



Island Menu & Instructions

January, 2013

Daily Survival Procedures

Check into www.facebook.com/thriveisland

- Look for New Options and Rations
- Follow all Homework Presented before your next Class
- Journal Online, but Check in to the Thrive Island page daily
- Support each other and keep a good attitude. You'll need one because Jack won't have one.
- Journal online daily. If you do not journal you cannot graduate.
- Weigh each morning BUTT NAKED. Record.

If you know you have violated the rules of Thrive Island then "Tap Out" publicly at www.facebook.com/thriveisland. You are welcome to attend graduation, but honor those that are survivors by admitting that the Island was too tough for you.

You must attend the Thrive Island class held Mondays at 7:00 PM either at the Kennesaw Care Center or online at island.thriveweightloss.com.

More Information:

This is a 24-day program. You can do anything for 24 days. It begins with an optional 10-Day Cleanse. This is a doable cleanse that focuses on "relaxing" the digestive system. It culminates with a 14-day survival effort. In 24 days you WILL lose weight, but the primary goal of this Thrive Island is to prove to yourself that you can persevere, negotiate with yourself and finish anything you DECIDE to finish. If you are to ever lose weight you will have to learn how to eat correctly even when it's not convenient to do so. Food is not your God. After 24 days on MY ISLAND you will have a new appreciation for what you are capable of.

If you choose to begin the Thrive Island Journey before January 21, 2013 then this will be a 31-day program for you. You will then be referred to as a Thrive Marine (First in, Last Out and take the most casualties.) Starting early does not permit you to finish early. All surviving Islanders will be rescued on the same day. The rescue boat comes February 13th at Midnight. We will celebrate those survivors together with a victory event on Saturday February 16th at Noon in the Kennesaw Care Center. The class will be broadcast live and online as well.



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Trophies will be given to the Top 5 Males and the Top 5 Females Surviving the Thrive Island. This years Thrive Island will be divided into two teams as well. Team 1 is the Alpha Team and includes all of those castaways with last name beginning with an A through M. Last names beginning with an N-Z will be on team Omega. Two MVPs will be awarded trophies as well. One survivor from each team. This survivor shall demonstrate a No Excuses Attitude and be responsible for the most support and inspiration within their group.

10-Day Cleanse (with or without 10 Day Advocare Herbal Cleanse)

Breakfast:

Thrive Approved Shake in Egg whites or in water (Must use a Salmonella Tested Product)

Mark and Lola Jo Oatmeal Muffins (optional dipped in Xylitol). You may have 3 for breakfast

Kay's Natural Cereal, Hi Lo Cereal, or The Zone Cereal (1.5 Cups). Use Unsweetened Almond Milk

Scrambled Egg Whites with or without Fat Free Cheese

Greek Plain Yogurt (1 Cup) with or without Spark as a Flavoring

Low Fat Cottage Cheese (1 Cup)

1 Angle Foods Pizza

1 Quest Bar

Lunch:

Salad and Category 2 Veggies with 1 Tbsp of Flax Seed or 1 Tbsp of Hemp Hearts Use Walden Farms Calorie Free Dressing or Thrive Approved Dressing

1.5 Cup of Berries with or without Spark Flavoring

1 Apple

1 Grapefruit

1 Orange



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Dinner:

Egg White Omelet with Category 2 Veggies and Kraft Fat Free Cheese

4 Ounces of Fish and Squash Stir Fried in TCO Oil

Thrive Approved Soups (See List)

Thrive Approved Egg Drop Soup (2 Cups)

Thrive Approved Shake in Egg Whites or in water (Must use a Salmonella Tested Product)

Quest Bar

Thrive Island Snacks:

(1 Time Per Day, only pick one per day)

5 Biscotti with or without Advocare Coffecino

Up to 2 Spark during the day

Bran Crisp Bread with 1 Tbsp of Better N Peanut Butter or 1 Teaspoon of Fat Free Cream Cheese and a Thrive Approved Fruit Spread

Any Thrive Approved Chips (1 Thrive Serving Only)

Additional:

You may add 1 slice of Thrive Approved Bread or 1 Thrive Approved Tortilla to any meal.

Cooking Tools:

TCO, Ghee Butter, 0 Calorie Cooking Spray



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Beverages:

XS Energy Drink Up to 3 Each Day

Diet Sprite

Diet Mountain Dew

Crystal Light

Any Clear or Mostly Clear 5 Calorie or Less Beverage

Celsius Drinks

Water:

You must drink $\frac{1}{2}$ - 1 Gallon of Water Each Day

If you gain weight overnight then you must use a rebound menu the next day:

Rebound Menu # 1:

Breakfast, Lunch, and Dinner

Egg White Omelet with Category 2 Veggies and Fat Free Cheese

Rebound Menu #2:

Breakfast, Lunch, Dinner

Seafood Slimming Soup

Rebound Menu #3

Breakfast, Lunch, Dinner

Thrive Approved Shake with Egg Whites International or Water



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Rebound Menu #4

Breakfast, Lunch, Dinner

Quest Bar, Quest Bar, Quest Bar

Rebound Menu #5

Breakfast

2 oz. Macadamia Nuts

Lunch

1 oz. Macadamia Nuts

Dinner

2 oz. Macadamia Nuts

Exercise:

You must Walk 5/10/15 Miles Each Week

You Must Follow the Exercise on the Videos Presented on Monday, Wednesday, and Friday.

You must take a whole food vitamin daily.

Advocare products available at www.advocare.com/1108887

XS energy drinks available at www.amway.com/TravisMartinStore