

NUTRITIONAL PLAN

THRIVE BASIC KIT

Checklist

1 - Count protein intake. If it is difficult to meet your protein intake from food, then use a protein shake to help meet your protein needs. Eat as frequently as necessary so you can reach your protein needs. The DRI (Dietary Reference Intake) is 0.36 grams of protein per pound (0.8 grams per kg) of body weight. This amounts to about 60 grams per day for the average sedentary man and 50 grams per day for the average sedentary woman. WLS patients are usually recommended to eat at least 60 grams. These recommendations depend on age, height, muscle mass, physical activity, and weight.

2- After eating your protein, fill up the pouch with vegetables first, eat fruits occasionally and healthy carbs in strict moderation. Your new pouch should be reserved for nutritious food only. There is no space for anything else.

3- Be mindful about eating. Take at least 20 minutes to eat and no more than 30 minutes.

4- Prevent malnutrition. Choose wholesome foods, preferably organic, and take your supplements religiously.

5- Increase your physical activity.

6- Hydrate between meals. Drink at least 2 glasses of water and/or tea in between meals.

Supplements

May be taken whole, mixed in, or blended in a shake, or as directed by your surgeon.

1- Take these early in the morning:

- 1 Essential Nutrition Multi capsule
- 1, up to 2 Multi-Flora probiotic capsules

2- Take two (2) capsules with lunch or at least two (2) hours after the multivitamin and one (1) capsule with dinner. Separating their intake improves their absorption.

- 3 Cal-Mag Citrate Complex capsules

Purchase the Methyl B12, Omega 3, and Vitamin D3 separately to boost your nutrition.

Liquids

Aim for 64 oz of water, infusions, herbal teas, unsweetened and low-sodium electrolytes, and 4 cups of organic green tea.

Do not combine foods with liquids. Stop drinking 5 minutes before your meal and resume drinking 30 minutes after eating.

Increase physical activity and exercise

These recommendations are not intended to be a substitute for professional medical advice. Always inform your doctor of the supplements you are taking. Do not use this plan if you are pregnant or nursing. Consult a healthcare professional if you have any pre-existing medical conditions or are taking any prescription medication. Use as directed. Not intended for children. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



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