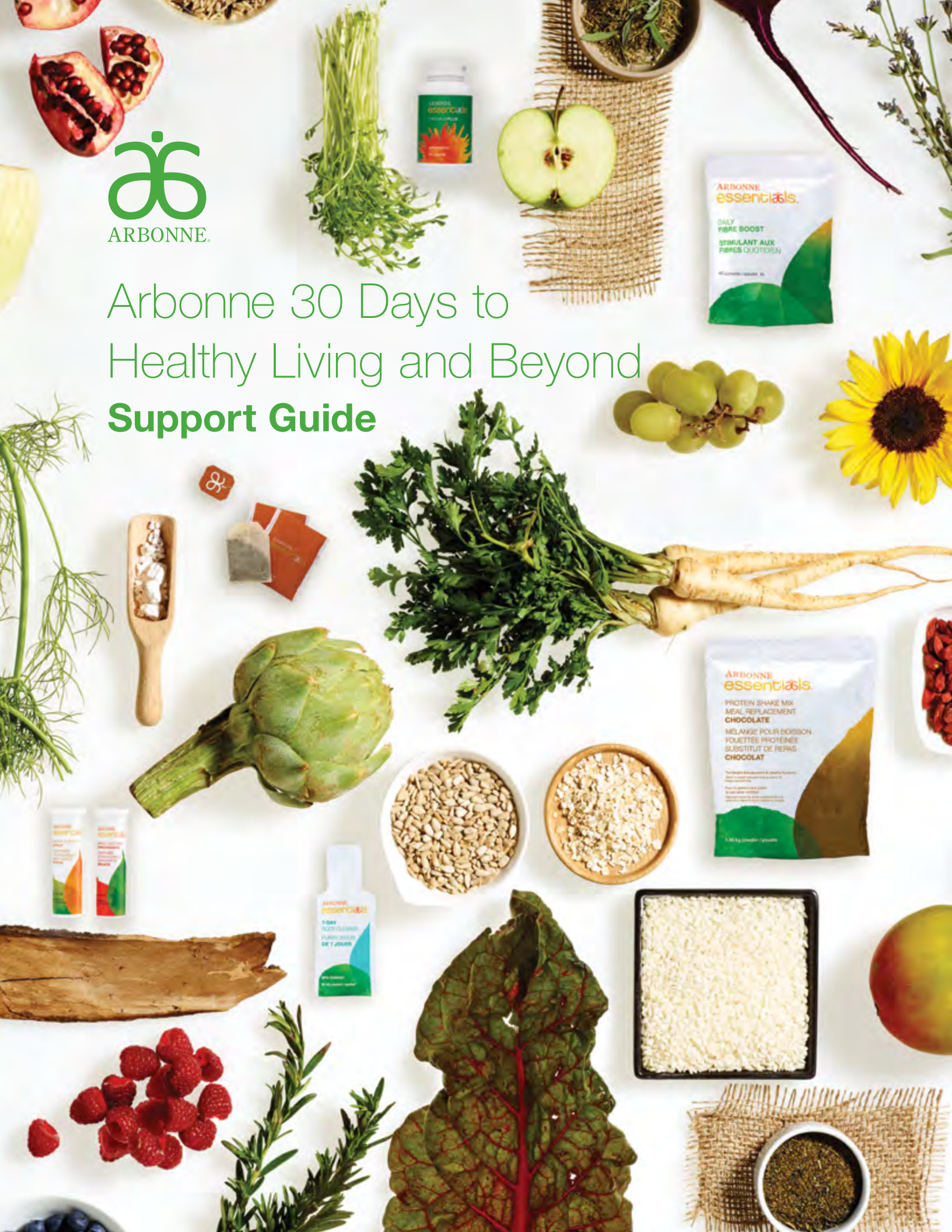




# Arbonne 30 Days to Healthy Living and Beyond Support Guide



# Letter From Dr. Peter



We're so excited to share the 30 Days to Healthy Living and Beyond Set and Support Guide. Today more people are realizing the importance of a healthy diet, exercise and supplementing with critical nutrients. This new set and guide are designed to do just that: support your health goals so you can live a healthier, happier lifestyle.

Arbonne Essentials® can help you accomplish your goals and get on the path to healthier living, which is why I'm thrilled you took the first step with our 30 Days to Healthy Living and Beyond Set. Everybody has their own view of what healthy living means — having more energy, managing weight, incorporating good eating habits, or improving self-esteem and happiness. Whatever your reason, this is a great starting point to work toward your goals.

We created the 30 Days to Healthy Living and Beyond Set and Support Guide to take the guesswork out of making healthy choices. This guide provides important information about Arbonne nutrition products, healthy foods, diet, and other aspects of health and wellness. The 30 Days to Healthy Living and Beyond Set provides the right combination of products to give you the proper nutrients to set you up for success.

Here's to a healthier, happier you!

In good health,

**Peter Matravars**  
Chief Scientific Officer  
Arbonne International



The information provided in this 30 Days to Healthy Living and Beyond Support Guide is presented for educational purposes only and should not be used in lieu of advice from your physician or other qualified healthcare provider. Results from the use of Arbonne products vary depending upon individual effort, body composition, age, eating patterns, and exercise. If you have a medical condition or are pregnant or nursing, Arbonne recommends that you consult with your healthcare professional before starting an Arbonne product regimen.

# Arbonne IS Healthy Living

Healthy living is all about making the right choices. Critical to making healthy decisions is having knowledge about the foods you are eating, engaging in activity, and supporting your diet with premium Arbonne nutritionals that follow a rigorous ingredient policy that is gluten-free, vegan, and formulated with non-GMO ingredients. Having more energy and vitality, feeling more engaged in life, and being happier can start with making a few small changes in your daily habits and engaging in self-education. Healthy living doesn't have to be complicated.

The Arbonne Essentials® 30 Days to Healthy Living and Beyond Support Guide is a tool that you can use to help you on your journey.

## FOCUS AREAS

1. ARBONNE NUTRITIONALS
2. FOODS
3. HEALTHY EATING/COOKING
4. EXERCISE

## Additional Considerations

### DIGESTIBILITY

Digestibility of products consumed can be important, as the ability to easily break down foods can result in the body using the nutrients more efficiently and potentially even more of the beneficial nutrients being used. Good digestibility can also help ensure that there are no side effects of poor digestion such as gas, bloating or constipation.

### ABSORPTION/BIOAVAILABILITY

Bioavailability is the extent to which an ingested substance becomes available to the desired tissue. The bioavailability of a nutrient is critical because if a nutrient is not bioavailable, it can pass through the body without contributing any positive benefit to the individual. When a nutrient is highly bioavailable, the body can then utilize much more of it, which is crucial to support health and wellness.

### ALKALINITY

Certain foods and beverages can be acidic. While the body has a system in place to help support a balanced pH, a diet high in fruits and vegetables supports a more alkaline pH.

### STRESS

Science has shown that stress can cause the release of a hormone called cortisol, which can have detrimental effects, even in a very healthy person. Eating healthy, exercising, managing stress, and supplementing your diet with the nutrients you need to support optimal health and wellness may help support stress relief.

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# 30 Days to Healthy Living and Beyond

You've just made a life-changing decision. Now it's time to begin your path to a happy, healthy you. Arbonne Essentials® products are formulated to help you get the results you're looking for and to help support your journey to a healthier you.

The Arbonne Essentials 30 Days to Healthy Living and Beyond Set comprises products that deliver many key nutrients like protein and fibre. In addition, it supplies probiotics and enzymes, as well as ingredients to support energy metabolism and elimination.

## Cleansing with Arbonne Essentials

Included in your set is the 7-Day Body Cleanse. Below are two options for using the cleanse to support your 30-day journey. Choose the method that works best for you and your program:

**OPTION 1:** At the end of the first week of your 30-day program, use one pouch of the 7-Day Cleanse. At the beginning of the second week of your 30-day program, use 7-Day Body Cleanse on your first and second day of that week. Repeat this same step for the third and fourth week.

**OPTION 2:** Use the 7-Day Body Cleanse the week before starting your 30 Days to Healthy Living and Beyond program. Use one pouch per day for a week to support cleansing and elimination.

**NOTE:** Visit our Coaches Corner at [arbonne.ca](http://arbonne.ca) to hear from our nutritional leaders on using the 7-Day Body Cleanse with your 30 Days to Healthy Living and Beyond program.

The 7-Day Body Cleanse contains ingredients to help support elimination in the body to help prepare you for your next 30 days.



# Arbonne Nutrition Products

## Why Arbonne Essentials® Are Your Best Choice

We leave out the bad stuff, and they taste amazing.

- Vegan-certified, no animal ingredients
- Gluten-free
- No artificial colours, flavours or sweeteners
- No trans fat
- No high fructose corn syrup or fructose
- Standardized plant extracts
- Kosher-certified (Daily Fibre Boost)



### Gluten-Free

All Arbonne Essentials and Arbonne Evolution™ products are gluten-free. Gluten is a protein found in wheat and wheat derivatives but may also be found in rye, barley and malts. Many processed foods, sauces, seasonings, flavourings and even beer and licorice contain gluten.

More and more individuals without celiac disease are also reporting sensitivities to gluten and making the decision to avoid products with this wheat protein.

**NOTE:** See p. 37 for gluten-free diet information.



### Standardized Plant Extracts

Single botanicals can have many different bioactive ingredients, each with a different benefit. When standardized extracts are used, it means we have selected a specific phytonutrient from the botanical and have specified an exact amount of the bioactive to be delivered in each dose of the product ensuring you get the same level of benefit every time.

### Natural Colours, Flavours and Sweeteners

Arbonne Essentials products are formulated with natural sweeteners such as unrefined sugar cane, agave nectar and the herbal sweetener stevia. In addition, Arbonne uses only naturally derived flavours and colours in our formulations.

# What's in Your 30 Days to Healthy Living and Beyond Set?



## Protein Shake Mix Meal Replacement

These delicious plant-based protein shakes contain 20 grams of plant protein, vitamins, minerals, flax seed, and a unique botanical blend for targeted benefits. It's enough protein to help you feel satisfied and a broad spectrum of amino acids to support muscles.

- Gluten-free, vegan-certified
- No dairy or soy proteins
- No cholesterol or trans fat

### 30 servings

Chocolate #2069; \$79 (69 QV)

Vanilla #2070; \$79 (69 QV)



## Energy Fizz Tabs

Energy Fizz Tabs support energy with vitamins and botanicals. A refreshing combination of botanicals, B vitamins and chromium to help increase alertness and performance as well as help the body to metabolize fats, carbohydrates and proteins.

- Only 10 calories per serving
- Less than one gram of sugar
- Quick dissolving tabs
- No artificial colours, flavours or sweeteners

### 20 tab packs

Pomegranate #2079; \$35 (32 QV)

Citrus #2077; \$35 (32 QV)



## Daily Fibre Boost

Most people don't get enough fibre. Daily Fibre Boost provides a convenient and seamless way to get 12 grams of fibre with each serving. This heat-resistant blend of grain, fruit and vegetable fibres can be added to hot or cold foods, drinks, and even baked goods to boost fibre intake and help support gastrointestinal health and satiety.

- Gluten-free fibre source
- Perfect addition to Arbonne Essentials® Protein Shake Mix Meal Replacement
- No cholesterol or trans fat
- Kosher-certified

### 30 servings

#2075; \$41 (35 QV)



## Herbal Tea (2 boxes)

A delicious, mild, caffeine-free herbal tea with 9 botanicals.

### 20 tea bags each

#2076; \$19 each (15 QV)



## 7-Day Body Cleanse

7-Day Body Cleanse contains targeted ingredients to support gentle elimination.

- Senna, Cascara Sagrada, Aloe Vera, Rhubarb and Buckthorn are traditionally used in herbal medicine as stimulant laxatives
- Nettle is traditionally used in herbal medicine as a diuretic
- Mild flavour
- No artificial colours, flavours or sweeteners

### 7 packets

#2082; \$59 (50 QV)



## Omega-3 Plus

Vegan capsules filled with flaxseed oil and vegetarian DHA derived from algae provide daily omega-3 fatty acids to support the maintenance of good health.

- Source of omega-3 fatty acids and docosahexaenoic acid (DHA) for the maintenance of good health
- Helps support cognitive health and brain function
- Helps support eye health

### 60 capsules

#2066; \$44 (40 QV)

Visit [arbonne.ca](http://arbonne.ca) for more information, videos, testimonials, Q&A, and helpful information from our Arbonne nutritional leaders.

## Other Recommended Products

# Arbonne Evolution™

Arbonne Evolution is a weight management system that delivers clinically proven ingredients through easy-to-use products to support your health and wellness goals. Using Arbonne Evolution products in conjunction with healthy eating and regular exercise helps support weight management and in turn helps support better health, happiness and improved self-confidence and energy.

### Full Control

Arbonne Evolution is a weight management system that delivers clinically proven ingredients through easy-to-use products to support your health and wellness goals.

Using Arbonne Evolution products in conjunction with healthy eating and regular exercise helps support weight management and in turn helps support better health, happiness and improved self-confidence and energy.

- Glucomannan helps you feel full to support weight management\*
- Helps lower cholesterol levels

\*Glucomannan consumption in the context of a restricted diet in calories may help support weight management.

**90 servings**

**#6210; \$86 (72 QV)**



### ThermoBooster

ThermoBooster contains Svetol®, a clinically proven form of green coffee bean extract with chlorogenic acids to help support thermogenesis and metabolism. In a clinical study, 400 mg of Svetol per day helped support weight management efforts. ThermoBooster taken twice per day with a meal delivers benefits to those seeking to support their weight management goals.

- Helps support thermogenesis
- In a clinical trial, 400 mg per day of Svetol helped study participants manage their weight
- Svetol is clinically proven to support weight management

**60 tablets**

**#2618; \$78 (65 QV)**



### Bonus Purchase

#### Arbonne Evolution – 10% Savings

Start off your weight management regimen right with this dynamic duo. Save 10% when you buy ThermoBooster and Full Control. A \$164 value, for **\$148. #6121**

## My Evolution

*"The stress at work left me feeling entitled to a lot of comfort food and wine at the end of my day. Wow! I forgot how good being healthy feels! ThermoBooster and Full Control were so easy to incorporate into my day, and they made a huge difference in how I feel."*

#### Pennie Hawks

Arbonne Independent Consultant  
Executive Area Manager

*"I love these new products. Full Control helps make me feel full to help support my weight management so I have the control to eat healthy food instead of junk to properly fuel my body. I am finally excited about how I look in a swimsuit again."*

#### Melanie Billingsley

Arbonne Independent Consultant  
Area Manager

Visit [arbonne.ca](http://arbonne.ca) to watch inspiring videos and testimonials of accomplishments from our Arbonne Independent Consultants and see how Arbonne Evolution® and Arbonne Essentials® products helped them achieve healthy living and a happier life.

Download the Arbonne Evolution Weight Management System Guide to submit your own Before and After story and share your Evolution with the rest of the Arbonne family.

# More Arbonne Essentials® Products



## Nutritional Supplement Bars

When it comes to snacks, making a healthy choice can make a difference. These tasty, nutrient rich bars deliver 9 grams of plant protein to satisfy your hunger while delivering vitamins, minerals, and the superfoods quinoa and pumpkin seeds to support good health.

- Non-GMO
- No artificial colours, flavours or sweeteners
- Contains real fruit and dairy-free Dutch chocolate
- Under 200 calories per bar

### 10 bars

Chocolate #2918; \$27 (12.5 QV)

Fruit #2922; \$27 (12.5 QV)



## Daily Power Packs for Men & Daily Power Packs for Women

Power through each day with 20 essential vitamins and minerals you need to support the body's critical processes. Contains botanical extracts, probiotics and enzymes, plus bone and antioxidant formulas.

- Supports your daily nutritional requirements
- Extra calcium and folic acid to support women's health
- Saw palmetto helps support prostate health for men
- Supports healthy eyes, skin, hair and nails

### 30 sachets

Men #2052; \$108 (102 QV)

Women #2053; \$108 (102 QV)

**Sean Hopwood**  
Arbonne Independent Consultant  
Executive Regional Vice President  
United Kingdom





# Getting Started

## Healthy Living at a Glance

### STEP 1

Eliminate common allergens and non-healthy ingredients.

- Wheat/gluten
- Dairy
- Refined sugar
- Alcohol
- Soy
- Corn

### FILLING YOUR PLATE

**Veggies:** 1/2 of your plate with greens like kale, chard, mustard greens, spinach, broccoli, asparagus

**Lean Protein:** 1/4 of your plate with organic tofu, legumes, lentils and if you eat meat, wild fish, chicken or turkey

**Complex Carbs:** 1/8 of your plate with brown rice, quinoa, beets, sweet potatoes, carrots or millet

**Good Fats:** 1/8 of your plate with seeds, nuts, nut butters, nut oils, olive oil, avocado, flax, grape seed oil, coconut oil

**NOTE:** Use Daily Fibre Boost (12 grams of fibre) and Daily Power Packs for optimal health and wellness, and use 7-Day Body Cleanse to help support elimination.

### STEP 2

Eat regular, healthy meals throughout the day.

**1.** Morning: healthy meal/shake

**2.** Lunch: healthy meal

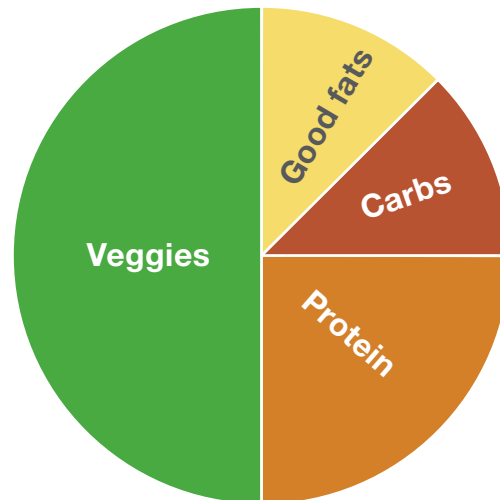
**3.** Dinner: healthy meal/shake

**NOTE:** It's best to eat all meals before 7 p.m.

### STEP 3

Eat in the proper portions.

- Veggies
- Protein
- Complex carbs
- Fats



### WHEAT / GLUTEN

#### Remove:

- Pasta
- White rice
- Bread
- Cereal

#### Replace with:

- Brown rice
- Quinoa
- Amaranth
- Brown rice pasta
- Spaghetti squash

### DAIRY

#### Remove:

- Milk
- Cheese
- Yogurt
- Butter

#### Replace with:

- Almond milk
- Rice milk
- Coconut milk
- Nutritional yeast

### PROCESSED FOOD

#### Remove:

- Boxed and packaged food
- Pre-manufactured food
- Fast food
- Frozen dinners

#### Replace with:

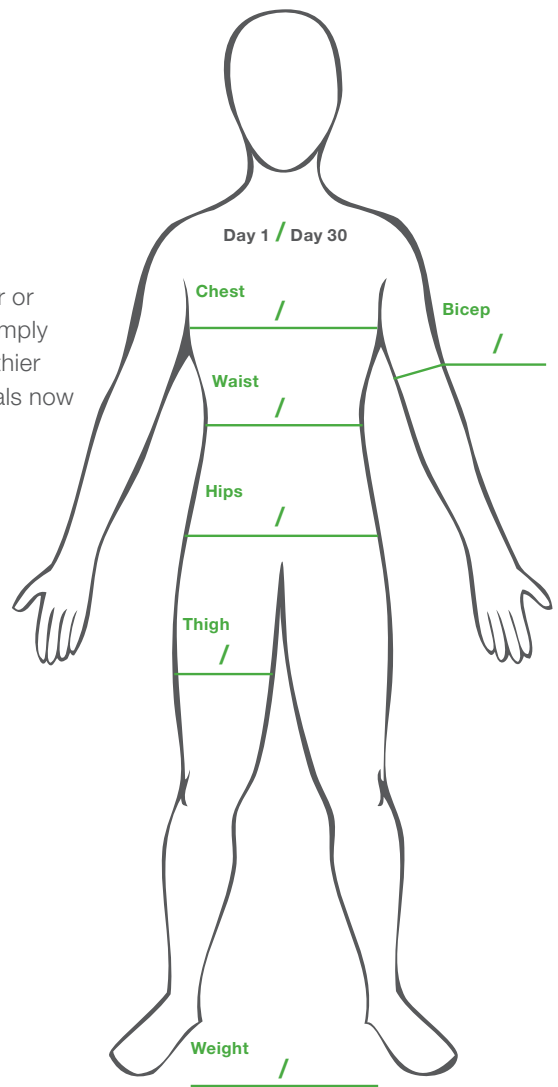
- Locally grown, seasonally available fruits and veggies
- If you eat meat:  
Free-range, grass-fed, hormone-free meats

# Your Profile

**Establish your “Why?” and write it down:** If you just want to feel healthier or have more energy each day for work or recreation, write that down. If you simply feel that you want to improve your lifestyle, eat better and start making healthier choices, then write that down. The more specific you can be about your goals now the better you will be able to track your progress during the next 30 days.

Insert before picture

Insert after picture



## Contact Information

Name \_\_\_\_\_  
 Arbonne ID \_\_\_\_\_  
 Email \_\_\_\_\_  
 Phone \_\_\_\_\_

**Chest** — Measure around the largest part of your chest.

**Bicep** — Measure midway between the top of your shoulder and elbow.

**Waist** — Measure approximately one inch above your belly button.

**Hips** — Measure around the largest part of your buttocks with your heels together.

**Thigh** — Stand with your legs slightly apart. Measure your upper leg where the circumference is largest.

## Starting Info

**(Complete on Day 1)**

Why are you starting this plan today?  
 \_\_\_\_\_  
 \_\_\_\_\_

What does being fit mean to you?  
 \_\_\_\_\_  
 \_\_\_\_\_

How do you feel today?  
 \_\_\_\_\_  
 \_\_\_\_\_

How do you want to feel in 30 days?  
 \_\_\_\_\_  
 \_\_\_\_\_

## Ending Info

**(Complete on Day 30)**

Did you accomplish your goal(s)?  
 \_\_\_\_\_  
 \_\_\_\_\_

Do you feel more fit?  
 \_\_\_\_\_  
 \_\_\_\_\_

How do you feel overall?  
 \_\_\_\_\_  
 \_\_\_\_\_

# Setting Goals

Understanding what your goals are is one of the things that will help you to take the necessary action to work toward those goals. Imagine goals as being a target; without a target you have nothing to aim at. Below is an area for you to list your goals:

## Goal #1

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Why is this important?

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## Goal #2

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Why is this important?

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## Goal #3

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Why is this important?

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What do you need to do to achieve your goals?

## Goal #1

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## Goal #2

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## Goal #3

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Name a few obstacles to achieving these goals:

## Goal #1

Obstacle

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How will you overcome it?

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## Goal #2

Obstacle

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How will you overcome it?

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## Goal #3

Obstacle

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How will you overcome it?

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List a few changes/short-term goals that will start you off:

1. 

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2. 

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3. 

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4. 

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5. 

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# Helpful Hints

- 1. Stay Hydrated** — Water is critical for optimal physiologic function and healthy living. Dehydration can have many negative side effects and leave you feeling less than ideal. Drinking plenty of water is also essential for processing nutrients and maintaining a proper fluid balance. A good rule of thumb is to drink half your body weight in water per day. For example, if you weigh 120 pounds, you should drink at least 60 ounces of water per day.
- 2. Slow Down** — It takes time for the brain to tell the body that it's full, so when you eat quickly you may overeat and not even realize it. Slow down and listen to when your body says it's full. Listening to this will help you reduce your caloric intake and will help support weight management. Additionally, eating food slower will help support proper digestion.
- 3. Avoid Refined Sugar** — Sodas and sweetened beverages can have anywhere from 17–50+ grams of sugar per can/bottle. This can have a negative impact on blood sugar levels, can lead to a sugar crash, and sugars when over consumed can be converted to fat and stored in the body. Many health professionals lay some of the blame for the high incidence of diabetes and obesity to over consumption of sodas and sugary snacks. Also look for natural sweeteners like stevia, and unrefined sugar cane. Stay away from high fructose corn syrup, and high-sugar foods and beverages.
- 4. Snack Healthy** — While we recommend avoiding snacking in the first 30 days, we know it can be difficult to avoid at times, so when snacking it's important to make healthy decisions. Foods with no nutrient value only deliver sodium, fats, carbohydrates and empty calories. Get used to choosing fruits, nuts and vegetables for snacks.
- 5. Exercise** — Light activity is good for you. Just 30 minutes of raising your heart rate even a little will support your weight management goals, give you more energy, and help you enjoy life a little more. Exercise doesn't have to be strenuous; it just has to elevate your heart rate for a sustained period of time, so choose an exercise that fits your activity level. Take a walk around your neighborhood or jog at a local park. Either way, you're supporting a healthier lifestyle, and your efforts will be rewarded.
- 6. Get Some Rest** — Sleeping is a time when the body repairs and restores itself; many different processes are at work during sleep that are not happening when you are awake. Not enough sleep can result in low energy and a less positive outlook when it comes to everyday life. Be sure you get the right amount of sleep to help you feel rested, energetic and clear-headed. Remember, this is not a plan of perfection; this is a way to support healthy living.
- 7. Track Your Work** — Many individuals benefit from being more engaged in their fitness goals. This manual delivers the tools you need to track your progress. Changes can happen slowly and may not even be noticed because of the gradual progression. Track day-to-day efforts so you can see how you are building toward your goal. Many find it helpful to find a friend or a coach to help keep them on track.

**NOTE:** See p. 36 for healthy snack recommendations.

# One Meal Replacement Plan

In this 7-Day Meal Plan, replace **one meal per day** with an Arbonne Essentials Protein Shake Mix Meal Replacement.

DAY 1		One Arbonne Essentials Protein Shake Mix Meal Replacement				
Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories	
<b>Breakfast — Shake</b>						
3 scoops	Arbonne Essentials® Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 ml (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>AM Snack — Fruit &amp; Yogurt, Rice Cakes</b>						
1 cup	Raspberries — raw	1.48	14.69	0.80	63.96	
3	Rice cakes — plain	2.40	21.30	0.90	105.00	
1 cup	Yogurt — plain, low fat	12.86	17.25	3.80	154.35	
<b>Totals:</b>		<b>16.74</b>	<b>53.24</b>	<b>5.50</b>	<b>323.31</b>	
<b>Lunch — Chicken Salad</b>						
3 oz.	Chicken breast (white meat)	19.50	0.00	1.20	93.00	
¼ cup	Croutons — plain	0.90	5.50	0.50	30.50	
1	Salad — large garden with tomato, onion	2.60	19.00	0.80	98.00	
1 tablespoon	Salad dressing (suggested: extra-virgin olive oil sun-dried tomato dressing)	0.00	2.00	3.00	30.00	
<b>Totals:</b>		<b>23.00</b>	<b>26.50</b>	<b>5.50</b>	<b>251.50</b>	
<b>Afternoon Snack — Fruit &amp; Cheese Plate</b>						
1	Banana — medium 8"	1.20	26.70	0.60	105.00	
1 oz.	Cheese — mozzarella, part skim milk	6.79	0.78	4.46	71.12	
10	Crackers — whole wheat, low salt	3.52	27.44	6.88	177.20	
1 cup	Milk — 1%	8.00	11.70	2.60	102.00	
<b>Totals:</b>		<b>19.51</b>	<b>66.62</b>	<b>14.54</b>	<b>455.32</b>	
<b>Dinner — Salmon, Veggies &amp; Rice</b>						
1 each	Winter squash — medium with peel	1.82	18.14	0.72	76.00	
8 florets	Broccoli — boiled, drained	1.23	6.01	0.23	27.30	
1 cup	Rice — brown, long grain, cooked	5.03	44.77	1.76	216.45	
3 oz.	Salmon — broiled	18.81	0.00	10.50	174.00	
<b>Totals:</b>		<b>26.89</b>	<b>68.92</b>	<b>13.21</b>	<b>493.75</b>	
<b>Evening Snack: Veggie Egg Scramble &amp; Toast</b>						
2 slices, large	Bread, mixed grain, toasted (includes whole grain, 7 grain)	6.32	29.23	2.38	157.76	
3 each	Egg whites — scrambled/boiled	10.50	0.90	0.00	51.00	
1 large	Egg — whole, scrambled	6.76	1.34	7.45	101.26	
3 sprays, about ⅓ second	Oil — cooking spray, original	0.00	0.19	0.71	7.13	
1 tablespoon	Onions — raw, chopped	0.09	1.01	0.01	4.20	
1 tablespoon	Peppers — sweet, red, raw	0.09	0.54	0.03	2.34	
<b>Totals:</b>		<b>23.76</b>	<b>33.21</b>	<b>10.50</b>	<b>323.69</b>	
<b>DAY 1</b>		<b>Actual Totals for Day 1</b>	<b>129.90</b>	<b>277.49</b>	<b>54.25</b>	<b>2,077.57</b>
<b>DAY 1</b>		<b>Actual % of Total Calories</b>	<b>25.01</b>	<b>53.43</b>	<b>23.50</b>	

# One Meal Replacement Plan

DAY 2		One Arbonne Essentials Protein Shake Mix Meal Replacement				
Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories	
<b>Breakfast — Shake</b>						
3 scoops	Arbonne Essentials® Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 ml (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>Morning Snack — Fruit &amp; Almond Butter</b>						
1 tablespoon	Almond butter — smooth	2.00	3.00	9.00	101.00	
1	Apple — medium with peel	0.30	21.00	0.50	81.00	
1	Chewy granola bar, cherry dark chocolate (35 g)	5.00	24.00	2.00	130.00	
<b>Totals:</b>		<b>7.30</b>	<b>48.00</b>	<b>11.50</b>	<b>312.00</b>	
<b>Lunch — Turkey Pasta &amp; Sauce</b>						
50 g	Pasta — whole-wheat broad noodles (egg white)	7.65	35.88	1.18	182.35	
¼ cup	Sauce — pasta, marinara, ready-to-serve	1.22	7.04	1.49	46.25	
3 oz.	Turkey breast (white meat)	25.50	0.00	0.60	114.00	
<b>Totals:</b>		<b>34.37</b>	<b>42.92</b>	<b>3.27</b>	<b>342.60</b>	
<b>Afternoon Snack — Fruit, Carrots &amp; Cottage Cheese</b>						
6 medium	Carrots — baby, raw	0.38	4.94	0.08	21.00	
1 cup	Cottage cheese — 1% fat	28.00	6.20	2.30	164.00	
2	Graham crackers	0.97	10.75	1.41	59.00	
½ cup	Grapes — red or green	0.54	13.67	0.12	52.10	
<b>Totals:</b>		<b>29.89</b>	<b>35.56</b>	<b>3.91</b>	<b>296.10</b>	
<b>Dinner — Chicken Pita Sandwich &amp; Fruit</b>						
⅓ cup	Avocados — raw, sliced, all varieties	0.96	4.11	7.06	77.09	
1 large	Bread — pita, whole wheat (6½" diameter)	6.27	35.20	1.66	170.24	
1 cubic inch	Cheese — Swiss, low fat	4.59	0.77	0.92	30.60	
3 oz.	Chicken breast (white meat)	19.50	0.00	1.20	93.00	
1 teaspoon	Dijon mustard	0.40	0.00	0.40	10.00	
½ cup	Lettuce — romaine, raw, shredded	0.29	0.77	0.07	4.00	
1	Orange — medium	1.20	15.40	0.20	62.00	
1	Pickle — dill, low sodium	0.20	1.20	0.10	5.00	
2 slices, medium	Tomatoes — red, ripe, raw, year round average (¼" thick)	0.35	1.57	0.08	7.20	
<b>Totals:</b>		<b>33.76</b>	<b>59.02</b>	<b>11.69</b>	<b>459.13</b>	
<b>Evening Snack — Fruit &amp; Cereal</b>						
⅓ cup	Blueberries — raw	0.35	6.93	0.16	27.27	
1 cup	High-protein oat cluster cereal	10.00	40.00	3.00	230.00	
1 cup	Milk — 1%	8.00	11.70	2.60	102.00	
<b>Totals:</b>		<b>18.35</b>	<b>58.63</b>	<b>5.76</b>	<b>359.27</b>	
<b>DAY 2</b>		<b>Actual Totals for Day 2</b>	<b>143.67</b>	<b>273.13</b>	<b>41.13</b>	<b>1,999.10</b>
		<b>Actual % of Total Calories</b>	<b>28.75</b>	<b>54.65</b>	<b>18.52</b>	

# One Meal Replacement Plan

DAY 3		One Arbonne Essentials Protein Shake Mix Meal Replacement				
Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories	
<b>Breakfast — Shake</b>						
3 scoops	Arbonne Essentials® Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 ml (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>Morning Snack — Nuts &amp; Yogurt</b>						
1/3 oz. (4.5 halves)	Nuts — walnuts, English	1.42	1.28	6.10	61.18	
2 slices	Pineapple — fresh, slice approx 3 1/2"	0.60	20.80	0.80	82.00	
2	Rice cakes — plain	1.60	14.20	0.60	70.00	
3/4 cup	Yogurt — plain, low-fat	9.65	12.94	2.85	115.76	
<b>Totals:</b>		<b>13.27</b>	<b>49.22</b>	<b>10.35</b>	<b>328.94</b>	
<b>Lunch — Quinoa, Beans &amp; Veggies</b>						
1/2 cup	Beans — black, boiled, no salt	7.62	20.39	0.46	113.52	
1 clove	Garlic — raw	0.19	0.99	0.02	4.47	
1 tablespoon	Onions — raw, chopped	0.09	1.01	0.01	4.20	
10 strips	Peppers — sweet, yellow, raw	0.52	3.29	0.11	14.04	
1/4 cup	Quinoa	5.57	29.28	2.47	158.95	
<b>Totals:</b>		<b>13.99</b>	<b>54.96</b>	<b>3.07</b>	<b>295.18</b>	
<b>Afternoon Snack — Fruit &amp; Cheese Plate</b>						
1/2	Banana — medium 8"	0.60	13.35	0.30	52.50	
1 oz.	Cheese — mozzarella, part skim milk	6.79	0.78	4.46	71.12	
10	Crackers — whole wheat, low salt	3.52	27.44	6.88	177.20	
1 cup	Milk — 1%	8.00	11.70	2.60	102.00	
<b>Totals:</b>		<b>18.91</b>	<b>53.27</b>	<b>14.24</b>	<b>402.82</b>	
<b>Dinner — Steak, Broccoli &amp; Sweet Potatoes</b>						
3 oz., 0" trim	Beef tenderloin — lean only, all grades, broiled	24.23	0.00	6.68	164.05	
1/2 cup	Broccoli — boiled, drained, no salt, chopped	1.86	5.60	0.32	27.30	
1/2 tablespoon	Chives — raw, chopped	0.05	0.07	0.01	0.45	
2 (2 1/2" dia, sphere)	Sweet potatoes — boiled, cooked in skin, flesh, no salt	5.09	54.75	0.27	236.64	
1 tablespoon	Sour cream — low fat (3%)	0.50	1.50	0.50	12.50	
<b>Totals:</b>		<b>31.73</b>	<b>61.92</b>	<b>7.78</b>	<b>440.94</b>	
<b>Evening Snack — Egg White Veggie Scramble &amp; Toast</b>						
2 slices, large	Bread — mixed grain, toasted (includes whole grain, 7 grain)	6.32	29.23	2.38	157.76	
1 cubic inch	Cheese — Swiss, low fat	4.59	0.77	0.92	30.60	
3	Egg whites — scrambled/boiled	10.50	0.90	0.00	51.00	
3 sprays, about 1/3 second	Oil — cooking spray, original	0.00	0.19	0.71	7.13	
2 tablespoons	Peppers — sweet, red, raw	0.18	1.09	0.05	4.68	
1/2 cup	Orange juice — 100% pure	0.00	12.45	0.00	56.00	
<b>Totals:</b>		<b>21.59</b>	<b>44.63</b>	<b>4.06</b>	<b>307.17</b>	
<b>DAY 3</b>		<b>Actual Totals for Day 3</b>	<b>119.49</b>	<b>293.00</b>	<b>44.50</b>	<b>2,005.05</b>
		<b>Actual % of Total Calories</b>	<b>23.84</b>	<b>58.45</b>	<b>19.97</b>	

# One Meal Replacement Plan

DAY 4		One Arbonne Essentials Protein Shake Mix Meal Replacement				
Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories	
<b>Breakfast — Shake</b>						
3 scoops	Arbonne Essentials® Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 ml (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>Morning Snack — Pear With Almond Butter &amp; Bar</b>						
1½ tablespoons	Almond butter — smooth	3.00	4.50	13.50	151.50	
1	Chewy granola bar, cherry dark chocolate (35 g)	5.00	24.00	2.00	130.00	
1	Pear — medium with peel	0.70	25.10	0.00	98.00	
<b>Totals:</b>		<b>8.70</b>	<b>53.60</b>	<b>15.50</b>	<b>379.50</b>	
<b>Lunch — Barbecue Chicken &amp; Sweet Potato</b>						
1 tablespoon	Barbecue sauce	0.03	5.70	0.02	25.00	
3 oz.	Chicken breast (white meat)	19.50	0.00	1.20	93.00	
½ tablespoon	Chives — raw, chopped	0.05	0.07	0.01	0.45	
2 tablespoons	Sour cream — low fat (3%)	1.00	3.00	1.00	25.00	
1 medium	Sweet potato — baked in skin, no salt (2" dia, 5" long)	2.29	23.61	0.17	102.60	
<b>Totals:</b>		<b>22.87</b>	<b>32.38</b>	<b>2.40</b>	<b>246.05</b>	
<b>Afternoon Snack — Fruit, Carrots &amp; Cottage Cheese</b>						
8 medium	Carrots — baby, raw	0.51	6.59	0.10	28.00	
1 cup	Cottage cheese — 1% fat	28.00	6.20	2.30	164.00	
4 each	Graham crackers	1.93	21.50	2.83	118.00	
½ cup	Grapes — red or green	0.54	13.67	0.12	52.10	
<b>Totals:</b>		<b>30.98</b>	<b>47.96</b>	<b>5.35</b>	<b>362.10</b>	
<b>Dinner — Halibut With Veggies &amp; Rice</b>						
¾ cup	Beans — snap, green, boiled, drained, no salt	1.77	7.39	0.26	32.81	
3 oz.	Halibut — broiled	22.50	0.00	3.00	120.00	
½ tablespoon	Lemon juice	0.05	0.65	0.00	2.00	
1 teaspoon	Oil — olive, salad or cooking	0.00	0.00	4.50	39.78	
1 cup	Rice — brown, long grain, cooked	5.03	44.77	1.76	216.45	
<b>Totals:</b>		<b>29.35</b>	<b>52.81</b>	<b>9.52</b>	<b>411.04</b>	
<b>Evening Snack — Apple Cinnamon Oatmeal</b>						
½	Apple — medium with peel	0.15	10.50	0.25	40.50	
½ teaspoon	Cinnamon	0.15	2.70	0.10	9.00	
½ teaspoon	Honey	0.05	8.65	0.00	32.00	
1 cup	Milk — 1%	8.00	11.70	2.60	102.00	
½ cup	Oatmeal — quick, measure uncooked	6.60	27.90	3.00	148.50	
<b>Totals:</b>		<b>14.95</b>	<b>61.45</b>	<b>5.95</b>	<b>332.00</b>	
<b>DAY 4</b>		<b>Actual Totals for Day 4</b>	<b>126.86</b>	<b>277.19</b>	<b>43.72</b>	<b>1,960.69</b>
		<b>Actual % of Total Calories</b>	<b>25.25</b>	<b>55.17</b>	<b>19.58</b>	



# One Meal Replacement Plan

DAY 5		One Arbonne Essentials Protein Shake Mix Meal Replacement				
Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories	
<b>Breakfast — Shake</b>						
3 scoops	Arbonne Essentials® Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 ml (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>Morning Snack — Fruit &amp; Yogurt</b>						
1 cup	Raspberries — raw	1.48	14.69	0.80	63.96	
3	Rice cakes — plain	2.40	21.30	0.90	105.00	
¾ cup	Yogurt — plain, low fat	9.65	12.94	2.85	115.76	
<b>Totals:</b>		<b>13.53</b>	<b>48.93</b>	<b>4.55</b>	<b>284.72</b>	
<b>Lunch — Shrimp Stir Fry</b>						
1 clove	Garlic — raw	0.19	0.99	0.02	4.47	
½ cup pieces	Mushrooms — raw	1.08	1.15	0.12	7.70	
1 teaspoon	Oil — olive, salad or cooking	0.00	0.00	4.50	39.78	
10 strips	Peppers — sweet, yellow, raw	0.52	3.29	0.11	14.04	
½ cup	Rice — brown, long grain, cooked	2.52	22.39	0.88	108.23	
¼ cup	Sauce — sweet and sour, dehydrated, dry	0.10	9.13	0.01	36.96	
3 oz.	Shrimp — boiled or steamed	17.76	0.00	0.90	84.00	
<b>Totals:</b>		<b>22.17</b>	<b>36.95</b>	<b>6.54</b>	<b>295.18</b>	
<b>Afternoon Snack — Fruit &amp; Cheese Plate</b>						
1	Banana — medium 8"	1.20	26.70	0.60	105.00	
1 cubic inch	Cheese — cheddar	4.23	0.22	5.63	68.51	
10	Crackers — whole wheat, low salt	3.52	27.44	6.88	177.20	
1 cup	Milk — 1%	8.00	11.70	2.60	102.00	
<b>Totals:</b>		<b>16.95</b>	<b>66.06</b>	<b>15.71</b>	<b>452.71</b>	
<b>Dinner — Chicken Pasta &amp; Salad</b>						
3 oz.	Chicken breast (white meat)	19.50	0.00	1.20	93.00	
65 g	Pasta — whole-wheat broad noodles (egg white)	9.94	46.65	1.53	237.06	
1	Salad — carrot and romaine with tomato, onion	1.30	9.50	0.40	49.00	
1 tablespoon	Salad dressing (suggested: extra-virgin olive oil sun-dried tomato dressing)	0.00	2.00	3.00	30.00	
¼ cup	Sauce — marinara, ready-to-serve	1.22	7.04	1.49	46.25	
<b>Totals:</b>		<b>31.96</b>	<b>65.19</b>	<b>7.62</b>	<b>455.31</b>	
<b>Evening Snack — Egg White Scramble</b>						
2 slices, large	Bread — mixed grain, toasted (includes whole grain, 7 grain)	6.32	29.23	2.38	157.76	
4	Egg whites — scrambled/boiled	14.00	1.20	0.00	68.00	
3 sprays, about ⅓ second	Oil — cooking spray, original	0.00	0.19	0.71	7.13	
½ cup	Orange juice — 100% pure	0.00	12.45	0.00	56.00	
<b>Totals:</b>		<b>20.32</b>	<b>43.07</b>	<b>3.09</b>	<b>288.89</b>	
<b>DAY 5</b>		<b>Actual Totals for Day 5</b>	<b>124.92</b>	<b>289.18</b>	<b>42.49</b>	<b>2,006.81</b>
		<b>Actual % of Total Calories</b>	<b>24.51</b>	<b>56.73</b>	<b>18.76</b>	

# One Meal Replacement Plan

DAY 6		One Arbonne Essentials Protein Shake Mix Meal Replacement				
Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories	
<b>Breakfast – Shake</b>						
3 scoops	Arbonne Essentials® Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 ml (9 fl. oz.)	Water – tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>Morning Snack – Fruit With Almond Butter &amp; Bar</b>						
1½ tablespoons	Almond butter – smooth	3.00	4.50	13.50	151.50	
1	Apple – medium with peel	0.30	21.00	0.50	81.00	
1	Chewy granola bar, cherry dark chocolate (35 g)	5.00	24.00	2.00	130.00	
<b>Totals:</b>		<b>8.30</b>	<b>49.50</b>	<b>16.00</b>	<b>362.50</b>	
<b>Lunch – Haddock, Spinach &amp; Rice</b>						
1 clove	Garlic – raw	0.19	0.99	0.02	4.47	
3 oz.	Haddock – baked or broiled	20.61	0.00	0.84	96.00	
½ tablespoon	Lemon juice	0.05	0.65	0.00	2.00	
½ cup	Rice – brown, long grain, cooked	2.52	22.39	0.88	108.23	
1 cup	Spinach – boiled, drained	5.40	6.80	0.40	42.00	
<b>Totals:</b>		<b>28.77</b>	<b>30.83</b>	<b>2.14</b>	<b>252.70</b>	
<b>Afternoon Snack – Fruit, Carrots &amp; Cottage Cheese</b>						
8 medium	Carrots – baby, raw	0.51	6.59	0.10	28.00	
¾ cup	Cottage cheese – 1% fat	21.00	4.65	1.73	123.00	
2	Graham crackers	0.97	10.75	1.41	59.00	
1 cup	Grapes – red or green	1.09	27.33	0.24	104.19	
<b>Totals:</b>		<b>23.57</b>	<b>49.32</b>	<b>3.48</b>	<b>314.19</b>	
<b>Dinner – Turkey &amp; Swiss Pita Sandwich</b>						
⅓ cup, sliced	Avocados – raw, all varieties	0.96	4.11	7.06	77.09	
1 pita, large	Bread – pita, whole wheat (6½" dia)	6.27	35.20	1.66	170.24	
1 cubic inch	Cheese – Swiss, low fat	4.59	0.77	0.92	30.60	
½ cup, shredded	Lettuce – romaine, raw	0.29	0.77	0.07	4.00	
1 teaspoon	Mustard – prepared, yellow	0.20	0.39	0.16	3.30	
1	Orange – medium	1.20	15.40	0.20	62.00	
2 slices, medium (¼" thick)	Tomatoes – red, ripe, raw, year-round average	0.35	1.57	0.08	7.20	
3 oz.	Turkey breast (white meat)	25.50	0.00	0.60	114.00	
<b>Totals:</b>		<b>39.36</b>	<b>58.21</b>	<b>10.75</b>	<b>468.43</b>	
<b>Evening Snack – Fruit &amp; Cereal</b>						
⅓ cup	Blueberries – raw	0.35	6.93	0.16	27.27	
1 cup	High-protein oat cluster cereal	10.00	40.00	3.00	230.00	
1 cup	Milk – 1%	8.00	11.70	2.60	102.00	
<b>Totals:</b>		<b>18.35</b>	<b>58.63</b>	<b>5.76</b>	<b>359.27</b>	
<b>DAY 6</b>		<b>Actual Totals for Day 6</b>	<b>138.35</b>	<b>275.50</b>	<b>43.13</b>	<b>1,987.09</b>
		<b>Actual % of Total Calories</b>	<b>27.08</b>	<b>53.93</b>	<b>18.99</b>	

# One Meal Replacement Plan

DAY 7		One Arbonne Essentials Protein Shake Mix Meal Replacement				
Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories	
<b>Breakfast – Shake</b>						
3 scoops	Arbonne Essentials® Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 ml (9 fl. oz.)	Water – tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>Morning Snack – Fruit &amp; Yogurt</b>						
1	Pear – medium with peel	0.70	25.10	0.00	98.00	
2	Rice cakes – plain	1.60	14.20	0.60	70.00	
¾ cup (6 oz.)	Yogurt – plain, low fat	9.65	12.94	2.85	115.76	
<b>Totals:</b>		<b>11.95</b>	<b>52.24</b>	<b>3.45</b>	<b>283.76</b>	
<b>Lunch – Steak &amp; Green Beans</b>						
½ cup	Beans – snap, green, boiled, drained, no salt	1.18	4.93	0.18	21.88	
3 oz.	Beef tenderloin – lean only, 0" trim, all grades, broiled	24.23	0.00	6.68	164.05	
1 medium	Sweet potato – baked in skin, no salt (2" dia, 5" long)	2.29	23.61	0.17	102.60	
<b>Totals:</b>		<b>27.71</b>	<b>28.54</b>	<b>7.03</b>	<b>288.53</b>	
<b>Afternoon Snack – Tuna Salad &amp; Crackers</b>						
8	Crackers – whole wheat, low salt	2.82	21.95	5.50	141.76	
5 sprigs	Dill weed – fresh	0.03	0.07	0.01	0.43	
1 tablespoon	Mayonnaise, reduced-calorie or diet, cholesterol-free	0.13	0.98	4.86	48.62	
1 tablespoon	Onions – raw, chopped	0.09	1.01	0.01	4.20	
1 medium	Salad – medium garden with tomato, onion	1.95	14.25	0.60	74.00	
1 tablespoon	Salad dressing (suggested: extra-virgin olive oil sun-dried tomato dressing)	0.00	2.00	3.00	30.00	
⅓ cup	Tuna – solid white in water	19.80	0.00	1.32	92.40	
<b>Totals:</b>		<b>24.82</b>	<b>40.26</b>	<b>15.30</b>	<b>391.41</b>	
<b>Dinner – Chicken Stir Fry &amp; Rice</b>						
¼ cup	Broccoli – raw, chopped	0.62	1.46	0.08	7.48	
¼ cup	Carrots – raw, chopped	0.30	3.07	0.08	13.12	
¼ cup	Cauliflower – raw	0.50	1.33	0.03	6.25	
3 oz.	Chicken breast (white meat)	19.50	0.00	1.20	93.00	
¼ cup	Corn – sweet, yellow, raw	1.24	7.32	0.45	33.11	
1 cup	Rice – brown, long-grain, cooked	5.03	44.77	1.76	216.45	
1 teaspoon	Soy sauce made from hydrolyzed vegetable protein	0.15	0.46	0.00	2.40	
<b>Totals:</b>		<b>27.34</b>	<b>58.41</b>	<b>3.60</b>	<b>371.81</b>	
<b>Evening Snack – Oatmeal, Nuts &amp; Fruit</b>						
½	Banana – medium 8"	0.60	13.35	0.30	52.50	
½ tablespoon	Honey	0.05	8.65	0.00	32.00	
1 cup	Milk – 1%	8.00	11.70	2.60	102.00	
½ oz. (7 halves)	Nuts – walnuts, English	2.16	1.94	9.24	92.70	
½ cup	Oatmeal – quick, measure uncooked	6.60	27.90	3.00	148.50	
<b>Totals:</b>		<b>17.41</b>	<b>63.54</b>	<b>15.14</b>	<b>427.70</b>	
<b>DAY 7</b>		<b>Actual Totals for Day 7</b>	<b>129.22</b>	<b>271.99</b>	<b>49.52</b>	<b>1,993.21</b>
		<b>Actual % of Total Calories</b>	<b>25.21</b>	<b>53.06</b>	<b>21.74</b>	

# Ingredient List

## Individual Foods

One Arbonne Essentials Protein Shake Mix Meal Replacement Plan

Food	Quantity	Measure
<b>Proteins</b>		
Shrimp — boiled or steamed	3	oz.
Haddock — baked or broiled	3	oz.
Salmon — broiled	3	oz.
Halibut — broiled	3	oz.
Tuna — solid white in water	1/3	cup
Egg whites — scrambled/boiled	11	each
Turkey breast (white meat)	6	oz.
Chicken breast (white meat)	15	oz.

### Starchy Carbohydrates

Pasta, whole wheat broad noodles (egg white)	115	g
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### Fibrous Carbohydrates

Salad — large garden with tomato, onion	1	large
Salad — medium garden with tomato, onion	1	medium
Salad — small garden with tomato, onion	1	small

### Dairy

Sour cream, low fat (3%)	3	tablespoons
Milk — 1%	7	cups
Cheese — cheddar	1	cubic inch
Cheese — mozzarella, part skim milk	2	oz.
Yogurt — plain, low fat	3/4	cups
Cheese — Swiss, low fat	3	cubic inches
Cottage cheese — 1% fat	2/4	cups

### Fats & Oils

Oil — olive, salad or cooking	2	teaspoons
Oil — cooking spray, original	9	sprays, about 1/3 second
Mayonnaise — reduced-calorie or diet, cholesterol-free	1	tablespoon

Food	Quantity	Measure
<b>Fruits &amp; Fruit Juices</b>		
Pineapple — fresh, slice approx 3 1/2"	2	slices
Banana — medium 8"	3	each
Pear — medium with peel	2	each
Avocados — raw, all varieties	2/3	cup, sliced
Blueberries — raw	2/3	cup
Grapes — red or green	2	cups
Raspberries — raw	2	cups
Orange juice — 100% pure	1	cup
Lemon juice	1	tablespoon

### Cereals

High-protein oat cluster cereal	2	cups
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### Breads & Baked Goods

Bread — mixed grain, toasted (includes whole grain, 7-grain)	6	slices, large
Bread — pita, whole wheat (6 1/2" dia)	2	pitass, large
Crackers — whole wheat, low salt	38	crackers

### Carb Snack Foods

Chewy granola bar — cherry dark chocolate (35 g)	3	each
Graham crackers	8	each
Rice cake — plain	10	each

### Performance Carbohydrates

Apple — medium with peel	3 1/2	each
Oatmeal — quick, measure uncooked	1	cup
Orange — medium	2	each

### Nuts & Seeds

Almond butter — smooth	4	tablespoons
Nuts — walnuts, English	.83	oz.

Food	Quantity	Measure
<b>Vegetables</b>		
Spinach — boiled, drained	1	cup
Beans — snap, green, boiled, drained, no salt	1¼	cups
Broccoli — raw	¼	cup, chopped
Broccoli — boiled, drained, no salt	½	cup, chopped
Carrots — raw	¼	cup, chopped
Cauliflower — raw	¼	cup
Chives — raw	1	tablespoon, chopped
Corn — sweet, yellow, raw	¼	cup
Garlic — raw	3	cloves
Lettuce — cos or romaine, raw	1	cup, shredded
Mushrooms — raw	½	cup pieces
Onions — raw	3	tablespoons, chopped
Potatoes — boiled, cooked in skin, flesh, no salt	2	potatoes (2½" diameter, sphere)
Sweet potato — baked in skin, no salt	2	medium (2" dia, 5" long, raw)
Tomatoes — red, ripe, raw, year-round average	4	slices, medium (¼" thick)
Peppers — sweet, red, raw	3	tablespoons
Peppers — sweet, yellow, raw	20	strips
Carrots — baby, raw	22	medium
<b>Red Meats</b>		
Beef tenderloin — lean only, 0" trim, all grades, broiled	6	oz.
<b>Sauces</b>		
Barbecue sauce	1	tablespoon
Sweet and sour sauce — dehydrated, dry	.13	cup
Pasta sauce — marinara, ready-to-serve	½	cup
<b>Beverages</b>		
Water — tap, drinking	7	cups

Food	Quantity	Measure
<b>Dressings</b>		
Salad dressing (suggested: extra-virgin olive oil sun-dried tomato dressing)	3	tablespoons
<b>Rice, Grains &amp; Flour</b>		
Quinoa	¼	cup
Rice — brown, long grain, cooked	4	cups
<b>Beans &amp; Lentils</b>		
Beans — black, boiled, no salt	½	cup
Soy sauce made from hydrolyzed vegetable protein	1	teaspoon
<b>Toppings</b>		
Croutons — plain	¼	cup
Cinnamon	½	teaspoon
Honey	1	tablespoon
<b>Seasonings</b>		
Dill weed — fresh	5	sprigs
Mustard — prepared, yellow	1	teaspoon
Dijon mustard	1	teaspoon
<b>Miscellaneous</b>		
Pickle — dill, low sodium	1	each



## For weight loss:

Replace two meals daily with an Arbonne Essentials<sup>®</sup> Protein Shake Mix Meal Replacement



# Two Meal Replacement Plan

In this 7-Day Meal Plan, replace **two meals per day** with an Arbonne Essentials Protein Shake Mix Meal Replacement.

DAY 1		Two Arbonne Essentials Protein Shake Mix Meal Replacements				
Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories	
<b>Breakfast – Shake</b>						
3 scoops	Arbonne Essentials® Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 ml (9 fl. oz.)	Water – tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>Morning Snack – Fruit &amp; Yogurt, Rice Cakes</b>						
1 cup	Raspberries, raw	1.48	14.69	0.80	63.96	
3 each	Rice cake – plain	2.40	21.30	0.90	105.00	
1 cup (8 fl. oz.)	Yogurt – plain, low fat	12.86	17.25	3.80	154.35	
<b>Totals:</b>		<b>16.74</b>	<b>53.24</b>	<b>5.50</b>	<b>323.31</b>	
<b>Lunch – Shake</b>						
3 scoops	Arbonne Essentials Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 ml (9 fl. oz.)	Water – tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>Afternoon Snack – Fruit &amp; Cheese Plate</b>						
1	Banana – medium 8"	1.20	26.70	0.60	105.00	
1 oz.	Cheese – mozzarella, part skim milk	6.79	0.78	4.46	71.12	
10	Crackers – whole wheat, low salt	3.52	27.44	6.88	177.20	
1 cup	Milk – 1%	8.00	11.70	2.60	102.00	
<b>Totals:</b>		<b>19.51</b>	<b>66.62</b>	<b>14.54</b>	<b>455.32</b>	
<b>Dinner – Salmon, Veggies &amp; Rice</b>						
1 each	Apple – medium with peel	0.30	21.00	0.50	81.00	
½ cup	Broccoli and carrots, boiled, drained	1.23	6.01	0.23	27.30	
¾ cup	Rice – brown, long grain, cooked	3.77	33.58	1.32	162.34	
3 oz.	Salmon – broiled	18.81	0.00	10.50	174.00	
<b>Totals:</b>		<b>24.11</b>	<b>60.59</b>	<b>12.55</b>	<b>444.64</b>	
<b>Evening Snack – Veggie Egg Scramble &amp; Toast</b>						
2 slices, large	Bread – mixed grain, toasted (includes whole grain, 7 grain)	6.32	29.23	2.38	157.76	
3 each	Egg whites – scrambled/boiled	10.50	0.90	0.00	51.00	
1 large	Egg – whole, scrambled	6.76	1.34	7.45	101.26	
3 sprays, about ⅓ second	Oil – cooking spray, original	0.00	0.19	0.71	7.13	
1 tablespoon	Onions – raw, chopped	0.09	1.01	0.01	4.20	
1 tablespoon	Peppers – sweet, red, raw	0.09	0.54	0.03	2.34	
<b>Totals:</b>		<b>23.76</b>	<b>33.21</b>	<b>10.58</b>	<b>323.69</b>	
<b>DAY 1</b>		<b>Actual Totals for Day 1</b>	<b>124.12</b>	<b>271.66</b>	<b>53.17</b>	<b>2,006.96</b>
		<b>Actual % of Total Calories</b>	<b>24.38</b>	<b>52.43</b>	<b>23.19</b>	

# Two Meal Replacement Plan

DAY 2		Two Arbonne Essentials Protein Shake Mix Meal Replacements				
Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories	
<b>Breakfast – Shake</b>						
3 scoops	Arbonne Essentials® Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 ml (9 fl. oz.)	Water – tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>Morning Snack – Fruit With Almond Butter &amp; Bar</b>						
1 tablespoon	Almond butter, smooth	2.00	3.00	9.00	101.00	
1	Apple – medium with peel	0.30	21.00	0.50	81.00	
1	Chewy granola bar – cherry dark chocolate (35 g)	5.00	24.00	2.00	130.00	
<b>Totals:</b>		<b>7.30</b>	<b>48.00</b>	<b>11.50</b>	<b>312.00</b>	
<b>Lunch – Shake</b>						
3 scoops	Arbonne Essentials Protein Shake Mix Meal Replacement – Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 ml (9 fl. oz.)	Water – tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>Afternoon Snack – Cottage Cheese &amp; Fruit</b>						
5 medium	Carrots – baby, raw	0.32	4.12	0.07	17.50	
1 cup	Cottage cheese – 1% fat	28.00	6.20	2.30	164.00	
4 each	Graham crackers	1.93	21.50	2.83	118.00	
1 cup	Grapes – red or green	1.09	27.33	0.24	104.19	
<b>Totals:</b>		<b>31.34</b>	<b>59.15</b>	<b>5.44</b>	<b>403.69</b>	
<b>Dinner – Chicken Pita Sandwich &amp; Fruit</b>						
1/3 cup, sliced	Avocados, raw, all varieties	0.96	4.11	7.06	77.09	
1 large	Pita bread – whole wheat (6½" diameter)	6.27	35.20	1.66	170.24	
1 cubic inch	Cheese – Swiss, low fat	4.59	0.77	0.92	30.60	
3 oz.	Chicken breast (white meat)	19.50	0.00	1.20	93.00	
1 teaspoon	Dijon mustard	0.40	0.00	0.40	10.00	
1/2 cup	Lettuce – romaine, raw, shredded	0.29	0.77	0.07	4.00	
1	Orange – medium	1.20	15.40	0.20	62.00	
1	Pickle – dill, low sodium	0.20	1.20	0.10	5.00	
2 slices, medium (¼" thick)	Tomatoes – red, ripe, raw, year-round average	0.35	1.57	0.08	7.20	
<b>Totals:</b>		<b>33.76</b>	<b>59.02</b>	<b>11.69</b>	<b>459.13</b>	
<b>Evening Snack – Fruit &amp; Cereal</b>						
1/3 cup	Blueberries – raw	0.35	6.93	0.16	27.27	
1 cup	High-protein oat cluster cereal	10.00	40.00	3.00	230.00	
1 cup	Milk – 1%	8.00	11.70	2.60	102.00	
<b>Totals:</b>		<b>18.35</b>	<b>58.63</b>	<b>5.76</b>	<b>359.27</b>	
<b>DAY 2</b>		<b>Actual Totals for Day 2</b>	<b>130.76</b>	<b>282.80</b>	<b>44.39</b>	<b>1,994.09</b>
		<b>Actual % of Total Calories</b>	<b>25.47</b>	<b>55.08</b>	<b>19.45</b>	



# Two Meal Replacement Plan

DAY 3		Two Arbonne Essentials Protein Shake Mix Meal Replacements				
Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories	
<b>Breakfast – Shake</b>						
3 scoops	Arbonne Essentials® Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 ml (9 fl. oz.)	Water – tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>Morning Snack – Nuts &amp; Yogurt</b>						
1/3 oz. (4.5 halves)	Nuts – walnuts, English	1.42	1.28	6.10	61.18	
2 slices	Pineapple – fresh, slice approx 3 1/2"	0.60	20.80	0.80	82.00	
2	Rice cakes – plain	1.60	14.20	0.60	70.00	
3/4 cup	Yogurt – plain, low fat	9.65	12.94	2.85	115.76	
<b>Totals:</b>		<b>13.27</b>	<b>49.22</b>	<b>10.35</b>	<b>328.94</b>	
<b>Lunch – Shake</b>						
3 scoops	Arbonne Essentials Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 ml (9 fl. oz.)	Water – tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>Afternoon Snack – Fruit, Cheese &amp; Crackers</b>						
1	Banana – medium 8"	1.20	26.70	0.60	105.00	
1 oz.	Cheese – mozzarella, part skim milk	6.79	0.78	4.46	71.12	
10	Crackers, whole wheat, low salt	3.52	27.44	6.88	177.20	
1 cup	Milk – 1%	8.00	11.70	2.60	102.00	
<b>Totals:</b>		<b>19.51</b>	<b>66.62</b>	<b>14.54</b>	<b>455.32</b>	
<b>Dinner – Steak, Broccoli &amp; Sweet Potatoes</b>						
3 oz.	Beef tenderloin – lean only, 0" trim, all grades, broiled	24.23	0.00	6.68	164.05	
1/2 cup	Broccoli – boiled, drained, no salt, chopped	1.86	5.60	0.32	27.30	
1/2 tablespoon	Chives – raw, chopped	0.05	0.07	0.01	0.45	
2 (2 1/2" dia, sphere)	Sweet potatoes – boiled, cooked in skin, flesh, no salt	5.09	54.75	0.27	236.64	
1 tablespoon	Sour cream – low fat (3%)	0.50	1.50	0.50	12.50	
<b>Totals:</b>		<b>31.73</b>	<b>61.92</b>	<b>7.78</b>	<b>440.94</b>	
<b>Evening Snack – Egg White Veggie Scramble &amp; Toast</b>						
2 slices, large	Bread – mixed grain, toasted (includes whole grain, 7 grain)	6.32	29.23	2.38	157.76	
1 cubic inch	Cheese – Swiss, low fat	4.59	0.77	0.92	30.60	
3	Egg whites – scrambled/boiled	10.50	0.90	0.00	51.00	
3 sprays, about 1/3 second	Oil – cooking spray, original	0.00	0.19	0.71	7.13	
2 tablespoons	Peppers – sweet, red, raw	0.18	1.09	0.05	4.68	
1/2 cup	Orange juice – 100% pure	0.00	12.45	0.00	56.00	
<b>Totals:</b>		<b>21.59</b>	<b>44.63</b>	<b>4.06</b>	<b>307.17</b>	
<b>DAY 3</b>		<b>Actual Totals for Day 3</b>	<b>126.10</b>	<b>280.39</b>	<b>46.73</b>	<b>1,992.37</b>
		<b>Actual % of Total Calories</b>	<b>24.65</b>	<b>54.80</b>	<b>20.55</b>	

# Two Meal Replacement Plan

DAY 4		Two Arbonne Essentials Protein Shake Mix Meal Replacements				
Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories	
<b>Breakfast – Shake</b>						
3 scoops	Arbonne Essentials® Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 ml (9 fl. oz.)	Water – tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>Morning Snack – Pear With Almond Butter &amp; Bar</b>						
1½ tablespoons	Almond butter, smooth	3.00	4.50	13.50	151.50	
1	Chewy granola bar, cherry dark chocolate (35 g)	5.00	24.00	2.00	130.00	
1	Pear – medium with peel	0.70	25.10	0.00	98.00	
<b>Totals:</b>		<b>8.70</b>	<b>53.60</b>	<b>15.50</b>	<b>379.50</b>	
<b>Lunch – Shake</b>						
3 scoops	Arbonne Essentials Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 ml (9 fl. oz.)	Water – tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>Afternoon Snack – Fruit, Carrots &amp; Cottage Cheese</b>						
8	Carrots – baby, raw	0.51	6.59	0.10	28.00	
1 cup	Cottage cheese – 1% fat	28.00	6.20	2.30	164.00	
4	Graham crackers	1.93	21.50	2.83	118.00	
1 cup	Grapes – red or green	1.09	27.33	0.24	104.19	
<b>Totals:</b>		<b>31.53</b>	<b>61.62</b>	<b>5.47</b>	<b>414.19</b>	
<b>Dinner – Halibut With Veggies &amp; Rice</b>						
¾ cup	Beans – snap, green, boiled, drained, no salt	1.77	7.39	0.26	32.81	
3 oz.	Halibut – broiled	22.50	0.00	3.00	120.00	
½ tablespoon	Lemon juice	0.05	0.65	0.00	2.00	
1 teaspoon	Oil – olive, salad or cooking	0.00	0.00	4.50	39.78	
1 cup	Rice – brown, long grain, cooked	5.03	44.77	1.76	216.45	
<b>Totals:</b>		<b>29.35</b>	<b>52.81</b>	<b>9.52</b>	<b>411.04</b>	
<b>Evening Snack – Apple Cinnamon Oatmeal</b>						
½	Apple – medium with peel	0.15	10.50	0.25	40.50	
½ teaspoon	Cinnamon	0.15	2.70	0.10	9.00	
½ teaspoon	Honey	0.05	8.65	0.00	32.00	
1 cup	Milk – 1%	8.00	11.70	2.60	102.00	
½ cup	Oatmeal – quick, measure uncooked	6.60	27.90	3.00	148.50	
<b>Totals:</b>		<b>14.95</b>	<b>61.45</b>	<b>5.95</b>	<b>332.00</b>	
<b>DAY 4</b>		<b>Actual Totals for Day 4</b>	<b>124.53</b>	<b>287.48</b>	<b>46.44</b>	<b>1,996.73</b>
		<b>Actual % of Total Calories</b>	<b>24.11</b>	<b>55.66</b>	<b>20.23</b>	

# Two Meal Replacement Plan

DAY 5		Two Arbonne Essentials Protein Shake Mix Meal Replacements				
Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories	
<b>Breakfast – Shake</b>						
3 scoops	Arbonne Essentials® Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 ml (9 fl. oz.)	Water – tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>Morning Snack – Fruit &amp; Yogurt</b>						
1 cup	Raspberries – raw	1.48	14.69	0.80	63.96	
3	Rice cakes – plain	2.40	21.30	0.90	105.00	
¾ cup	Yogurt – plain, low fat	9.65	12.94	2.85	115.76	
<b>Totals:</b>		<b>13.53</b>	<b>48.93</b>	<b>4.55</b>	<b>284.72</b>	
<b>Lunch – Shake</b>						
3 scoops	Arbonne Essentials Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 ml (9 fl. oz.)	Water – tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>Afternoon Snack – Fruit &amp; Cheese Plate</b>						
1	Banana – medium 8"	1.20	26.70	0.60	105.00	
1 cubic inch	Cheese – cheddar	4.23	0.22	5.63	68.51	
10	Crackers – whole wheat, low salt	3.52	27.44	6.88	177.20	
1 cup	Milk – 1%	8.00	11.70	2.60	102.00	
<b>Totals:</b>		<b>16.95</b>	<b>66.06</b>	<b>15.71</b>	<b>452.71</b>	
<b>Dinner – Chicken Pasta &amp; Salad</b>						
3 oz.	Chicken breast (white meat)	19.50	0.00	1.20	93.00	
65 gram(s)	Pasta, whole-wheat broad noodles (egg white)	9.94	46.65	1.53	237.06	
1	Salad – carrot and romaine with tomato, onion	1.30	9.50	0.40	49.00	
1 tablespoon	Salad dressing (suggested: extra-virgin olive oil sun-dried tomato dressing)	0.00	2.00	3.00	30.00	
¼ cup	Sauce – marinara, ready-to-serve	1.22	7.04	1.49	46.25	
<b>Totals:</b>		<b>31.96</b>	<b>65.19</b>	<b>7.62</b>	<b>455.31</b>	
<b>Evening Snack – Egg White Scramble</b>						
2 slices, large	Bread, mixed grain, toasted (includes whole grain, 7 grain)	6.32	29.23	2.38	157.76	
2	Egg whites – scrambled/boiled	7.00	0.60	0.00	34.00	
1 large	Egg – whole, scrambled	6.76	1.34	7.45	101.26	
3 sprays, about ⅓ second	Oil – cooking spray, original	0.00	0.19	0.71	7.13	
½ cup	Orange juice – 100% pure	0.00	12.45	0.00	56.00	
<b>Totals:</b>		<b>20.08</b>	<b>43.81</b>	<b>10.54</b>	<b>356.15</b>	
<b>DAY 5</b>		<b>Actual Totals for Day 5</b>	<b>122.52</b>	<b>281.99</b>	<b>48.42</b>	<b>2,008.89</b>
		<b>Actual % of Total Calories</b>	<b>23.86</b>	<b>54.92</b>	<b>21.22</b>	

# Two Meal Replacement Plan

DAY 6		Two Arbonne Essentials Protein Shake Mix Meal Replacements				
Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories	
<b>Breakfast — Shake</b>						
3 scoops	Arbonne Essentials® Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 ml (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>Morning Snack — Fruit With Almond Butter &amp; Bar</b>						
1½ tablespoons	Almond butter — smooth	3.00	4.50	13.50	151.50	
1	Apple — medium with peel	0.30	21.00	0.50	81.00	
1	Chewy granola bar, cherry dark chocolate (35 g)	5.00	24.00	2.00	130.00	
<b>Totals:</b>		<b>8.30</b>	<b>49.50</b>	<b>16.00</b>	<b>362.50</b>	
<b>Lunch — Shake</b>						
3 scoops	Arbonne Essentials Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 ml (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>Afternoon Snack — Fruit, Carrots &amp; Cottage Cheese</b>						
5 medium	Carrots — baby, raw	0.32	4.12	0.07	17.50	
¾ cup	Cottage cheese — 1% fat	21.00	4.65	1.73	123.00	
4	Graham crackers	1.93	21.50	2.83	118.00	
1 cup	Grapes — red or green	1.09	27.33	0.24	104.19	
<b>Totals:</b>		<b>24.34</b>	<b>57.60</b>	<b>4.87</b>	<b>362.69</b>	
<b>Dinner — Turkey &amp; Swiss Pita Sandwich</b>						
⅓ cup	Avocados — raw, sliced, all varieties	0.96	4.11	7.06	77.09	
1 large	Pita bread — whole wheat (6½" dia)	6.27	35.20	1.66	170.24	
1 cubic inch	Cheese — Swiss, low fat	4.59	0.77	0.92	30.60	
½ cup	Shredded Lettuce — romaine, raw	0.29	0.77	0.07	4.00	
1 teaspoon	Mustard — prepared, yellow	0.20	0.39	0.16	3.30	
1	Orange — medium	1.20	15.40	0.20	62.00	
2 slices, medium (¼" thick)	Tomatoes — red, ripe, raw, year-round average	0.35	1.57	0.08	7.20	
3 oz.	Turkey breast (white meat)	25.50	0.00	0.60	114.00	
<b>Totals:</b>		<b>39.36</b>	<b>58.21</b>	<b>10.75</b>	<b>468.43</b>	
<b>Evening Snack — Fruit &amp; Cereal</b>						
⅓ cup	Blueberries — raw	0.35	6.93	0.16	27.27	
1 cup	High-protein oat cluster cereal	10.00	40.00	3.00	230.00	
1 cup	Milk — 1%	8.00	11.70	2.60	102.00	
<b>Totals:</b>		<b>18.35</b>	<b>58.63</b>	<b>5.76</b>	<b>359.27</b>	
<b>DAY 6</b>		<b>Actual Totals for Day 6</b>	<b>130.35</b>	<b>281.94</b>	<b>47.38</b>	<b>2,012.89</b>
		<b>Actual % of Total Calories</b>	<b>25.12</b>	<b>54.34</b>	<b>20.54</b>	

# Two Meal Replacement Plan

DAY 7		Two Arbonne Essentials Protein Shake Mix Meal Replacements				
Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories	
<b>Breakfast — Shake</b>						
3 scoops	Arbonne Essentials® Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 ml (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>Morning Snack — Fruit &amp; Yogurt</b>						
1	Pear — medium with peel	0.70	25.10	0.00	98.00	
2	Rice cakes — plain	1.60	14.20	0.60	70.00	
¾ cup (6 oz.)	Yogurt — plain, low fat	9.65	12.94	2.85	115.76	
<b>Totals:</b>		<b>11.95</b>	<b>52.24</b>	<b>3.45</b>	<b>283.76</b>	
<b>Lunch — Shake</b>						
3 scoops	Arbonne Essentials Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 ml (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>Afternoon Snack — Tuna Salad &amp; Crackers</b>						
10	Crackers — whole wheat, low salt	3.52	27.44	6.88	177.20	
5 sprigs	Dill weed — fresh	0.03	0.07	0.01	0.43	
1 tablespoon	Mayonnaise — reduced calorie or diet, cholesterol-free	0.13	0.98	4.86	48.62	
1 tablespoon	Onions — raw, chopped	0.09	1.01	0.01	4.20	
1 medium	Salad — medium garden with tomato, onion	1.95	14.25	0.60	74.00	
1 tablespoon	Salad dressing (suggested: extra-virgin olive oil sun-dried tomato dressing)	0.00	2.00	3.00	30.00	
⅓ cup	Tuna — solid white in water	19.80	0.00	1.32	92.40	
<b>Totals:</b>		<b>25.52</b>	<b>45.75</b>	<b>16.68</b>	<b>426.85</b>	
<b>Dinner — Chicken Stir Fry With Rice</b>						
¼ cup	Broccoli — raw, chopped	0.62	1.46	0.08	7.48	
¼ cup	Carrots — raw, chopped	0.30	3.07	0.08	13.12	
¼ cup	Cauliflower — raw	0.50	1.33	0.03	6.25	
4 oz.	Chicken breast (white meat)	26.00	0.00	1.60	124.00	
¼ cup	Corn — sweet, yellow, raw	1.24	7.32	0.45	33.11	
1 cup	Rice — brown, long grain, cooked	5.03	44.77	1.76	216.45	
1 teaspoon	Soy sauce made from hydrolyzed vegetable protein	0.15	0.46	0.00	2.40	
<b>Totals:</b>		<b>33.84</b>	<b>58.41</b>	<b>4.00</b>	<b>402.81</b>	
<b>Evening Snack — Oatmeal, Nuts &amp; Fruit</b>						
½	Banana — medium 8"	0.60	13.35	0.30	52.50	
½ tablespoon	Honey	0.05	8.65	0.00	32.00	
1 cup	Milk — 1%	8.00	11.70	2.60	102.00	
½ oz. (7 halves)	Nuts — walnuts, English	2.16	1.94	9.24	92.70	
½ cup	Oatmeal — quick, measure uncooked	6.60	27.90	3.00	148.50	
<b>Totals:</b>		<b>17.41</b>	<b>63.54</b>	<b>15.14</b>	<b>427.70</b>	
<b>DAY 7</b>		<b>Actual Totals for Day 7</b>	<b>128.72</b>	<b>277.94</b>	<b>49.27</b>	<b>2,001.12</b>
		<b>Actual % of Total Calories</b>	<b>24.87</b>	<b>53.71</b>	<b>21.42</b>	

# Ingredient List

## Individual Foods

Two Arbonne Essentials Protein Shake Mix Meal Replacement Plan

Food	Quantity	Measure
<b>Proteins</b>		
Salmon — broiled	3	oz.
Halibut — broiled	3	oz.
Tuna — solid white in water	1/3	cup
Egg whites — scrambled/boiled	8	each
Turkey breast (white meat)	3	oz.
Chicken breast (white meat)	10	oz.
<b>Starchy Carbohydrates</b>		
Pasta, whole-wheat broad noodles (egg white)	65	g
<b>Fibrous Carbohydrates</b>		
Salad — medium garden with tomato, onion	1	medium
Salad — small garden with tomato, onion	1	small
<b>Dairy</b>		
Sour cream — low fat (3%)	1	tablespoon
Milk — 1%	7	cups
Cheese — cheddar	1	cubic inch
Cheese — mozzarella, part skim milk	2	oz.
Yogurt — plain, low fat	3/4	cups
Egg — whole, scrambled	2	large
Cheese — Swiss, low fat	3	cubic inch
Cottage cheese — 1% fat	2 3/4	cup
<b>Fats &amp; Oils</b>		
Oil — olive, salad or cooking	1	teaspoon
Oil — cooking spray, original	9	sprays, about 1/3 second
Mayonnaise — reduced-calorie or diet, cholesterol-free	1	tablespoon

Food	Quantity	Measure
<b>Fruits &amp; Fruit Juices</b>		
Pineapple — fresh, slice 3 1/2"	2	slices
Banana — medium 8"	3 1/2	each
Pear — medium with peel	2	each
Avocados — raw, all varieties	2/3	cup, sliced
Blueberries — raw	2/3	cup
Grapes — red or green	3	cups
Raspberries — raw	2	cups
Orange juice — 100% pure	1	cup
Lemon juice	1/2	tablespoon
<b>Cereals</b>		
High-protein oat cluster cereal	2	cups
<b>Breads &amp; Baked Goods</b>		
Bread — mixed grain, toasted (whole grain, 7 grain)	6	slices, large
Bread — pita, whole-wheat (6 1/2" dia)	2	pitass, large
Crackers — whole wheat, low salt	40	each
<b>Carb Snack Foods</b>		
Chewy granola bar — cherry dark chocolate (35 g)	3	each
Graham crackers	12	each
Rice cake — plain	10	each
<b>Performance Carbohydrates</b>		
Apple — medium with peel	3.5	each
Oatmeal — quick, measure uncooked	1	cup
Orange — medium	2	each
<b>Nuts &amp; Seeds</b>		
Almond butter — smooth	4	tablespoons
Nuts — walnuts, English	.83	oz.

Food	Quantity	Measure
<b>Vegetables</b>		
Beans — snap, green, boiled, drained, no salt	¾	cup
Broccoli — raw	¼	1 cup, chopped
Broccoli — boiled, drained, no salt	½	cup, chopped
Carrots — raw	¼	cup, chopped
Cauliflower — raw	¼	cup
Chives — raw chopped	½	tablespoon
Corn — sweet, yellow, raw	¼	cup
Lettuce — cos or romaine, raw	1	cup, shredded
Onions — raw, chopped	2	tablespoons
Potatoes — boiled, cooked in skin, flesh, no salt	2	potatoes (2½" diameter)
Tomatoes — red, ripe, raw, year round average (1/4" thick)	4	slices, medium
Peppers — sweet, red, raw	3	tablespoons
Carrots — baby, raw	18	medium
<b>Red Meats</b>		
Beef tenderloin — lean only, 0" trim, all grades, broiled	3	oz.
<b>Sauces</b>		
Pasta sauce — marinara, ready-to-serve	¼	cup
<b>Beverages</b>		
Water — tap, drinking	14	cups

Food	Quantity	Measure
<b>Dressings</b>		
Salad dressing (suggested: extra-virgin olive oil sun-dried tomato dressing)	2	tablespoons
<b>Rice, Grains &amp; Flour</b>		
Rice — brown, long grain, cooked	2¾	cups
<b>Beans &amp; Lentils</b>		
Soy sauce made from hydrolyzed vegetable protein	1	teaspoon
<b>Toppings</b>		
Cinnamon	½	teaspoon
Honey	1	tablespoon
<b>Seasonings</b>		
Dill weed — fresh	5	sprigs
Mustard — prepared, yellow	1	teaspoon
Dijon mustard	1	teaspoon
<b>Miscellaneous</b>		
Pickle — dill, low sodium	1	each

For recommendations on healthy meals for breakfast, lunch and dinner, please go to the [Arbonne Nutrition landing pages](http://arbonne.ca) at [arbonne.ca](http://arbonne.ca) where you can view delicious recipes on our [Coaches Corner](#).

# Food Exchanges

You can consume an Arbonne Essentials® Protein Shake as a meal replacement any time — breakfast, lunch, dinner or snack time. The Fruit or Chocolate Nutritional Supplement Bar can be substituted for the chewy granola bar.

Customize your own plan by substituting in your favourite foods using the tables below. Match the portion sizes accordingly to replace the desired calorie amounts.

Fruits						
Type	Servings	Measure	Calories	Fat (g)	Protein (g)	Carbohydrates (g)
Strawberries	1	cup	60	< 1	1	9
Blueberries	0.75	cup	62	< 1	< 1	16
Raspberries	1	cup	64	< 1	1.5	15
Cherries (no pits)	0.75	cup	68	< 1	1	17
Avocado	0.33	cup, sliced	77	7	1	4
Pear	1	small	85	0	< 1	23
Apple	1.2	medium	86	0	< 1	23
Grapefruit (pink)	1	medium	92	< 1	1	24
Lemon	4	medium	97	1	4	31
Orange	1.5	medium	97	< 1	1	24
Banana	1	medium	105	< 1	1	27
Pineapple	1.5	cup, diced	111	< 1	1	29
Kiwi	2	large	111	1	2	27

Vegetables						
Type	Servings	Measure	Calories	Fat (g)	Protein (g)	Carbohydrates (g)
Asparagus	1	cup	27	< 1	3	5
Beans, green	1	cup	34	< 1	2	8
Brussels sprouts	1	cup	37	< 1	3	8
Cabbage	1	cup, chopped	21	< 1	1	5
Carrots	1	cup, chopped	52	< 1	1	12
Cauliflower	1	cup, chopped	25	< 1	2	5
Peppers, red	1	cup, chopped	38	< 1	1.5	9
Potato, red	1	cup, cubed	54	< 1	1	12
Potato, sweet	1	cup, cubed	114	< 1	2	27







### Dairy

Type	Servings	Measure	Calories	Fat (g)	Protein (g)	Carbohydrates (g)
<b>Almond milk, unflavoured</b>	1	cup	60	2.5	1	8
<b>0.5%, skim milk</b>	1	cup	86	0.5	8	12
<b>Skim milk powder</b>	4	tbsp.	90	0	9	13
<b>Soy milk, unflavoured</b>	1	cup	98	4	7	8
<b>1%, low-fat milk</b>	1	cup	102	2.5	8	12
<b>2%, reduced fat milk</b>	1	cup	121	4.5	8	12

### Grains

Type	Servings	Measure	Calories	Fat (g)	Protein (g)	Carbohydrates (g)
<b>Wrap</b>	0.5	item	85	1	3	17
<b>Whole wheat bread</b>	1	slice	69	1	2.5	13
<b>Multi-grain bread</b>	1	slice	80	1	3	15
<b>Oats</b>	0.5	cup, dry	303	1	13	52
<b>Brown basmati rice</b>	0.25	cup, dry	150	0	3	35
<b>Brown, long-grain rice</b>	0.25	cup, dry	171	1	3.5	36
<b>Whole wheat pasta</b>	0.25	cup, 56.7g	207	1	8.5	41

### Meats

Type	Serving (oz.)	Calories	Fat (g)	Protein (g)
<b>Chicken breast</b>	1	31	< 1	6.5
<b>Turkey breast, skinless</b>	1	38	< 1	8.5
<b>Beef steak, tenderloin</b>	1	55	2	8
<b>Salmon</b>	1	58	3.5	6
<b>Tuna</b>	1	35	< 1	7.5
<b>Haddock</b>	1	32	< 1	7
<b>Shrimp</b>	1	28	< 1	6
<b>Tofu</b>	1	22	1.5	2.5



**For additional information, refer to Canada's Food Guide at:**

[hc-sc.gc.ca](http://hc-sc.gc.ca) > Food & Nutrition > Canada's Food Guide.

# Tools & Information

## Healthy Food

The foods you eat are one of the most important aspects of maintaining a healthy lifestyle. Whole plant foods are more nutrient-dense than processed and fast foods, which are typically high in fats, calories, sugars and sodium, and low in beneficial nutrients like vitamins, minerals, protein, fibre and antioxidants. By eliminating processed foods and removing many of the known major allergens and incorporating high amounts of nutrient-rich vegetables, fruits and legumes, you can start to live a healthier, happier lifestyle.

### **POWERFUL FRUITS AND VEGETABLES**

Some of the most important nutrients our bodies require come from fruits and vegetables. Fruits and vegetables are sources of vitamins, minerals, protein, fibre, antioxidants and many other unique and powerful nutrients that support a broad range of bodily functions.

### **COLOURFUL VEGETABLES**

The bright colours you see in vegetables like tomatoes, carrots, and red, yellow and green peppers are due to beneficial antioxidant nutrients called carotenoids. Specific carotenoids like beta-carotene, lutein, zeaxanthin and astaxanthin can have a variety of benefits like supporting vision, improving skin resistance to UV light, and also helping fight free radical damage.

### **CRUCIFEROUS VEGETABLES**

Cruciferous vegetables include cabbage, brussels sprouts, broccoli and cauliflower. These types of vegetables contain vitamins, minerals and unique phytonutrients like sulforaphane, a powerful antioxidant. These vegetables can also be a source of the omega-3 fatty acid alpha-Linolenic acid (ALA).

### **DARK LEAFY GREENS**

Deep green leafy vegetables include kale, spinach and collard greens. These are rich in vitamins and minerals including vitamin K, which supports bone health, and iron to help support blood production.



## LEGUMES — NATURE'S SOURCE OF PLANT PROTEIN

For many vegetarians, getting the right amount of protein can be difficult. Adding legumes like peas, pinto beans, chickpeas, kidney beans and lentils to a meal can be a great way of getting some extra protein in your diet.

Arbonne Essentials® Protein Shake Mix Meal Replacements deliver 20 grams of plant-based protein from peas and rice.

## BERRIES — ANTIOXIDANTS GALORE!

Berries of all colours and kinds are typically rich sources of antioxidants, which is why you may hear about some of them being referred to as super fruits. It's this ability to fight oxidizing free radicals that makes them super. Antioxidants called anthocyanins can be found in raspberries, cherries, and grapes. Anthocyanins are responsible for giving berries (and other fruit) their red, blue and purple colours. Blueberries and cranberries provide antioxidants as well.



## VEGAN PROTEIN

Most people know that meat is a source of protein, but what many may not know is that a great number of plant foods and fruits such as brown rice, cranberries, and even algae such as chlorella or seeds like chia, flax, and hemp, contain protein. Some of the highest sources of plant-based protein are legumes like peas, kidney beans, chickpeas and snow peas. Peas are especially high in protein.

### Benefits of Plant-Based Protein

- Pea and rice together deliver a 100% amino acid score
- Easier on the stomach than animal-based proteins
- Pea and rice protein is not a common allergen like many soy- and animal-based proteins

### Vegan Protein Sources

- Arbonne Essentials Protein Shake Mix Meal Replacements
- Arbonne Essentials Nutritional Supplement Bars
- Legumes — peas, kidney beans, pinto beans
- Nuts and seeds — almonds, cashews, pumpkin seeds, hemp seeds, sesame seeds
- Algae — chlorella, spirulina (nutrient-rich blue green algae)

## DAIRY

While some make the personal decision to avoid dairy-based foods and beverages, others are lactose intolerant or, less commonly, allergic. Intolerance means the body is not able to digest the milk sugar, lactose, which can cause a variety of undesirable side effects. An allergy occurs when the body's immune system is triggered by the consumption of milk.

Others avoid dairy products due to high fat content or because dairy cows may be given growth hormones. There is concern that the hormones are present in the milk consumed, perhaps elevating the risk of certain diseases or even hormonal imbalances.

### Dairy-Free / Lactose-Free Options

- Rice milk
- Almond milk
- Hemp milk
- Coconut milk
- Lactose-free milk

### Did You Know?

The milk sugar lactose, which is responsible for the negative effects to those with lactose intolerance, is broken down by the enzyme lactase. Lactose intolerance is typically due to a low level of lactase in a person's gastrointestinal tract.

## GLUTEN

All Arbonne Essentials and Arbonne Evolution® products are gluten-free. Gluten is a protein found in wheat and wheat barley and malts. Many processed foods, sauces, seasonings, flavourings and even beer and licorice contain gluten.

See p. 37 for more information on foods with and without gluten.

# Healthy Snacks & Beverages

Due to the convenience and availability of so many unhealthy foods as snacks, this is an area where many individuals struggle to make the right choices. For the first 30 days, we recommend no snacking. After 30 days, if you need a snack it's important to make the right decisions on what to eat and drink. Sodas and other sugary drinks can have 17–50+ or more grams of sugar per serving. These kinds of beverages have been associated with increased levels of obesity, diabetes, other health issues, and weight management problems in Canada and all over the world. Long-term consumption of sugary drinks can lead to weight gain and even diabetes. Similarly, some junk food snacks deliver high amounts of sugar or fat and sodium with little or no health benefit. Choosing healthy snacks and beverages can make a huge difference in your health. Cutting out sugary drinks and snacks can help you make large strides in your weight management goals.

Drink	Sugar	Calories
<b>Arbonne Essentials Energy Fizz Tabs</b>	<1 gram	10
<b>Can of cola</b>	39 grams	140
<b>Cup of fruit juice</b>	21 grams	112
<b>473 ml blended coffee beverage</b>	51 grams	240
<b>Arbonne Essentials Herbal Tea (hot/iced)</b>	0	0

## Healthy Beverage Options

- Arbonne Essentials Herbal Tea
- Arbonne Essentials Energy Fizz Tabs
- Black, green, white teas (unsweetened)
- Freshly pressed fruit/vegetable juices (no added sodium or sugar)
- Water

## Healthy Snack Options

- Arbonne Essentials Nutritional Supplement Bars
- Arbonne Essentials Fit Chews
- Celery sticks with almond butter and raisins
- Hummus with raw vegetables
- Raw fruits (low glycemic index) — green apples and berries
- Raw vegetables
- Nuts (unsalted to limit sodium intake)



## Satisfying Hunger With Arbonne Essentials®

Arbonne Essentials Nutritional Supplement Bars are a convenient option to satisfy hunger the healthy way.

	Calories	Fat (g)	Cholesterol (g)	Protein (g)	Fibre (g)	Excellent Extras!
<b>Chocolate Bar</b>	160	3.5	0	9	4	<ul style="list-style-type: none"> <li>• Organic quinoa</li> <li>• Pumpkin seeds</li> <li>• Non-GMO</li> <li>• Gluten-free</li> </ul>
<b>Fruit Bar</b>	170	3.5	0	9	3	<ul style="list-style-type: none"> <li>• Organic quinoa</li> <li>• Pumpkin seeds</li> <li>• Non-GMO</li> <li>• Gluten-free</li> </ul>

Visit [arbonne.ca](http://arbonne.ca) to see how our Arbonne Nutrition Coaches approach the topic of snacks from various sides of the discussion.

# Healthy Cooking

Even highly nutritious foods can be made unhealthy if cooked improperly. While it's important to make good choices at the store, you should also select ways of cooking your foods that maximize the health benefit of your meal.

- Use olive, coconut, canola or grape seed oil.
- Use fresh herbs to add flavour instead of excess salt.
- Use organic, low- or no-sodium broths.
- When cooking meats, grill or bake — do not fry.
- Avoid margarine and rich, creamy sauces or salad dressings.

## Gluten-Free Diet

### Allowed Foods

**Many healthy and delicious foods are naturally gluten-free:**

- Beans, seeds, and nuts in their natural, unprocessed form
- If you eat meat — fresh meats, fish and poultry (not breaded, batter-coated or marinated)
- Fruits and vegetables

**Many grains and starches can be part of a gluten-free diet:**

- Amaranth
- Arrowroot
- Buckwheat
- Flax
- Gluten-free flours (rice, bean)
- Millet
- Quinoa
- Rice
- Sorghum
- Tapioca
- Teff



### Healthier Eating

- Follow a regular eating schedule. It will help maintain proper blood sugar levels and can help support better metabolism.
- Don't skip meals. It can have a negative impact on your metabolism.
- Smaller portions are important. We typically eat much more than we need.
- Reducing meal size will reduce calories and fat intake.
- Make the conscious decision to choose healthier options, vegetables, and low-fat and low-sugar foods.
- Avoid adding salt or sugar to food.

### Restricted Foods

**Avoid food and drinks containing:**

- Barley (malt, malt flavouring and malt vinegar are usually made from barley)
- Rye
- Triticale (a cross between wheat and rye)
- Wheat

### Avoid unless labeled “gluten-free”

**In general, avoid the following foods unless they're labeled as gluten-free or made with other gluten-free grain:**

- Beer
- Breads
- Cakes and pies
- Candies
- Cereals
- Cookies and crackers
- Croutons
- French fries
- Gravies
- Imitation meat or seafood
- Matzo
- Pastas
- Processed luncheon meats
- Salad dressings
- Sauces, including soy sauce
- Seasoned rice mixes
- Seasoned snack foods, such as potato and tortilla chips
- Soups and soup bases
- Vegetables in sauce

Certain grains, such as oats, can be contaminated with wheat during growing and processing stages of production. For this reason, doctors and dietitians generally recommend avoiding oats unless they are specifically labeled gluten-free.

# Arbonne Essentials® Protein Shake Mix Meal Replacement Recipes

## Hearty Boosted Protein Shake

- 3 scoops of Chocolate or Vanilla Protein Shake Mix Meal Replacement
- 1 scoop of Arbonne Essentials Daily Fibre Boost
- ½ cup of almond milk or rice milk
- 1 tablespoon of nuts (healthy fats)
- ¼ cup of frozen berries (for carbohydrates)
- ½ cup to 1 cup of frozen spinach or kale
- 9 oz. water or ice as desired

## Recovery Support Shake

- 3 scoops of Chocolate or Vanilla Protein Shake Mix Meal Replacement
- 1 scoop of Arbonne Essentials Daily Fibre Boost
- ½ cup almond milk
- ½ cup of fruit (banana, pineapple or mango)
- 9 oz. of water or ice as desired

## Almond Butter Shake

- 3 scoops Chocolate or Vanilla Protein Shake Mix Meal Replacement
- 1 scoop of Arbonne Essentials Daily Fibre Boost
- 7 oz. water or rice/almond milk
- 4–6 ice cubes
- 1 Tbsp. natural almond butter
- ½ fresh or frozen banana

## Very Berry Shake

- 3 scoops Chocolate or Vanilla Protein Shake Mix Meal Replacement
- 1 scoop of Arbonne Essentials Daily Fibre Boost
- 7 oz. water or rice/almond milk
- 4–6 ice cubes
- 1 cup mixed frozen berries  
(or substitute with 1 cup of your favourite berry)

## Banana & Berry Fruit Shake

- 3 scoops Chocolate or Vanilla Protein Shake Mix Meal Replacement
- 1 scoop of Arbonne Essentials Daily Fibre Boost
- 7 oz. water or rice/almond milk
- 4–6 ice cubes
- 1 cup frozen berries
- ½ fresh or frozen banana

## Pumpkin Spice Shake

- 3 scoops Chocolate or Vanilla Protein Shake Mix Meal Replacement
- 1 scoop of Arbonne Essentials Daily Fibre Boost
- 7 oz. water or rice/almond milk
- 4–6 ice cubes
- ¼ cup pumpkin purée
- Tiny pinch of cinnamon, ginger and nutmeg

Blend ingredients until smooth for all recipes.



# ARBONNE essentiäls.

PROTEIN SHAKE MIX  
MEAL REPLACEMENT  
**CHOCOLATE**

MÉLANGE POUR BOISSON  
FOUETTÉE PROTÉINÉE  
SUBSTITUT DE REPAS  
**CHOCOLAT**

For Weight Management & Healthy Nutrition  
Useful in weight reduction only as part of an  
energy-reduced diet

Pour la gestion due poids  
et une saine nutrition

Utilie pour perdre du poids seul  
cadre d'un régime à teneur



# Science of Exercise

Physical activity plays an important role in the health, well-being and quality of life of Canadians. People who are physically active live longer, healthier lives. Active people are more productive, and more likely to avoid illness and injury.

## **BENEFITS OF PHYSICAL ACTIVITY**

Physical activity helps:

- healthy growth and development
- prevent chronic diseases like cancer, Type 2 diabetes and heart disease
- make us stronger
- give us energy
- decrease stress, and
- prolong independence as we get older

Exercise doesn't have to be strenuous; even 10 minutes of increased heart rate can be extremely beneficial. While exercise burns calories, it's also a great way to improve cardiovascular health, increase energy levels, improve your level of happiness, and may also help reduce stress.

## **CANADIAN PHYSICAL ACTIVITY GUIDELINES (18–64 YEARS)**

- To achieve health benefits, adults aged 18–64 years should accumulate at least 150 minutes of moderate-to-vigorous-intensity aerobic activity per week, in bouts of 10 minutes or more.
- It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.
- More daily physical activity provides greater health benefits.

## **WHAT IS MODERATE AEROBIC ACTIVITY?**

Moderate-intensity aerobic activity makes you breathe harder and your heart beat faster. You should be able to talk, but not sing.

- Examples of moderate activity include walking quickly, skating and bike riding.

## **WHAT IS VIGOROUS AEROBIC ACTIVITY?**

Vigorous-intensity aerobic activity makes your heart rate increase quite a bit and you won't be able to say more than a few words without needing to catch your breath.

- Examples of vigorous activity include running, basketball, soccer and cross-country skiing.

## **WHAT ARE STRENGTHENING ACTIVITIES?**

Muscle-strengthening activities build up your muscles. With bone-strengthening activities, your muscles push and pull against your bones. This helps make your bones stronger.

- Examples of muscle-strengthening activities include push-ups and sit-ups, lifting weights, climbing stairs and digging in the garden.
- Examples of bone-strengthening activities include running, walking and yoga.

Source: Public Health Agency of Canada ([phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php](http://phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php)) and Canadian Society for Exercise Physiology ([csep.ca/english/view.asp?x=949](http://csep.ca/english/view.asp?x=949)).





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# 30 Days of Motivation

Take one of these cards with you each day to help keep you strong and on track.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>YOUR TOMORROW STARTS TODAY</b>	<b>SET GOALS: WITHOUT A TARGET YOU HAVE NOTHING TO AIM AT</b>	<b>YOU ARE IN CONTROL OF YOUR FUTURE</b>	<b>HAVE CONFIDENCE YOU MUST BELIEVE IN YOURSELF</b>	<b>IT'S NEVER TOO LATE FOR A NEW DREAM</b>
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<b>THE ONLY WAY TO SUCCEED IS TO KEEP TRYING AGAIN &amp; AGAIN</b>	<b>A NEW DAY BRINGS A NEW BEGINNING</b>	<b>NOT BETTER THAN EVERYONE, BETTER THAN THE OLD YOU</b>	<b>YOU CANNOT CONQUER LIFE FROM YOUR COUCH</b>	<b>PLANT OPTIMISM INTO YOUR HEART &amp; SOUL</b>
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<b>OWN YOUR "NOW" IT'S WHERE YOU LIVE</b>	<b>ELEVATE YOURSELF BY ELEVATING OTHERS</b>	<b>CHANGES DON'T JUST HAPPEN, YOU MAKE THEM HAPPEN</b>	<b>IN ORDER TO CHANGE, YOU MUST BELIEVE YOU CAN</b>	<b>BREAK OUT OF YOUR COMFORT ZONE</b>
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<b>WORK HARD LEARN MUCH KNOWLEDGE IS STRENGTH</b>	<b>THINK GOOD THOUGHTS ALWAYS BE POSITIVE</b>	<b>YOU ARE SPECIAL YOU ARE POWERFUL</b>	<b>IT'S BETTER TO TRY AND FAIL THAN NOT TRY AT ALL</b>	<b>THE TOUGHER YOUR CHALLENGE, THE BIGGER YOUR WIN</b>
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
<b>THERE IS NEVER A GOOD TIME TO QUIT</b>	<b>APPRECIATE THE PEOPLE AND WORLD AROUND YOU</b>	<b>BE A POSITIVE EXAMPLE FOR OTHERS</b>	<b>KEEP SIGHT OF YOUR GOALS</b>	<b>KEEP PUSHING KEEP WORKING</b>
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<b>THE DIFFERENCE BETWEEN TRY AND TRIUMPH IS A LITTLE "UMPH"</b>	<b>WHAT CAN YOU DO FOR OTHERS IN YOUR COMMUNITY?</b>	<b>SMALL STEPS = A BIG DIFFERENCE</b>	<b>THE FINISH LINE IS JUST THE BEGINNING OF A NEW RACE</b>	<b>BE PROUD OF YOURSELF YOU ARE AMAZING</b>

# Frequently Asked Questions

**Q: Can I continue the 30 Days to Healthy Living and Beyond program beyond 30 days?**

**A:** Yes! The Arbonne Essentials® 30 Days to Healthy Living and Beyond Set is a great way to support overall healthy living. If you could use continued support after the first 30 days, then we encourage you to continue using the 30 Days to Healthy Living and Beyond Set to support overall health and well-being for as long as you feel is beneficial to you

**Q: What are the benefits of the plant-based protein blend of pea and rice?**

**A:** Pea protein is easily digestible, and when combined with rice protein protein it provides a full amino acid score. Additionally, the arginine content of pea protein is one of the highest of all commercially available proteins, and supports the production of nitric oxide which in turn may help support healthy blood flow.

**Q: Why is getting the daily recommended value for fibre important?**

**A:** Fibre is essential for maintaining optimal gastrointestinal health and is beneficial for cardiovascular health. It helps support blood glucose levels that are already within normal range, and helps you feel full. Considering the importance of having fibre in the diet, we recommend Arbonne Essentials Daily Fibre Boost.

**Q: How does boosting my metabolism help me stay fit?**

**A:** Metabolism is essentially the chemical conversion of various dietary elements to energy. Metabolism is carried out through various metabolic pathways in the body, and certain nutrients help the body metabolize specific dietary nutrients like sugar, fats, etc. Supporting metabolism ultimately results in energy production.

**Q: What are adaptogens?**

**A:** Adaptogens are ingredients that increase the body's resistance to stress. Adaptogens are especially beneficial for individuals who are starting new fitness regimens and who have a high amount of physical activity in their day, as there is typically a higher level of physical stress on the body during activity.

**Q: Do I have to exercise to manage weight and improve my health?**

**A:** While modest weight reduction and maintenance can be achieved by changing dietary habits, the best way to get healthy and feel great is to eat healthy and incorporate at least 30 minutes of an exercise that increases your heart rate every day. Exercise does not have to be very strenuous. It can be simply a brisk walk through your neighborhood.

**Q: Can I have my Arbonne Essentials Protein Shake Mix Meal Replacements for all three meals?**

**A:** No, we recommend a maximum of two Protein Shakes per day.

**Q: Why can't I get all the nutrients I need from food?**

**A:** Many people have busy lifestyles, so it can be difficult to eat in such a way as to ensure consumption of all of the required nutrients. Using supplements can increase the intake of vitamins, minerals, antioxidants, probiotics, omega-3s and many beneficial botanicals for a healthy lifestyle.

Visit [arbonne.ca](https://www.arbonne.ca) for more FAQ and additional Arbonne nutrition product information.



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