

Eat to Thrive
Week Ten Agenda
August 4, 2022
6:30-8:30 PM

Zoom Link:

<https://us02web.zoom.us/j/86828301519?pwd=a1ZMOENrNy9oRlMwbWpHUGZlYjhDdz09>

Meeting ID: 868 2830 1519

Passcode: 950124

Call me if you have any trouble registering Or getting into the class

On August 4 you can also text or call Olivia Gregory, TA, for help 508-681-9362

6:30-6:32 PM - Guided Meditation by Theresa Drum

6:32 – 7:00 pm Recipe Presentations by John Dunlevy (see Daily Menus your 12 minute video) <https://eattothrive.info/daily-menus/>

- Morning Routine: wheatgrass Juice & Ezekiel bread with avocado
 - Lunch & Supper: big salad & steamed broccoli, sweet potatoes, green beans, onions & squash (list ingredients of salad)
- See your 12 video

7:00 - 7:30 PM – Two to Five Minute Testimonials regarding the achievement of your 3 goals, habit and what you will incorporate into your life.

- Please send me your headshot photo (JPEG) and 100-150 word testimonial b
- See example testimonials: <https://eattothrive.info/testimonials/>

7:30 – 8:30 PM – Theresa Drum “How to Live the Hippocrates Lifestyle and Manifest Your Greatest Destiny... Especially in these challenging times”