of exercise (Walking, running, swimming, etc...) totaling 5 day per week. Everyone's fitness level is completely different but everyone should achieve the same thing.... Sweat, getting out of breath throughout the workout, and recovery. ALWAYS check with your doctor before starting any exercise program.
14. **Positive Support.** It is vital to have a support team to help you! We are always here for you but a friend, co-worker, spouse, or family member doing the program with you is a huge asset! Have a competition with it! You are 75% more likely to succeed if you have other people in the trenches with you! Stay away from the people who try to get you to get you to cheat! It is hard enough to make changes on your own let alone someone sticking a piece of pizza, ice cream or wine in front of you! Doing the program with a group of people gives you even greater chances of success!
15. **De-Stress.** People always laugh at this one and say "yeah right!" FYI....Everyone has stress. Don't get caught up in it. Take 15-30 min every day to unplug from all electronics, the noise, work, stress. Stress is a HUGE inhibitor to weight loss and overall well-being. You have a choice, you can either stay consumed by stress or you can decide to step away from it for a bit each day and allow yourself to be able to handle your stress even better.



“Creating Your **THRIVING** Kitchen!”



Creating Your **THRIVING** Kitchen

Its time to get rid of everything that is going to add to your waist line and rob your of its energy and sexy factor! I don't care what the marketing ploys say about low-fat, no-fat, vitamins & Minerals added, Organic.....If its on this list, TRASH IT! You may want to grab a few trash bags while you are at it! Its time to commit to getting your sexy back!

Pantry Culprits

- Chips (of any kind)
- Pretzels
- Crackers (All kinds)
- "Energy" Bars
- Cereals
- Breads/bagels/English muffins/ buns/ etc....
- Granola Bars
- Pasta
- Any Instant/Boxed Goods (seasoned rices, mashed potatoes, mac & cheese)
- Soups with Pasta
- Granola & Cereal Bars
- Candy
- Baked Goods

Refrigerator & Freezer Culprits

- Milk
- Fruit Juices
- Sodas
- Lunch/Deli Meats
- Breads/bagels/English muffins/ buns/ etc....
- Salad Dressings with Sugar added
- Condiments with ANY added Sugar **or sugar substitute** added (Ketchup, salad Dressings, BBQ sauces, pasta sauces, etc...)
- Beer, wine or other alcoholic beverages
- Flavored Yogurts

THRIVE TIP:

IF YOU CAN'T PRONOUNCE ANY OF THE INGREDIENTS.....TOSS IT!

“Creating Your **THRIVING** Meal Plans!”



Your **THRIVE** Foods & Tips

Apples	Oranges	Cranberries
Lime	Blackberries	Plantain
Apricot	Peaches	Figs
Mango	Blueberries	Plum
Avocado	Pears	Grapefruit
Melon(S)	Cherries	Pomegranate
Banana	Pineapple	Grapes
Raspberries	Strawberries	Watermelon
Guava	Kiwi	Lemon

THRIVE TIPS!

- ✓ UNLIMITED!!! WOOHOO!
- ✓ If You Are Hungry, Fill Up On Veggies!
- ✓ Try To Eat Veggies That Are In Season
- ✓ Buy Organic If Possible

F R U I T S

V E G G I E S

Artichoke	Celery	Leeks
Asparagus	Chard	Lettuce
Beets	Collards	Mushrooms
Bok Choy	Cucumber	Mustard Greens
Broccoli	Daikon	Okra
Brussels Sprouts	Garlic	Onions
Cabbage	Green Beans	Peppers
Carrots	Jicama	Radish
Cauliflower	Kale	Seaweed
Snap Peas	Sweet Potato	Watercress
Spinach	Tomato	Yam
Squash		

THRIVE TIPS!

- ✓ 1-2 Servings Max For Weight Loss
- ✓ Eat Fruits Before 3pm
- ✓ Always Pair with a Protein Source
- ✓ Avoid ALL Pre-Bottled Fruit Drinks

Almonds	Chestnut	Pine
Brazil Nut	Macadamia	Pistachios
Hazelnut	Sunflower	Pumpkin
Pecans		

**Great Protein Sources*

N U T S

THRIVE TIPS!

- ✓ Keep Servings Small! Only 8-12 Nuts
- ✓ No Peanuts or Cashews

THRIVE TIPS!

- ✓ Try to Buy Organic & Grass Fed Whenever Possible
- ✓ The less Legs The Animal Has, The Healthier Choice It Is! (Fish-> Chicken & Pork & Beef)

**SEXIEST CHOICES*

M E A T S

Beef	Rabbit	Mahi Mahi
Bison	Turkey	Oyster
Boar	Veal	Salmon
Buffalo	Venison	Sardines
Chicken Breast	Catfish	Scallops
Chicken Thigh	Clam	Shrimp
Duck	Grouper	Snapper
Game Meats	Halibut	Swordfish
Lamb	Herring	Trout
Pork	Lobster	Tuna
	Mackerel	Ostrich

Avocado Oil	Olive Oil	Walnut Oil
Coconut Oil	Palm Oil	Raw Butter *
Sesame Oil	Macadamia Oil	(limit butter)

O I L S

THRIVE TIPS!

- ✓ Use Olive Oil Cold. Do NOT Cook With It

**LIMIT THIS CHOICE*

THRIVE TIPS!

- ✓ Drink 50% of Body Weight In ounces of H2O
- ✓ All Drinks Need To Be Unsweetened

**SEXIEST CHOICES*

D R I N K S

Almond Milk	Herbal Teas*	Greens First*
Coconut Milk	Water*	Coconut Water

1 Cup Black Coffee Per Day
May Be Added AFTER 2 WEEKS AT THE EARLIEST!

Creating Your **THRIVING** Meals

BREAKFAST



STEP 1: CHOOSE A PROTEIN & FRUIT OR VEGGIE

STEP 2: EAT WITHIN 1-HOUR OF WAKING UP!

*See Delicious Smoothie & Egg Recipes

AM SNACK



STEP 1: CHOOSE A PROTEIN & FRUIT OR VEGGIE

STEP 2: KEEP PORTION SIZES SMALL

(Nuts should only be eaten one time per day for maximum weight-loss. Portion size for nuts is 8-12 nuts)

*See Snack Ideas

*You May Skip This If You Are Not Hungry

LUNCH



STEP 1: CHOOSE A PROTEIN & FRUIT OR VEGGIE

(Watch Out For Dressings that have sugar in them or that are creamy! Try Lime, Balsamic Vinegar & Oil, Avocado, salsa, or Dr. Mike's Awesome Caesar Dressing!)

*See Yummy Salad & Wrap Recipes

PM SNACK



STEP 1: DREAM PROTEIN SHAKE

(The Colder the Water, The Better It Tastes! If You Want To Add Your Greens To Your Shake, Go For It!)

*You May Skip This If You Are Not Hungry

DINNER



STEP 1: CHOOSE A PROTEIN & VEGGIE

STEP 2: EAT BY 7:00pm

*See Delicious Dinner Recipes That Are Quick, Easy, & Sure To Get Your Sexy Back!

Your **THRIVE** DIET Sample Meal Plan

	Breakfast	Snack	Lunch	Snack	Dinner
MON.	Eggs Scramble & Greens First	Berries & Raw Almonds	Avocado Chicken Salad Wraps & Veggies	Dream Protein Shake	Foiled Fish & Veggies
TUES.	Tropical Wonder Smoothie & Greens First	Hard Boiled Egg & Strawberries	Cobb Salad	Dream Protein Shake	Balsamic & Rosemary Chicken With Asparagus
WEDS.	Green Delicious Smoothie & Greens First	Tomato With Basil & Balsamic Vinegar	Strawberry & Basil Spinach Chicken Salad	Dream Protein Shake	Steak & Peppers
THURS.	Veggie Scramble & Greens First	Berries & Walnuts	Steak Salad	Dream Protein Shake	Tilapia With Strawberry Salsa With Small Spinach Salad
FRI.	Merry Berry Smoothie & Greens First	Apple Slices & Hard Boiled Egg	Chicken & Veggie Wraps	Dream Protein Shake	Grilled Blackened Salmon & Sautéed Brussels Sprouts
SAT.	Egg Frittata & Greens First	Celery With Almond Butter	Blackened Salmon Caesar Salad	Dream Protein Shake	Chicken Burgers With Portobello Mushrooms
SUN.	Banana Nut Smoothie & Greens First	Cucumber Salad	Orange Chicken Spinach Salad	Dream Protein Shake	Chicken With Spinach & Tomatoes & Sautéed Asparagus

LISTEN TO YOUR BODY!

SEXY TIP: Add Veggies at any time if you are hungry! If you are *NOT* hungry you can skip a snack. Replace one meal or snack with a protein shake & Greens!

“Your **THRIVING** Recipes!”



Your **THRIVE** Sample Prep Day

Weekly Prep Day Recipe Ideas

Peel 2 bananas, cut them in half, and then store them in a Ziploc bag in the freezer

Grill or sauté up some chicken breasts to use on salads or for snacks throughout the week

Guacamole

3 medium avocados or 4 small ones;
1 firm tomato, finely diced;
1/2 white onion;
1/2 cup chopped cilantro;
2 TBSP Fresh lemon or lime juice;
Optional salt and pepper to taste.

Open the avocados and scoop out the flesh. An easy way is to cut it length-wise around the pit and then using a chef's knife strike the pit and then twist the knife so you can easily remove the pit and scoop out the flesh. Mash the flesh with a fork, it can still have hard parts, follow your preference. Stir the other ingredients. Enjoy right away or store in the refrigerator. A trick is to put a plastic wrap that touches the guacamole so it doesn't brown because of contact with air.

Hard boiled eggs

Farm fresh organic free range

To cook the eggs, place them in a saucepan and cover with cold water. Bring to a boil over medium-high heat. For a medium-set egg in which the yolk will be runny and the whites a bit loose, cook for 3 minutes. Remove the pan from the heat, place it in the sink, and run the eggs under cold water until cool enough to handle. Place in a sealed container and store in refrigerator.

Roasted Garlic Whole Chicken

1 3lb organic whole chicken
5 heads of garlic
2 medium yellow onions
Coconut oil
Paprika
Salt
Pepper

Preheat oven to 375. Take your 5 heads of garlic and chop the tops off, making sure to leave them whole. Arrange 4 in your baking dish. Cut your onions into quarters and put all but 2 quarters in the pan with your garlic heads. Place your clean and dried chicken on top of the garlic and onions in the baking dish, rub down with the remaining head of garlic and the onion quarters then stuff these inside the chicken. Sprinkle chicken with salt, pepper, paprika and then rub in with the coconut oil, making sure to get under the skin. Pour some of your chicken broth in the bottom of the pan (don't pour over the chicken and wash off all the seasoning), cover tightly with aluminum foil and place in the oven. Bake 1 hour or until the internal temp of the chicken reaches about 140 degrees. Take off the aluminum foil and put the chicken back in the oven, turning up the temperature to 450 degrees. Bake for another 30-40 min or until the temp reaches 165 degrees. Let rest 10-15 minutes.

Banana Nut Shake

(Serves 1)

½ frozen banana (peel before freezing)
1 TBSP almond butter
1 serving of protein powder
½ cup of almond milk
Add water for consistency

Green Deliciousness

(Serves 2)

1½ cups coconut water
½ cup coconut milk
2 TBS ground flax seed
Juice of one small lemon (or ½ large lemon)
½ apple (roughly chopped, seeds and core removed) OR 1 pear (roughly chopped, seeds removed)
½ orange (peeled, roughly chopped)
3 stalks of celery (roughly chopped)
4 large kale leaves (ribs removed)
6 romaine lettuce leaves

Merry Berry Smoothie

(Serves 1)

1 cup of mixed berries
1 serving of vanilla protein powder
1 cup of fresh spinach
Add water and ice for consistency

Strawberry Dream Smoothie

(Serves 1)

½ cup coconut milk
1 TBSP shredded coconut
1 cup of frozen strawberries
1 serving of protein powder
water for added liquid if needed

Tropical Wonder Smoothie

(Serves 1)

1 small orange peeled
½ cup of pineapple
½ cup of coconut milk
1 serving of protein powder
Add water and ice for consistency

Coconut Pancakes w/ Banana

(Serves 2)

1 cup Raisins
1 tsp Ground Cinnamon
1 TBSP Coconut Milk
1/4 cup Coconut Flour
1/4 tsp Baking Soda
1/4 tsp Ground Nutmeg
4 Eggs
1 Banana
1 TBSP Coconut Oil

In a medium-sized mixing bowl, blend all ingredients with a hand mixer. Heat coconut oil in a nonstick frying pan or griddle to medium heat. Pour 1/8 cup of batter into frying pan or griddle. Cook for 2 minutes, flip, then cook for 2 more minutes. Repeat with the remaining batter.

For the topping: Heat coconut oil in a nonstick frying pan on medium heat. Slice banana and add to frying pan. Sear banana slices until brown and crispy on the bottom side, then flip. Add pecans to frying pan and lightly toast with the seared banana slices. Top over waffles or pancakes and serve.

Egg Frittata

(Serves 1)

Diced Yellow Onions
Asparagus cut into 1 inch pieces
2 Egg whites 1 full Egg
1 TBSP Coconut Milk
Pepper to Taste

Over medium heat In a large Fry pan cook the onions until the onions are translucent. Add the chopped asparagus and heat through. Whip 3 eggs with coconut milk and pepper, add mixture to each casserole.

Bake at 350 degrees until the frittata is set ~35 minutes.

Eggs Scramble

(Serves 1)

2 eggs
1 cup of fresh spinach
2 fresh basil leaves
1/4 cup chopped yellow bell peppers
1/8 cup diced tomatoes
1 tsp Coconut oil
Ground pepper to taste

Wash spinach, chop basil, peppers and tomatoes. Set aside. Heat non-stick skillet over medium heat. When hot, add Coconut oil to pan. Crack eggs and beat well with fork. Pour beaten eggs in pan. Add all veggies except spinach and basil. When the egg has partially set, add spinach and basil. Fold eggs together with a spatula. Remove and serve.

Egg with Tomato & Basil

(Serves 1)

1 Large Egg
1 slice of Tomato
1-2 Fresh Basil Leaves
Pepper to taste

Fry or poach eggs so they are still soft and runny in the inside. Place slice of tomato on plate, top it with fresh basil leaves, and then place egg on top. Season to taste with Pepper.

Serve with 1 cup of mixed berries

Your **THRIVING** Recipes

Breakfasts

Hard Boiled Eggs

Choose However many eggs you would like to cook

To cook the eggs, place them in a saucepan and cover with cold water. Bring to a boil over medium-high heat. For a medium-set egg in which the yolk will be runny and the whites a bit loose, cook for 3 minute. Remove the pan from the heat, place it in the sink, and run the eggs under cold water until cool enough to handle. Place in a sealed container and store in refrigerator.

Veggie Scramble

(Serves 1)

2 Large Eggs
1/2 Cup of Chopped Tomatoes
1 Cup Baby Spinach
1/2 Cup Chopped Onions
2 Large Mushrooms Sliced
Sea salt
Pepper
Coconut Oil

Add Coconut Oil to a pan. Add the Baby Spinach, Tomatoes, Onions, & Mushrooms

A dash of Sea Salt & the dash of Black Pepper.

Let it cook on Medium until Onions appear soft.

Add Eggs and stir everything together until Eggs are cooked to your liking.

Your THRIVING Recipes

Salads & Wraps

Avocado Chicken Salad

(Serves 1)

6 oz.. Rotisserie Chicken cold cubed
(See Roasted Whole Chicken Recipe in
Prep Day Recipes)
1/2 Avocado
1 tsp Squeezed Lime Juice
Tomato sliced
1 TBSP Chopped Walnuts
Ground Black Pepper to taste

Mash avocado, Pepper to taste, and lime juice. Mix in chicken cubes and chopped walnuts. Spoon 1C out mixture onto 2 Bib lettuce leaves. Serve with your choice of raw veggies.

Blueberry Spinach Salmon Salad

(Serves 1)

2 C Spinach
1 TBSP Crushed Walnuts
1/2 Cup Blueberries
4 Large Fresh Basil Leaves Chopped
1/2 Orange (Cut into bite size pieces)
Leftover Balsamic Salmon
Balsamic Glaze (No Sugar added)

In a large salad bowl, add the spinach, walnuts, blueberries, orange pieces, basil, and toss together. Top with Salmon left over from the night before. Dress the salad with Balsamic Glaze. (can substitute with balsamic vinegar) Tip: If you place ingredients (except salmon) in a covered container, you can add a little bit of dressing, put lid on and shake to get maximum coverage with the least amount of dressing. Add salmon after shaking.

Chicken & Veggie Wraps

(Serves 1)

Grilled Chicken strips or garlic chicken
Cucumber slices
Fresh Cilantro Sprigs
½ avocado diced
Diced tomato

Fill 2-3 Bib lettuce leaves with ingredients and enjoy!

Cobb Salad

(Serves 1)

1 1/2 C Spinach
1 hard-boiled eggs, chopped 1/4 C meat from
1 rotisserie chicken or chicken breasts, diced
1 cucumber, diced
Shredded Carrots
Cherry tomatoes, halved
Chopped bell pepper (red, yellow, orange, or
green)
Mushrooms, cleaned and sliced
Balsamic Vinegar
Olive Oil

Place Spinach in Bowl. Add remaining ingredients (except dressing), forming a wheel pattern. Just before serving, drizzle with balsamic vinegar and olive oil.

Your **THRIVING** Recipes

Salads & Wraps

Salmon Caesar Salad with yummy Caesar Dressing!

(Serves 1)

3 large garlic cloves, peeled
1 tsp anchovie paste
1 large egg yolk
1/2 cup Olive Oil
1 lemon, juiced
1 teaspoon coconut aminos
1 teaspoon Dijon mustard
Salt and pepper to taste

Pulse garlic and anchovie paste in a food processor.
Add the egg yolk to the mixture and continue pulsing.
Drizzle in the olive oil and lemon juice slowly.
Add the coconut aminos, mustard, and salt and pepper and combine.
Store in a container in the fridge up to 5 days.

Orange Spinach Salad

(Serves 1-2)

2 cups Spinach
1 orange, peeled and cut into segments
1 TBSP Olive Oil
1 TBSP balsamic vinegar
Dash of Sea Salt
6 oz.. of grilled or Garlic Chicken

Place Spinach and clementines in a bowl. Drizzle with olive oil and vinegar, then sprinkle with salt. Toss and serve. Top with Chicken

Strawberry & Basil Spinach Chicken Salad

(Serves 1)

2 Cups baby spinach
1 TBSP sliced almonds, toasted
5 strawberries, hulled and quartered
1/4 C Diced Cucumber
5 large Fresh Basil Leaves
Leftover Balsamic & Rosemary Chicken

Place the almonds in a frying pan on medium high heat, toast until they are golden brown. Stirring occasionally. While almonds are cooking, rinse and prepare other ingredients. In a large salad bowl, add the spinach, almonds, strawberries, basil, and cucumber and toss together. Top with sliced of meat left over from the night before. (great with fish, shrimp, scallops, steak, or chicken)
Dress the salad with oil and balsamic vinegar right before serving.

Steak Salad

(Serves 1)

2/3 lb. Leftover Steak
sliced or diced bell peppers,
1 red onion, thinly sliced
Guacamole
Spinach
Sliced Cucumbers
Balsamic Vinegar
Olive Oil

Place Spinach in Bowl. Add Veggies and Steak on top. Just before serving, drizzle with balsamic vinegar and olive oil.

Balsamic & Rosemary Chicken

(Serves 1)

6 ounces of chicken breasts
3/4 cup of balsamic vinegar
1 TBSP of olive oil
1 tsp of garlic powder
1/2 TBSP of chopped fresh rosemary
salt and pepper

Combine the vinegar, olive oil, garlic powder, rosemary and salt and pepper together, pour mixture over chicken and let marinade in the refrigerator for at least 1 hour. Add chicken to a greased skillet over medium to high heat, brown each side of the chicken, lower heat and let simmer for 20 minutes or until chicken is thoroughly cooked. While Chicken is cooking, prepare Asparagus by placing it in a sauce pan of boiling water. It only takes a few minutes to cook so do not add Asparagus to water until the chicken is almost done. Place chicken on a plate and pour reserved liquid over it.

Blackened Salmon

(Serves 4)

4 salmon fillets, skin and bones remove
2 tablespoons ground paprika
1 tablespoon ground cayenne pepper
1 tablespoon onion powder
2 teaspoons salt
1/2 teaspoon ground white pepper
1/2 teaspoon ground black pepper
1/4 teaspoon dried thyme
1/4 teaspoon dried basil
1/4 teaspoon dried oregano

Preheat grill to medium. Season fillets with salt and pepper. Cut onion into 1/2-inch slices, season with salt and pepper, and drizzle with safflower oil. Combine 1/4 cup oil, vinegar, and mustard in a bowl, stirring with a whisk to combine. Separate glaze into two small bowls. Lightly coat fish skin with safflower oil. Set onions on a grill topper or directly on the grill rack, being careful that the slices do not separate and slip through the grate. Grill for 2 - 3 minutes before putting salmon on the grill, brushing the onions with balsamic glaze every 2 minutes. Grill fillets, skin-side down, until they flake easily with a fork, about 6 - 8 minutes. Brush the top of the salmon with balsamic glaze every 2 minutes during grilling.

Chicken Burger With Portobello Mushrooms

(Serves 3-4)

1lbs of ground chicken
1 egg;
1 cloves garlic, minced;
Sea salt and pepper to taste
1/4 diced bell pepper
3-4 large Portobello mushrooms;
1 TBSP of olive oil
1 clove garlic, minced

Place the ground chicken in a large bowl and add the eggs. Combine until the eggs are evenly mixed through. Mix in the garlic, bell pepper, & season with salt and pepper. Form 3-4 patties that are slightly smaller than the mushroom caps so they can fit on top once cooked. Place on a preheated grill and cook each side for about 5-7 minutes (the time it takes will depend on the temperature of your grill. I cooked them at medium-low for approximately this time). Preparation for the Portobello mushrooms. Rinse the mushrooms and pat dry. Remove the mushroom stems. Coat the caps in Safflower Oil and then season with salt and pepper. Do not let the oil sit for too long or the mushrooms will get soggy. Place on the preheated grill and cook on each side for about 5-7 minutes. Stack your patty on top of your mushroom and add any healthy toppings you desire.

Fish Tacos with Mango

(Serves 1)

For the Halibut:

2 t. cayenne pepper
1 t. paprika
1/2 t. onion powder (optional)
1/2 t. ground thyme (optional)
1/2 t. freshly ground black pepper
Sea salt to taste (optional)
Fresh lime juice of 2 limes
4 halibut fillets
Fresh baby spinach, for serving

For the Mango Salsa:

1 cup finely chopped fresh tomato
1 cup finely chopped fresh red bell pepper
1 cup finely chopped fresh mango
1/2 cup finely chopped red onion
1/4 cup finely chopped fresh cilantro
1 garlic clove, finely minced
1/4 cup fresh lime juice
Sea salt to taste (optional)
1 fresh avocado, roughly chopped

Preheat grill to medium-high heat (make sure the grates are oiled well). Prepare the mango salsa. In a medium-sized mixing bowl, toss together the chopped fresh tomato, chopped red bell pepper, chopped mango, chopped red onion, cilantro, minced garlic clove, fresh lime juice, and sea salt to taste. Gently toss in the chopped avocado. Cover and place in the refrigerator until ready to serve. In a small bowl, mix together the cayenne pepper, paprika, onion powder (if using), ground thyme (if using), freshly ground black pepper, and sea salt. Set aside. Squeeze the lime juice onto the halibut steaks. Dredge the halibut in the spice mixture and grill, flipping once, until the fish is cooked through, about 6-10 minutes (fish should turn opaque on the inside). Transfer halibut to plates with fresh baby spinach and serve immediately with fresh mango salsa.

Foiled Fish & Veggies & Garlic Spinach

(Serves 2)

1 pound (wild caught) fish fillet,
juice of 1/2 lemon
1 tomatoes, seeded and diced
1/2 yellow onion, peeled and diced
3-4 cloves garlic, minced
4 C Fresh Spinach (Can add more if desired)
1 Yellow Squash sliced
1 Yellow Bell Pepper
sea salt (only a touch)
freshly ground black pepper

Preheat oven to 425 degrees F.

Combine tomatoes, onion, and garlic in a medium bowl. Place spinach in the center of a piece of heavy duty foil, or a double layer of regular foil. Don't be afraid to use a lot of spinach since it steams down quite a bit. Place fish on top of spinach. Scatter tomato mixture over fish, then drizzle with olive oil and lemon juice. Season with salt and pepper. Fold sides of foil over the fish to form a secure packet. Transfer packets to a baking sheet, then place in the oven. Bake for 15-20 minutes or until fish flakes easily with a knife. To serve, place fish packets on plates, open carefully to let out the steam. There will be some liquid in the packet created during steaming, so it's easiest to serve directly from the foil.

Herbed Chicken Skewers

(Serves 2-3)

1lbs of chicken tenders
1 TBSP Coconut oil
1TBSP Herbs de Provence
Zest of 1 lemon
Salt and pepper to taste

Rinse chicken and pat dry. Remove the tendon with a knife. Cut chicken into large chunks. In a bowl, combine chicken, olive oil, Herbs de Provence, lemon zest, salt and pepper. Cover bowl with plastic wrap and marinate for 2-4 hours. Preheat grill to medium high heat. Skewer chicken and grill for 12-15 minutes turning every 3-4 until meat is opaque.

Your **THRIVING** Recipes

Dinners

Pineapple Glazed Chicken Skewers

(Serves 2)

- 1 1/2 cup diced pineapple,
- 3 TBS Sesame oil
- 2 cloves garlic, minced
- 1 TBSP ginger, minced
- Juice of 1 lemon
- 1 tsp salt
- 1 TBSP cilantro, minced
- 2 chicken breasts

Combine pineapple, sesame oil, garlic, ginger, lemon juice, and salt in small bowl. Puree mixture in a blender. Pour back in bowl and stir in cilantro. Set aside. Preheat grill to medium-high heat. Skewer chicken and pineapple. Grill for 12-15 minutes turning every 4-5 minutes. Brush chicken periodically with pineapple glaze while grilling. Garnish with cilantro and serve.

Steak Fajitas

(Serves 2-3)

- 1 lb. flank steak
- 1 TBSP extra virgin olive oil
- 1 red pepper, thinly sliced
- 1 yellow pepper, thinly sliced
- 1 yellow onion, thinly sliced
- 2 cups mushrooms, sliced
- 1 tsp of salt, pepper, chipotle pepper, and cumin

Marinade:

- 2 TBSP Sesame Seed Oil
- Juice of 1.5 limes
- 1 tsp of salt, pepper, chipotle pepper and cumin
- 4 gloves of garlic, minced

Rinse flank steak, pat dry and place in 1 gallon Ziploc. Whisk together olive oil, lime juice, salt, pepper, chipotle, cumin, and garlic. Pour marinade over steak, seal bag, and toss to evenly coat. Marinate in refrigerator for up to 24 hours. Preheat grill to 500 degrees. Grill steak 3-4 minutes per side. Let cool for 5 minutes then cut into strips. Heat olive oil on medium heat in cast iron skillet. Add vegetables and seasonings and sauté. Turn oven to broil at 500 degrees and raise oven rack to top level. Place veggies pan and sauté for 5 minutes. Serve steak topped with vegetables.

Steak & Peppers

(Serves 4)

(Need Leftover Steak for tomorrow's lunch)

- 1 lb. flank steak, trimmed
- 1/8 teaspoon sea salt
- freshly ground black pepper to taste (be generous)
- 1 TBSP Olive Oil
- 2 Bell Peppers Sliced (any color)
- 1 Clove Garlic Crushed

Place steak in an 11 x 7-inch baking dish. Brush each side with Olive Oil. Then sprinkle each side evenly with salt, and pepper; rub mixture into steak. Cover and refrigerate at least 20 minutes. Prepare grill. Place sliced Peppers on a tin foil. Brush with Olive Oil and season with pepper and then add the crushed garlic, brushing the peppers to evenly distribute. Foil the tin foil up so the peppers are enveloped. Place steak on grill rack coated with cooking spray; grill 8 minutes on each side or until desired degree of doneness. Place on a cutting board; cover loosely with foil. Let stand 10 min. Cut steak diagonally across grain into thin slices. Serve with Peppers on the Side.

Stuffed Peppers

(Serves 4)

1/2 cup of onions
2 TBSP of Olive oil, 1 package of ground turkey,
2 cloves of garlic,
1/2 cup of chopped carrots,
8 oz.. of fresh spinach ,
1/2 tsp of oregano
1/2 tsp of parsley,
1/2 tsp of dried basil
a pinch of red pepper flakes,
4 cups of tomato sauce (no sugar added)
5 peppers with their tops, seeds and membranes removed

Begin by preheating oven to 350, using a large sauté pan heat olive oil over medium heat, add in garlic, onions, and seasonings. Sauté until mixture becomes potent. Add in carrots and sauté until they become slightly softened, next add in ground turkey, make sure turkey browns and continue to the mixture until you are sure turkey is thoroughly cooked. Next add in spinach and let wilt over the heat, add in 3 cups of tomato sauce and mix in to the turkey mixture. Using a spoon tightly pack each pepper with the turkey filling to the top, next spoon over 2 TBSP of tomato sauce over stuffed pepper, place pepper in a pie dish filled about 1/4 of the way with water, continue to do this for all your peppers, place in the oven and let bake for 45 minutes or until pepper become softened and the top mixture is slightly browned. Remove from oven and let cool for 10 minutes before serving!

Tilapia with Strawberry Salsa

(Serves 2)

2 Tilapia fillets (Wild Caught Pacific Tilapia)
1 TBSP Coconut oil
1 tsp lemon juice
5 large strawberries, chopped and hulled
1 TBSP finely chopped white onion
2 TBSP lime juice
1 tsp red wine vinegar
1/2 tsp grated ginger

Mix the strawberries, ginger, lime juice and red wine vinegar together. Stir well and let sit in the fridge for at least 15 mins so the flavors can mingle.

Generously season each fillet, pour lemon juice over both and place 1/2 TBSP coconut oil on each. Bake at 375 for 15 mins 'til fish turns opaque and flakes easily. Serve with a spoonful of salsa and a side salad.

Your **THRIVING** Recipes

Sides

Asparagus With Garlic & Almonds

(Serves 4)

3/4 pound pencil-thin asparagus
2 tablespoons olive oil
Scant 1/4 cup slivered almonds
2 garlic cloves, thinly sliced
Squeeze of lemon
Salt
Freshly ground pepper
1 teaspoon coconut oil

Add oil to pan and add garlic to sauté over medium heat for about 1 min. Add an 1 inch of water to a boil in a large skillet. Add the asparagus and cook just until tender and bright green, about 3 minutes. Season with salt and pepper and a squeeze of lemon.

In a separate pan, brown almonds. No oil needed, just stir/shake them often until light brown.

Add the Almonds to the Asparagus mix, and serve

Baked Butternut Squash

(Serves 4)

1 butternut squash
1 Tbs coconut oil
Cinnamon, to taste
1 tsp raw honey

Cut the squash in half and scoop out the seeds. Carefully peel the squash, and cut it into 1" chunks.

Meanwhile, heat a medium sauté pan over medium-high heat. Add coconut oil.

Add squash pieces and sauté for 15-20 minutes. When they are almost soft, add cinnamon and raw honey, and continue to cook to desired tenderness. Remove from heat and serve warm.

Brussels Sprouts With Walnuts

(Serves 4)

1 lb. Brussels sprouts
1/3 cup chopped walnuts
1 Tbsp. Coconut oil
1/2 tsp. salt
Black Pepper to Taste

Cut Brussels sprouts in half and set aside. Heat a large frying pan or sauté pan over medium-high heat. Add walnuts and cook, stirring frequently, until toasted, about 3 minutes. Transfers walnuts to a dish and set aside.

Return pan to heat and melt oil. Add Brussels sprouts, salt, and 1/2 cup water. Bring to a boil, cover, reduce heat to simmer and cook, undisturbed, until Brussels sprouts are bright green and tender almost all the way through, 3 to 5 minutes. Uncover and continue to cook, stirring, until Brussels sprouts are tender and starting to brown, about 3 minutes. Add walnuts and stir to combine.

Sautéed Spinach

(Serves 2)

1 tablespoon Coconut Oil
2-3 cloves garlic, thinly sliced
1 (10 ounce) bags fresh spinach
1/2 lemon, juiced
Salt and Pepper to taste

Heat the oil in a skillet over medium heat. Stir in the garlic; cook and stir until the garlic is fragrant, about 2 minutes. Add the spinach a few handfuls at a time, stirring until wilted before adding more, about 5 minutes. Stir in the lemon juice, and season salt and pepper.

Carrot Cake Deliciousness

(Serves 8)

2 large carrots, finely shredded
⅔ cup almond butter
2 eggs
3 tablespoons raw honey
1 Scoop Vanilla Dream Protein
1 tablespoon cinnamon
A dash of Nutmeg
½ teaspoon baking powder
pinch of salt
½ cup raisins

Preheat oven to 350 degrees.

Shred carrots as thin as possible. Place in large bowl.

Add almond butter and eggs and mix well.

Then add honey, protein powder, cinnamon, nutmeg, baking powder and salt and mix well. Fold in raisins. Grease an 8x8 glass baking dish with coconut oil, pour batter into the dish and place in oven. Bake for 35 minutes or until the top of the cake has a nice crust to it.

Let cool before cutting.

Give Me Chocolate!!! Macaroons

(Serves 4)

¾ cup honey
⅓ cup coconut oil
½ teaspoon salt
1 tablespoon real vanilla extract
3.5 cups unsweetened flaked coconut
⅓ cups cocoa
½ cup finely shredded unsweetened coconut

Melt honey on low heat on the stovetop (keep heat as low as possible) Add coconut oil, melt all together. Add coconut and stir. Add in the cocoa, then stir it all together with a wooden spoon. Place them in your freezer for at least 20 minutes, or until they are firm.

Granola Me Crazy

(Serves 5)

1 cup almonds
1 cup pecans
½ cup shredded coconut, unsweetened
⅓ cup sunflower seeds
½ cup almond butter
3 tbs coconut oil
3 tbs raw cacao powder
1 tsp vanilla extract
2 tbs raw

Preheat the oven to 200°F/ 93°C

ground the almonds, pecans and sunflower seeds in a food processor until just coarsely chopped

add the shredded coconut, almond butter, coconut oil, cacao powder, vanilla and honey and mix until combined

spread chocolate nut mixture evenly on a parchment or foil lined baking sheet bake for about 4 hours, or until dry and crispy cool on wire rack

Spicy Nuts

(Serves 4)

⅓ cup almonds
⅓ cup pecans
⅓ cup walnuts
1 teaspoon chili powder
½ teaspoon cumin
½ teaspoon ground black pepper
½ teaspoon celtic sea salt
1 tablespoon olive oil

Place nuts in a large cast-iron skillet over medium heat

Toast until lightly browned. While nuts are toasting, prepare spice mixture: Combine chili, cumin, black pepper and salt in a small bowl. Coat nuts with olive oil, then coat with spice mixture

Serve

THRIVE Sample Workout!



Your THRIVE Workout 1

ACTIVE WARM-UP:

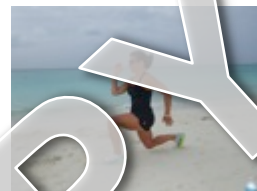
5 Min Easy Jog & 5 Min. Easy Stretching

INTENSE PERFORMANCE WORKOUT:

Do all of the exercises within each set below for 1 min each without breaks. Once each set is completed, take a 2 min. water break. There will be 4 sets total.

1. Walking Lunges

Begin in a lunge position with one leg forward, knee bent at 90 degrees, other leg back with knee bent at 90 degrees, balancing on ball of foot with heel raised. Push off front leg and step back leg forward so it is now in the front leg lunge position. Make sure that your knees never pass your toes.



2. Suicides or Jogging/Marching in Place

Set up two small soccer cones or use natural markers 25-50 feet apart. Run back and forth between them. If you are limited with space, you can run in place, making sure to lift your knees as high as possible and to push yourself to keep a fast pace.

3. High Fives

Stand facing a partner, wall. Raise arms straight up in the air. Keeping feet together, jump into air and give a high fives with both hands. When you land, burst off the balls of your feet and go instantly back up. Make sure that you are staying on the on the balls of feet and that you are landing softly.



4. Chair Sits

Begin with legs together and knees slightly bent. Now sit back as if you were sitting down in a chair. All of your weight should be in your heels. Return to the beginning position and repeat. It is important to make sure that your knees never pass over your toes.



5. Push Ups

Arms should be straight and slightly wider than shoulder width apart with hands facing forward. Feet are together. Make sure that the entire body is straight as a board. The key is to contract your core, knees and glutes. Hold this position as long as you can without breaking your form. If you need to take a break, you can lower down onto a knee but get back up as soon as you can. If you have difficulty getting up and down off of the ground, you can also lean against a wall, railing, car, counter or any other stable surface at a 45 degree angle. Work your way up to adding in a few push ups.



HEALTHY IS THE NEW SKINNY!
STRONG IN MIND & BODY 27

Your **THRIVE** Workout 1 Con't

6. Wall Squats

Stand with feet shoulder width apart and knees easy. Hold and out in front of you with elbows bent as if you are touching a wall in front of you. Raise up and then squat back down.



7. Sprints or Jogging/Marching in Place

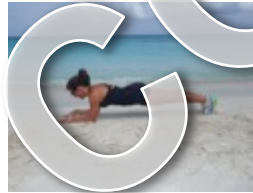
Set up two small soccer cones or use natural markers 25-50 feet apart. Run back and forth between them. If you are limited with space, you can run in place, making sure to lift your knees as high as possible and to push yourself to keep a fast pace.

TAKE A 2-3 MINUTE WATER BREAK REPEAT 3-4x's

CORE INFUSION

1. Plank Hold

Arms should be shoulder width apart. Feet are together. Make sure that the entire body is straight as a board. The key is to contract your core, knees and glutes. It is imperative that you do not sag your back during the hold. You should be able to look down towards your feet and see your hips and feet. If you can not see your hips, they are too high, if you can not see your shoe laces, your hips are too low. If you have a bad back or knees use a sturdy chair to assist you with getting up and down off of the ground/floor. Do not shift while in the plank position.



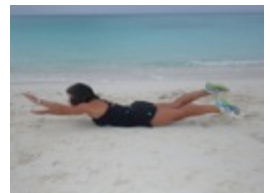
4. Bicycles

Lay down on the ground. Put your hands behind your head and draw one knee to your chest while kicking the other leg straight out. Touch the knee that is drawn to your chest with the opposite elbow. Now Switch legs, slowly going through a bicycle pedal motion, alternating knees to chest. Be sure not to tuck in chin or pull neck with arms.



5. Swimmers

Laying flat on your stomach reach arms out in front of you, with legs together and toes pointed. Lift Chest and Legs in the air so that your back is arched. Squeeze your glutes, and arch as much as possible. Kick your legs and move your arms up and down as if you are swimming.



PERFORMANCE COOL DOWN

Complete Workout with 5 minutes of a slow jog followed by light stretching.

HEALTHY IS THE NEW SKINNY!
STRONG IN MIND & BODY 28

Your **THRIVE** Workout 2

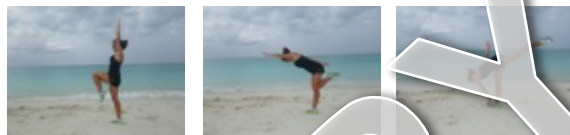
ACTIVE WARM-UP: 5 Min Easy Jog & 5 Min. Easy Stretching

INTENSE PERFORMANCE WORKOUT:

Do all of the exercises within each set below for 1 min each without breaks. Once each set is completed, take a 2 min. water break. There will be 4 sets total.

1. Seesaws

Step forward with one foot and raise the opposite arm in the air over your head. Just like a teeter totter lower chest and raise one leg in the air. Touch the toe of the standing leg with the opposite hand, kicking the other leg in the air. Leg should be kicked up as far as possible making sure that leg is straight. Repeat with opposite leg. You can do this both stationary and moving.



2. Frog Bursts/Reaches

Begin with legs slightly wider than shoulder width apart, reaching down on front of your feet. Explode upwards reaching arms up into the air. Come back down to the starting position, being sure to land softly and repeat. If you can not burst off of the ground do to back or knee issues, simply bend down as far as feasible then reach up into the air without jumping.



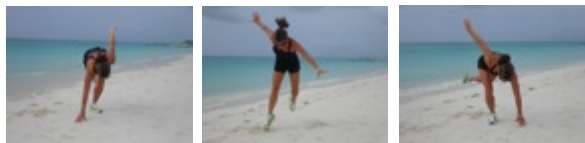
3. Hurdlers

Begin with all of your weight on one leg. With the opposite leg, pretend that there is a hurdle in front of you and lift your leg up and over it. The key to this is to lift both your knee and foot high in the air. Keep a soft knee when doing this. Once you have cleared the imaginary hurdle, tap down with your toes next to your stabilization leg and swing your leg back going in the opposite direction. Repeat this one side for the allotted time then repeat on the opposite side.



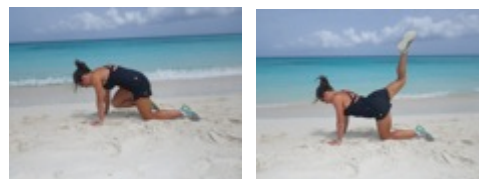
4. Speed Skater Touches

Stand with legs together on balls of feet with your arms reached out in front of you. Kick one leg up and step it forward. Then kick the opposite leg up and step forward. Make sure that you are staying on the on the balls of feet at all times and landing softly. Can be done stationary if you have limited space available.



5. Kick Backs

Get on your hands and knees. With hands and knees shoulder width apart, bring one knee into chest and then kick the leg back and up as far as you can. Bring knee back into chest. Repeat. Make sure you do both sides.



HEALTHY IS THE NEW SKINNY!
STRONG IN MIND & BODY 29

Your THRIVE Workout 2 Con't

1. Side Lunges

Stand with your feet together. Step out to one side in a lunge position. Push off of your foot and bring your leg back to the center. Repeat on the opposite side.

Tip: Keep the knees behind your toes so your knee is at 90 degrees.



2. Sprints or Jogging/Marching in Place

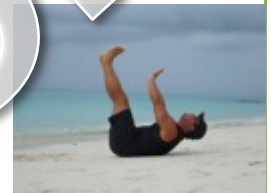
Set up two small soccer cones or use natural markers 25-50 feet apart. Run back and forth between them. If you are limited with space, you can run in place, making sure to lift your knees as high as possible and to push yourself to keep a fast pace.

TAKE A 2-3 MINUTE WATER BREAK REPEAT 3-4x's

CORE INFUSION

1. Straight Leg Ab Reaches

Start in the plank position on forearms and then go up to a push up position and back down again to plank position. Repeat. Try to shift the body as little as possible to keep core muscles engaged.



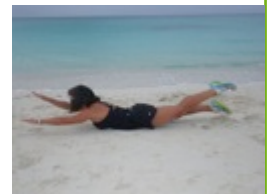
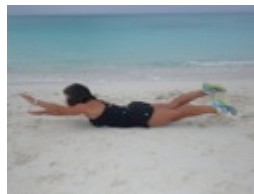
4. Scissor Kicks

Sit down and lean back on your forearms. Flex at the hip to raise one leg in the air and hold other leg out straight a few inches off of the ground. Now switch your legs. Be sure to keep your legs straight.



5. Swimmers

Laying flat on your stomach reach arms out in front of you, with legs together and toes pointed. Lift Chest and Legs in the air so that your back is arched. Squeeze your glutes, and arch as much as possible. Kick your legs and move your arms up and down as if you are swimming.



PERFORMANCE COOL DOWN

Complete Workout with 5 minutes of a slow jog followed by light stretching.

Your THRIVE Workout 3

ACTIVE WARM-UP:

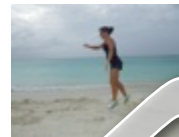
5 Min Easy Jog & 5 Min. Easy Stretching

INTENSE PERFORMANCE WORKOUT:

Do all of the exercises within each set below for 1 min each without breaks. Once each set is completed, take a 2 min. water break. There will be 4 sets total.

1. Split Jumps

Begin with your hands on the ground, shoulder width apart and hips slightly in the air. Draw one leg up to your chest while the other is reaching back. Alternate your feet as fast as you can, being sure to keep your knees soft. All of your weight should be in your shoulders and back foot, your front foot should not have any weight on it.

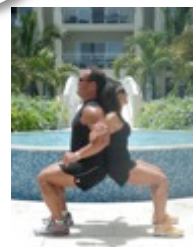


2. Sprints

Set up two small soccer cones or use natural markers 25-50 feet apart. Run back and forth between them. If you are limited with space, you can run in place, making sure to lift your knees as high as possible and to push yourself to keep a fast pace.

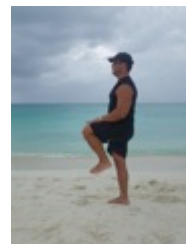
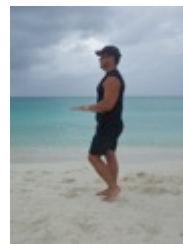
3. Buddy Squat

Squat down so that hips and knees are bent at 90 degrees, as if you were sitting in a chair. Lean against a partner, wall, or tree with your back, hips, and shoulders. Knees should be shoulder width apart. Make sure that your knees do not go over toes. Sustained Hold.



4. Knee Pops

Stand with all weight on one leg and balance with the ball of the foot of the opposite leg. Now push off of the balancing leg and bring knee up to your chest tapping it with your hand on the same side. Drop leg back down and instantly and explode off of the ground to repeat the same motion.



5. High Fives

Stand facing a partner, wall. Raise arms straight up in the air. Keeping feet together, jump into air and give a high fives with both hands. When you land, burst off the balls of your feet and go instantly back up. Make sure that you are staying on the on the balls of feet and that you are landing softly.



Your **THRIVE** Workout 3 Con't

6. Rock Climbers

Get into an upside down "V" position with hands shoulder width apart, have one leg reaching back and the other leg brought up next to the hand on the same side. Be sure to keep knees soft. Now push off with your legs, shifting your weight into your shoulders, switch legs in a swinging motion so the leg that was next to your hand is now in back and the other leg is up next to your hand. Repeat in quick bursts.



7. 3 Point Contact Push Up Hold

Get into a push-up position except on your forearms. Arms should be shoulder width apart. Feet are together. Make sure that the entire body is straight as a board. The key is to contract your core, knees and glutes. Do not shift while in position. Raise and hold one leg in the air making sure not to shift weight to the side. The body should be straight as a board.



TAKE A 2-3 MINUTE WATER BREAK REPEAT 3-4x's

CORE INFUSION

1. Ab Flutters

Lay down on your back leaning up on your forearms. Raise both legs in the air 6-12 inches off the ground. Now draw one leg at a time into chest and then kick back out, alternating legs. Make sure to keep abdominal muscles flexed pushing navel towards the ground.



2. Superman Hold

Laying flat on your stomach reach arms out in front of you, with legs together and toes pointed. Lift Chest and legs in the air so that your back is arched. Squeeze your glutes, and arch as much as possible while keeping your feet together. Sustained Hold (30 sec.-2 min.) Can do pulses as well.



3. Knees To Elbows Push Ups

Get into a push-up position. Arms should be soft and shoulder width apart with hands facing forward. Feet are together. Make sure that the entire body is straight as a board. Bring your right leg to the side, bending at the knee and bringing it toward your right shoulder. Then go back to the beginning position and do a push up. Repeat on the left side.



PERFORMANCE COOL DOWN

Complete Workout with 5 minutes of a slow jog followed by light stretching.

HEALTHY IS THE NEW SKINNY!
STRONG IN MIND & BODY 32

Your **THRIVING** Greens & Protein



Your **THRIVING** Back Greens



PROVIDES 15+ SERVINGS OF ORGANIC FRUITS & VEGETABLES

Greens First® is a nutrient-rich, phytonutrient & antioxidant super-food. It balances, supports and nourishes your whole body...plus, it gives you something unexpected...**GREAT TASTE!**

MORE THAN VITAMINS

Greens First® contains all-natural, health building ingredients. It's more than just a greens product and goes far beyond regular nutrition in maintaining your health and promoting anti-aging and overall wellness.* It's fortified with a proprietary **OxiSure Blend** so each serving surpasses the raw food nutrition of more than 15+ servings of organic fruits and vegetables.

GREENS FIRST® IS GOOD FOR THE WHOLE FAMILY!

Only 40 calories and 6 grams of carbohydrates per serving.

Mixes easily without a blender.



Adding **Greens First®** to your diet may help to:

- Alkalize and Balance Your Body's pH Levels
- Reduce Inflammation & Promote Healing
- Relieve Achy Joints & Build Strong Bones
- Increase Energy Levels without Stimulants
- Boost the Immune System & Improve Digestion
- Assist in Weight Management
- Balance Healthy Blood Sugar Levels
- Promote Mental & Cognitive Acuity
- Promote Healthy Heart & Liver Function
- Maximize Your Health & Improve Overall Well-Being*

30 Servings Per Can

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

4

HEALTHY IS THE NEW SKINNY!
STRONG IN MIND & BODY 34

Your THRIVING Protein Shakes



BEST TASTING

Dream PROTEIN

HORMONE FREE* WHEY PROTEIN!

In 2 Delicious Flavors:

- Creamy French Vanilla
- Rich Dutch Chocolate

NO

- Aspartame
- Glutamates
- Artificial Sweeteners
- Hydrolyzed Whey Protein
- Added Sugar

LOW

- Carbohydrate
- Fat
- Cholesterol
- Sodium
- Lactose
- Glycemic Index

The unique ingredients in Dream Protein™ may help to:

- Boost Immune System
- Enhance Energy Levels
- Maintain Lean Body Mass
- Maintain Healthy Weight Management

Whey protein is an excellent choice for individuals of all ages. It provides a number of benefits in areas including sports nutrition, weight management, immune support, bone health and general overall wellness!

Cerumamed WORLDWIDE, LLC

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Alkalize Now
pH Balance

GREENS FIRST

Dream PROTEIN

am LIN