



# Thrive Weight Loss Cheat Sheet

This cheat sheet is designed to be a quick-reference guide for you as you begin your journey. It is not intended to replace the new member guidelines or Nutrition Workbook which are available for download under the "Welcome! Let's get started" video, located in the Starter video tab. Use this information as you learn which foods comprise the categories and what combinations help you lose weight.

## Thrive Food Categories:

The Thrive Lifestyle consists of five food categories, that when properly combined, put your body in efficient and effective fat burning mode. You can access a complete list of each food category under the Thrive Care tab.

Category I: Lean Protein

Superfood

Category II: Fibrous Carbohydrate

Meal Replacement Bar

Category III: Complex Carbohydrate

Category IV: Protein + Fat

Category V: Fruit

## Food Category Combinations:

In addition to learning the food categories, you need to learn how to combine these food categories in order to effectively and efficiently burn fat. The chart below lists the available food combinations which you can use along with proper portions, in order to lose weight. You can learn more about proper portions by watching the video on portions in your Starter Video tab.

### Fastest Weight Loss Combinations:

Category I: Lean Protein

Category I: Lean Protein + Category II: Fibrous Carbohydrates

Category I: Lean Protein + Category II: Fibrous Carbohydrates + TCO Oil

### Fast Weight Loss Combinations:

Category IV: Protein + Fat + Category II: Fibrous Carbohydrate

Category I: Lean Protein + Category II: Fibrous Carbohydrates + Category III: Complex Carbs

Category I: Lean Protein + Category II: Fibrous Carbohydrates+ Category V:Fruit

Superfood + Category II: Fibrous Carb

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