

TEN
IN 21

Thrive Body Program

FAQ's Before You Begin the Program

1. WILL I BE STARVING?

Not at all! There are recipes for breakfast, lunch, and dinner, and there is room for snacks in between. Every meal is delicious and created by a fabulous chef to nourish your body from the inside out. This program is not about starvation or deprivation, and we are not counting calories or dwelling on carbs. You will feel satisfied with every bite. If you do get hungry, there are extra snack recipes included! Remember always follow your body's clues.

2. CAN I STILL WORKOUT DURING THE PROGRAM?

Please workout during the program! If you feel tired or have low energy, exercising restores both strength and energy. During this program, you will be eating protein and drinking plenty of liquids, so if you're already exercising, there's no reason to stop! It is important to remember that whenever you change the foods you eat your body changes as well. Please consult with your doctor if you have any specific concerns about your health.

3. WHAT SORT OF PROTEINS WILL I BE EATING?

This program is based on clean, pasture-raised proteins. Although there are certainly many plant-based foods and vegetables included, the current program is not designed for the vegan or strict vegetarian.

4. AM I ONLY GOING TO BE DRINKING JUICES AND SMOOTHIES?

No way! While there are some juices and smoothies for you to choose from, you will also be eating a variety of foods that are delicious, nutritious, and will eliminate toxins in your body in a safe and natural way.

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5. DO I HAVE TO TAKE SUPPLEMENTS, PILLS, AND POWDERS?

All though with my 1:1 clients I often evaluate their individual needs and make recommendations for supplements, none are required in this program!!

6. CAN I DO THIS IF I'M NURSING OR PREGNANT?

If you are nursing, I suggest that you add at least 4-6 ounces of protein at lunch and dinner, make morning smoothie with a scoop of collagen, hemp or pea protein, and eat snacks in between meals. Make sure you are consuming extra fat and drinking enough liquids. This program does not include any detox-provoking agents, but again, please consult with your doctor prior to starting this program if you have any health concerns.

7. WILL I FEEL WEAK DURING THE PROGRAM?

You are going to feel so strong and energized it will amaze you! In the beginning, your body may go through a "healing phase" to re-balance and let go of toxicity. It is important to listen to your body through this program, however if you experience something you are unsure of I will guide you step by step through exactly what can be done to reduce any unwanted symptoms that may appear. This program is completely flexible for figuring out what works for YOU!

8. I DON'T EAT GLUTEN OR DAIRY. HOW CAN THIS PROGRAM HELP ME?

Many people who eat very "clean" already still have room to empty out the pipes with an elimination diet and take their healthy habits to the next level. Changing up the foods we eat gives our digestion time to rest and reset, which can be helpful for anyone regardless of their current eating habits.

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9. WHAT SIDE EFFECTS MIGHT I EXPERIENCE?

Some people go through this program and feel nothing but energized, while others may feel tired or light-headed as their bodies eliminate and let go of unnecessary toxins. The experience will differ from one person to the next, but this program is designed with that in mind, and you'll have access to all the tools you need to keep any unwanted symptoms at bay.

10. I HAVE A KNOWN MEDICAL CONDITION. IS THIS STILL SAFE FOR ME?

While this program is based on eating only whole foods, it is still advised that you consult your physician before beginning this or any program.

Note: It is important to consult your physician before beginning any new eating or exercise program. This is a clean eating program designed to teach you the difference between foods that inflame you and foods that fuel you. These statements have not been evaluated by the Food and Drug Administration. This is not intended to diagnose, treat, cure, or prevent any disease.

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