



Healthy Living Cheat Sheet

Step 1

Eliminate common allergens and limit the following:

1. wheat/gluten/yeast
2. dairy
3. sugar/artificial sweeteners
4. alcohol
5. coffee
6. vinegar
7. soy

Step 2

Eat every 4–6 hours

Example:

Morning: Shake

Afternoon: Shake*

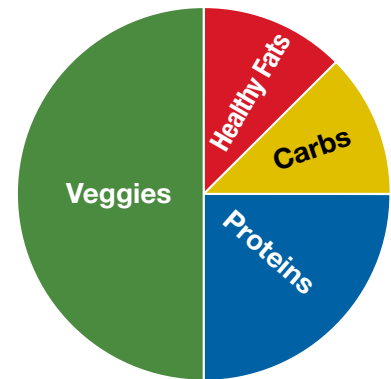
Evening: Meal

If you do snack, choose a healthy option from the snacks and beverages section of the 30 Days to Healthy Living Guide. Avoid eating after 7 p.m. or 3 hours before bed. If hungry before bed, drink ½ cup of non-dairy milk with ½ scoop of Daily Fiber Boost.

*After the initial 30-day program, you can flex your daily plan to include an additional healthy meal at breakfast or lunch time instead of a second shake, depending on your goals and lifestyle.

Step 3

Eat in the proper proportions



Supplement 1–2 meals a day with an Arbonne Essentials® Protein Shake to **satisfy hunger and boost energy**†

How to make your Arbonne Essentials protein shake

- 2 scoops Vanilla or Chocolate Arbonne Essentials Protein Shake Mix
- 1 scoop Daily Fiber Boost to help support gastrointestinal health*
- 6–8 oz. liquid (water, almond milk, rice milk, or coconut milk)
- 1 tbsp healthy fats (pecans, coconut cream, almond butter, avocado, etc.)
- ¼ cup low glycemic fruits (dark berries, apples, etc.)
- ½ cup veggies (spinach, pumpkin, kale, or your favorite greens)
- For an extra nutrient boost add flax seeds, chia seeds, or coconut flakes

How to make your Arbonne Essentials recovery shake

- 1–2 scoops Protein Shake Mix
- ½ cup non-dairy milk
- ½ cup high glycemic fruit (banana, pineapple, mango, etc.)
- Water and/or ice to taste



How to fill your plate

Non-Starchy Veggies (½ of your plate)

- kale, chard, mustard greens, spinach, broccoli, asparagus



Lean Proteins (¼ of your plate)

- wild fish, organic chicken, turkey, grass-fed beef, organic tofu, beans, lentils, quinoa



Healthy Carbs (⅓ of your plate)

- brown rice, quinoa, beets, sweet potatoes, millet



Healthy Fats (⅓ of your plate)

- seeds and nuts, nut butters, nut oils, olive oil, avocado, flax seed, grapeseed oil, coconut oil



†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

