

HEALTHY LIVING

cheat sheet

Brought to you by your
Arbonne Independent
Consultant

step 1 *step 2* *step 3*

Eliminate allergenic & toxic ingredients!

1. Wheat/gluten
2. Dairy
3. Sugar
4. Alcohol
5. Coffee
6. Soy
7. Artificial sweeteners, flavors or colors

Replace 1-2 meals a day with a healthy shake!

- 8AM – Shake
SNACK – Low glycemic snack and/or Fizz Stick
12PM – Shake or Lean & Green Meal
SNACK – Low glycemic snack and/or Fizz Stick
6PM – Lean & Green Meal

Eat the proper proportions!



Replace 1 - 2 meals per day with a protein shake to **satisfy hunger** and **boost energy**.

shake choices

simple shakes

Two scoops of Arbonne Protein Shake Mix
8 oz. (250ml) of Cold Water
Ice to Taste
Blend in a Shaker Cup or Personal Blender

enhanced shakes

Two scoops of Arbonne Protein Powder
Add any of the following:
1 Scoop of Protein Boost
1 Scoop of Arbonne Greens
1 Scoop of Arbonne Fibre
8 oz. (250ml) of Cold Water
Or replace or add to water a Nut or Coconut Milk
1 tsp Good Fat
Additional Low Glycemic Fruit or Greens

Blend in a Shaker Cup or Personal Blender



fill your plate with these

green veggies

1/2 OF YOUR PLATE
kale, chard, mustard greens, spinach, broccoli or asparagus

lean protein

1/4 OF YOUR PLATE
wild fish, chicken, turkey, grass-fed beef, tofu, beans or lentils

good carbs

1/8 OF YOUR PLATE
brown rice, quinoa, beets, sweet potatoes, carrots, or millet

good fat

1/8 OF YOUR PLATE
seeds, nuts, nut butters, nut oils, olive oil, avocado, flax seeds/oil, chia seeds, grapeseed oil, coconut flakes/oil

what arbonne products will you need?



**PROTEIN
SHAKE MIX**

Vanilla, #2070, or
Chocolate, #2069



**DAILY FIBRE
BOOST**

#2075



**HERBAL
DETOX TEA**

#2076



**ENERGY FIZZ
STICKS**

Pomegranate,
#2079 or Citrus,
#2077



**7-DAY BODY
CLEANSE**

#2082



**DIGESTION
PLUS**

#2063
(US ONLY)



**OMEGA-3
PLUS**

#2066
(CANADA ONLY)

TALK TO YOUR ARBONNE CONSULTANT ABOUT BECOMING A PREFERRED CLIENT AND RECEIVE:

A free gift: Greens Balance,
Fibre Boost or Fizz Sticks



20% off all your products
for an entire year!

what to eat? what not to eat?



**REMOVE WHEAT &
GLUTEN:** pasta, barley,
white rice

EAT: brown rice, quinoa,
amaranth, millet



REMOVE YEAST: bread,
crackers, tortillas

EAT: lettuce wraps, egg
crepes



REMOVE DAIRY: milk,
cheese, yogurt, ice
cream, butter

EAT: almond milk, rice
milk, coconut milk



REMOVE SOY: soy
sauce, processed soy
products

EAT: tamarind, liquid
amino acids, sea salt



REMOVE SUGAR:
processed sugar,
Equal, Sucralose,
Aspartame

EAT: Stevia, Xylitol,
Erythritol



**REMOVE
ALCOHOL:** beer,
wine, spirits

EAT: "Fizzies" with
crushed ice and
mint, "Detox Tea,"
herbal tea



**REMOVE ACIDIC
DRINKS:** coffee,
soda pop, juices

EAT: "Fizzie"
drinks, teas,
alkaline broth



**REMOVE
VINEGAR:** salad
dressings,
mustard, some
salsas

EAT:
fresh-squeezed
lemon, apple cider
vinegar



**REMOVE
PROCESSED
FOODS:** boxed &
pre-packaged
foods

EAT: local, organic,
free-range foods