

7 Simple Steps to Get Started

1. Day One

- Weigh yourself and record your measurements (at belly button & 2" below belly button)
- 2. Go shopping and get prepared
 - Get rid of all the temptations in your cabinets and fill your kitchen with healthy choices.
 - Let your friends and family know what you're doing so they can support you for the next 4 weeks.
- 3. Water is your best friend
 - Drink at least six 8oz glasses of water per day. If you get hungry between meals have Fizz tab, detox tea, broth, etc.
- 4. Eat every 2 ½ -3 hours.
 - Snack on small handful of almonds, a teaspoon of almond butter, Fizz stick or Fit chews.
 - Have the "after workout recovery shake" within 30 minutes of finishing your workout. Your next meal should be when you're hungry.
 - Do not go more than 6 hours without having a meal.
- 5. Do not obsess!
 - Don't obsess of your weight.
 - Only weigh yourself once a week. Not everyday!
 - Have only healthy/cleansing foods in your home/office.
- 6. Don't overeat when eating meals.
 - Fill ½ your plate with veggies. Add fist size protein and grains.
 - Don't have second servings!
 - Take your time eating.
- 7. Track your success
 - Keep a food journal and write how you feel each day.
 - Weigh once a week.
 - Try on clothes that were tight before.

Q&A

1. What if I'm hungry?

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

2. Why am I not losing weight?

- Some people will not lose weight until the 3rd week – stay with it!
- Eat plenty of non-starchy vegetables
- Be sure you aren't loading up too many calories in your shakes.

3. Why do I feel bloated after my shakes?

- Reduce the amount of Fiber Boost you're using.
- Sprinkle a packet of Digestion Plus in your shakes.

4. What if I'm losing weight but I don't want to?

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

5. What if I'm constipated?

- Make sure you are drinking at least 64oz. of water a day.
- Make sure you are getting enough vegetables.
- Add ground flax seed and selium
- Try Arbonne's Herbal Colon Cleanse
- Make sure you're using the Digestion Plus everyday.