



Clean Eating Challenge Guide

Powered by Arbonne Essentials



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TESTIMONIALS

Results after 8 days

"I am absolutely amazed at how well this program works! After just 8 days on the program, I am 8 lbs. lighter and I feel AMAZING. I seriously have not felt this good in years!!! I feel like I have been given a gift and I want to share it with everybody. I jotted down some of the changes I have experienced after just one week on the program:

- My energy level is up and my head is clearer – I am not walking around in a fog.
- My stomach is significantly flatter.
- Fewer cravings – I was very addicted to sugar.
- Less hunger – The shakes keep me satisfied.
- I wake up and don't have to have coffee – I now enjoy a warm cup of detox tea, and it totally satisfies me.
- My skin is vibrant. People are saying I have a glow!"

-Patty Cummins of Oklahoma City, OK

Results after 30 days

"One thing that really impressed me with using Arbonne products consistently is that these were the last 10 or so pounds. I have been working on for a long time...with consistent effort and focus, I did it! I also broke my expensive Starbucks habit!"

-Beth Gagliardi of Fresno, CA

START

weight: 143 lbs.

belly button: 31-1/2"

2 in. below: 35"

FINISH

weight: 132 lbs.

belly button: 29"

2 in. below: 32-1/2"

Results for a lifetime

"I convinced my 36 year old daughter to do this along with me. The results were amazing. I lost 8 lbs. and several inches in my waist and hips and the pain in my knee disappeared. My daughter lost six lbs. and inches, too.

Now it has been several months since we did the plan, but we have totally changed our eating habits. We thought we ate healthy before, but now we eat much better, less processed foods, less meat, less dairy. We try to eat organic most of the time and have dramatically cut our sugar down in our diet. The results have continued. I am down 22 lbs. Now, my daughter is down 17 lbs. and feels so good that she is at the gym 4-5 days a week. My husband has lost over 30 lbs. (mostly in the stomach area) and had to go out and buy all new pants!!!

I am so excited to see where we will be in a couple more months. The benefits just keep coming! Now as my friends have noticed these changes in me and my family, they are asking what we are doing. So of course, I can tell them about Arbonne's healthy products!" - *Paula Schubert of Rancho Cucamonga, CA*

FIVE KEY AREAS OF FITNESS

“Health is not valued until sickness comes.” – Dr. Thomas Fuller

Many people don't realize the fatigue, foggy thinking, poor sleep, excess weight (especially around the stomach, hips and thighs) and even aging skin indicate nutritional deficiencies that can be reversed. Adopting a healthier lifestyle for you and your family can be easy to talk about but difficult to get started without a plan. The 30 Day Clean Eating Plan is simple to follow and therefore, simple to complete.

Focus on Five Key Areas of Fitness

1. Eat Clean
2. Increase Nutritional Intake
3. Eliminate Allergenic, Addictive, & Acidic Foods
4. Balance Blood Sugar
5. Support Elimination Organs

***All 5 areas are supported by ARBONNE'S whole food nutritional line that is certified vegan and free of gluten, dairy, soy, and artificial colors, flavors and sweeteners!**

1. Eat Clean

This plan focuses on eating organic, non GMO foods free of preservatives, additives, pesticides, hormones, antibiotics, artificial flavors and all other toxins. Food is either fuel or poison. Simply put, anything that can't be used as energy in the body is a toxin. Organic fruits and vegetables contain up to 40% more antioxidants than those conventionally grown. This plan will help you learn how to fuel your body for optimal health by eating clean, close to nature and TOXIN FREE!



2. Increase Nutrient Intake

Due to the overabundance of pre-packaged and fast food, many people today are overweight yet malnourished. They carry toxic fat while their bodies are starving for real nutrition. This condition can be reversed by eating whole foods and supplementing with nutrients to fill in possible deficiencies created by mineral deficient farm soils.



Arbonne Essentials Power Packs for Men and Women are formulated for maximum absorbency and nutrient uptake. They include a cornucopia of nutrients including: green tea, grape seed extract, cranberry extract, pomegranate extract, bioflavonoid, vitamins, minerals, herbs, antioxidants, digestive enzymes and probiotics. In addition, they boast an extremely high ORAC (Oxygen Free Radical Absorbent Capacity) score 10,000. That's equivalent to eating 16-20 antioxidant packed fruits and vegetables.

Use: 1 packet per day - Women #2053 or Men #2052



Arbonne GREENS Balance is formulated with alkaline forming fruits and vegetables. This superfood powder delivers a full color coded assortment of fruits and veggies rich in phytonutrients & antioxidants. It supports GI health. Has an alkalizing effect & offers 1 serving of vegetables per scoop.

Use: 1 scoop to your protein shake or water daily.

3. Eliminate Allergenic and Addictive Foods

Many people experience symptoms of premature aging or poor health and have no idea that the solution may be as simple as removing possible food allergens & sensitivities. This plan includes removing possible allergenic foods like gluten, dairy, soy and processed sugars. If you cringe at the thought of removing a certain food, chances are, you are allergic to it. **Generally speaking, the food you crave is the food that's killing you.**

Gluten: is a family of proteins found in grains. They are thick and goeey and make things stick together when baked instead of falling apart. It is estimated that 50% of the population has difficulty breaking down gluten in their intestines.

When the immune system recognizes gluten in the gut as a "foreign protein", it attacks and damages the intestinal wall, which in turn causes the intestines to swell with water creating bloating and/or a "pot belly". Eventually, the intestinal wall thins (leaky gut) to the point that it starts absorbing things that should have been blocked cause an array of problems including:

Allergies: the tips of the villi in the intestines produce the enzyme that digests the lactose in milk. Since they're the first to go, the very first symptom of gluten intolerance that you see may be a "milk allergy" that manifests itself as a stuffy nose and post nasal drip that occurs whenever you consume dairy products.

Immune Function: the constant load on the immune system as it fights off foreign proteins in the digestive tract impairs its ability to do its job elsewhere. Meanwhile, clogged sinuses and unhealthy intestinal walls create a perfect home for harmful bacteria to multiply.

Adrenal Function: the constant adrenal load created by chronic inflammation of the intestines eventually leads to adrenal insufficiency or even adrenal exhaustion. As the adrenals become impaired, many other symptoms manifest themselves, including allergies, slow weight gain and a loss of energy.

Dairy: despite the widespread notion that milk is healthy, drinking pasteurized milk is frequently associated with a *worsening* of health. Sally Fallon of the Weston Price Foundation states, "*pasteurization destroys enzymes, diminishes vitamin content, denatures fragile milk proteins, destroys vitamin B12 and vitamin B6, kills beneficial bacteria, promotes pathogens and is associated with allergies.*" Only 30% of the calcium in a cup of milk gets absorbed, you would get twice as much calcium from a cup of broccoli. Many green leafy vegetables are loaded with calcium.

SIDE NOTE: Candida (Yeast) Overgrowth

Candida overgrowth in your body will cause you to suffer from sugar cravings. Candida yeast loves sugar just as much as you do, and its love of this empty, non-nutritional food causes you to want it more.

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- According to a study done at Rice University, "70% of American's are living daily with an overgrowth of yeast and bacteria."
- Signs of yeast overgrowth include: nasal congestion and discharge, nasal itching, blisters in the mouth, sore or dry throat, abdominal pain, belching, bloating, heartburn, constipation, diarrhea, rectal burning or itching, vaginal discharge, vaginal itching or burning, worsening symptoms of PMS, prostatitis, impotence, frequent urination, burning on urination, bladder infections.
- People do well on this plan because they are eliminating dairy, gluten, wheat, sugar, caffeine and alcohol – all known to feed Candida yeast. And they are repopulating their intestines with friendly bacteria which help the body fight off the Candida, and strengthen the immune system.

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Soy: Phytoestrogens in soy can mimic the effects of the female hormone estrogen. These phytoestrogens have been found to have adverse effects on various human tissues. Drinking two glasses of soy milk daily for one month has enough of the chemical to alter a woman’s menstrual cycle. Note: Soy Lecithin does not have the same effect and is safe for those sensitive to soy.

Refined Sugar: Refined sugar has been stripped of all nutrients and leaches the body of precious vitamins and minerals. Sugar taken every day produces a continuously acidic condition which affects every organ in the body. Initially, sugar is stored in the liver. A daily intake of refined sugar makes the liver expand like a balloon. When the liver is filled to its maximum capacity, the excess sugar is returned to the blood in the form of fatty acids. These are stored and seen in the most inactive areas: the belly, the buttocks and thighs. In contrast, unrefined sugar, like cane sugar, contains minerals the body needs.

SUPPORT INTESTINAL HEALTH



Arbonne Essentials Digestion Plus contains eleven digestive enzymes, prebiotics, and a patented probiotic to support the intestinal wall, often damaged by allergenic foods. Probiotics scrub away yeast overgrowth in the lower GI and reestablish friendly bacteria.

Dr. Michael McCann, MD, Physician and researcher, states, “*Probiotics will be to medicine in the 21st century as antibiotics and microbiology were in the twentieth century.*”

Use: Sprinkle in your shake, on your food, or in a glass of water. You may divide the packet up and use a small portion with each meal.

REPLACES GLUTEN, DAIRY AND SOY



Arbonne Essentials Protein Shakes are certified vegan, certified non GMO, certified low glycemic, certified kosher, & free of gluten, whey, and soy protein. They are loaded with more than twenty essential vitamins and minerals. Plus they contain Arbonne’s exclusive energy INNERG-PLEX® and Protein Matrix blends which help you feel satisfied longer. These delicious shakes contain three sources of vegetable protein (pea, cranberry, and rice) and no trans fats, artificial sweeteners, flavors or colors. Drinking meals is easier on digestion and allows our body to have energy for detoxification.

Use: Replace one to two meals per day and use as a recovery shake after a workout.

4. Balanced Blood Sugar

The 30 Day Clean Eating Program encourages eating low on the glycemic index for many reasons. The high, moderate and low “glycemic index” is a measure of how a given food affects blood-sugar levels, with each food being assigned a numbered rating. The lower the rating, the more gradual the infusion of sugars into the bloodstream and the more balanced the blood sugar.

High glycemic meals cause you to feel hungry soon after you eat. Eating low glycemic meals reduces hunger cravings. When blood sugar goes up in response to a high glycemic meal a process called “glycation” takes place, which promotes thinning of the skin, wrinkles and wrinkles. It’s not just candy bars and cupcakes that elevate blood sugar. Pasta, bread, potatoes, white rice and other high glycemic fruits are also responsible.



Arbonne Essentials Fizz Sticks can be used between meals to curb appetite without elevating blood sugar. These effervescent sticks are a combination of green tea and herbs that have been clinically proven to boost metabolism and sustain energy. They promote proper pH which aids detoxification. They are free of sugar and artificial sweeteners and contain only 10 calories per stick.

Recommend: Combine 1 stick with 8-16 ounces of water and drink between meals



Arbonne Essentials Daily Fiber Boost enhances your daily dietary fiber intake with 12 grams of fiber that account for nearly half of the recommended daily amount. This flavorless blend of soluble fiber can be added to all foods and beverages, including the Chocolate or Vanilla Protein Shakes. Fiber Boost is derived from fruit, grains and Vegetables. In addition it soothes the colon, helps you feel satisfied longer and supports balanced blood.

Recommend ½ to 2 scoops a day. START WITH ½ AND SLOWLY INCREASE

BALANCED BLOOD SUGAR AND YOUR HEALTH

Scientists have established that anything that causes a rise in our blood sugar results in inflammation on a cellular level, and I believe that inflammation is at the basis of virtually every disease process such as cancer, Alzheimer’s disease, heart disease, and wrinkled skin. In addition, when our blood sugar goes up rapidly and continually, the sugar can actually attach to the collagen in our skin, making it stiff and inflexible. When your collagen is cross-linked by sugar, you end up with stiff and sagging skin. I believe that 50% of aging of the skin is the result of this reaction

— Dr. Nicholas Perricone

5. Support Elimination Organs

As good as the 30 Day Clean Eating Program is, it would be incomplete if it did not support the body's FOUR elimination pathways: the liver, kidneys, intestines and your largest detoxifying organ, your skin. It is nearly impossible to avoid the toxins we come in contact with on a daily basis. **If toxins enter your body faster than they are removed, you will experience signs of toxicity. If, on the other hand, you give your body the support it needs to eliminate these toxins, it will perform optimally.**

LIVER, KIDNEY, AND INTESTINAL SUPPORT

We wouldn't think about going a day without brushing our teeth, let alone years and years. Because we can't see our liver, kidneys, and intestines we forget the important role they play in detoxification. The liver has over 500 functions and the kidneys filter 200 quarts of blood per day. You can hold 5-25 lbs. of waste in your large intestine (colon). All elimination organs need a "tune up" and proper maintenance.



Arbonne Essentials Herbal Detox Tea assists the daily cleansing of the liver and kidneys by helping the body to filter and clear toxins. This in turn regulates cholesterol, balances blood sugar and promotes weight loss. Many are unaware that liver dysfunction is more closely related to obesity than any other single factor. An overburdened liver is one of the reasons people plateau during weight loss. (you will be eliminating the detox tea while on your 7 day body cleanse)

Use: Drink one or two cups a day.



Arbonne Essentials 7 Day Body Cleanse helps cleanse and detoxify the system and support the liver, kidneys and gastrointestinal (GI) tract. A variety of sea botanicals assists with the gentle elimination of heavy metals and other environmental toxins over a 7 Day Period.

Use: Combine contents of 1 packet with 32 ounces of water and drink an additional 32 ounces of water throughout the day. You may add Fizz Stick for flavor. Start on day 14.

SKIN SUPPORT



Arbonne SeaSource Detox Spa Purifying Sea Soak is a combination of rich mineral salts and trace elements found in Atoligomer, sodium-free, spray-dried seawater. Soaking 30 minutes in this bath of seawater literally draws toxins and heavy metals through the pores of the skin. Aches and pains will melt away and you'll find yourself sleeping better at night. For thousands of years people have enjoyed and healing benefits of sea water.

Use: Place packet in bathwater and soak twice a week.



26 Seconds

Your skin is your largest detoxifying organ. It is designed to both absorb nutrients and release toxins. Many people are very careful about what they put in their mouth but don't consider the toxins they are putting on their skin every day. It takes only 26 seconds for the toxic ingredients in skincare to find their way into every organ of your body.

For over 35 years Arbonne has formulated botanically based skincare free of artificial dyes, fragrances, animal by-products and other chemicals that can enter your body and affect your health. Arbonne's personal care products support a healthy lifestyle by reducing the number of toxins entering the body and reversing the damage caused by a poor diet. Ask your Arbonne consultant for a 3 day sample of Arbonne's anti-aging skincare system. You'll see and feel the difference in as little as 24 hours.

LET'S GET STARTED!!

Food Focus



Eliminate

- Dairy
- Gluten
- Soy
- Peanut Butter
- Table Sugar, Honey, Maple Syrup and artificial sweeteners
- Coffee
- Alcohol
- All Fruit EXCEPT Limes, Lemons, Green Apples and berries
- Pork
- Farm Raised Fish
- Non Cage-Free Eggs
- Non Free-Range Chicken
- All Beef, other than grass fed
- White Potatoes, White Rice
- Corn
- Nitrites
- MSG
- Vinegar (with exception unfiltered apple cider vinegar)
- Canola Oil

Include

- Unsweetened Almond and Coconut Milk
- Brown Rice Millet
- Raw Almonds
- Legumes
- Stevia, Xylitol
- Green and Herb Teas
- Non Starchy Vegetables
- Organic Green Apples and Berries
- Cage-Free Eggs
- Wild Cold Water fish (due to possible mercury contamination limit fish to 1x per week)
- Free-Range Chicken and Turkey
- Grass Fed Beef (1x per week)
- Almond Butter
- Sweet Potatoes, Yams, Turnips
- Avocado
- Olive Oil, Coconut Oil, Flaxseed Oil
- Unfiltered Apple Cider Vinegar

What ARBONNE products do I need?

- | | |
|--|---|
| △ Protein Shake: vanilla or chocolate (1-2x per day) | Vanilla #2070 or Chocolate #2069 – 30 servings |
| △ Daily Fiber Boost (1-2x per day) | #2075 – 30 servings |
| △ Energy Fizz Sticks (2x per day before 4 pm) | Pomegranate #2079 or Citrus #2077 – 20 servings |
| △ Herbal Detox Tea (at least 2x per day) | #2076 – 20 servings |
| △ Daily Power Pack (1x per day) | Women #2053 or Men #2052 – 30 servings |
| △ Digestion Plus (1x per day) | #2063 – 30 servings |
| △ 7-Day Body Cleanse (start day 14) | #2082 – 1 box – 7 bottles |
| △ Optional - Fit Chews (no more than 3 per day) | #2068 – 1 bag |

Your Arbonne consultant will help you place an order that's individualized to your needs.

A SAMPLE DAY

Wake-up

Cup of Detox Tea
Digestion Plus
Fizz Stick (if you need caffeine first thing)

Breakfast

Protein Shake made with unsweetened coconut, or almond milk
Add fresh or frozen berries or veggies and 1 tsp. of almond butter
Add ½ to 1 scoop Fiber Boost
Take Arbonne Essential Power Pack

Snack

Fizz Stick, if you need something else, have a small handful of raw nuts, seeds or a teaspoon of almond butter

Lunch

Protein Shake prepared as above or a wholefoods lunch
fist size of lean protein, non-starchy
veggies, brown rice or other high fiber carbohydrates
small amount of healthy fat
(if extremely active or not looking to lose weight)

Snack (see above)

Dinner

Fist size lean protein, non-starchy veggies, brown rice or other high fiber carb, small amount of healthy fat.

DO NOT eat after 7PM – have a cup of
Detox Tea after dinner

Recovery Shake

If you workout intensely for an hour or more, make sure you have a recovery shake within 30 minutes of completing your workout. Your next meal will be within 4 hours or when you become hungry. The recovery shake is in addition to your healthy meal plan.

Side Note:

When planning your meals think of how you would place food on a plate.
Portion Size Guide. . .

1/12 of the plate – Healthy Fats

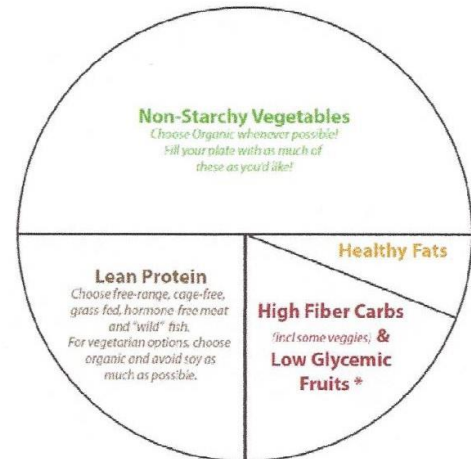
½ of the plate – Non-starchy Vegetables

¼ of the plate – Lean Protein (fist size) or Arbonne Protein Shake

1/6 of the plate – High Fiber Carbohydrates and Low Glycemic Fruits

The Balanced Eating Circle

Creating a Hormonally Balanced Meal
(Please refer to the Balanced Eating Portion Size Guide)



*Moderate & High Glycemic Fruits allowed after workout or if not looking to lose additional weight

When planning your meals think of how you would place food on a plate.

Portion Size Guide

1/12 of the plate – Healthy Fats

1/2 of the plate = Non-Starchy Vegetables

1/4 of the plate = Lean Protein (fist size) or ARBONNE Protein Shake

1/6 of the plate = High Fiber Carbohydrates and Low Glycemic Fruits

WHOLE FOOD CHOICES

Lean Protein

Arbonne Protein Shake; lean chicken; lean turkey; wild cold water fish (salmon, halibut, cod, mackerel, sardines); grass-fed, lean red meats (1x per week); lamb; game; cage-free and organic eggs

Healthy Fats

Raw nuts, seeds (no peanuts), macadamia nuts, freshly ground flaxseed, olive oil, olives, flaxseed oil, cod liver oil, avocado, coconut milk, almond milk, almond butter

High Fiber Carbs

Squash (acorn, butternut, winter), artichokes, leeks, lima beans, okra, pumpkin, sweet potato or yam, turnips, legumes (black lentils, Adzuki beans, dwarf peas, chick peas, French beans, kidney beans, lentils, mung beans, navy beans, pinto beans, split peas, white beans, yellow beans), brown rice, quinoa, hummus, millet

Low GI: blackberries, blueberries, boysenberries, elderberries, raspberries, strawberries, sour green apple

Fruit Glycemic Index

Moderate GI: cherries, pears, apricots, melons, oranges, peaches, plums, grapefruit, pitted prunes, apples, avocados, kiwi, lemons, limes, nectarines, tangerines, passion fruit, persimmons, pomegranates

High GI: (avoid during weight loss except after a workout) bananas, pineapples, grapes, watermelon, mango, papaya

Non-starchy Vegetables

arugula, asparagus, bamboo shoots, bean sprouts, beet greens, bell peppers, broad beans, broccoli, brussel sprouts, cabbage, cassava, carrots, cauliflower, celery, chayote fruit, chicory, chives, collard greens, cucumber, jicama (raw), jalapeno peppers, kale, kohlrabi, lettuce, mushrooms, mustard greens, onions, parsley, radishes, eggplant, endive, fennel, garlic, ginger root, green beans, hearts of palm, radicchio, snap beans, snow peas, shallots, spinach, spaghetti squash, summer squash, swiss chard, tomatoes, turnip greens, watercress

HELPFUL NOTES

Most supermarkets and grocery stores now have healthier food choices, organic brands and a designated aisle just for health food. Do not feel like you need a Health Food Store to find the food/ingredients you need to start your program. However, if you do have a local healthy food store, Whole foods Market or Trader Joe's nearby, it would be great to start your shopping there.

If you are going to a health food store to shop for the first time, make sure you have time to look around and plan on asking for help. Everyone that works in these stores is ready to help and is very knowledgeable.

When you make your shopping list for the first week, you can include any of the foods on the approved list. You WILL need to switch to cage free proteins, grass fed beef, organic high fiber carbohydrates, fruits and vegetables whenever possible. This way we are not ingesting toxins with the foods we eat.

Follow the meal plan provided when making your list; this makes it easier when going to the store the first time. A list keeps you on track, helps you remember everything you need and keeps you from feeling lost. This way if you need to ask for something, you know what it is and can ask for it by name.

Buy Organic & Non GMO

There is usually an organic alternative to everything, just do your homework. If you want, you can shop online first so you know what is available before you ever step foot inside the store.

Helpful Websites

www.wholefoodmarkets.com

A wealth of information, do your research, make lists, get recipes, learn more or pre-shop before you ever enter the store

www.traderjoes.com

Informative, educational, get recipes, or pre-shop before go

www.foodforlife.com

www.foodshouldtastegood.com

www.ushealthfoodstores.com (find a store in your local area/state)

WHOLE FOOD SHOPPING OVERVIEW

Lean proteins

Organic cage-free, hormone-free and free-range meats are found in meat markets, health food stores or sometimes even at COSTCO. only buy organic grass-fed beef and organic chicken. As for fish, purchase wild (never farmed) fresh or canned (in water).

Free Range eggs come from hens that are allowed to grow and peck the ground. They are fed grain, seeds, and greens that contain a higher level of essential fatty acids than non-free range hens. Free range hens do not eat feed that has been treated with antibiotics and other chemicals.

Healthy fats

Use Extra Virgin Olive Oil (EVOO) in salad dressings and for low heat sautéing. Use coconut Oil for high heat sautéing. Olive oil turns rancid (becomes toxic) under medium high heat, whereas Coconut oil maintains its integrity when heated. Coconut oil is solid at room temperature. It is most often sold in jars alongside all the standard bottled oils. Avoid high-oleic safflower, corn and canola oils as they are highly processed. Enjoy small servings of avocado, coconut milk, raw nuts and seeds.

High fiber carbohydrates

DRY PACKAGED Legumes and grains such as brown rice are often packaged and sold in ethnic or health food sections of grocery stores. Trader Joe's even has vacuum-sealed packaged cooked brown rice (add diced veggies and EVOO for a delicious grain salad).

FROZEN look for cooked squash, artichoke hearts, lima beans and other vegetables.

CANNED Watch out for high sodium. Read labels and compare beans, artichoke hearts (in water), Organic soups and organic broths.

REFRIGERATED hummus (no canola oil), salsa (no vinegar), rice tortillas, cooked lentils, grain salads and pesto.

Why Grass Fed Beef?

Grass-fed beef is naturally Leaner than grain-fed beef. The Omega 3 content in beef that Feed on grass is 7% of the total Fat content, compared to 1% in grain-only fed beef.

Grass-fed beef has the Recommended ratio of omega 6 To omega 3 fats (3:1).

Grass-fed beef is loaded with Other natural minerals and Vitamins, plus it's a great Source of CLA (conjugated Linoleic acid) a fat that reduces the risk of cancer, obesity, Diabetes and a number of Immune disorders.

Meat production of non-grass Fed beef includes hormones, Tranquilizers, pesticides and Antibiotics (40% of all the Antibiotics produced in the United States are fed to Animals). We eat those animals and those chemicals become a part of us. The overuse of antibiotics in our food production is one of the reasons antibiotic resistant diseases are on the rise.

6 SIMPLE STEPS TO GET STARTED

1. Day One

- Weigh yourself and record your waist measurements (at belly button and 2" below belly button) Take before photos

2. Go shopping and get prepared

- Get rid of all the temptations in your cabinets and fill your kitchen with healthy choices.
- Let your friends and family know what you are doing so they can support you for the 28 days!! Post on Facebook too!

3. Water is your best friend

- Drink at least ½ your body weight in oz. of water per day.
If you get hungry drink between meals, (Fizz sticks or Detox Tea).

4. Eat every 4 hours

- No snacking except Fizz Sticks, 1 teaspoon of almond butter or small handful of almonds.
- An exception is the "after workout recovery" shake to nourish your muscles. If having an after workout shake, your next meal is when you feel hungry.
- Do not go more than 6 hours without having a meal.

5. Do not obsess!!

- Don't obsess over weight
- Only weigh yourself 1 time per week – NOT EVERYDAY!!
- Have only healthy cleansing foods in your home/office.

6. Do not over eat when eating meals.

- Fill your plate with veggies. Add fist size protein and grains.
- Enjoy your food! Take your time eating.

Q + A

I am hungry.

- Make sure you are getting a fist size of protein at every meal.
- If your protein source is a shake, make sure you eat an abundance of non-starchy vegetables.
- Make sure you are drinking enough water
- Drink your snacks – have some water with fiber, Fizz Stick, Detox Tea or vegetable broth

I am not losing weight.

- Some people will not lose any weight until the third week – Stay with it!
- Be sure you are not loading up calories in your shakes.
- Eat plenty of non-starchy vegetables

Why do I feel bloated after my shakes?

- Sprinkle a Packet of Digestion Plus in your shakes
- Reduce the amount of Fiber Boost you are using

I am losing weight and don't want to.

- Add more calories and fat to your shakes
- Eat any fruit you desire
- Add a starchy carbohydrate to your meals (brown rice).
- Put an extra scoop of protein in your shakes

I am constipated.

- Make sure you are drinking enough water throughout the day at least ½ your weight in oz
- Make sure you are getting enough vegetables
- Don't skip your Digestion Plus or Power Packs.
- Add ground flax seed and silium
- Try Arbonne's Herbal Colon Cleanse

Do I need the Multi/Vitamin Power Pack?

Yes! The process of detoxifying can make you feel sluggish, physically and mentally. It's not unusual to feel worse before you feel better. The nutrition and digestive support you will receive from these Power Packs will assist your body in eliminating toxins at a more rapid rate.

WORKOUT SUGGESTIONS

Recovery Secrets: The Importance of Post-Workout Nutrition

Written by Lanty O'Connor

Refueling the muscles after a workout is essential for any athlete looking to maximize gains and prepare for the next workout. If your muscles are not receiving the correct macronutrients, in the correct amounts, at the correct time, you are losing out on better performance. My experience is that most people don't properly refuel after a workout. Usually one (if not more) of three things happens:

- Nothing is consumed after a workout
- The wrong things are consumed after a workout
- The timing of the recovery is incorrect

So here's what you need to know about post-workout nutrition:

First, let's briefly discuss some exercise physiology. Glycogen is a major fuel source during a workout. Glycogen is stored in the muscles and in the liver. The more highly trained an individual is, the more glycogen that is stored in the muscles. After a workout, the glycogen reserves are highly depleted. Additionally, protein breakdown is also high after a workout. In a 1980 article it was discovered that protein is used for fuel at a much higher rate than is generally assumed. This means that after a workout, the body is in a depleted, catabolic state.

So how do we deal with this state of depletion and catabolism? The answer is insulin. Insulin is the master recovery hormone. High-glycemic index carbohydrates will maximally stimulate insulin to begin the process of refueling the muscles.

The timing of what you consume after a workout is essential. We know that glycogen levels are low and protein breakdown is high after a workout. It has been demonstrated that there is a window of 30 minutes after exercise that is optimal for refueling. During that time period, the body is most able to recover. Ingestion of carbohydrates during the 30 minute window maximally increases insulin levels which promotes glycogen restoration. Additionally, increasing levels of insulin after exercise increases an optimal hormonal environment and can serve as a potent stimulator of protein synthesis.

POST PROGRAM

After the 30 days

Introduce the restricted foods (i.e. gluten, wheat, dairy) back into your diet slowly; one food at a time. On day one you may want to eat dairy products for an entire meal. Then see how you feel. Within 30 minutes to an hour you may determine the effect it has on your body. Wake up the next morning and weigh yourself. If you have gained a pound or two overnight you are most likely sensitive or allergic to the food you reintroduced. Your body reacts to allergenic foods by filling your tissues with water thus the weight gain.

Some foods may have no impact, others may make you irritable, disrupt your stomach, make you lethargic, etc. As you begin to gain an understanding of what the various foods do to your system through an isolated introduction, you will be able to choose the most optimal food for your fuel.

Adopting a whole food lifestyle

We recommend applying the 80/20 after completing the program. 80% of the time follow the plan 20% indulge. Although focusing on eating whole foods and balanced meals of lean protein, carbohydrates and non-starchy vegetables is highly recommended. The objective of the program is to help you obtain a healthy lifestyle & mindset around food, without a hiring a nutritionist, or spending a lot of money on products that make false claims or don't produce lasting results.

Special Delivery

It's simple to maintain your newfound health by signing up for Arbonne's Special Delivery Program. You choose the day you want your products delivered and you'll receive your monthly maintenance order every 30 days without ever having to leave your home, put gas in your tank or even pick up the phone. You may change or cancel your order at any time.

Sharing with others

When you start experiencing improved health, mental clarity, emotional balance and physical fitness you'll naturally share your results with others. We have an amazing referral program & your new healthy lifestyle has the potential of creating a residual income for you and your family. Ask the person who shared this packet with you to tell you more.

SHOPPING GUIDE

Trader Joe's

UNREFRIDGERATED PRODUCE

- △ Cherry tomatoes
- △ Sour apples
- △ Organic lemons
- △ Avocados
- △ Zucchini
- △ Ginger
- △ Garlic

REFRIGERATED PRODUCE

- △ Bagged lettuces
- △ Sliced mushrooms
- △ Steamed beets
- △ Cooked lentils
- △ Broccoli slaw
- △ Shredded cabbage
- △ Sugar snap peas
- △ Butternut squash
- △ Sweet potatoes spears
(great as fries with olive oil
and sea salt)
- △ Cauliflower
- △ Green beans
- △ Parsley
- △ Dill
- △ Chives
- △ Veggie Chop (a bunch of
veggies chopped up
already) great on salads
and in quinoa

REFRIGERATED MEATS

- △ Free range whole chicken
- △ Free range ground turkey

FROZEN SECTION

- △ Frozen organic berries
- △ Frozen organic veggies
- △ Frozen wild shrimp
- △ Frozen wild salmon, halibut,
mahi mahi
- △ Frozen buffalo burgers
- △ Frozen brown rice

DRY GOODS

- △ Brown rice
- △ Brown rice pasta
- △ Canned organic tomatoes
- △ Stevia
- △ Herbs and spices
- △ Sea salt
- △ Almond butter with Roasted
Flaxseeds
- △ Olive oil

MILK ALTERNATIVE SECTION

- △ Unsweetened almond milk,
and coconut milk

CANNED GOODS

- △ Coconut milk
- △ Wild salmon
- △ Pumpkin, sweet potatoes or
squash puree

VITAMIN/SUPPLEMENT SECTION

OILS

- △ Organic Extra Virgin Olive Oil

SHOPPING GUIDE (continued)

Costco

- Δ Organic Quinoa
- Δ Organic chicken broth (8 pk)
- Δ Almond butter
- Δ Organic eggs
- Δ Organic salad mix
- Δ Sliced mushrooms
- Δ Organic spinach
- Δ Carrots
- Δ Organic Celery (great with almond butter)
- Δ Organic frozen strawberries
- Δ Organic frozen berry mix
- Δ Raw nuts (pine nuts, cashews, almonds, pecans, walnuts)
- Δ Organic chicken breasts
- Δ Organic ground beef
- Δ Green apples
- Δ Frozen wild shrimp
- Δ Frozen orange roughly fillets
- Δ Brown rice pasta
- Δ Ms. Mary's Cashew Crunch
- Δ Canned organic no sugar tomatoes
- Δ Stevia
- Δ Herbs and spices
- Δ Sea salt
- Δ Olive oil
- Δ Magic bullet blender

Whole Foods

- Δ Braggs Liquid Aminos
- Δ Organic tamari (wheat free, gluten free)
- Δ Edward & sons Brown Rice Crackers
- Δ "Food should Taste Good" Sweet Potato Chips and Flax seed Chips
- Δ Organic salsa (made without vinegar)
- Δ Organic hummus (no canola oil)
- Δ Nori sheets (to make sushi or burritos)
- Δ Coconut Oil
- Δ Grapeseed Oil
- Δ Bulk foods: dry beans, grains, nuts, seeds, etc.
- Δ Bob's Red Mill Brown Rice Flour
- Δ Bob's Red Mill Gluten Free Oatmeal

Section 1: Shake Recipes

The Basics of How to Make a Shake

- 2 scoops Arbonne Protein Shake (Chocolate, Vanilla or both)
- ½ to 1 scoop Fiber Boost
- Ice (optional)
- ¼ cup berries (optional)
Or
- ¼ cup spinach or squash (optional)
- Mix with your choice of the following liquids:
1 cup water
½ - 1 cup coconut milk, or unsweetened almond milk
- Add 1 serving of fat:
1 tsp. almond, walnut, flax or coconut oil
almond butter (no peanut butter)
¼ cup coconut milk or coconut water
1 tbsp ground flax
1 tbsp nuts
¼ avocado

Feel free to experiment with the consistency and ingredients in your shakes to your liking.

Helpful Hints for Shakes

- NutriBullet works great to blend shakes. Sold at Bed, Bath & Beyond or Costco.
- Freeze fresh fruit and veggies for future. Add fresh spinach to shakes (won't taste it!)

Chocolate Almond Shake (Version 1)

- 2 scoops Chocolate Protein Shake
- 1 Tbsp almond butter, ice, water or almond milk

Chocolate Almond Shake (Version 2)

- 2 scoops Chocolate Protein Shake
- 1 scoop Fiber Boost
- 1 tbsp almond butter
- liquid
- Ice

Chocolate Berry Shake

2 scoops Chocolate Protein Shake, ¼ cup strawberries, 1 scoop Fiber Boost, ice, water

Chocolate Shake

2 scoops Chocolate Protein Shake, 1 scoop Fiber Boost, water, ice

Chocolate Strawberry Shake

1 scoop Chocolate Protein Shake
1 scoop Fiber Boost
Fresh organic strawberries to taste
water and ice

Chocolate Vanilla Combo Shake

1 scoop Chocolate Protein Shake
1 scoop Vanilla Protein Shake
1 scoop Fiber Boost
water and ice

Chocolate Vanilla Chai Shake

1 scoop each of Chocolate and Vanilla Protein Shake, almond milk, pumpkin pie spice

Pumpkin Pie Shake

2 scoops Vanilla Protein Shake, 4 oz pumpkin puree, 1 cup almond milk, pumpkin pie spice, 1 Tb. pecans, Fiber Boost

Savory Shake

Heat any veggies (broccoli, zucchini, cauliflower, squash). Puree. Add Protein Powder, Fiber Boost, cooked grain, whole grain milk or broth. Blend.

Vanilla Berry Shake

2 scoops Vanilla Protein Shake, ¼ cup frozen mixed berries, Fiber Boost, ice, water

Vanilla Fruit Smoothie

1 scoop Vanilla Protein Powder
1 scoop Fiber Boost
Add mixed berry blend to taste
Fresh strawberries
water and ice

Section 2: Whole Food Recipes

(alphabetical order)

3 Egg Omelet w/Beans, Bell Pepper & Onions

Crack 3 eggs into a bowl, beat well. In a skillet (preferably cast iron), sauté onions and bell peppers until soft and fragrant. Add a scoop of your premade beans, heat through. In a non-stick skillet, heat some EVOO. Add beaten eggs; allow egg to cook on the bottom and around the sides. Add bean, pepper and onion mixture to one side of the eggs and then fold over the other side on top. Allow to cook for 1 minute more. If you wish, serve with some salsa on top.

Baby Greens, Pecans, Apple & Chicken Salad

Top a bed of baby greens with chopped pecans, apples and some leftover roasted chicken. Toss with EVOO & lemon juice, season with salt and pepper.

Chicken Vegetable Brown Rice Soup

Can or cooked organic chicken
Organic chicken broth (fresh, canned or bouillon cubes). Add brown rice (cook until soft). Fresh vegetables (carrots, onions, green beans, etc). Cook until brown rice is soft.

Brown Rice Sushi

(You can do it!) In nori sheet, roll rice, seared ahi, avocado, sesame seeds.

Butternut Squash Soup

Boil peeled and cubed butternut squash in organic chicken broth. When soft and mushy blend squash and broth in a blender until smooth. Put mixture back on the stove top and add coconut milk until creamy. Add sea salt, pepper, and cayenne pepper to taste.

Add carrots, celery, the leftover chicken and brown rice. Boil until veggies and rice are cooked. You can also use this broth as a base for a butternut squash soup.

Chicken Vegetable Brown Rice Soup

Can or cooked organic chicken
Organic chicken broth (fresh, canned or bouillon cubes). Add brown rice (cook until soft). Fresh vegetables (carrots, onions, green beans, etc). Cook until brown rice is soft.

Dill Salmon w/Stir-fried Veggies and Brown Rice

Put the frozen package of salmon in the fridge the morning you want to cook it and it will defrost safely. When you are ready to cook, season the fillets with a little bit of dill and fresh lemon or lime. While I am not big on nonstick pans, this is one thing I do use a nonstick pan for. I heat up some olive oil, then I put the salmon fillets in “upside down” (always purchase the salmon with skin on), cover the pan and cook for about 5 minutes, then flip the salmon and cook for another 5 minutes, then flip the salmon and cook for another 5 minutes, on medium to high heat. This is wonderful with some stir-fried vegetables and brown rice.

Coconut Chicken or Fish

1 tbsp of sesame oil
3 cloves of garlic, chopped into small pieces
1 shallot, chopped into small pieces
½ medium white onion, chopped into small pieces
(Note: you can buy these 3 already chopped together at Trader Joe's)
2 boneless organic, free range chicken breasts
OR wild fish filets
2 large bunches of organic broccoli
Organic coconut milk
Sea salt

In skillet, on medium heat, put in sesame oil and let heat up and then add garlic, shallot and white onion pieces. Cook until onions start to caramelize. Take out of skillet and set aside. Place protein into skillet you used to cook initially and if they are thick, filet them (cut them open and spread out), sprinkle sea salt lightly over them and cook on medium heat.

Add ¼ can of organic coconut milk and let protein cook and turn frequently. When starts to cook through, place another ¼ can of organic coconut milk over the top of cooking chicken.

Put the garlic, shallot, onion mixture on the top of the chicken and let the milk cook down until it is absorbed into the meat. Keep turning frequently until chicken is no longer pink and reduce to lower temperature while you are preparing rice/quinoa and broccoli. Fish, shrimp and scallops are generally faster cooking.

Steam broccoli until done. Serve chicken and broccoli with a ½ cup of brown rice or quinoa. For extra flavor, you can add a small amount of Bragg's to the rice or quinoa.

Falafel Salad

3 cups well cooked chickpeas; (2-15 ounce cans) drained well
½ tsp salt
¼ tsp cayenne pepper
1 tsp dry parsley
½ tsp garlic
2 medium eggs
¼ cup rice flour

Drain the chickpeas and place them in a large bowl. Use a potato masher to mash the beans. They taste best if they aren't too smooth so be sure to leave them a little chunky. Add the salt, cayenne pepper, parsley, garlic powder and eggs. Mix everything together until you have a sticky mass. Add the rice flour and mix again.

Generously oil a cookie sheet. Using about 2 Tb. per falafel, shape the mixture into small patties. Arrange the patties on the well oiled cookie sheet. Flip each patty over so that it is lightly coated with oil on each side. Bake at 450 degrees for about 20 minutes. Check them after 15 minutes, but they will probably need another 5 minutes to be good and brown.

Serve falafels over a bed of baby greens with cucumber, cherry tomatoes and some fresh chopped dill. Toss with EVOO & lemon juice, season with salt and pepper.