



Thrive: The Thrive Energy Cookbook Energy Eating Guide

Thrive Star Publishing

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Looking to a healthy fat loss while increasing productivity, elevating mood, improving sleep, fortifying the immune system and eliminating cravings ?

Give the Thrive Diet a try and you will soon learn to enjoy the benefits of eating a diet based on whole, fresh plant foods. Your energy levels will soar and you'll quickly forget that you're eating vegan. Nature has provided us with everything we need to thrive; it's up to us to take advantage of it!

Discover out whole food-based lifestyle that focuses on simple ingredients and recipes in order to maximize energy levels and performance

Also, you'll discover.. Meals to keep energy levels high while controlling blood sugar Foods to avoid and meal to keep you full and satisfied longer Great recipes that is simple and wholesome to eat And much more!

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Thrive Energy Smoothies

Anti-Inflammatory Mango Smoothie Savory Smoothie Strawberry-Kiwi Smoothie Rise & Shine Smoothie Nutritional Blend Blueberry Morning Drink Delicious Apple Smoothie Raspberry Blend Strawberry Blend Green Goodness Smoothie Red Berry Smoothie Green Supreme Smoothie Sweet Envy Green Smoothie Kiwi Strawberry Smoothie Peter Rabbit Carrot Crush Sweet Berry Bliss Indigo Blue Berry Blend Nutty Buddy Banana Smoothie Guava Pop Smoothie Mojito Cooler Crush Choco-cado Smoothie Ginger Orange Burst Cherry Crush Piña Colada Smoothie

**Minty Melon Smoothie Peach Relief Smoothie Bananarama Blend
Strawberry Orange Smoothie Blueberry Morning Drink Perfect Pear
Smoothie**

Thrive Plant Based Energy Recipes

**Bell Pepper Fruit Cup Sugar Free Fruit Salad Tahini with Fruit Topping
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Persimmon Salad Coconut Beet Salad**

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