



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 3–6 hours with snacking between

Example:

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

PLUS: Recovery shake within ½ hour after a vigorous workout

*Avoid eating after 7 p.m. or 3 hours before bed. If hungry before bed, drink ½ cup non-dairy milk with ½ 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

Avoid using dairy, soy, gluten, or artificial sweeteners

How to make your Arbonne Essentials proteinshake

- 2 scoops Protein Shake Mix
- ½–1 scoop Daily Fiber Boost
- ½ cup non-dairy milk
- 1 tbsp good fats (nuts, flax seed, nut butter, avocado, etc.)
- ¼ cup good carbs (frozen berries, apples, etc.)
- 1 tbsp Greens Balance or ½ cup spinach or kale
- Water and/or ice to taste

How to make your Arbonne Essentials recoveryshake

- 1–2 scoops of Protein Shake Mix
- ½ cup of non-dairy milk
- ½ cup high glycemic fruit (banana, pineapple, mango, etc.)
- Water and/or ice to taste



How to fill your plate

Green Veggies (½ of your plate)

- kale, chard, mustardgreens, spinach, broccoli, asparagus



Lean Proteins (¼ of your plate)

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



Good Carbs (1/8 of your plate)

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



Good Fats (1/8 of your plate)

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

