

core CHALLENGE

PHASE
3 **THRIVE**
LIVE YOUR LIFE



Weeks 9+

1 REPROGRAM

Maintain your achieved results by reprogramming your mind to continue to eat clean. Supplement with the **CORE Protein Shakes** and the **CORE Boost Pro-Bio**.

SAMPLE MEAL PLAN See page 2 for suggested meal portions

Breakfast	Protein + Carb + Fat (Ex: Greek Yogurt + Berries + Almonds)
Mid-Morning	CORE Protein Shake + CORE Boost Pro-Bio + optional CORE Boost Build**
Lunch	Protein + Carb + Fat (Ex: Blacked Tilapia + Whole Wheat Tortilla + Seasoned Mayo)
Mid-Afternoon	Protein Snack + Carb (CORE Protein Shake optional)
Dinner	Protein + Carb + Fat (Ex: Grilled Halibut + Sweet Potatoes + Butter/Cinnamon)

2 DIVERSIFY

Diversify your eating habits by trying other clean-eating recipes, or **CORE Protein Shake** recipes.

- Diversify your food by adding a "Off-Plan Meal a.k.a. cheat meal" once per week.
- Diversify by trying **CORE** recipes.
- For those who want to gain lean muscle mass, diversify your exercises and enhance your results by adding **CORE Boost Build****.

3 ENERGIZE

It's time to live invigorated in your new healthy and fit lifestyle.

More Info:

- Repeat the **DETOX Phase** if you ever feel your body is in need of a cleanse or reset.*
- Repeat the **IGNITE Phase** if you feel the need to boost your metabolism.*

** **Lean Muscle Option:** For those who want to gain lean muscle mass, begin supplementing the **CORE Boost Build** to enhance your results.*

Portion Exchange System & Clean Foods
See page 2 for suggested clean foods and portion sizes.

Meal Plans
See page 3 for suggested meal plans.

THRIVE Phase Products (Recurring 4 weeks/28 days)
1 bag **CORE Protein Shake** 1 box **CORE Boost Pro-Bio**
1 box **CORE Boost Build****



* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Portion Exchange System & Clean Foods

The **CORE Program** uses a simple measuring system (1 protein, 1 carb, 1 fat) for each meal. This gender specific guide will assure that you're eating the appropriate amount of clean food in order to reach your goals.

Feel free to experiment with foods not found on this list, just follow the guidelines you've learned.

DAILY MEAL PLAN	
Breakfast	1 Protein + 1 Carb + 1 Fat
Mid-Morning	Protein Shake
Lunch	1 Protein + 1 Carb + 1 Fat
Mid-Afternoon	Protein Shake + Boost
Dinner	1 Protein + 1 Carb + 1 Fat
Late Night	Optional Protein Shake

Guidelines to Optimizing Your Portion Sizes:

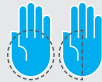
- Let go of the calorie mindset. Simply follow your portion sizes each meal.
- You can measure your portion sizes by weight or with your hands (palm, fist and thumb). Do whatever is easiest and most convenient.
- Make sure you are hungry (never starving) before each meal and satisfied (never full) after. If you are hungry before 3 hours, simply eat a balanced meal before the 3-hour mark.
- If you measure food with a scale, always measure it pre-cooked since weight will be lost during cooking. If you measure portion sizes with your hands, pre-cooked weight does not matter.

1 PROTEIN

SERVING SIZE



Female:
1 palm
or 3 oz.



Male:
1 1/2-2 palms
or 5 oz.

CHOOSE 1 PER MEAL

Protein List

- Lean Proteins:**
- Bison (extra-lean)
 - Chicken
 - Egg Whites
 - +Greek Yogurt (fat free)
 - Hemp (low in fat): (ex. hemp powder)
 - Lean Fish
(ex. bass, halibut, tilapia, tuna, etc.)
(shellfish can also be eaten in this phase)
 - Turkey
 - Venison
 - **CORE Protein Shakes**

Non-Lean Proteins:

- (do not choose a fat with any of these options)
- Beef (filet)
 - Beef (ground: 99% lean)
 - +Cheese (natural + unprocessed, use sparingly)
 - +Cottage Cheese (low fat)
 - Eggs (whole)
 - Fish (non-lean)(ex. salmon)
 - +Greek Yogurt (low fat)
 - Hemp (regular fat content)
 - Lamb
 - Pork Tenderloin

1 CARB

SERVING SIZE



Female:
1 fist
or 3 oz.



Male:
2 fists
or 5 oz.

CHOOSE 1 PER MEAL

Carbs List

- Fruits:**
- Apples
 - Bananas
 - Berries
 - Grapefruit
 - Mangos
 - Oranges
 - etc.
- Vegetables:**
- Bell Peppers
 - Broccoli
 - Carrots
 - Cucumber
 - Green Beans
 - Tomato
 - etc.

Grains/Calorie Dense Carbs:

- (Choose gluten free when relevant)
- Beans (fresh or dried)
(ex. black, kidney, garbanzo, etc.)
 - +Bread
 - Brown Rice
 - +Cous Cous
 - Millet
 - +Hot Cereals
 - Oatmeal
 - +Pasta
 - Potatoes (sweet potatoes are best)
 - Quinoa
 - Yams

For Grains/Calorie Dense Carbs & Olives, please only use hand sizes rather than weight.

1 FAT

SERVING SIZE



Female:
1 thumb



Male:
1 big thumb

CHOOSE 1 PER MEAL

Fats List

- Avocado
- +Butter (moderate)
- Chia Seeds
- Flax Seeds
- +Guacamole (moderate)
- +Mayo (moderate)
- Oils
 - Olive
 - Coconut
 - Macadamia
- Olives
- Raw Nuts & Natural Nut Butters
- +Salad Dressing (moderate)
- +Sour Cream (moderate)

FREE FOODS

SERVING SIZE

Female:
Unlimited

Male:
Unlimited

UNLIMITED PER MEAL

Free Foods List

- Herbs:**
- Basil
 - Bay Leaves
 - Cilantro
 - Parsley
 - Rosemary
 - Thyme
 - etc.
- Spices:**
- Cinnamon
 - Garlic
 - Ginger
 - Nutmeg
 - Peppercorns
 - Saffron
 - etc.
- Leafy Greens** (fresh only)
- Collard Greens
 - Kale
 - Lettuce (all types)
 - Spinach
- Condiments:**
- Vinegars (Balsamic, Red Wine, etc.)
 - Extracts (Almond, Vanilla, etc.)
 - +BBQ Sauce (low sugar)
 - +Ketchup (low sodium)
 - +Mustard (low sodium)
 - +Himalayan Pink Salt (use sparingly)
- + NEW to THRIVE Phase

Suggested Meal Plan

Repeat this meal plan each day for the next **4 WEEKS** (28 Days)

DAILY MEAL PLAN	
Breakfast	1 Protein + 1 Carb + 1 Fat
Mid-Morning	Protein Shake
Lunch	1 Protein + 1 Carb + 1 Fat
Mid-Afternoon	Protein Shake + Boost
Dinner	1 Protein + 1 Carb + 1 Fat
Late Night	Optional Protein Shake




Guidelines to Optimizing Results:

- Keep “eating in 3’s” and follow the meal time guidelines presented in the DETOX Phase.

New Meal Guidelines for Thrive Phase

- Add a weekly “off plan” meal (whatever you want and make it an experience), then just get right back on plan
- If you add in coffee or caffeinated tea, limit to 1-2 cups max a day
- If your goal is to still burn fat, cycle CORE Boost Burn 8 weeks on then 2 weeks off and take CORE Boost Burn 15 minutes before mid morning and mid afternoon meal
- If your goal is to build muscle and no longer lose weight, add CORE Boost Build
- If you fall off plan for more than 2-3 days, you can “Reboot” your plan by simply repeating your 7 day DETOX phase

IGNITE Meal Plan for Females

	1 PROTEIN	1 CARB	1 FAT	FREE FOODS
	SERVING SIZE	SERVING SIZE	SERVING SIZE	SERVING SIZE
	 1 palm or 3 oz.	 1 fist or 3 oz.	 1 tip of thumb	Unlimited
Breakfast	3 oz. Greek Yogurt	3 oz. Blueberries	Almonds	
Mid Morning	CORE Protein Shake + CORE Boost Pro-Bio + Optional CORE Boost Build (use only water for your desired consistency)			
Lunch	3 oz. Blacked Tilapia	3 oz. Whole Wheat Tortilla	Seasoned Mayo	
Mid Afternoon	Protein Snack + Carb (CORE Protein Shake optional)			
Dinner	3 oz. Grilled Halibut	3 oz. Sweet Potatoes	Butter	Cinnamon
Late Night	Optional CORE Protein Shake (if hungry) (use only water for your desired consistency)			

Any protein, carb, or fat can be evenly exchanged, simply swap from the food exchange list.

Water Recommendations




**8-12
GLASSES
PER DAY**



8 OUNCE
GLASS

Drink water with each meal and between each meal.

IGNITE Meal Plan for Males

	1 PROTEIN	1 CARB	1 FAT	FREE FOODS
	SERVING SIZE	SERVING SIZE	SERVING SIZE	SERVING SIZE
	 1 1/2 palms or 5 oz.	 2 fists or 5 oz.	 1 thumb	Unlimited
Breakfast	5 oz. Greek Yogurt	5 oz. Blueberries	Almonds	
Mid Morning	CORE Protein Shake + CORE Boost Pro-Bio + Optional CORE Boost Build (use only water for your desired consistency)			
Lunch	5 oz. Blacked Tilapia	5 oz. Whole Wheat Tortilla	Seasoned Mayo	
Mid Afternoon	Protein Snack + Carb (CORE Protein Shake optional)			
Dinner	5 oz. Grilled Halibut	5 oz. Sweet Potatoes	Butter	Cinnamon
Late Night	Optional CORE Protein Shake (if hungry) (use only water for your desired consistency)			

Any protein, carb, or fat can be evenly exchanged, simply swap from the food exchange list.

Water Recommendations

**12-16
GLASSES
PER DAY**



8 OUNCE
GLASS

Drink water with each meal and between each meal.

CORE Program Phases

There are **3 phases** to the **CORE Program**. It's as easy as **1, 2, 3!** For more information on the CORE Program, visit COREin8.com

PHASE 1
DETOX
LOSE YOUR BLOAT
Week 1 (7 days)

- 3 STEPS
- 1 CUT
 - 2 CLEAN
 - 3 FLUSH

PHASE 2
IGNITE
MELT YOUR BELLY
Weeks 2-8 (49 days)

- 3 STEPS
- 1 BURN
 - 2 SCULPT
 - 3 RESTORE

PHASE 3
THRIVE
LIVE YOUR LIFE
Weeks 9+

- 3 STEPS
- 1 REPROGRAM
 - 2 DIVERSIFY
 - 3 ENERGIZE

CORE Products

The **CORE Program** simplifies weight management and provides an effective guide for leading a healthy and fit lifestyle.* **Build your nutrition** with **CORE's** premium products, including exclusive protein shakes and customizable boosts that target your specific health goals.



CORE Protein Shake
Chocolate and Vanilla



CORE Boost
Cleanse



CORE Boost
Burn



CORE Boost
Build



CORE Boost
Pro-Bio

For complete product information, visit COREin8.com/core-products

Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition before starting any health and wellness program. Never disregard professional medical advice or delay in seeking it because of something you have read on this website. If you are under 18 years of age or pregnant and nursing, consult with your physician prior to using this product.

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Mark Macdonald co-creator of the **CORE Program** is an international nutrition and fitness expert, TV Personality and author of the New York Times bestselling book, *Body Confidence*.



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