

THRIVE PROGRAM

Introduction:

The focus of this program is to learn healthy eating while developing a healthy relationship with food. Following this meal plan, you will learn new and creative ways to include more fresh fruits and vegetables, lean proteins, nuts, seeds, olive oil similar to the Mediterranean eating plan with the convenience of quick meals/protein shakes as needed.

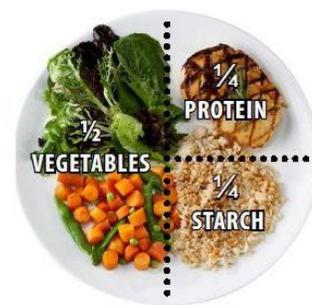
The Mediterranean lifestyle has been shown to protect against the development of heart disease, depression, cancer, type-2 diabetes, obesity, dementia, and Parkinson's.



Meal Replacement bars and shakes work well for people always on-the-go or those who have minimal time to cook and often skip meals.

Tips on how to get started:

- If you eat fried foods, reduce how often you choose these.
- If you skip meals, consider using a protein shake or bar to manage hunger during the day.
- Include **chicken or seafood** a couple times per week.
- Add in more fresh **fruits** and **vegetables** every day, limit canned fruit or fruit juices.
- Consider making meals meatless and using **beans** or **lentils** in place of a meat.
- Start using **olive oil** or **add nuts and seeds to your day**.
- Swap out your white bread for **whole wheat bread** or white rice for **quinoa**.



Breakfast:



Breakfast:



Snack:



Snack:



Lunch:



Lunch:



Snack:



Snack:



Dinner:



Dinner:

