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30 DAYS TO HEALTHY LIVING

**30 DAYS TO HEALTHY LIVING WITH**

# ESSENTIALMEAL MEAL REPLACEMENT SHAKE GUIDE

Arbonne's 30 Days to Healthy Living program is your solution to help you feel and look your best with healthy living products that support you from the inside out and the outside in! Our #1 bestselling program with EssentialMeal Meal Replacement Protein Shake is designed to help you establish healthy habits and support your weight maintenance or weight loss goals for a healthy weight and lean physique.

## GETTING STARTED WITH 30 DAYS TO HEALTHY LIVING



### 1: PLAN

Stock up on whole foods, and clear your pantry of processed foods. You'll also want to clear cupboards of a few foods and beverages that you will want to avoid or at least try to minimize during this time, including those with:

- Artificial sweeteners (e.g., sucralose, and aspartame)
- Alcohol
- Coffee
- Dairy
- Wheat – and gluten-containing foods
- Soy (fermented soy such as organic, non-GMO tempeh is an acceptable vegan protein option)



### 2: EAT

Replace 1–2 meals a day with EssentialMeal Meal Replacement Protein Shake. Just mix 9 oz of water and 1/3 cup of protein and enjoy!

Eat a balanced plate of vegetables, lean protein, nutrient-rich carbs, and healthy fats for your remaining 1–2 meals each day.



### 3: TRACK

Track your goals and progress with the daily tracker found at the end of this guide.

### 4: MAXIMIZE

Check out the tips for success later in this guide to find ways to maximize your healthy living journey.

HERE'S A SAMPLE DAY

IN YOUR FLEXIBLE ROUTINE



MORNING

Herbal Detox Tea

EssentialMeal Meal Replacement Shake

BeWell® Superfood Greens

EnergyFizz Ginseng Fizz Stick

GutHealth Digestion & Microbiome Support

USE IN WEEK 3

CleanTox Gentle Cleanse



AFTERNOON

EssentialMeal Meal Replacement Shake

GutHealth Prebiotic Fiber\*

EnergyFizz Ginseng Fizz Stick



EVENING

WIND DOWN

InnerCalm Adaptogenic De-Stress Powder®



Drink plenty of water to help keep hydrated and support normal bodily functions, including digestion (try to drink at least half of your body weight each day in ounces of water).

\*EVERYONE'S BODY IS DIFFERENT. INITIALLY, YOU MAY FIND A GRADUAL INCREASE HELPS YOUR DIGESTIVE SYSTEM ADJUST MORE COMFORTABLY. START WITH 1/4-1/2 SCOOP PER DAY AND SLOWLY INCREASE TO A FULL SERVING AS YOUR BODY ADJUSTS.

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



**GIVE YOUR SMOOTHIE A FLAVORFUL TWIST OR SUPERFOOD BOOST WITH FUN ADD-INS:**



Citrus zest



Hemp seeds, flaxseed,  
chia seeds



Dark leafy greens



Dates



Fresh ginger



Cinnamon, nutmeg, turmeric



Extracts such as vanilla,  
almond, coconut, or orange

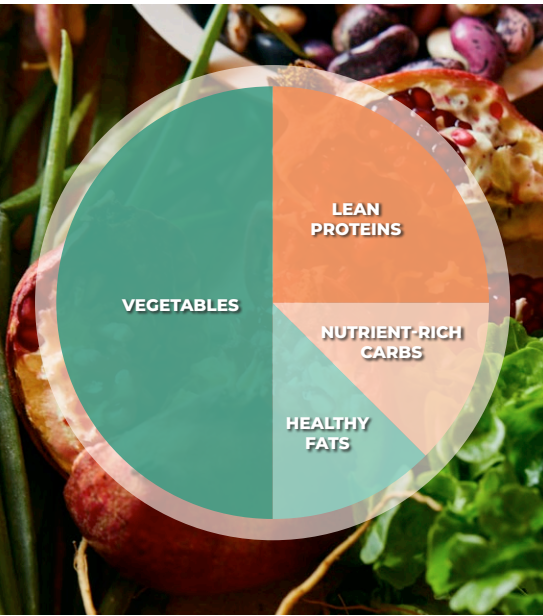


Spirulina



Matcha powder

## TIPS TO MAXIMIZE YOUR SUCCESS WITH YOUR 30 DAYS TO HEALTHY LIVING:



# 1. MEAL PLANNING!

### ARBONNE HEALTHY MEAL COMPONENTS:

**Vegetables** – ½ of your plate – choose non-starchy options like greens, broccoli, asparagus

**Lean proteins** – ¼ of your plate – choose options like beans and lentils or non-vegan, lean protein choices such as wild fish, chicken, turkey, or beef

**Nutrient-rich carbs** – ⅛ of your plate – choose options like brown rice, quinoa, sweet potatoes

**Healthy fats** – ⅛ of your plate – choose options like seeds and nuts, nut butters or oils, olive oil, avocado

\*Drink plenty of water to help keep hydrated and support normal bodily functions, including digestion (try to drink at least half of your body weight each day in ounces of water)

### DID YOU KNOW?

We recommend and provide suggested recipes that limit some foods high in fiber. This is because our Arbonne Protein Shakes contains some fiber. Consuming too much fiber can lead to digestive discomfort if you are not used to consuming a diet high in fiber. If your body is accustomed to this, then you are free to add more high-fiber foods. (e.g., whole grains, legumes, etc.).

### Recommendations from the Nation Academy of Medicine:

FIBER: DAILY RECOMMENDATIONS FOR ADULTS		
	AGE 50 OR YOUNGER	AGE 51 OR OLDER
MEN	38 grams	30 grams
WOMEN	25 grams	21 grams



# 2. HEALTHY SNACKING!

Include healthy snacks as needed to help maintain energy. When healthy snacks are consumed — ones balanced with nutrients the body needs and without providing too many calories — they may help to achieve and sustain a healthy weight.<sup>(1)</sup>

### ARBONNE SNACK SUGGESTIONS:

- Celery sticks with nut or seed butter
- Hummus with veggies
- Fruits like apples or berries with unsalted nuts
- Hard boiled eggs,
- Brown rice cakes with avocado or nut butter

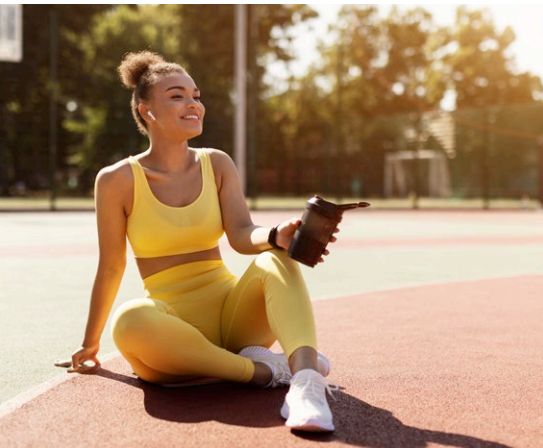


## TIPS TO MAXIMIZE YOUR SUCCESS WITH YOUR 30 DAYS TO HEALTHY LIVING:



### 3. GET CONNECTED!

Tag a buddy you want to do the 30 Days with and motivate each other with positive energy. Reach out to your Independent Consultant about joining a 30 Days group.



### 4. GET MOVING!

#### ARBONNE IDEAS TO MOVE MORE:

- Consider moving more today than you did yesterday and again tomorrow
- Take up a new activity
- Join a group (it could be at your local community center or with friends)



### 5. SLEEP

Rest well by getting enough quality sleep, ideally for at least 8 hours. Sleep is your body's chance to recharge and getting enough of it each day further helps support your wellness goals.

#### ARBONNE IDEAS FOR QUALITY SLEEP:

- Essential oils like lavender help soothe and relax
- Keep electronic devices away for a bit before bedtime to unwind
- Enjoy a bedtime ritual

LIFE STAGE	AGE	RECOMMENDED SLEEP DURATION HOURS	MEAN SLEEP DURATION IN U.S. ADULTS IN HOURS <sup>(2,3)</sup>
ADULTS	18+ YEARS	7-9	6.5

## GETTING TO KNOW YOUR 30 DAYS TO HEALTHY LIVING PRODUCTS

The 30 Days to Healthy Living Set provides you with daily targeted supplement support for your 30 Days to Healthy Living Plan.

## THE CORE FOUR



### ESSENTIALMEAL MEAL REPLACEMENT PROTEIN SHAKE

Get 24 g of clean vegan protein, over 20 vitamins and minerals and heart healthy avocado oil to help you feel full and satisfied for a healthier weight and leaner physique.

Replace 1 meal a day with EssentialMeal to support healthy weight maintenance.\* Replace 2 meals a day with EssentialMeal to support healthy weight loss.\*

\*When used as directed



### ENERGYFIZZ GINSENG FIZZ STICKS

Available in a variety of flavors, this energy supporting fizz stick helps increase energy levels while temporarily relieving fatigue, promoting alertness and enhancing cognitive function.° Available with 55 mg of naturally derived caffeine from guarana and green tea or also available in caffeine-free. Enjoy up to three stick packs each day.



### GUTHEALTH DIGESTION & MICROBIOME SUPPORT

Support your gut health every day with 13 key digestive enzymes, prebiotics and 3 billion CFU of probiotics.° Enjoy once per day, with or without food. For maximum product efficacy, do not use with hot water.

**Pro Tip:** Add into your EssentialMeal shake and keep things moving!



### CLEANTOX HERBAL DETOX TEA

Take care of yourself and focus on healthy living with an herbal blend that supports normal function of your liver and kidneys.° Enjoy once per day.

**Pro Tip:** Make it a Tizzy! Enjoy a combination of CleanTox Herbal Detox Tea and EnergyFizz Ginseng Fizz Stick in the morning to kickstart your day!

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# YOUR CUSTOMIZABLE OPTIONS\*



## CLEANTOX GENTLE CLEANSE

A delicious lemon-ginger flavored supplement that helps assist with the gentle elimination of toxins.<sup>o</sup>



## BEWELL<sup>o</sup> SUPERFOOD GREENS

Contains a rainbow of 36 fruits and vegetables in every scoop.



## GUTHEALTH PREBIOTIC FIBER

An easy way to incorporate more fiber in your diet and promotes satiety, helping you to feel full when included as part of a balanced meal plan.<sup>o</sup>



## INNERCALM ADAPTOGENIC DE-STRESS POWDER<sup>o</sup>

Promotes a sense of calm and relaxation to help you achieve a balanced mindset.<sup>o</sup>

\*Your choice of two.

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## ESTABLISHING A HEALTHY LIFESTYLE BEYOND 30 DAYS!

Congratulations on completing your 30 Days to Healthy Living! Your momentum doesn't stop here! Our Healthy Habits Set brings together four core products to support good habits for a sustainable healthy living journey. Keep up the great habits you've established and continue to enjoy maintaining your new healthy lifestyle!

Keep up the healthy living journey with these daily support add-ons to continuing flourishing from the inside out!



**Healthy Habits Set** – Stay consistent with your core four!

**MushroomPowder Daily Defense<sup>o</sup>** – Your daily defense supplement<sup>o</sup>

**Daily Gut & Energy Bundle<sup>o</sup>** – Daily wellness duo for gut and energy support

**Daily Essentials Bundle** – Healthy living made simple!





# 30 DAYS TO THE BEST YOU YET!

WEEK 1

This week's **focus** is to **RESET!**

Start establishing healthy habits and discover your "why" and personal goals to motivate you. You can support a lean physique and manage or lose weight in these next 30 days!



Warm up the body with Herbal Detox Tea

1<sup>st</sup> EssentialMeal Meal Replacement Shake\* —  
great time to add BeWell® Superfood Greens!

1<sup>st</sup> EnergyFizz Ginseng Fizz Stick

GutHealth Digestion & Microbiome Support

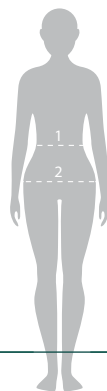
\*Replace one meal a day for weight maintenance and two meals a day for weight loss. Choose any two preferred meal times.



2<sup>nd</sup> EssentialMeal Meal Replacement Shake —  
great time to add GutHealth Prebiotic Fiber!

2<sup>nd</sup> afternoon pick-me-up EnergyFizz  
Ginseng Fizz Stick

BODY MEASUREMENTS	
START WEIGHT	
GOAL WEIGHT	
1. WAIST	
2. HIPS	
DATE	



Opt for a glass of InnerCalm Adaptogenic  
De-Stress Powder, if needed!


Incorporate 8 glasses of water throughout  
your day to ensure proper hydration

# WHAT ARE YOU NOTICING?

WEEK 2

This week's **focus** is **checking in with your body.**

How is your body adjusting to Arbonne products? Hangry or craving foods? Prioritizing your water intake? Feeling more energy to move your body? Keep pushing and be proud of yourself for staying disciplined all week!



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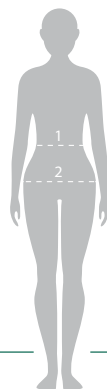
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Incorporate 8 glasses of water throughout  
your day to ensure proper hydration



# YOU'RE HALF-WAY THERE, CONGRATULATIONS!

WEEK 3

YOU SHOULD FEEL PROUD OF YOURSELF.

This week's focus is  
**planning ahead.**

It's been a long two weeks and busy lives make it harder to stay on track. Figure out which part of your day or week is hardest to stay disciplined and plan ahead. Going out to eat? Select from the online menu ahead of time. On the road with family? Pack a cooler! No time for exercise? Engage your body in household duties. In a rush? Refill your water bottle before leaving the house. You got this!



Warm up the body with Herbal Detox Tea

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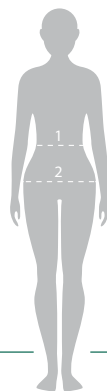
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BODY MEASUREMENTS	
START WEIGHT	
GOAL WEIGHT	
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2. HIPS	
DATE	



Opt for a glass of InnerCalm Adaptogenic  
De-Stress Powder, if needed!

Sip CleanTox Gentle Cleanse  
throughout the day



Incorporate 8 glasses of water throughout  
your day to ensure proper hydration

This week's **focus** is **finishing well.**

You're almost to your goal of 30 days. Take inventory — recognize your mindset, tune into your body's changes, and discover what choices you need to continue to maintain healthy habits after this week is over. Reflect on what products and habits you have enjoyed most so that you can make them part of your normal routine and get your order in before you run out!



Warm up the body with Herbal Detox Tea

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1st EnergyFizz Ginseng Fizz Stick

GutHealth Digestion & Microbiome Support

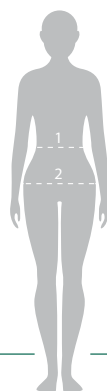
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# FAQS

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## **Why does Arbonne include cane sugar in their ingredients?**

There is much misinformation about sugar in the diet. All foods are ultimately converted into glucose, whether they are fats, proteins or carbohydrates — including complex carbohydrates or simple sugars. Glucose is a simple sugar that all cells use for energy and is the main source of fuel for cells and tissues of the body, including the brain and muscles. Because the brain is so rich in nerve cells, it is the most energy-demanding organ, using one-half of all the sugar energy in the body. Brain functions such as thinking, memory and learning are closely linked to glucose levels and how efficiently the brain uses this fuel source. Keep in mind that one apple can have about 15 g of sugar. Arbonne does not utilize artificial sweeteners like sucralose or aspartame, and instead uses natural sweeteners, such as cane sugar, in our nutritional products. Of course, we do suggest that you consult with your healthcare practitioner prior to taking any supplement if you are being monitored for any health condition.

## **I'm still super hungry after my dinner. Do I have to stick to the meal plan, or can I have some snacks?**

We recommend you monitor everything that you're eating and drinking throughout the day to make sure you aren't missing your snacks or meals, as this will lead to evening hunger. Many times, people can confuse thirst for hunger, particularly if you're dehydrated, so it's important to drink plenty of water. If you're doing all this and you are still feeling like your dinner portion is not filling, you can try adding extra non-starchy vegetables or a bigger salad to your meal. If you're extremely active, you might need additional calories and can try adding an additional half of a protein shake as an after-dinner snack to help fill and fuel you up. Beyond this, Arbonne offers a great product called FeelFit Appetite Control, which is designed to be taken before meals to support satiety without the extra calories and food consumption.<sup>o</sup>

## **I am away for work a lot and am unsure how I will stick to the plan. Can you suggest how to navigate this?**

We recommend that you follow the plan, adjusting the timing of your snacks and meals to best fit your schedule. This will allow you to best manage your daily nutritional intake. The products are all easy to travel with as they don't require any refrigeration, and many come in single-serving stick packs making it easy to take your program on the go. Preparation in the evening for the day ahead is key to staying true to the plan and your goals. Even when dining out, you can choose healthy options. Just watch your portion size and ask for any sauces or dressing on the side to help manage your overall intake and keep your nutrition in balance. Another great tip is to prepare in advance by looking at the menu online to help you determine what you can order to stay on track while also enjoying your meal.

## **I am getting headaches from the change in my diet. Should this be happening?**

Your body is adapting to a new type of eating and with change it is having to alter how it utilizes the nutrients and fiber that it is getting. If your previous eating style was significantly different you are experiencing changes as you are consuming less sugar and reduced caffeine. Ensure that you're drinking enough water, getting plenty of rest, and eating all of your foods to help your body ease through this transition. If symptoms persist, contact your doctor to help ensure that everything that you are doing is right for your needs.

## **I'm concerned about the caffeine in EnergyFizz Ginseng Fizz. Isn't this something we should be avoiding?**

EnergyFizz Ginseng Fizz Sticks contain 55 mg of caffeine as compared to the average cup of coffee, which contains 95 mg. EnergyFizz Ginseng Fizz Sticks contain antioxidants along with a botanical blend of ginseng, B vitamins, CoQ10, and chromium, combined with caffeine naturally derived from guarana and green tea, to help boost energy.<sup>o</sup> They also help to temporarily promote alertness and endurance and reduce fatigue. When used as directed, they are a beneficial energy boost. Additionally, you can select Caffeine-Free EnergyFizz Vitamin B Fizz Sticks as part of your 30 Days to Healthy Living program.

## **I am finding it hard to resist some of my cravings, particularly when friends and family are not following this program with me. What can I do?**

It can be a challenge to watch others indulge and stay true to your goals. Try drinking water flavored with citrus or berries to help promote a feeling of fullness and shift your focus on the food. If you do give in and indulge, just remember all that you have done to become healthy. From that point on, it's up to you to get refocused and back on your plan. Healthy living doesn't have an "off" switch, but it is a choice that you make every day to support your overall wellbeing. No matter what, be kind to yourself in your own head and remember this is about sustainable change for the long term, not perfection.

## **I'm experiencing bloating, constipation and general tummy discomfort. What can I do to help get more comfortable?**

First, ensure that you are drinking plenty of water. Most people underestimate the amount of liquids that they consume in a day so including this information in a food journal can be helpful to ensure that you're getting at least 2 liters of water every day. Next, share which foods you're eating in your healthy meals and snacks with your Independent Consultant. Many vegetables and plant-based foods can be naturally higher in fiber. If your body isn't used to this type of diet, this can cause challenges if you do too much right away. Finally, your Independent Consultant might recommend that you introduce CleanTox Gentle Cleanse into your daily routine to help support your normal digestive process.<sup>o</sup> If none of this is resolving the concerns, it might also be a good idea to check in with your doctor to help ensure that everything you're doing is right for your body's needs.

## **I'm taking medications. Should I consult with my doctor prior to starting and also throughout the program?**

If you have any questions/concerns, ask your licensed healthcare provider. If you are taking medication, pregnant, or nursing, ask your licensed healthcare provider before using dietary supplements. It is also advisable to continue to check in with your physician throughout the program to help them determine any adjustments that you might need to make as your program is progressing.

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#### **NOTE:**

- If anyone is experiencing any health concerns, they should consult with their medical professional for guidance prior to using these products or this program.
- Arbonne cannot advise or recommend for individual circumstances; only a licensed healthcare provider can provide this guidance.
- If you have any questions/concerns, ask your licensed healthcare provider. If you are taking medication, pregnant, or nursing, ask your licensed healthcare provider before using dietary supplements. It is also advisable to continue to check in with your physician throughout the program to help them determine any adjustments that you might need to make as your program is progressing.
- Arbonne formulates without most of the common allergens identified by the regulatory administrations in the countries in which it operates. However, some products are made in a facility with allergens present. Please check each label for a list of allergens that are present in the facility where the product is manufactured. And, as always, check with your doctor to help ensure each product is right for you.
- If you experience undesirable or unintended side effects, discontinue use and contact Arbonne Customer Service at 1.800.ARBONNE.

#### **REFERENCES:**

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2. National Sleep Foundation. How Much Sleep Do We Really Need? 2013. Available from: [sleepfoundation.org/how-sleep-works/how-much-sleep-dowe-really-need](https://sleepfoundation.org/how-sleep-works/how-much-sleep-dowe-really-need).
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