



# Thrive: The Thrive Energy Cookbook - Energy Eating Recipes

*Thrive Star Publishing*

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# **Thrive: The Thrive Energy Cookbook - Energy Eating Recipes**

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## **Thrive - The Thrive Energy Cookbook Energy Eating Guide**

**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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