

Healthy Living Cheat Sheet

Step 1

Eliminate common allergens and limit the following:

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

Step 2

Eat every 4–6 hours with no snacking between

Example:

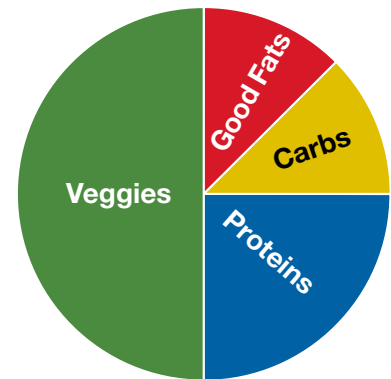
- 8 a.m. Shake
- 11 a.m. Meal
- 3 p.m. Shake
- 7 p.m. Meal

We recommend not snacking between meals during the 30-Day program. If you do snack, choose a healthy option from the snacks and beverages section of the 30 Days to Healthy Living Guide.

Avoid eating after 7 p.m. or 3 hours before bed. If hungry before bed, drink $\frac{1}{2}$ cup non-dairy milk with $\frac{1}{2}$ scoop of Daily Fiber Boost.

Step 3

Eat in the proper proportions



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

How to make your Arbonne Essentials protein shake

- 2 scoops Protein Shake Mix
- $\frac{1}{2}$ –1 scoop Daily Fiber Boost
- $\frac{1}{2}$ cup non-dairy milk
- 1 tbsp good fats (nuts, flax seed, nut butter, avocado, etc.)
- $\frac{1}{4}$ cup good carbs (frozen berries, apples, etc.)
- 1 tbsp Greens Balance or $\frac{1}{2}$ cup spinach or kale
- Water and/or ice to taste

How to make your Arbonne Essentials recovery shake

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



How to fill your plate

Green Veggies ($\frac{1}{2}$ of your plate)

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

$\frac{1}{2}$

Lean Proteins ($\frac{1}{4}$ of your plate)

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

$\frac{1}{4}$

Good Carbs ($\frac{1}{8}$ of your plate)

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

$\frac{1}{8}$

Good Fats ($\frac{1}{8}$ of your plate)

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

$\frac{1}{8}$

