

# HEALTHY LIVING

## *cheat sheet*

Brought to you by your  
Arbonne Independent  
Consultant

### *step 1*

Eliminate allergenic & toxic ingredients!

1. Wheat/gluten
2. Dairy
3. Sugar
4. Alcohol
5. Coffee
6. Soy
7. Artificial sweeteners, flavors or colors

### *step 2*

Replace 2 meals a day with a healthy shake!

**8AM** - Shake  
**SNACK** - Low glycemic snack and/or Fizz Stick  
**12PM** - Shake  
**SNACK** - Low glycemic snack and/or Fizz Stick  
**6PM** - Lean & Green Meal

### *step 3*

Eat the proper proportions!



Replace 1 - 2 meals per day with a protein shake to **satisfy hunger** and **boost energy**.

## *shakes*

How to make a meal-replacement shake:

- 2 scoops protein powder
- 1/2 to 1 scoop "Daily Fiber Boost"
- 1/2 cup almond or rice milk
- 1 tbsp. "good fats"
- 1/4 cup "good carbs"
- Water to fill

*Lightly blend in a personal size blender.*

How to make a recovery shake:

- 1 to 2 scoops of protein powder
- 1/2 cup almond milk
- 1/4 cup "good carbs"
- 1/2 banana or 1/2 cup pineapple
- Water to fill

*Lightly blend in a personal size blender.*



## *fill your plate with these*

**green veggies**

**1/2 OF YOUR PLATE**

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

**lean protein**

**1/4 OF YOUR PLATE**

wild fish, chicken, turkey, grass-fed beef, beans or lentils

**good carbs**

**1/8 OF YOUR PLATE**

brown rice, quinoa, beets, sweet potatoes, carrots, or millet

**good fat**

**1/8 OF YOUR PLATE**

seeds, nuts, nut butters, nut oils, olive oil, avocado, flax seeds/oil, chia seeds, grapeseed oil, coconut flakes/oil

# what arbonne products will you need?



**PROTEIN SHAKE MIX**  
Vanilla, #2070,  
or Chocolate,  
#2069, \$74



**DAILY FIBER BOOST**  
#2075, \$37



**HERBAL DETOX TEA**  
#2076, \$16



**ENERGY FIZZ STICKS**  
Pomegranate,  
#2079, or Citrus,  
#2077, \$52



**7-DAY BODY CLEANSE**  
#2082, \$50



**DIGESTION PLUS**  
#2063, \$52

TALK TO YOUR ARBONNE CONSULTANT ABOUT BECOMING A PREFERRED CLIENT AND RECEIVE:

a free \$50 product  
of your choice



20-40% off all your products  
for an entire year!

## what to eat? what not to eat?



**REMOVE WHEAT & GLUTEN:** pasta, barley, white rice

**EAT:** brown rice, quinoa, amaranth, millet



**REMOVE YEAST:** bread, crackers, tortillas

**EAT:** lettuce wraps, egg crepes



**REMOVE DAIRY:** milk, cheese, yogurt, ice cream, butter

**EAT:** almond milk, rice milk, coconut milk



**REMOVE SOY:** soy sauce, processed soy products

**EAT:** liquid aminos, sea salt



**REMOVE SUGAR:** processed sugar, Equal, Sucralose, Aspartame

**EAT:** Stevia, Xylitol, Erythritol



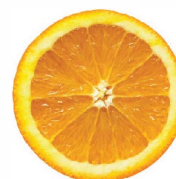
**REMOVE ALCOHOL:** beer, wine, spirits

**EAT:** "Fizzies" with crushed ice and mint, "Detox Tea," herbal tea



**REMOVE ACIDIC DRINKS:** coffee, soda pop, juices

**EAT:** "Fizzie" drinks, teas, alkaline broth



**REMOVE VINEGAR:** salad dressings, mustard, some salsas

**EAT:** fresh-squeezed lemon, apple cider vinegar



**REMOVE PROCESSED FOODS:** boxed & pre-packaged foods

**EAT:** local, organic, free-range foods