


# Thrive<sup>in</sup>63

by TRANSFORMATION<sup>TM</sup>

A Program Designed To Restore Health From The Inside Out



**PATIENT  
WORKBOOK**  
**Phase 1**  
(Day 1-21)



# My Commitment to the Program

- **I believe I can be well again.** Your thoughts have the power to heal. Give yourself permission to rest and be well.
- **I will take responsibility.** Good health is not an unobtainable privilege meant to be savored only by the fortunate. It is a right that should be enjoyed by anyone who is willing to take the time to learn how to take care of his or her own body. Our lifestyle and environment account for 90-95% of most chronic illnesses. If we created poor health, then we can create good health. It starts with you.
- **I will get intentional.** You will be asked to make a 21/21/21 Commitment. This program is broken down into three 21-day periods. You will be asked to make some changes, set goals for yourself and become disciplined about your follow through. We promise you will feel the difference! The first 21 days, the body only recognizes you're trying to make a change. The next 21 days, you begin to internalize this change and you will begin to feel a difference. It takes the final 21 days of this program for transformation to take place. You can do this – just start with the first 21 days.
- **I accept guidance.** You will be supported along this journey to wellness. Your practitioner and support team have guided others just like you to achieve health and wellness. Their dedication and education can provide you with insight to any challenges you may face. They want nothing more than you to succeed. You can trust their guidance and the program.
- **I am open to learning.** As we stated before, it is your responsibility to learn how best to take care of your body. There will be lots of opportunity to learn from your team of providers as well as from others in the program. Ask questions, learn valuable lessons on how to stay well and share the wisdom you've learned with your friends and family.
- **I will practice mindfulness.** The program you are about to begin is really about simplifying the way we live life. We begin by slowing down and focusing on the foods we eat. What happens when you slow down? Everything else slows down and now we can focus on healing and repairing the damage made to your digestive tract. Then we will turn to rebuilding your health and finally to rejuvenating your being. Breathe deeply and slowly choose foods that are non-processed and organic and drink more water. Simple.
- **I will journal my progress.** You will be asked to keep a daily journal of foods eaten, beverages consumed, and supplements taken during these 63 days. You will be asked to bring your journal to all your appointments so you can address what works and what challenges you. It is important to document your progress. The practice of listening to what your body is telling you is a key element to prevention. Your practitioner will use this information to assist you to make the changes you need to make.

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_

Practitioner Signature \_\_\_\_\_ Date \_\_\_\_\_



# Introduction

Congratulations on your decision to begin the Thrive in 63 program. We are excited for you. The program you are about to begin will change your health and your life. The Thrive in 63 program was named after a clinical study that reversed the signs and symptoms of leaky gut (intestinal permeability) in just 63 days using enzyme therapy and diet modifications. Your practitioner believes this is an excellent place for you to begin your journey to a healthier you!

You might not be aware of how the foods you eat and poor digestion may be affecting your quality of life. Symptoms such as constipation, eczema, inability to lose weight, and fatigue may seem unrelated. And by the time you are aware of signs of ill health, the damage has been done. The intestinal lining is compromised, creating imbalances such as Leaky Gut, IBS, gluten intolerance, and even disease.

Why 63 days? Research has shown it takes at least three 21-day cycles to make a permanent, transformational change. This science is called psychoneuroimmunology, the study of how the emotions, the nervous system, and the immune system affect each other. That means the role our psychological processes have on our physiological processes – how our behaviors, habits, thoughts, and emotions impact our physical and chemical health.

- In the first 21-day period, the body will recognize you are making changes – this is the repairing phase.
- In the second 21-day period, the body will begin to balance, adjust, and accept the changes – this is the rejuvenation phase.
- In the third 21-day period, the body undergoes the transformation phase.

The 63 days gives the mind an adequate length of time to adjust to the change and continue healing in a positive and beneficial manner. These 21-day segments of response to change and therapy are an established regimen among health care practitioners. Although you may feel better immediately when you begin a new program, there is a period of adjustment while your body seeks a new comfort zone. Response is heightened in the second period. Finally, in the third phase, the condition or problem that prompted us to take action has definitely improved for the better.

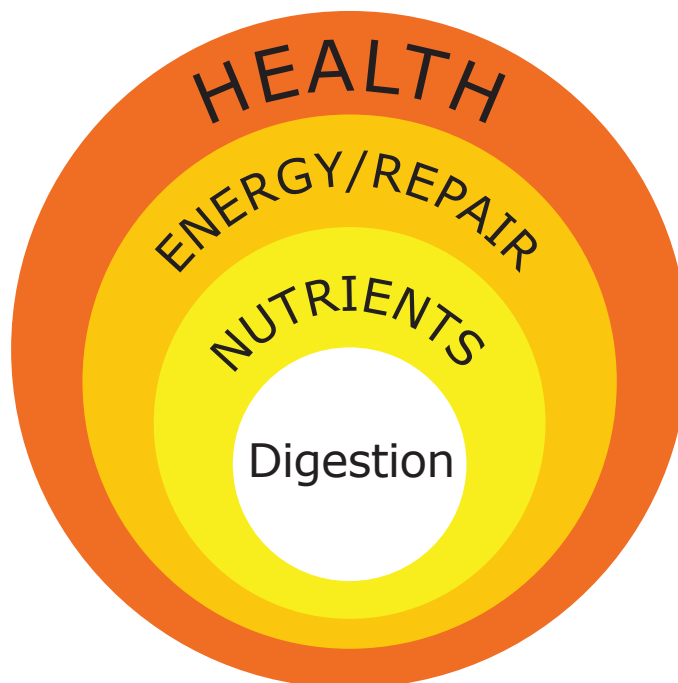


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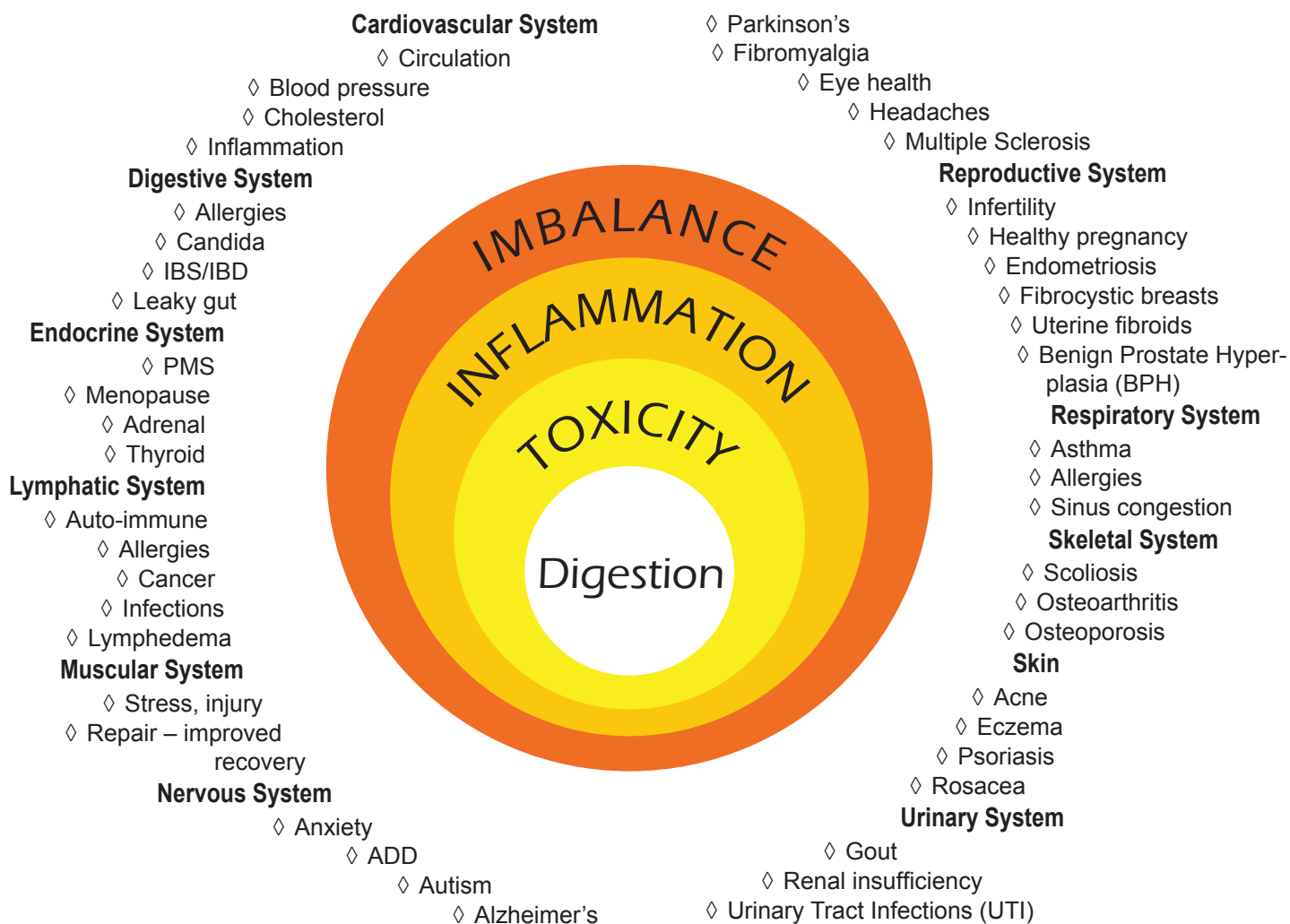
# The Ripple Effect of Gut Dysfunction

The ripple effect illustration is an easy way to see how the food you eat and the way your body handles it is affecting your health. When you eat, the foods should be digested into nutrients, and those nutrients are delivered to every cell of your body. You have anywhere from 50-100 trillion cells, and every one of them needs nutrients and oxygen to survive and perform its function.



On the other hand, if you are not eating nutritious foods and/or you are not digesting them, your body and health will suffer. Now, what does that look like when you are eating 'not-so-healthy foods' and not breaking them down? You are damaging the lining of the GI tract, and you are now supplying the body with toxins and chemicals that damage the cell, interfere with the cell function, and eventually destroy the cell. When enough cells are affected and there is not enough nutrition to repair the cells, inflammation takes place.

Inflammation is your immune system responding to the damage or the presence of something foreign or unfamiliar in the body. The inflammation is your immune system protecting you and trying to remove the unhealthy cells. When the inflammation continues with no relief, those affected cells, tissues, and organs are now 'diseased.'



The beauty of the human body, and the good news, is that you can easily turn this ripple effect back into a positive process. Deliver the nutrients to the cell, clear the toxicity, and allow the healing of the body.

Do you see how this applies to your health?

Which of your systems are affected now?



## What does gut dysfunction look like on the outside?

Gut dysfunction can manifest as disorders in any system of the body. The most common signs and symptoms are similar to or mimic more serious diseases:

- Digestive disorders – diarrhea, constipation, gas/bloating, any inflammatory bowel disease (gastritis, colitis, crohn's, celiac, IBS, gluten intolerance), pancreatitis, hepatitis
- Skin disorders – eczema, psoriasis, hives, acne
- Muscular-skeletal disorders – joint pain, muscle pain/weakness, fibromyalgia/CFS, osteoarthritis
- Neurological disorders – headaches, migraines, autism, depression, ADD, OCD, MS, Alzheimer's, Parkinson's
- Cardiovascular disease – atherosclerosis, arteriosclerosis, inflammation in the circulatory system leading to CVD, high blood pressure, elevated cholesterol
- Immune disorders – auto immunity, allergies, arthritis, hyper sensitivities, Lupus, frequent infections/low grade fevers
- Hormone imbalances – PMS, hysterectomy, thyroid disorders, adrenal fatigue
- Respiratory – asthma, sinus problems, nasal congestion
- Inability to lose weight

Remember, all these systems are affected by cellular damage or dysfunction from malnutrition or chronic inflammation all stemming from a compromised intestinal barrier.

## What causes it?

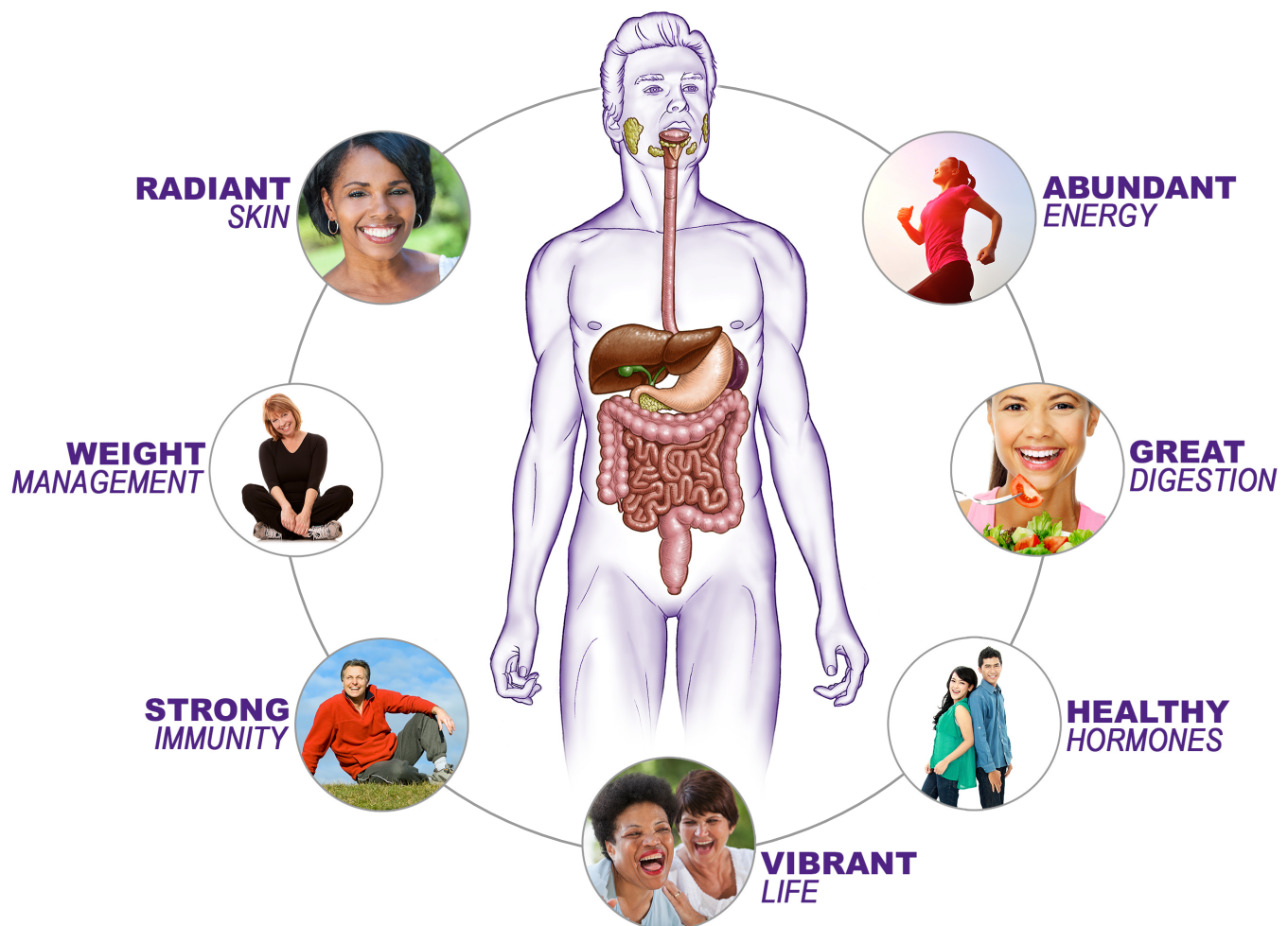
The most common and probable causes of gut dysfunction are:

- Diet – a diet of processed foods high in sugar, chemicals and artificial ingredients and low in fiber, nutrients and antioxidants
- Dysbiosis – imbalance in good bacteria in GI tract caused by diet and antibiotic use
- Alcohol
- Rx/OTC – NSAIDS, Pain medicine, PPI's, anti-acids, antibiotics
- Infections – bacterial, viral, parasites
- Stress

## How do you reverse it?

That is the good news – gut dysfunction can be corrected and thus many if not all of the signs and symptoms listed previously can be improved or eliminated. Removing the offending agents is the first priority. Changing and adhering to a clean, nutrient-dense, regenerative diet is mandatory. Eliminating medications and treating for pathogens if present is also important.

The second step is supporting the digestive process and replacing the beneficial bacteria. You must ensure optimal and complete digestion or even the healthiest of foods will continue to cause problems. This second step is what most people fail to do. Instead they begin supplementing with nutrients they are deficient in, not stopping to realize they are deficient because they are not digesting the nutrients from the food nor will they fully digest the nutritional supplements. This second step of supporting the digestive process is key to addressing the gut dysfunction fast and effectively. You can have the outcomes of a healthy gut:





A Program Designed To Promote Health From The Inside Out\*

## INITIAL ENZYME PROTOCOL

The supplementation protocol used in Transformation's 2014 clinical study  
*The Effects of Nutrition and Enzyme Therapy on Gastrointestinal Dysfunction*

Gastrointestinal Dysfunction (aka Leaky Gut Syndrome) is an extremely common problem, but one that is poorly recognized and is rarely tested for. Leaky Gut Syndrome (LGS) occurs when the permeability of the gut wall is compromised and large spaces develop between the cells of the gut wall, allowing bacteria, toxins, and food particles to enter the blood stream. This initiates an immune response to the pathogens as well as food proteins and leads to a chronic overstimulation of the inflammatory processes. The signs and symptoms of leaky gut are not unique, thus any signs and symptoms that look like a compromised immune system or an autoimmune disorder may be associated with a leaky gut. The benefit of digestive enzymes in the case of LGS is multifold. The following enzyme protocol is designed to gently introduce enzymes and probiotics into a dysfunctional gut.

✓ **3 DigestZyme and 1 PureZyme at beginning of every meal or snack**

- *DigestZyme* is a gentle yet comprehensive enzyme blend containing carbohydrases, protease, lipase, and *L. acidophilus* / *B. longum*\*
- *PureZyme* is a protease formula that targets protein digestion when taken with meals\*

✓ **3 GastroZyme after every meal**

- *GastroZyme* is an herbal formula with marshmallow root, papaya, prickly ash, and gota kola plus enzymes, all to heal and repair the mucosa lining\*

✓ **3 PureZyme and 3 Plantadophilus at bedtime**

- *PureZyme* additional protease taken at bedtime or away from meals supports healthy circulation, immunity/inflammation, and detoxification\*
- *Plantadophilus* is a single strain probiotic *L. plantarum* totaling 2 billion cfu per capsule to begin repopulating healthy gut flora\*

**\*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.**



# Additional Support Products

If you feel additional support is needed, please discuss with your practitioner.

## **Carbo-G\***

Transformation's Professional Protocol™ Carbo-G is a digestive enzyme supplement designed to help reduce the symptoms of occasional bloating, diarrhea, gas, and abdominal cramps associated with diets high in complex carbohydrates.\* The unique Carbo-G formula was created to complement those seeking a gluten-free lifestyle by encouraging more complete digestion and absorption of grains.\*

## **ReleaseZyme\***

Transformation's ReleaseZyme is uniquely formulated with natural nutrients to assist the body in the elimination of waste.\* Bowel toxicity is brought on by poorly digested foods that ferment, putrefy, and turn rancid in the colon. This formula is designed for occasional constipation, occasional bowel irregularity, and support of a colon cleanse or detox program.\*

## **L-Drain\***

Transformation's L-Drain has been created with the sole intent of helping the lymphatic system perform its normal daily functions.\* This concentrated, rapidly-assimilated herbal product assists the lymphatic system and supports lymphatic flow.\*

**\*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.**

# Menu Instructions

This program will provide you with a 21-day meal plan, food lists, recipes, and a food and supplement journal. The meal plan can be followed exactly, but does not have to be. You may swap out any food item for another food item in the same category. For example, if you do not like Brussels sprouts you may swap them for broccoli. If the recipe is too complicated, simply cook the food item in your favorite way.

This is neither a calorie count nor a calorie restrictive diet. You may eat as much of any allowed food as you want to. We encourage you to plan and prepare adequate portions, be mindful and present while eating, and pay attention to your body's satiety cues.

We encourage you to be creative and make it your own, and we want what you eat to be realistic for you and your lifestyle. However, there are some general rules you must follow in order to stop the damage to your digestive system and begin the healing process. Once the gut is healed, your body will respond in kind and you will be amazed at how wonderful you feel.

## What foods are allowed on the Thrive in 63 program?

We recommend and encourage you choose as often as possible:

- ✓ All fresh fruits and vegetables – locally grown or organic (frozen is acceptable)
- ✓ All beef, poultry, seafood, and pork – should be wild caught seafood and game, cage-free poultry, and beef that has been grass fed, without the use of growth hormones or antibiotics
- ✓ Healthy fats from nuts, seeds, olive, avocado, and coconut are encouraged – purchase oils that are minimally processed, cold pressed, or expeller pressed (grass fed butter and ghee are also acceptable fats in moderation)
- ✓ Water, fresh juice, green tea
- ✓ The majority of foods should be eaten fresh, raw, or as close to their natural state as possible
- ✓ Locally grown, organic, and non-GMO foods

The basic meal plan includes a protein + fruit/vegetable + a fat for each meal. It is important to note this is not a weight loss program. There is no portion control. We simply ask that you pay attention to your body and eat the allowed foods when hungry.

## What foods are NOT allowed on the Thrive in 63 program?

We ask that you AVOID the following:

- ✕ All grains – wheat, barley, rye, oats, rice, quinoa, amaranth, buckwheat, etc
- ✕ Legumes – peanuts, kidney beans, black beans, red beans, navy beans, garbonzo beans, lentils, lima beans, peas, etc
- ✕ Processed foods – includes most foods that are pre-packaged, boxed, bagged, microwavable, etc
- ✕ All commercial dairy – milk, cheese, yogurt, ice cream, sour cream, etc (grass fed butter and ghee are allowed if not on dairy restriction)
- ✕ All sugar, high fructose corn syrup and/or artificial sweeteners (molasses and local honey are acceptable)
- ✕ Alcohol, sodas, caffeine
- ✕ Other – corn

## What if I do not or cannot cook and I eat out often?

We realize planning and preparing your own meals can be overwhelming for someone who has never cooked before. It is important to remember your “commitment” you made to the program and your health. You will see that many of the meals and recipes are very simple and easy to follow. We encourage you to try your hand at cooking, as this is a big part of taking responsibility for your choices and improving your health.

There are healthy alternatives for those times when eating out is the only option. Look for restaurants in your area who promote the use of organic, locally grown and whole food menu items. Whole Foods Markets is an example of a grocery chain that provides healthy buffet items, and you can look for similar stores in your area. Many cities now have chef services where a chef will prepare food for you in your kitchen or deliver it. Also, once you become familiar with the menus, you will see many of the selections will be available at many restaurants. For example, Garden Salad with Grilled Chicken, Salmon with Grilled Vegetables, or Bun-less Burgers are menu items readily available in virtually any restaurant.

## Questions? Join the Conversation!



Join our Facebook *Thrive in 63* Support Group to network with Thrive practitioners and others taking the program. Search in Facebook for “Thrive in 63 Support Group” or visit [www.facebook.com/groups/505477643462399](https://www.facebook.com/groups/505477643462399)



# Healthy Food & Beverage Exchange List

*The following is a list of healthy foods to help you when shopping or eating out:*

## Fruits

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Dates
- Dragon Fruit
- Durian
- Figs
- Grapes
- Honeydew
- Kiwi
- Lemon
- Lime
- Mango
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plantains
- Plums
- Raspberries
- Strawberries
- Watermelon

## Vegetables (starchy)

- Beets
- Carrots
- Jicama
- Parsnips
- Plantains
- Pumpkin
- Snow Peas
- Sweet Potatoes
- Taro
- Turnips
- Winter Squash (Pumpkin, Acorn, Butternut)
- White Potatoes
- Yams

## Vegetables (non-starchy)

- Asparagus
- Artichoke
- Arugula
- Bamboo Shoots
- Bell Peppers (Red, Green, Yellow, Orange)
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Chard
- Chives
- Cilantro
- Cucumbers

- Eggplant
- Endive
- Fennel
- Garlic
- Greens (Collard, Turnip, Mustard, Chard)
- Green Beans
- Jalapeños (and other hot peppers)
- Kale
- Kohlrabi
- Leeks
- Lettuce (except Iceberg)
- Mushrooms (Portobello, Shiitake, Oyster, Button)
- Okra
- Onions (Red, Purple, Green, White, Yellow)
- Parsley
- Radicchio
- Radishes
- Rutabaga
- Scallions
- Seaweed (Dulse, Nori, Hijiki, Kombu)
- Spinach
- Spring mix
- Sprouts (all varieties)
- String Beans
- Tomatoes
- Water Chestnut
- Watercress
- Zucchini



**AS OFTEN AS POSSIBLE, CHOOSE LOCALLY GROWN, NON-GMO, PESTICIDE & HERBICIDE FREE, ANTIBIOTIC FREE, HORMONE FREE, GRASS FED, FREE RANGE, WILD ANIMALS**

## Meats / Proteins

- Bacon
- Beef
- Buffalo
- Chicken
- Crab\*
- Deer
- Duck
- Eggs\*
- Fish\*
- Lamb
- Lobster\*
- Pork
- Protein Powder (Beef, Cod, Pea)
- Tuna\*
- Turkey
- Shrimp\*

## Nuts / Nut Butters\*

- Almonds
- Almond butter
- Brazil Nuts
- Cashews
- Coconut
- Hazelnuts
- Macadamia
- Nut Flours
- Pecans
- Pine Nuts
- Pistachios
- Walnuts

## Seeds

- Chia
- Flax
- Hemp
- Pumpkin

- Sesame
- Sunflower

## Oils / Fats

- Avocado
- Avocado oil
- Butter (grass fed)
- Coconut oil (organic)
- Ghee
- Mayonnaise (homemade, Chosen Foods®, Primal Kitchen®)
- Olives
- Olive oil

## Condiments, Spices, Seasonings

- Basil
- Bay leaves
- Black Pepper
- Cardamom
- Capers
- Cayenne
- Chilies
- Chili powder
- Cilantro
- Cinnamon
- Coriander
- Cumin
- Curry Powder
- Dill Weed
- Fennel
- Ginger
- Lemon
- Lemon pepper
- Lime
- Mayonnaise (homemade, Chosen Foods®, Primal Kitchen®)
- Mint leaves
- Mustard

- Nutmeg
- Oregano
- Paprika
- Pickles
- Ras el hanout (spice blend)
- Rosemary
- Sage
- Stock (Chicken, Beef, Vegetable, or Bone Broth)
- Tamari
- Tarragon
- Thyme
- Turmeric
- Vanilla
- Vinegar (Apple Cider, Balsamic)
- Worcestershire sauce

## Beverages

- Almond milk
- Coconut milk
- Cashew milk
- Fresh juices (limit)
- Hemp milk
- Bone broth
- Herbal teas
- Matcha
- Water

## Miscellaneous

- Arrowroot powder
- Coconut aminos
- EPIC® beef jerky
- RX Bars®
- Honey
- Molasses
- Plantain chips
- Salsa (organic)
- Thunderbird® bar



**\*NOTE: THE 8 MOST COMMON ALLERGY FOODS ARE DAIRY, EGGS, FISH, SHELLFISH, TREE NUTS, PEANUTS, SOY, AND WHEAT**

# Brands / Where to Buy

## Nut / Coconut Milks

Whole Foods Market® (carrageenan free)	Whole Foods
Silk® (carrageenan free)	Most grocery stores
Trader Joe's® (carrageenan free)	Trader Joe's

## Beef Jerky

US Wellness Meats®	Grasslandbeef.com
King's Country®	Kingscountryjerky.com
Nick's Sticks®	Nicks-sticks.com, Amazon.com
Blaistix®	Localpastures.com, Amazon.com
EPIC®	Whole Foods, Amazon.com, Kroger, HEB
New Primal®	Whole Foods, Amazon.com

## Chips

Jackson's Honest®	Whole Foods, Amazon.com
Sunwell®	HEB, Amazon.com
Inka Chips® Plantain Chips	Whole Foods, Amazon.com
Boulder Canyon® (avocado or coconut oil)	Whole Foods, Amazon.com
Siete®	Whole Foods, Kroger, Randall's, HEB

## Snack/Meal Bars

Thunderbird® Bar	Whole Foods, Amazon.com, Kroger, HEB
RxBar™	Most grocery stores
LÄRABAR®	Most grocery stores



## Condiments/Pantry Items

Primal Kitchen® Mayo	Whole Foods, Amazon.com, Kroger
Coconut Secret® Coconut Aminos (soy sauce replacement)	HEB, Whole Foods, Sprouts, Amazon.com
Tessemae's® Dressings and Marinades	Kroger, HEB, Whole Foods, Amazon.com
Coconut Secret® Garlic Sauce	Whole Foods, Amazon.com, Kroger
Coconut Secret® Teriyaki Sauce	Whole Foods, Amazon.com, Kroger
Spice World® Organic Squeeze Garlic	HEB
Organic Valley® Ghee Clarified Butter	Whole Foods, Amazon.com
Kerrygold® Butter	HEB, Costco, Sam's, Randall's, Sprouts, Whole Foods
Organic Valley® Pasture Butter	Whole Foods
Sir Kensington's® Mustard	Whole Foods, Amazon.com
Annie's Naturals® Organic Ketchup	Whole Foods, HEB, Amazon.com, Kroger, HEB
Annie's Naturals® Barbecue Sauce	Whole Foods, Amazon.com
Bob's Red Mill® Coconut Flour	Whole Foods, Online
Bob's Red Mill® Almond Flour	Bob's Red, most grocery stores
Otto's Naturals® Cassava Flour	Amazon.com

## Coconut Milk

Natural Value® (canned, carrageenan free)	Whole Foods
Native Forest® (canned, carrageenan free)	Whole Foods
Golden Star® (canned, carrageenan free)	Most grocery stores
Thai Kitchen® (canned)	Most grocery stores
Silk® Coconut Milk	Most grocery stores
So Delicious® Coconut Milk	Most grocery stores

## Coconut Oil (expeller, cold presses, raw, or unrefined)

Artisana®	Central Market, Sprouts, Whole Foods, Amazon
Carrington Farms®	Costco, HEB, Amazon.com

Nutiva®

Whole Foods, The Vitamin Shoppe, online

## **Deli Meat**

Applegate®

HEB, Whole Foods, Kroger, Sprouts, Target, Randall's

Diestel Turkey Ranch®

Whole Foods

Central Market®

HEB, Central Market

## **Grass Fed Meat**

US Wellness Meats®

Grasslandbeef.com

Yonderway Farm™ (local farm)

Yonderwayfarms.com

Local farmers and farmer's markets

Eatwild.com

Strauss®

HEB

Simple Truth® Grass Fed

Kroger

Whole Foods Market® Grass Fed

Whole Foods

Crowd Cow

Crowdcow.com

## **Sausage and Bacon**

Applegate®

HEB, Whole Foods, Kroger, Sprouts, Target, Randall's

Aidells®

HEB, Whole Foods, Kroger, Sprouts, Target, Randall's

Pederson's Natural Farms®

Whole Foods

Farmland® Bacon

HEB

## Wraps

Paleo Wraps®

Whole Foods, Amazon.com

Siete® Tortillas

Whole Foods, Amazon.com, Kroger, Randall's

## Seasonings

Flavorgod®

Amazon.com

Primal Palate® Organic Spices

Amazon.com

Wick Fowler's® Taco Seasoning

Whole Foods

***\*NOTE: THE BRANDS LISTED ABOVE ARE ENCOURAGED BUT NOT REQUIRED\****

# Protein Powder Options



Vegetarian, plant-based protein powders from peas are a good, widely available source of supplemental protein, iron, and amino acids.



For this program, animal-based protein powders from beef, chicken, fish, eggshell membrane, and/or egg white are preferred.



Collagen peptides from animal sources can be added to protein shakes or used as an alternative to protein powder and are helpful to support strong bones, youthful skin, reduce joint pain, and provide more restorative sleep.

# Pantry Staples

*Keep your pantry stocked with the following:*

## Groceries

- Lemons
- Avocados
- Eggs
- Some form of fruit

## Cooking Fats

- Olive oil
- Avocado oil
- Coconut oil
- Grass fed butter (Kerrygold®)

## Seasonings

- Sea Salt or Himalyan salt
- Pepper
- Cumin
- Turmeric
- Garlic powder
- Chili powder
- Cinnamon
- Fresh garlic

- Oregano

- Paprika

- Basil

## Condiments

- Primal Kitchen® or Whole Kitchens Mayo
- Mustard
- Coconut Aminos or No Soy Sauce
- Salsa
- Apple Cider Vinegar

## Misc.

- Honey
- Maple Syrup
- Protein Powder (see approved list)
- Bonafide Provisions® Bone Broth
- Unsweetened Nut Milks
- Almond or Cashew Butter
- Nuts
- Thunderbird® bar or RX Bar®
- Herbal Tea

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# Snack Options

- 1 Small Apple with 2 tbsp Almond or Cashew Butter
- Small Bag of Mixed Nuts
- Veggie Slices with ¼ cup Guacamole or Salsa
- Simple Protein Shake or Smoothie
- EPIC® Beef Stick
- Thunderbird® Bar or RX Bar®
- Celery with Almond or Cashew Butter
- Carrot Sticks with Primal Kitchen® Ranch
- 1 cup Strawberries and Almonds

- 1 cup Grapes and ¼ cup Walnuts
- Almond Butter with Mixed Berries
- Diced Avocado and Tomato with Salt and/or Pepper
- Southern Recipe® or 4505 brand Pork Rinds with Salsa or Approved Dip
- 20 Kale Chips with Salsa
- 15 Plantain Chips with ¼ cup Guacamole or Salsa
- 2-3 stalks of Celery chopped into quarters with 2 tbsp Mustard



<i>Supplements</i>	<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>	<i>Day 4</i>	<i>Day 5</i>	<i>Day 6</i>	<i>Day 7</i>
<i>3 DigestZyme + 1 PureZyme before meal</i>	<i>Breakfast</i> Raspberry Mint Smoothie	<i>Breakfast</i> 2-4 Egg Muffins 2 tbsp Avocado ½ cup Mixed Berries	<i>Breakfast</i> Kale Shake with Coconut Milk	<i>Breakfast</i> 2-4 Egg Muffins 2 tbsp Avocado ½ cup Mixed Berries	<i>Breakfast</i> Raspberry Mint Smoothie	<i>Breakfast</i> Kale Shake with Coconut Milk	<i>Breakfast</i> Your Choice (must meet program guidelines)
<i>3 GastroZyme following meal</i>	<i>Snack</i> 1 cup Bone Broth	<i>Snack</i> 1 cup Bone Broth	<i>Snack</i> 1 cup Bone Broth	<i>Snack</i> 1 cup Bone Broth	<i>Snack</i> 1 cup Bone Broth	<i>Snack</i> 1 cup Bone Broth	<i>Snack</i> 1 cup Bone Broth
<i>3 DigestZyme + 1 PureZyme before meal</i>	<i>Lunch</i> 3-5 oz Pork Chops ¾ cup Mashed Sweet Potato with Walnuts 1-2 cups Sautéed Spinach	<i>Lunch</i> 3-6 oz Pistachio Cruited Cod 5-8 pieces Roasted Asparagus with Garlic ½ cup Sautéed Sliced Plantains	<i>Lunch</i> Nuttly Mixed Up Salad with Chicken	<i>Lunch</i> 1-2 cups Bison Pumpkin Chili 15 Raw Zucchini Slices 1 cup Cauliflower Rice	<i>Lunch</i> 3-5 oz Pork Chops ¾ cup Mashed Sweet Potato with Walnuts 1-2 cups Sautéed Spinach	<i>Lunch</i> 3-6 oz Pistachio Cruited Cod 5-8 pieces Roasted Asparagus with Garlic ½ cup Sautéed Sliced Plantains	<i>Lunch</i> Your Choice (must meet program guidelines)
<i>2 DigestZyme with snack</i>	<i>Snack</i> <i>See Snack Options</i>	<i>Snack</i> <i>See Snack Options</i>	<i>Snack</i> <i>See Snack Options</i>	<i>Snack</i> <i>See Snack Options</i>	<i>Snack</i> <i>See Snack Options</i>	<i>Snack</i> <i>See Snack Options</i>	<i>Snack</i> <i>See Snack Options</i>
<i>3 DigestZyme + 1 PureZyme before meal</i>	<i>Dinner</i> Nuttly Mixed Up Salad with Chicken	<i>Dinner</i> 1-2 cups Bison Pumpkin Chili 15 Raw Zucchini Slices 1 cup Cauliflower Rice	<i>Dinner</i> 3-5 oz Pork Chops ¾ cup Mashed Sweet Potato with Walnuts 1-2 cups Sautéed Spinach	<i>Dinner</i> 3-6 oz Pistachio Cruited Cod 5-8 pieces Roasted Asparagus with Garlic ½ cup Sautéed Sliced Plantains	<i>Dinner</i> Nuttly Mixed Up Salad with Chicken	<i>Dinner</i> 1-2 cups Bison Pumpkin Chili 15 Raw Zucchini Slices 1 cup Cauliflower Rice	<i>Dinner</i> Your Choice (must meet program guidelines)
<i>3 GastroZyme following meal</i>							

*3 Plantadophilus  
+ 3 PureZyme  
at bedtime*

# Thrive in 63: Week One

# Week 1 Grocery List

## Fruit

- 1 bag frozen raspberries
- 2 bananas
- 2 apples
- 1 pkg dried cranberries
- 2 avocados
- 1 pkg berries of choice (1 ½ cups)
- 1 lemon
- 2 limes

## Vegetables

- 2 ripe plantains
- 2 bulbs garlic
- 1 bunch green onions
- 1 white onion
- 2 yellow onions
- 2 bundles asparagus
- Spring mix lettuce (enough for 6 cups)
- 1 bunch parsley
- 1 bunch cilantro
- 2 bunches kale
- 1 cup pumpkin puree
- 3 green bell peppers
- 3 bags spinach
- 28 oz jar diced tomatoes
- 2 zucchini
- 3 small or 2 large sweet potatoes / yams
- 1 head cauliflower (for cauliflower rice)

## Protein

- 3 pork chops
- Dozen organic or pasture raised eggs
- 4 oz turkey sausage or ground turkey (freeze extra)
- 3 fish fillets (cod or substitute)
- 3 chicken breasts
- 2 lbs pasture raised ground bison

## Healthy Fats

- Coconut oil
- Avocado oil
- Grass fed butter (Kerrygold®) or Ghee
- 6 oz pistachios (no shells)
- 12 oz walnuts
- Chia seeds
- 1 carton unsweetened almond, cashew, hemp, or coconut milk

## Spices/Herbs/Seasonings

- Himalayan Salt
- Pepper
- Chili powder
- Garlic powder
- Raw cacao powder
- Cumin
- Cinnamon
- Mint leaves (10-20)
- Bay leaves
- Paprika
- Oregano
- Rosemary
- Dried Thyme

## Misc.

- Raw honey
- Balsamic vinaigrette
- Approved protein powder
- Beef, chicken, or turkey bone broth (you will need beef bone broth for recipe and snack this week—if making from scratch, see recipe for additional ingredients you will need to add to grocery list)
- Snacks from approved list (see Snack Options)

# Week 1 Recipes

## Bison Pumpkin Chili

Serves: 8

- 2 tbsp ghee (use avocado or coconut oil for dairy free option)
- 1 large onion, diced
- 1 bunch green onions, chopped and separated into white and green parts
- 4 cloves garlic, minced
- 2 bell peppers, diced
- 2 lbs pasture raised ground bison
- 1 28-oz jar diced tomatoes
- 1 cup pumpkin puree
- 2 cups beef bone broth
- 1 tsp Himalayan Salt
- ½ tsp black pepper
- 2 tsp dried oregano
- 2 tbsp chili powder
- 2 tsp ground cumin
- 2 tsp smoked paprika
- 1 tbsp raw cacao powder
- 1 bunch kale, stemmed and finely chopped

For topping (optional):

- 1 bunch cilantro, finely chopped
- 2 limes, quartered

Heat a large stock pot over medium high heat and add the ghee/oil.

Once heated, add the onion and sauté, stirring occasionally until translucent and beginning to brown.

Add the white part of the green onions, garlic, and bell peppers and a large pinch of salt.

Cook about 5 min until peppers begin to soften.

Add the ground bison and cook, stirring until meat begins to brown, about 7-8 min.

Add the diced tomatoes, pumpkin, bone broth and all of the spices through cacao powder.

Turn the heat to low and cook about 1 hr.

In the last 15 min of cooking, fold in the kale. Season to taste.

Serve with 1 cup cauliflower rice and top with green parts of green onions, cilantro, and a lime wedge.

Makes around three 2-cup servings. May freeze leftovers up to 6 months.

## Bone Broth (Poultry / Beef)

- 5-8 lbs grass-finished beef or poultry bones
- Freezer bag full of vegetable scraps (carrot peelings, onion tops, celery leaves, etc - don't use brassicas or beets)
- Filtered water (enough to fill a stock pot)
- 2 tbsp cider vinegar
- 2-3 bay leaves

Rinse the bones under cool water. Pat them dry.

Roast the bones at 400 for about an hour until the bones are well-browned and fragrant. Drain off any fat.

Add the bones to a big pot or slow cooker along with any vegetable scraps you might have. Add enough filtered water to fully cover all bones and veggies. Bring to a boil, then add the vinegar and bay leaves. Turn down the heat and continue to simmer for 24-48 hours.

When the stock is finished simmering, filter through a fine mesh sieve and bottle in mason jars. The stock should set just like gelatin, and the fat should rise to the top. Pick off the fat and reserve it for cooking, then scoop out the gelled stock and reheat to use in soup or broth in any cooking dish or to sip on (6 oz daily).

Store in the fridge for up to one week or freeze in mason jars with ample space for expansion once fully cooled. The broth can also be frozen in ice cube trays so that you can quickly add a small portion to sauces or use a couple cubes to deglaze a pan!

## Cauliflower Rice

Prep time: 10 min

Cook time: 5 min

Serves: 2-4

- 1 head of cauliflower (about 2 lbs)
- 2 tbsp olive oil
- ½ small white onion, chopped (about ½ cup)
- 2 cloves garlic, chopped
- ¼ tsp Himalayan Salt or sea salt
- ⅛ tsp ground black pepper
- ¼ cup chopped fresh parsley

Chop the cauliflower into florets. Working in batches, pulse a few florets at a time in a food processor or blender until the cauliflower pieces are the size and shape of rice (be careful not to over-blend!) Set the riced cauliflower aside.

Heat the olive oil in a large skillet over medium high heat. Sauté onion and garlic for about 3 minutes or until the onions are just softened. Add the riced cauliflower and stir well.

Add the salt and pepper and stir to combine. Sauté for about 5 minutes or until the cauliflower is slightly tender but not mushy.

Place the cauliflower in serving bowl and toss with the freshly chopped parsley. Taste and add additional salt and pepper if desired. Serve and enjoy!

## Egg Muffins with Avocado and Berries

Prep time: 20 min

Cook time: 20 min

Serves: 3

- 8 eggs
- 4 oz turkey sausage or ground turkey
- 1 green bell pepper diced
- 2 cloves garlic, diced
- 1 yellow onion diced
- 1 avocado
- Himalayan Salt and pepper to taste
- 1 cup chopped spinach, tightly packed
- 1 ½ cups mixed berries

Preheat oven to 400. Grease muffin tins with butter or coconut oil (for dairy free option).

Brown the turkey sausage and drain.

Beat the eggs and add sausage, onion and bell pepper (or other vegetables).

Pour into muffin tins (should be ½ - ¾ full). Bake for about 20 mins or until eggs are lightly browned and set.

Serve with 2 tbsp fresh avocado and ½ cup berries.

For softer veggies, may brown with sausage before adding egg.

## Kale Shake with Coconut Milk

Serves: 1

- ½ banana
- 2 handfuls of kale
- 1 tbsp honey
- 1 cup water
- ½ avocado
- 1-2 scoops protein powder (any flavor) (check serving size)
- ½ cup ice
- ½ cup unsweetened coconut milk (can also use almond, cashew, hemp, or milk)

Put all ingredients in blender and blend until desired consistency.

## Mashed Sweet Potatoes with Walnuts

Prep time: 5 min

Cook time: 20 min

Serves: 3

- 3 small or 2 large yams (may substitute with sweet potato or winter squash)
- 1 tbsp coconut oil
- 1 cup walnuts

Peel yam and dice into ½ -1 inch cubes. Place in pot and cover with water. Bring to boil and simmer for 15-20 minutes or until fork inserts easily. Drain water and mash with a potato masher. Add coconut oil and walnuts.

## Nutty Mixed Up Salad with Chicken

Prep time: 5 min

Cook time: 15 min

Serves: 1

- 2 cups spring mix (mixed lettuce greens)
- ½ apple, sliced or diced
- ¼ cup dried cranberry
- ½ cup walnuts or other nut of choice
- 1 tbsp balsamic vinaigrette
- 3-5 oz cooked chicken breast, sliced

Combine all but chicken and toss well. Top with sliced chicken. May substitute with spinach or add spinach or kale. May also add additional non-starchy vegetables if desired.

## Pistachio Crusted Cod

Prep time: 10 min

Cook time: 10 min

Serves: 3

- 1 egg white, beaten
- ½ cup pistachios, finely chopped
- ¼ cup minced fresh parsley
- Cracked pepper to taste
- Himalayan Salt to taste
- 3 cod filets OR other fish if desired
- 4 tsp melted butter (use avocado or coconut oil for dairy free option)

Place egg white in a shallow bowl. Combine the pistachios, parsley, pepper, and salt in another shallow bowl. Dip fillets in egg white, then pistachio mixture. Place fish on a baking sheet. Drizzle with butter/oil. Bake at 450 for 8-10 mins or until fish flakes easily with a fork.



## Pork Chops

Prep time: 5 min

Cook time: 30 min

Serves: 3

- 3 pork chops
- Himalayan Salt and pepper to taste
- Other preferred seasonings to taste (paprika, garlic, cumin, basil, tumeric, etc)

Preheat oven to 400.

Bake pork chops 25-30 minutes or until cooked through. You may also pan fry in a small amount of coconut oil.

Place oil and chops in covered fry pan on medium high heat. Cook on each side for 10 minutes.

## Raspberry Mint Smoothie

Serves: 1

- ½ cup frozen raspberries
- ½ banana
- 5-10 mint leaves
- 1 cup unsweetened almond, cashew, hemp, or coconut milk
- 1-2 scoops protein powder (any flavor) (check serving size)
- 1 tbsp raw honey
- 1 tbsp coconut oil

Put all ingredients in blender and blend until desired consistency.

## Roasted Asparagus with Garlic

Prep time: 10 min

Cook time: 30 min

Serves: 3

- 2 bundles asparagus
- 2 tbsp olive oil or cooking fat of choice
- 6 garlic cloves, minced
- 1 tsp dried rosemary, smashed into very fine pieces
- 1 tsp dried thyme
- Himalayan Salt to taste
- Fresh cracked pepper to taste
- ½ tsp paprika
- ½ cup parsley, chopped

Preheat oven to 425. Line baking sheet with aluminum foil. In a large bowl, combine olive oil with spices and whisk until blended together. Cut the asparagus in half lengthwise and place the flat side on bottom down on the cutting board. Cut each half into 5 pieces and add wedges to bowl with oil and herbs.

Toss asparagus with your hands until sufficiently coated. Lay the asparagus on baking sheet placing the cut side down. Bake for about 25 minutes, or until tender and lightly golden.

Flip asparagus and continue to cook for 5-7 minutes. Broil asparagus for 1-2 minutes until desired level of crispiness is reached. Remove baking sheets from oven, and allow asparagus to cool for at least 5 minutes before serving.

## Sautéed Sliced Plantains

Prep time: 5 min

Cook time: 5 min

Serves: 3

- 2 very ripe plantains
- 3 tbsp coconut oil or cooking fat of choice
- ¼ cup water
- Himalayan Salt and pepper to taste

Peel the plantains, cut them in half, and then half again lengthwise.

Heat the coconut oil in a wide bottomed pan on medium-high heat for a minute or two.

Gently place the plantains in the pan and sauté on medium-low heat for about 8 minutes, being careful not to burn them.

Turn the plantains over, add the water, and cover and simmer on low for another 8-10 minutes or until soft all the way through.

Once the plantains have cooked down and the water has been absorbed, sprinkle with salt and pepper on all sides. Serve warm.

## Sautéed Spinach

Prep time: 5 min

Cook time: 5 min

Serves: 3

- 2 tbsp ghee (use avocado or coconut oil for dairy free option)
- 4 garlic cloves, minced
- 1 lemon, juiced
- 6 cups baby spinach
- Himalayan Salt and pepper to taste

Heat butter over medium heat in a nonstick frying pan. Add garlic and sauté for 30 sec. Add spinach, season with salt, pepper, and lemon juice and sauté until spinach is wilted.

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<i>Supplements</i>							
3 DigestZyme + 1 PureZyme before meal	<i>Breakfast</i> Lemon Blueberry Smoothie	<i>Breakfast</i> 1½ - 2 cups Breakfast Casserole 2 tbsp Salsa	<i>Breakfast</i> Berry Blast with Chia	<i>Breakfast</i> Lemon Blueberry Smoothie	<i>Breakfast</i> 1½ - 2 cups Breakfast Casserole 2 tbsp Salsa	<i>Breakfast</i> Berry Blast with Chia	<i>Breakfast</i> Your Choice (must meet program guidelines)
3 GastroZyme following meal	<i>Snack</i> 1 cup Bone Broth	<i>Snack</i> 1 cup Bone Broth	<i>Snack</i> 1 cup Bone Broth	<i>Snack</i> 1 cup Bone Broth	<i>Snack</i> 1 cup Bone Broth	<i>Snack</i> 1 cup Bone Broth	<i>Snack</i> 1 cup Bone Broth
3 DigestZyme + 1 PureZyme before meal	<i>Lunch</i> 3-6 oz Baked Chicken ½ cup Carmelized Turnips with Basil and Honey 1-2 cups Spinach Salad with 1-2 tbsp Oil/Vinegar Dressing	<i>Lunch</i> 3-6 oz Pan Seared Salmon 2 cups Kale Salad	<i>Lunch</i> 3-6 oz Pot Roast with ¾ cup Carrots and Onions 1 cup Green Beans	<i>Lunch</i> 2-3 Beef Tacos ½ cup Sautéed Sliced Plantains	<i>Lunch</i> 3-6 oz Baked Chicken ½ cup Carmelized Turnips with Basil and Honey 1-2 cups Spinach Salad with 1-2 tbsp Oil/Vinegar Dressing	<i>Lunch</i> 3-6 oz Pan Seared Salmon 2 cups Kale Salad	<i>Lunch</i> Your Choice (must meet program guidelines)
2 DigestZyme with snack	<i>Snack</i> See Snack Options	<i>Snack</i> See Snack Options	<i>Snack</i> See Snack Options	<i>Snack</i> See Snack Options	<i>Snack</i> See Snack Options	<i>Snack</i> See Snack Options	<i>Snack</i> See Snack Options
3 DigestZyme + 1 PureZyme before meal	<i>Dinner</i> 3-6 oz Pot Roast with ¾ cup Carrots and Onions 1 cup Green Beans	<i>Dinner</i> 2-3 Beef Tacos ½ cup Sautéed Sliced Plantains	<i>Dinner</i> 3-6 oz Baked Chicken ½ cup Carmelized Turnips with Basil and Honey 1-2 cups Spinach Salad with 1-2 tbsp Oil/Vinegar Dressing	<i>Dinner</i> 3-6 oz Pan Seared Salmon 2 cups Kale Salad	<i>Dinner</i> 3-6 oz Pot Roast with ¾ cup Carrots and Onions 1 cup Green Beans	<i>Dinner</i> 2-3 Beef Tacos ½ cup Sautéed Sliced Plantains	<i>Dinner</i> Your Choice (must meet program guidelines)
3 GastroZyme following meal							
3 Plantadophilus + 3 PureZyme at bedtime							

# Thrive in 63: Week Two

# Week 2 Grocery List

## Fruit

- 1 pkg blueberries (or 1 bag frozen)
- 5 lemons
- 1 lime
- 1 pkg strawberries
- 1 bag frozen mixed berries
- 1 banana
- 2 avocados

## Vegetables

- 2 bags spinach (9 cups)
- 2 bags fresh kale (6 cups)
- 1 head romaine lettuce
- 1 cucumber
- 5 tomatoes
- 1 bunch cilantro
- 1 bunch basil
- 1 bag of carrots
- 6 turnips
- 1 yellow onion
- 3 red onions
- 2 ripe plantains
- 2 lb green beans (fresh)
- 2 bulbs garlic
- 1 pkg mushrooms
- 1 bag radishes

## Protein

- Dozen organic or pasture raised eggs
- 3 salmon steak/fillets
- 4 lbs bottom round roast
- 1 lb ground beef (grass fed preferred)
- 3 large chicken breasts

## Healthy Fats

- Coconut oil
- Chia seeds
- 1 carton unsweetened almond, cashew, hemp, or coconut milk
- Grass fed butter (Kerrygold®)
- Olive oil
- Avocado oil
- Walnuts (¾ cups)

## Spices/Herbs/Seasonings

- Cinnamon
- Himalayan Salt
- Pepper
- Garlic powder
- Cayenne pepper
- Paprika
- Oregano
- Thyme
- Chili powder
- Rosemary
- Parsley

## Misc.

- Salsa (organic)
- Honey
- Balsamic vinegar
- Red wine vinegar
- Approved protein powder (vanilla or unflavored)
- Bone broth (you will need chicken bone broth for a recipe this week in addition to broth for your snack)
- Snacks from approved list (see Snack Options)

# Week 2 Recipes

## Baked Chicken

Prep time: 5 min

Cook time: 45 - 60 min

Serves: 3

- 3 chicken breasts
- Himalayan Salt and pepper to taste
- Garlic powder to taste
- 1 whole Lemon, juiced
- Oregano to taste
- Thyme to taste

Preheat oven to 400. Season chicken as desired (suggestions: salt, pepper, garlic powder, lemon juice, rosemary, oregano, thyme, etc) and cover lightly with foil and bake for 45 min to 1 hour. For additional browning, remove foil 15 mins before done.

## Beef Tacos

Prep time: 10 min

Cook time: 20 min

Serves: 3

- 1 lb ground beef
- ½ onion, diced
- 2 tomatoes, diced
- ½ cup cilantro, diced
- 1 lime, juiced
- 1 avocado, sliced or mashed
- 1 tsp Himalayan Salt
- 1 tsp pepper

- 1 tsp chili powder
- 1 tsp garlic powder
- (Seasonings may adjust to taste)
- 2-3 leaves Bib or Romaine lettuce per serving (will serve as taco shell, or can eat over lettuce)

Brown meat in skillet, add salt, pepper, and other seasonings to taste. Combine tomatoes, onions, cilantro and lime juice in a bowl and set aside. Using the lettuce leaves as the taco “shell”, spoon meat mixture into folded leaf, top with tomato mixture and avocado. Jalapeños may be added if desired. You can also put taco mixture over 2 cups of lettuce if you prefer over taco shell.

## Berry Blast with Chia

Serves: 1

- 1 cup frozen berries OR fresh mixed berries of choice (blueberry, strawberry, raspberry, blackberry)
- 1 cup unsweetened almond, cashew, hemp, or coconut milk
- 1-2 scoops protein powder (any flavor) (check serving size)
- ½ banana
- 1 cup ice
- 1 tbsp coconut oil
- 1 tbsp chia seeds

Put all ingredients in blender and blend until desired consistency.

## Bone Broth

- see Week 1 for recipe (ingredients not included in Week 2 grocery list)

## Breakfast Casserole

Prep time: 35 min

Cook time: 25-30 min

Serves: 3-4

- 8 eggs
- 1 cup diced red onion
- 2 cups fresh spinach, tightly packed
- 2 cloves garlic
- 3 sliced tomatoes
- Himalayan Salt and pepper to taste
- 1 cup mushrooms, diced
- 1 tbsp olive oil

Preheat oven to 375. Butter a 8x8 baking pan, preferably glass (use avocado or coconut oil for dairy free option). In 1 tbsp cooking fat sautee spinach, mushrooms, red onion, and garlic. Beat eggs in a bowl, add sauteed vegetables. Add salt and pepper. Pour into pan and add tomato slices slightly submerging in egg. Bake for 25-30 minutes or until lightly browned and eggs are set. May serve with 1-2 tbsp salsa or guacamole.

## Caramelized Turnips with Basil and Honey

Serves: 4

- 1 tbsp coconut oil
- 6 medium turnips (halved lengthwise and cut into 2-inch pieces)
- 1 cup water (just enough to cover turnips in skillet)

- 2 tbsp raw, unfiltered honey
- 2 tbsp Chicken Bone Broth
- 4 tbsp fresh basil, torn or chipped

Heat a large skillet, add coconut oil to melt, and add turnips. Saute for 2-3 minutes then add just enough water to cover turnips. Cook over medium-high heat until water is evaporated and turnips are tender, about 10 minutes (if not evaporated at 12 minutes drain off excess water). Continue to sauté, tossing often, until turnips are light golden, about 2 minutes. Add the honey and broth. Continue to cook, stirring and scraping up browned bits with a wooden spoon, until turnips are glazed, about 2 minutes. Sprinkle in basil and serve.

## Green Beans

Prep time: 10 min

Cook time: 20 min

Serves: 3

- 1 lb fresh green beans
- 2 tbsp avocado oil
- 3 cloves garlic
- ¾ tsp Himalayan Salt
- ½ tsp dried oregano
- Freshly cracked pepper to taste

Snap the stems off of the green beans, then break them into 1-2 inch sections. Rinse with cool water to remove any dirt or debris. (If using frozen or prepacked you should not have to clean this way.)

Mince the garlic and add it to a large skillet along with the olive oil. Sauté the garlic over medium heat for about one minute, then add the green beans to the skillet and continue



to sauté until they are slightly softened and have some browned spots (about another 10-15 minutes). Season the skillet with salt, oregano, and some freshly cracked pepper. Sauté for one minute more, then serve.

## Kale Salad

Prep time: 10 min

Cook time: n/a

Serves: 3

- 6 cups fresh kale
- ½ cup chopped cilantro
- 1 cup cucumber, diced
- 1 bag of radishes, diced
- 1 avocado
- 1 fresh lemon or lime, juiced
- Himalayan Salt and pepper to taste

Wash the Kale and tear small pieces from the stem. Salt the Kale and massage into the leaves for a minute or two. Set aside, the kale will soften.

While the leaves are softening chop and dice cilantro and cucumber. (You can add any vegetable you like). Mash an avocado and blend into the Kale leaves once they are soft and then add your diced ingredients.

Top with lemon or lime juice to taste. The mashed avocado makes a nice “dressing.”

## Lemon Blueberry Smoothie

Serves: 1

- 1 cup frozen blueberries
- 2 tbsp lemon juice or ½ lemon, juiced
- ½ tsp cinnamon

- 1 cup spinach
- 1 cup water
- 1-2 scoops vanilla protein powder (check serving size)
- 1 cup ice
- 1 tbsp coconut oil
- ½ cup almond, coconut, or cashew milk

Put all ingredients in blender and blend until desired consistency.

## Pan Seared Salmon

Prep time: 5 min

Cook time: 10 min

Serves: 3

- 3 salmon filets (12-18 oz total)
- 2 lemons
- Himalayan Salt and pepper to taste
- 3 cloves of garlic
- 3 tsp butter (½ tbsp per salmon filet) (use avocado or coconut oil for dairy free option)

Melt butter/oil in frying pan over medium heat, add lemon, salt, pepper, garlic and stir. Place salmon in pan skin side up and increase heat to med-high. Cook for 5-7 minutes until lightly browned then flip. Continue cooking another 5 or so minutes. Remove skin with a fork and cook 1-2 minutes longer until center is done.

## Pot Roast with Carrots and Onions

Prep time: 30 min

Cook time: 4-6 hours

Serves: 3-4

- 4 lbs Bottom Round, rubbed with salt and pepper
- 2-3 tbsp Avocado oil or cooking fat of choice
- 2 medium red onions, halved or quartered
- 4-6 carrots, sliced
- ½ - 1 pound fresh or frozen green beans
- 1-2 tbsp fresh rosemary
- 1-2 tbsp fresh thyme
- 1 tsp fresh parsley
- 1 cup red wine vinegar
- 2 cups beef bone broth (see Week 1 for recipe)

Preheat oven to 300. Grind the fresh rosemary, thyme, and parsley remove with mortar. This will release some of the natural aromatic oils, imparting a far deeper taste to the meat. If you don't have a pestle and mortar you can simply use another blunt object on a chopping board, such as a rolling pin or the handle of a cleaver.

Pour the extra cooking oil into a pan and gently heat it before adding the onions, flipping them once the underside begins to brown. Remove the onions and set them aside. Add chopped carrots and cook them on a high heat for just a minute or two until they are nicely browned. Remove. Turn the heat up and place the meat in to sear it, turning to sear both sides and edges.

Remove the roast, set it aside, and while keeping the heat nice and high, add bone broth or water. Use a spatula or some such utensil to scrape off any meat that might have gotten stuck to the bottom. Once the liquid

begins to simmer, add the remaining bone broth and bring everything to a nice gentle simmer.

Pile the carrots in the middle of the pan and then lay the roast on top so that it isn't submerged in the liquid. Once the roast is in position, lay the onion pieces around the meat so that they are evenly distributed. Sprinkle herbs on meat and vegetables.

Cover your roast with a lid or foil and place in your pre-heated oven. Cook for 3-4 hours. You'll know when the meat is cooked because you'll be able to more or less flake it apart with a fork.

## Sautéed Sliced Plantains

- see Week 1 for recipe

## Spinach Salad

Prep time: 5 min

Cook time: n/a

Serves: 1

- 1 ½ cups fresh baby spinach
- ¼ cup walnuts
- ¼ cup sliced strawberries
- 1-2 tbsp balsamic vinegar
- 1 tbsp olive oil
- Himalayan Salt and pepper to taste
- Any additional non-starchy vegetables (see Exchange List)

Combine all ingredients and toss with balsamic vinegar or oil and vinegar, salt, and pepper. If prepping ahead of time, hold vinaigrette and oil until served.

	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
<i>Supplements</i>							
3 DigestZyme + 1 PureZyme before meal	<i>Breakfast</i> Bacon and Mushroom Scrambled Eggs ½ Avocado	<i>Breakfast</i> Banana Strawberry Smoothie	<i>Breakfast</i> Turkey and Egg Scramble 1 cup Sautéed Veggie Mix	<i>Breakfast</i> Bacon and Mushroom Scrambled Eggs ½ Avocado	<i>Breakfast</i> Banana Strawberry Smoothie	<i>Breakfast</i> Turkey and Egg Scramble 1 cup Sautéed Veggie Mix	<i>Breakfast</i> Your Choice (must meet program guidelines)
3 GastroZyme following meal	<i>Snack</i> 1 cup Bone Broth	<i>Snack</i> 1 cup Bone Broth	<i>Snack</i> 1 cup Bone Broth	<i>Snack</i> 1 cup Bone Broth	<i>Snack</i> 1 cup Bone Broth	<i>Snack</i> 1 cup Bone Broth	<i>Snack</i> 1 cup Bone Broth
3 DigestZyme + 1 PureZyme before meal	<i>Lunch</i> Crunchy Tuna Salad with ½ cup Sliced Strawberries	<i>Lunch</i> 3-6 oz Lemon Pepper Pork Chop 1 cup Brussels Sprouts ½ cup Roasted Potatoes	<i>Lunch</i> 1-2 cups Sautéed Shrimp and Cabbage with Parsnips and Cashews ½ cup Sautéed Veggie Mix	<i>Lunch</i> 1 ½ - 2 cups Chicken Vegetable Soup ½ cup Roasted Potatoes	<i>Lunch</i> Crunchy Tuna Salad with ½ cup Sliced Strawberries	<i>Lunch</i> 3-6 oz Lemon Pepper Pork Chop 1 cup Brussels Sprouts ½ cup Roasted Potatoes	<i>Lunch</i> Your Choice (must meet program guidelines)
2 DigestZyme with snack	<i>Snack</i> See Snack Options	<i>Snack</i> See Snack Options	<i>Snack</i> See Snack Options	<i>Snack</i> See Snack Options	<i>Snack</i> See Snack Options	<i>Snack</i> See Snack Options	<i>Snack</i> See Snack Options
3 DigestZyme + 1 PureZyme before meal	<i>Dinner</i> 1 ½ - 2 cups Chicken Vegetable Soup ½ cup Roasted Potatoes	<i>Dinner</i> 1-2 cups Sautéed Shrimp and Cabbage with Parsnips and Cashews ½ cup Sautéed Veggie Mix	<i>Dinner</i> Crunchy Tuna Salad with ½ cup Sliced Strawberries	<i>Dinner</i> 3-6 oz Lemon Pepper Pork Chop 1 cup Brussels Sprouts ½ cup Roasted Potatoes	<i>Dinner</i> 1-2 cups Sautéed Shrimp and Cabbage with Parsnips and Cashews ½ cup Sautéed Veggie Mix	<i>Dinner</i> 1 ½ - 2 cups Chicken Vegetable Soup ½ cup Roasted Potatoes	<i>Dinner</i> Your Choice (must meet program guidelines)
3 GastroZyme following meal							

3 Plantadophilus  
+ 3 PureZyme  
at bedtime

# Thrive in 63: Week Three

# Week 3 Grocery List

## Fruit

- 2 bananas
- 3 small apples
- 2 avocados
- 3 lemons
- 3 cups strawberries (or 1 container)

## Vegetables

- 24 oz mushrooms
- 1 bag carrots
- 1 bag fresh or frozen kale
- 1 lb parsnips
- 1 large tomato
- 1 can diced tomatoes
- 6 cups or 2 large bags spring mix lettuce
- 4 russet potatoes
- 1 yellow onion
- 1 zucchini
- 1 yellow squash
- 3 green bell peppers
- 1 red bell pepper
- 1 yellow bell pepper
- 1 bunch celery
- 2 bulbs garlic
- 1 bunch parsley
- 1 bunch cilantro
- 2 heads of broccoli
- 2-10 oz bag fresh Brussels sprouts
- 1 head of green cabbage

## Protein

- Dozen organic or pasture raised eggs
- 10 turkey sausage (links, patty, or ground)
- 3 cans tuna
- 3 chicken breasts
- 1 lb shrimp

- 3 bone-in or boneless pork chops (around 1 lb)
- Bacon (Whole 30® approved preferred)

## Healthy Fats

- 1 carton unsweetened almond, cashew, hemp, or coconut milk
- Almond butter
- ¾ cup pecans
- 1 cup raw cashews
- Olive or avocado oil
- Coconut oil
- Grass fed butter (Kerrygold®)
- Ghee (optional instead of butter)

## Spices/Herbs/Seasonings

- Lemon pepper
- Himalayan Salt
- Pepper
- Paprika
- Rosemary
- Thyme
- Minced garlic
- Oregano
- Red pepper flakes

## Misc.

- Vinegar (any vinegar will work)
- Worcestershire sauce
- Mustard
- Approved protein powder
- Coconut aminos
- Bone broth (you will need chicken bone broth for a recipe this week in addition to broth for your snack)
- Plantain chips
- Salsa (organic)

# Week 3 Recipes

## Bacon & Mushroom Scrambled Eggs

Cook time: 15-20 min

Serves: 2

- 6 eggs
- 4 slices bacon
- 2 cups sliced mushrooms
- 2-3 cups fresh kale
- Himalayan Salt and pepper to taste

Dice bacon and cook in frying pan until brown. Add mushrooms and kale and cook 2-3 minutes.

Wisk eggs in a bowl then add to bacon and mushrooms.

Stir until eggs are cooked, salt and pepper to taste. Serve with ½ an avocado.

## Banana Strawberry Smoothie

Serves: 1

- ½ banana
- 1 cup strawberries
- 1 cup unsweetened almond, cashew, hemp, or coconut milk
- 1 tbsp almond butter
- 1 cup ice
- 1-2 scoops protein powder (any flavor) (check serving size)

Put all ingredients in blender and blend until desired consistency.

## Bone Broth

- see Week 1 for recipe (ingredients not included in grocery list)

## Brussels Sprouts

Prep time: 5 min

Cook time: 10 min

Serves: 3

- 2 bags fresh Brussels sprouts (may use frozen if fresh not available)
- ½ cup chopped carrots
- 3 tbsp butter (use avocado or coconut oil for dairy free option)
- Himalayan Salt and pepper to taste

Heat oil in skillet over medium high heat. Slice Brussels sprouts in half longways. Slice carrots. Place cut side down in skillet and cook until brown and carrots are tender, stirring occasionally. Remove from heat, cover and let sit 5 minutes. Salt and pepper to taste.

May dice 2 strips of bacon and pan fry; add Brussels sprouts to bacon and cook as above. Or, may toss with balsamic vinegar, just enough to lightly coat vegetables.

## Chicken Vegetable Soup

Prep time: 1 hour to bake chicken and 20 minutes prep for the soup

Cook time: additional 15-20 minutes

Serves: 3

- 3 chicken breasts, cooked and diced or buy pre-made rotisserie chicken (12-18 oz total)
- 4 cups chicken bone broth
- 1 can diced tomatoes (with seasonings like garlic and basil recommended)
- 1 yellow onion
- 1 green bell pepper
- 3 stalks celery
- 3 carrots
- 1 garlic clove, chopped (more if desired)
- 1 cup cilantro, stemmed
- Himalayan Salt and pepper to taste

Bake chicken and allow to cool, dice into bite size chunks. Place in a large stock pot. Add chicken bone broth, tomatoes and garlic and bring to a boil, reduce heat, cover and simmer. Chop all remaining vegetables and add to pot. Cook for 15-20 minutes. Longer if you prefer vegetables very soft. Salt and pepper to taste.



## Crunchy Tuna Salad

Prep time: 15 min

Serves: 1

- 1 can tuna, drained
- 2 cups chopped lettuce
- 1 small apple, cored and diced
- ¼ cup green pepper, diced
- ¼ avocado, peeled and diced
- ¼ cup freshly diced tomatoes
- ¼ cup pecan nuts (may use alternative nut if preferred)
- 1-2 tbsp olive oil
- 2 tbsp fresh lemon juice (1 lemon, juiced)
- Himalayan Salt and pepper to taste

Place all ingredients in a bowl and toss together.

## Lemon Pepper Pork Chops

Prep time: 5 min

Cook time: 35 min

Serves: 3

- 3 pork chops
- 3 tbsp lemon pepper
- 3 tbsp butter or ghee (use avocado or coconut oil for dairy free option)
- 3 tbsp avocado oil
- 3 tsp Worcestershire sauce

Preheat oven to 400.

Tear off a generous square of tin foil for each chop, enough to wrap and seal completely.

Coat both sides of each chop with lemon pepper.

Put ½ tbsp butter and 1 tbsp olive oil in the middle of each square of tin foil. Put the peppered chops on top of the butter and oil. Put ½ tbsp of butter on top of each chop. Add 1 tsp Worcestershire sauce over the top of each chop.

Wrap each chop tightly and place on middle rack of oven. Bake for 35 minutes.

## Roasted Potatoes

Prep time: 10 min

Cook time: 30 min

Serves: 6-8

- 4 large unpeeled russet potatoes
- 3 tbsp olive oil or avocado oil
- 4 garlic cloves, minced
- 1 tsp dried rosemary, smashed into very fine pieces
- 1 tsp dried thyme
- Himalayan Salt to taste
- Fresh cracked pepper to taste
- 1 tsp paprika
- ½ cup parsley, chopped

Preheat oven to 425. Line baking sheet with aluminum foil. In a large bowl, combine olive oil with spices and whisk until blended together.

Cut the potatoes in half lengthwise and place the flat side on bottom down on the cutting board. Cut each half into 5 pieces and add wedges to bowl with oil and herbs.

Toss potato wedges with your hands until sufficiently coated. Lay the potato wedges on baking sheet placing the cut side down. Bake for about 25 minutes, or until tender and lightly golden brown.

Flip potatoes and continue to cook for 5-7 minutes. Broil potatoes for 1-2 minutes until desired level of crispiness is reached. Remove baking sheets from oven, and allow potatoes to cool for at least 5 minutes before serving.

## Sautéed Shrimp and Cabbage with Parsnips and Cashews

Prep time: 15 min

Cook time: 20 min

Serves: 3

- 1 lb bag large peeled shrimp, wild caught
- 1 head green cabbage, shredded
- 1 lb parsnips, sliced thin
- 1 cup cashews
- 2 tbsp butter (use avocado or coconut oil for dairy free option)
- 2 garlic cloves, diced
- Himalayan Salt and pepper to taste
- 4 tbsp coconut aminos (healthy soy sauce alternative)

Melt 1 tbsp cooking fat with garlic in fry pan and sauté shrimp until done, 5-10 minutes. In a separate pan melt 1 tbsp cooking fat, add cabbage, coconut aminos, and parsnips. Cover with lid let them cook until soft. Once soft, combine the shrimp with vegetable mixture. Add cashews and toss. Salt and pepper.

## Sautéed Veggie Mix

Prep time: 10 min

Cook time: 10 min

Serves: 4

- 2 tbsp butter (use avocado or coconut oil for dairy free option)
- 1 tsp minced garlic
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 cup mushrooms, sliced
- 2 heads of broccoli, chopped
- 1 zucchini, sliced
- 1 yellow summer squash, sliced
- ½ tsp dried oregano
- Other seasonings and spices to taste from shopping list as preferred

In a large sauté pan over medium-high heat, add the butter/oil. Add the garlic and sauté, stirring for 1 minute. Add all of the vegetables and cook until just starting to wilt, about 2 minutes. Add the oregano and other seasonings (pepper, cumin, Himalayan Salt, etc) that you desire and stir well and cook just until vegetables are wilted, about 3 minutes. Remove from heat and serve.

## Turkey and Egg Scramble

Cook time: 5-10 min

Serves: 3

- 2 tbsp grass fed butter (use avocado or coconut oil for dairy free option)
- 6 eggs
- 10 oz turkey sausage or ground turkey
- 1 tbsp red pepper flakes
- Himalayan Salt and pepper to taste

Place 1 tbsp fat, ground turkey and 2-3 eggs into skillet and cook for 5-10 minutes until cooked through.

Serve with side of sautéed vegetables and salsa.

# Standard Measurements

## Weight

- 50 gm = 2 oz
- 60 gm = 2.5 oz
- 85 gm = 2.9 oz
- 95 gm = 3.2 oz
- 100 gm = 3.4 oz
- 140 gm = 4.7 oz
- 195 gm = 6.6 oz
- 200 gm = 6.8 oz
- 285 gm = 9.6 oz
- 300 gm = 10 oz
- 400 gm = 13.5 oz
- 410 gm = 13.9 oz
- 425 gm = 14.4 oz
- 500 gm = 16.9 oz
- 600 gm = 20 oz
- 700 gm = 23.7 oz
- 800 gm = 27 oz
- 1 kg = 2.2 lb

## Oven Temperatures

- 400 Fahrenheit = 200 Celsius
- 350 Fahrenheit = 180 Celsius
- 325 Fahrenheit = 160 Celsius
- 250 Fahrenheit = 120 Celsius

## Volume

- 1 cup = 240 ml = 8 fluid oz
- $\frac{1}{2}$  cup = 120 ml = 4 fluid oz
- $\frac{2}{3}$  cup = 160 ml
- $\frac{1}{4}$  cup = 60 ml = 2 fluid oz
- $\frac{3}{4}$  cup = 180 ml = 5 fluid oz
- 1 tsp = 5 ml
- 1 tbsp = 15 ml

# Food Journal (Day 1)

☐ 3 DigestZyme + 1 PureZyme

(1 = not hungry, 5 = very hungry)

## Breakfast

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

## Lunch

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

## Snack

Hunger Scale: 1 2 3 4 5

☐ 2 DigestZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

## Dinner

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

## Bedtime

☐ 3 Plantadophilus  
+ 3 PureZyme

Notes/Comments:

# Food Journal (Day 2)

☐ 3 DigestZyme + 1 PureZyme

(1 = not hungry, 5 = very hungry)

## Breakfast

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

## Lunch

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

## Snack

Hunger Scale: 1 2 3 4 5

☐ 2 DigestZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

## Dinner

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

## Bedtime

☐ 3 Plantadophilus  
+ 3 PureZyme

Notes/Comments:

## Food Journal (Day 3)

☐ 3 DigestZyme + 1 PureZyme

(1 = not hungry, 5 = very hungry)

### Breakfast

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

### Lunch

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

### Snack

Hunger Scale: 1 2 3 4 5

☐ 2 DigestZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

### Dinner

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

### Bedtime

☐ 3 Plantadophilus  
+ 3 PureZyme

Notes/Comments:

## Food Journal (Day 4)

☐ 3 DigestZyme + 1 PureZyme

(1 = not hungry, 5 = very hungry)

### Breakfast

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

### Lunch

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

### Snack

Hunger Scale: 1 2 3 4 5

☐ 2 DigestZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

### Dinner

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

### Bedtime

☐ 3 Plantadophilus  
+ 3 PureZyme

Notes/Comments:

## Food Journal (Day 5)

☐ 3 DigestZyme + 1 PureZyme

(1 = not hungry, 5 = very hungry)

### Breakfast

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

### Lunch

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

### Snack

Hunger Scale: 1 2 3 4 5

☐ 2 DigestZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

### Dinner

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

### Bedtime

☐ 3 Plantadophilus  
+ 3 PureZyme

Notes/Comments:

## Food Journal (Day 6)

☐ 3 DigestZyme + 1 PureZyme

(1 = not hungry, 5 = very hungry)

### Breakfast

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

### Lunch

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

### Snack

Hunger Scale: 1 2 3 4 5

☐ 2 DigestZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

### Dinner

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

### Bedtime

☐ 3 Plantadophilus  
+ 3 PureZyme

Notes/Comments:



# Food Journal (Day 7)

☐ 3 DigestZyme + 1 PureZyme

(1 = not hungry, 5 = very hungry)

## Breakfast

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

## Lunch

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

## Snack

Hunger Scale: 1 2 3 4 5

☐ 2 DigestZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

## Dinner

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

## Bedtime

☐ 3 Plantadophilus  
+ 3 PureZyme

Notes/Comments:

# Food Journal (Day 8)

☐ 3 DigestZyme + 1 PureZyme

(1 = not hungry, 5 = very hungry)

## Breakfast

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

## Lunch

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

## Snack

Hunger Scale: 1 2 3 4 5

☐ 2 DigestZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

## Dinner

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

## Bedtime

☐ 3 Plantadophilus  
+ 3 PureZyme

Notes/Comments:

## Food Journal (Day 9)

☐ 3 DigestZyme + 1 PureZyme

(1 = not hungry, 5 = very hungry)

### Breakfast

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

☐ 3 DigestZyme + 1 PureZyme

### Lunch

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

### Snack

Hunger Scale: 1 2 3 4 5

☐ 2 DigestZyme

How do you feel?     

☐ 3 DigestZyme + 1 PureZyme

### Dinner

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

### Bedtime

☐ 3 Plantadophilus  
+ 3 PureZyme

Notes/Comments:

## Food Journal (Day 10)

☐ 3 DigestZyme + 1 PureZyme

(1 = not hungry, 5 = very hungry)

### Breakfast

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

☐ 3 DigestZyme + 1 PureZyme

### Lunch

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

### Snack

Hunger Scale: 1 2 3 4 5

☐ 2 DigestZyme

How do you feel?     

☐ 3 DigestZyme + 1 PureZyme

### Dinner

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

### Bedtime

☐ 3 Plantadophilus  
+ 3 PureZyme

Notes/Comments:

# Food Journal (Day 11)

☐ 3 DigestZyme + 1 PureZyme

(1 = not hungry, 5 = very hungry)

## Breakfast

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

☐ 3 DigestZyme + 1 PureZyme

## Lunch

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

## Snack

Hunger Scale: 1 2 3 4 5

☐ 2 DigestZyme

How do you feel?     

☐ 3 DigestZyme + 1 PureZyme

## Dinner

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

## Bedtime

☐ 3 Plantadophilus  
+ 3 PureZyme

Notes/Comments:

# Food Journal (Day 12)

☐ 3 DigestZyme + 1 PureZyme

(1 = not hungry, 5 = very hungry)

## Breakfast

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

☐ 3 DigestZyme + 1 PureZyme

## Lunch

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

## Snack

Hunger Scale: 1 2 3 4 5

☐ 2 DigestZyme

How do you feel?     

☐ 3 DigestZyme + 1 PureZyme

## Dinner

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

## Bedtime

☐ 3 Plantadophilus  
+ 3 PureZyme

Notes/Comments:

## Food Journal (Day 13)

☐ 3 DigestZyme + 1 PureZyme

(1 = not hungry, 5 = very hungry)

### Breakfast

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

### Lunch

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

### Snack

Hunger Scale: 1 2 3 4 5

☐ 2 DigestZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

### Dinner

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

### Bedtime

☐ 3 Plantadophilus  
+ 3 PureZyme

Notes/Comments:

## Food Journal (Day 14)

☐ 3 DigestZyme + 1 PureZyme

(1 = not hungry, 5 = very hungry)

### Breakfast

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

### Lunch

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

### Snack

Hunger Scale: 1 2 3 4 5

☐ 2 DigestZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

### Dinner

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

### Bedtime

☐ 3 Plantadophilus  
+ 3 PureZyme

Notes/Comments:

## Food Journal (Day 15)

☐ 3 DigestZyme + 1 PureZyme

(1 = not hungry, 5 = very hungry)

### Breakfast

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

☐ 3 DigestZyme + 1 PureZyme

### Lunch

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

### Snack

Hunger Scale: 1 2 3 4 5

☐ 2 DigestZyme

How do you feel?     

☐ 3 DigestZyme + 1 PureZyme

### Dinner

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

### Bedtime

☐ 3 Plantadophilus  
+ 3 PureZyme

Notes/Comments:

## Food Journal (Day 16)

☐ 3 DigestZyme + 1 PureZyme

(1 = not hungry, 5 = very hungry)

### Breakfast

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

☐ 3 DigestZyme + 1 PureZyme

### Lunch

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

### Snack

Hunger Scale: 1 2 3 4 5

☐ 2 DigestZyme

How do you feel?     

☐ 3 DigestZyme + 1 PureZyme

### Dinner

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

### Bedtime

☐ 3 Plantadophilus  
+ 3 PureZyme

Notes/Comments:

## Food Journal (Day 17)

☐ 3 DigestZyme + 1 PureZyme

(1 = not hungry, 5 = very hungry)

### Breakfast

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

### Lunch

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

### Snack

Hunger Scale: 1 2 3 4 5

☐ 2 DigestZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

### Dinner

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

### Bedtime

☐ 3 Plantadophilus  
+ 3 PureZyme

Notes/Comments:

## Food Journal (Day 18)

☐ 3 DigestZyme + 1 PureZyme

(1 = not hungry, 5 = very hungry)

### Breakfast

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

### Lunch

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

### Snack

Hunger Scale: 1 2 3 4 5

☐ 2 DigestZyme

How do you feel? 😊 😊 😐 😞 😡

☐ 3 DigestZyme + 1 PureZyme

### Dinner

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel? 😊 😊 😐 😞 😡

### Bedtime

☐ 3 Plantadophilus  
+ 3 PureZyme

Notes/Comments:

## Food Journal (Day 19)

☐ 3 DigestZyme + 1 PureZyme

(1 = not hungry, 5 = very hungry)

### Breakfast

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

☐ 3 DigestZyme + 1 PureZyme

### Lunch

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

### Snack

Hunger Scale: 1 2 3 4 5

☐ 2 DigestZyme

How do you feel?     

☐ 3 DigestZyme + 1 PureZyme

### Dinner

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

### Bedtime

☐ 3 Plantadophilus  
+ 3 PureZyme

Notes/Comments:

## Food Journal (Day 20)

☐ 3 DigestZyme + 1 PureZyme

(1 = not hungry, 5 = very hungry)

### Breakfast

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

☐ 3 DigestZyme + 1 PureZyme

### Lunch

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

### Snack

Hunger Scale: 1 2 3 4 5

☐ 2 DigestZyme

How do you feel?     

☐ 3 DigestZyme + 1 PureZyme

### Dinner

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

### Bedtime

☐ 3 Plantadophilus  
+ 3 PureZyme

Notes/Comments:



# Food Journal (Day 21)

☐ 3 DigestZyme + 1 PureZyme

(1 = not hungry, 5 = very hungry)

## Breakfast

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

☐ 3 DigestZyme + 1 PureZyme

## Lunch

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

## Snack

Hunger Scale: 1 2 3 4 5

☐ 2 DigestZyme

How do you feel?     

☐ 3 DigestZyme + 1 PureZyme

## Dinner

Hunger Scale: 1 2 3 4 5

☐ 3 GastroZyme

How do you feel?     

## Bedtime

☐ 3 Plantadophilus  
+ 3 PureZyme

Notes/Comments:





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