

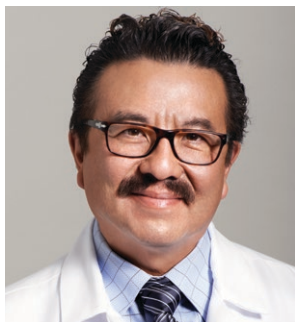


# Arbonne 30 Days to Healthy Living and Beyond Support Guide





# Letter From Dr. Peter



We're so excited to share the 30 Days to Healthy Living and Beyond Set and Support Guide. Today more people are realizing the importance of a healthy diet, exercise and supplementing with critical nutrients. This new set and guide are designed to do just that: support your health goals so you can live a healthier, happier lifestyle.

Arbonne Essentials® can help you accomplish your goals and get on the path to healthier living, which is why I'm thrilled you took the first step with our 30 Days to Healthy Living and Beyond Set. Everybody has their own view of what healthy living means — having more energy, losing weight, incorporating good eating habits, or improving self-esteem and happiness. Whatever your reason, this is a great starting point to work toward your goals.

We created the 30 Days to Healthy Living and Beyond Set and Support Guide to take the guesswork out of making healthy choices. This guide provides important information about Arbonne nutrition products, healthy foods, diet, and other aspects of health and wellness. The 30 Days to Healthy Living and Beyond Set provides the right combination of products to give you the proper nutrients to set you up for success.

Here's to a healthier, happier you!

In good health,

A handwritten signature in black ink that reads "Peter Matravars".

**Peter Matravars**  
Chief Scientific Officer  
Arbonne International



The information provided in this 30 Days to Healthy Living and Beyond Support Guide is presented for educational purposes only and should not be used in lieu of advice from your physician or other qualified healthcare provider. Results from the use of Arbonne products vary depending upon individual effort, body composition, age, eating patterns, and exercise. If you have a medical condition or are pregnant or nursing, Arbonne recommends that you consult with your healthcare professional before starting an Arbonne product regimen.

# Arbonne **IS** Healthy Living

Healthy living is all about making the right choices. Critical to making healthy decisions is having knowledge about the foods you are eating, engaging in activity, and supporting your diet with premium Arbonne nutritionals that follow a rigorous ingredient policy that is gluten-free, vegan, and formulated with non-GMO ingredients. Having more energy and vitality, feeling more engaged in life, and being happier can start with making a few small changes in your daily habits and engaging in self-education. Healthy living doesn't have to be complicated.

The Arbonne Essentials® 30 Days to Healthy Living and Beyond Support Guide is a tool that you can use to help you on your journey.

## FOCUS AREAS

1. ARBONNE NUTRITIONALS
2. FOODS
3. HEALTHY EATING/COOKING
4. EXERCISE

## Additional Considerations

### DIGESTIBILITY

Digestibility of products consumed can be important, as the ability to easily breakdown foods can result in the body using the nutrients more efficiently and potentially even more of the beneficial nutrients being used. Good digestibility can also help ensure that there are no side effects of poor digestion such as gas, bloating or constipation.

### ABSORPTION/BIOAVAILABILITY

Bioavailability is the extent to which an ingested substance becomes available to the desired tissue. The bioavailability of a nutrient is critical because if a nutrient is not bioavailable, it can pass through the body without contributing any positive benefit to the individual. When a nutrient is highly bioavailable, the body can then utilize much more of it, which is crucial to support health and wellness.

### ALKALINITY

Certain foods and beverages can be acidic. While the body has a system in place to help support a balanced pH, a diet high in fruits and vegetables supports a more alkaline pH.

### STRESS

Science has shown that stress can cause the release of a hormone called cortisol, which can have detrimental effects, even in a very healthy person. Eating healthy, exercising, managing stress, and supplementing your diet with the nutrients you need to support optimal health and wellness may help support stress relief.

## Table Of Contents

### Arbonne Nutrition Products

30 Days to Healthy Living and Beyond.....	4
Why Arbonne Essentials Are Your Best Choice.....	5
What's in Your 30 Days to Healthy Living and Beyond Set ....	6
Other Recommended Products .....	7-8

### Getting Started

Healthy Living at a Glance .....	9
Your Profile .....	10
Setting Goals.....	11
Helpful Hints.....	12
Suggested Meal Plan.....	13

### Supporting Tools & Information

Healthy Food .....	14-15
Healthy Snacks & Beverages .....	16
Healthy Cooking.....	17
Gluten-Free Diet .....	17
Protein Shake Recipes.....	18
Science of Exercise .....	20
30 Days of Motivation .....	22
Frequently Asked Questions .....	23

# 30 Days to Healthy Living and Beyond

You've just made a life-changing decision. Now it's time to begin your path to a happy, healthy you. Arbonne Essentials® products are formulated to help you get the results you're looking for and to help support your journey to a healthier you.

The Arbonne Essentials 30 Days to Healthy Living and Beyond Set comprises products that deliver many key nutrients like protein and fiber. In addition, it supplies probiotics and enzymes, as well as ingredients to support energy metabolism and elimination.

## Cleansing with Arbonne Essentials

Included in your set is the 7-Day Body Cleanse. Below are two options for using the cleanse to support your 30-day journey. Choose the method that works best for you and your program:

**OPTION 1:** At the end of the first week of your 30-day program, use one pouch of the 7-Day Cleanse. At the beginning of the second week of your 30-day program, use 7-Day Body Cleanse on your first and second day of that week. Repeat this same step for the third and fourth week.

**OPTION 2:** Use the 7-Day Body Cleanse the week before starting your 30 Days to Healthy Living and Beyond program. Use one pouch per day for a week to support cleansing and elimination.†

**NOTE:** Visit our Coaches Corner at [arbonne.com](http://arbonne.com) to hear from our nutritional leaders on using the 7-Day Body Cleanse with your 30 Days to Healthy Living and Beyond program.

The 7-Day Body Cleanse contains ingredients to help support the liver, an organ that's critical for supporting cleansing processes in the body. Supporting a healthy liver may also promote the production of glutathione, an internally made antioxidant to help fight oxidation of free radicals. The 7-Day Body Cleanse supports elimination in the body to help prepare you for your next 30 days.†

Herbal Detox Tea delivers ingredients to support the liver and kidneys. The kidneys are important for the elimination of waste products produced by the body.†



# Arbonne Nutrition Products

## Why Arbonne Essentials® Are Your Best Choice

We leave out the bad stuff, and they taste amazing.

- Vegan-certified, no animal ingredients
- Gluten-free
- No artificial colors, flavors or sweeteners
- No trans fat
- No high fructose corn syrup or fructose
- Standardized plant extracts
- Low glycemic index (Protein Shake powders)
- Kosher-certified (Protein Shake powders, Daily Fiber Boost, Digestion Plus)



### Gluten-Free

All Arbonne Essentials and Arbonne Evolution™ products are gluten-free. Gluten is a protein found in wheat and wheat derivatives but may also be found in rye, barley and malts. Many processed foods, sauces, seasonings, flavorings and even beer and licorice contain gluten.

More and more individuals without celiac disease are also reporting sensitivities to gluten and making the decision to avoid products with this wheat protein.

**NOTE:** See p. 17 for gluten-free diet information.



### Low Glycemic Index

Glycemic index is a measurement of how quickly blood sugar rises after eating a food or dietary supplement. Foods that are higher in sugar generally have a larger impact on the blood sugar level.



Foods that are lower in sugar limit the rise in blood sugar and subsequent insulin response and do not promote fat-storing mechanisms. This means products with a low glycemic index are a good choice for individuals on a weight management regimen. Low glycemic index products are also preferred by those who are sensitive to or simply want to avoid sugary foods and drinks.

Arbonne Essentials Protein Shake powders have a low glycemic index rating, and they:

- Support healthy blood glucose levels that are already in the normal range<sup>9</sup>
- Have minimal impact on blood sugar level
- Do not cause a spike in blood sugar

### Standardized Plant Extracts

Single botanicals can have many different bioactive ingredients, each with a different benefit. When standardized extracts are used, it means we have selected a specific phytonutrient from the botanical and have specified an exact amount of the bioactive to be delivered in each dose of the product ensuring you get the same level of benefit every time.

### Natural Colors, Flavors and Sweeteners

Arbonne Essentials products are formulated with natural sweeteners such as unrefined sugar cane, agave nectar and the herbal sweetener stevia. In addition, Arbonne uses only naturally derived flavors and colors in our formulations.

<sup>9</sup>This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# What's in Your 30 Days to Healthy Living and Beyond Set?



## Protein Shake Mix

These delicious plant-based protein shakes contain 20 grams of plant protein, vitamins, minerals, flax seed, and a unique botanical blend for targeted benefits. It's enough protein to help you feel satisfied and a broad spectrum of amino acids to support muscles.<sup>9</sup> Tested and certified low glycemic, these products are low enough in sugar to avoid rapid increases in blood glucose and excellent for those seeking to lower their sugar intake.

- Gluten-free, vegan-certified
- Tested and certified for low glycemic index
- No dairy or soy proteins
- Kosher-certified
- No cholesterol or trans fat

### 30 servings

Chocolate #2069; \$69

Vanilla #2070; \$69



## Herbal Detox Tea (2 boxes)

A delicious, mild, caffeine-free herbal tea with 9 botanicals that support the liver and kidneys.<sup>9</sup> The liver is responsible for creating glutathione, the endogenously made antioxidant, which is important for fighting free radicals. Supporting liver function with ingredients like milk thistle may help support the production of glutathione.<sup>9</sup>

- Helps support liver and kidney health<sup>9</sup>
- Hydration supports toxin elimination<sup>9</sup>

### 20 tea bags each

#2076; \$15 each



## Daily Fiber Boost

Most people don't get enough fiber to meet the recommended 25 grams per day. Daily Fiber Boost provides a convenient and seamless way to get 12 grams of fiber, nearly half the daily requirement with each serving. This heat-resistant blend of grain, fruit and vegetable fibers can be added to hot or cold foods, drinks, and even baked goods to boost fiber intake and help support gastrointestinal health and satiety.<sup>9</sup>

- Gluten-free fiber source
- Perfect addition to Arbonne Essentials® Protein Shakes
- No cholesterol or trans fat
- 48% recommended daily value of fiber per serving
- Kosher-certified

### 30 servings

#2075; \$35



## Energy Fizz Sticks

Energy Fizz Sticks support energy with vitamins and botanicals. B vitamins help support energy-yielding metabolism and targeted botanicals like green tea, standardized to epigallocatechin gallate (EGCG), guarana, and ginseng, standardized to ginsenosides, deliver a modest boost of energy.<sup>9</sup>

- Only 13 calories per serving
- Less than one gram of sugar
- Quick dissolving powder
- No artificial colors, flavors or sweeteners

### 20 stick packs

Pomegranate #2079; \$32

Citrus #2077; \$32



## 7-Day Body Cleanse

Using our 7-Day Body Cleanse can help gently flush toxins from the body.<sup>9</sup> Contains targeted ingredients to support detoxification and support the liver, a critical cleansing organ.<sup>9</sup>

- Silymarin from milk thistle supports the liver, which in turn supports glutathione production<sup>9</sup>
- Supports gastrointestinal health
- Mild flavor
- Supports toxin elimination<sup>9</sup>
- No artificial colors, flavors or sweeteners

### 7 packets

#2082; \$50



## Digestion Plus

Every day add a single-serving stick pack of mild powder to any cold or room-temperature liquid. Prebiotics, probiotics and enzymes help support optimal digestive health.<sup>9</sup>

- Helps support gastrointestinal health<sup>9</sup>
- Helps support proper digestion of dietary macronutrients<sup>9</sup>
- Helps support gastrointestinal balance<sup>9</sup>

### 30 stick packs

#2063; \$50

Visit [arbonne.com](http://arbonne.com) for more information, videos, testimonials, Q&A, and helpful information from our Arbonne nutritional leaders.



## Other Recommended Products

# Arbonne Evolution™

Arbonne Evolution is a weight management system that delivers clinically proven ingredients through easy to use products to support your health and wellness goals.

Using Arbonne Evolution products in conjunction with healthy eating and regular exercise helps support weight management and in turn helps support better health, happiness and improved self-confidence and energy.†

## Full Control

Full Control contains the unique soluble fiber glucomannan from the konjac root, which expands when mixed with water. Mix one scoop of this great tasting watermelon-kiwi flavored powder with a glass of water and drink 30 minutes before eating to feel full. Glucomannan is clinically proven to support weight management\* and makes it easy to support your health goals. Additionally, glucomannan and magnesium deliver a variety of additional health benefits.



- Glucomannan helps you feel full to support weight management\*\*
- Helps support cholesterol levels already within the normal range†
- Helps support blood sugar levels already within the normal range†

\*Glucomannan consumption in the context of a restricted diet in calories may help support weight management.†

**90 servings**

**#6210; \$72**

## ThermoBooster®

ThermoBooster® contains Svetol®, a clinically proven form of green coffee bean extract with chlorogenic acids to help support thermogenesis\* and metabolism. In a clinical study, 400 mg of Svetol® per day helped support weight management efforts.\*\* ThermoBooster® taken twice per day with a meal delivers benefits to those seeking to support their weight management goals.



- Helps support metabolism
- Helps support thermogenesis\*\*
- In a clinical trial, 400 mg per day of Svetol® helped study participants manage their weight\*\*
- Svetol® is clinically proven to support weight management†

\*Increasing thermogenesis may aid in weight management, although this has not definitively been shown.

\*\*Consumption of Svetol® induces a reduction in glucose absorption in the small intestine, which may help support weight management.†

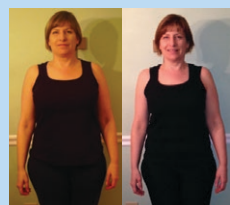
**60 tablets**

**#2618; \$65**

**†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.**

## My Evolution

Arbonne conducted a 90-day home use test with participants using Arbonne Essentials Protein Shakes along with ThermoBooster® and Full Control. Below are the incredible stories from two study participants.



*"The stress at work left me feeling entitled to a lot of comfort food and wine at the end of my day. Wow! I forgot how good being healthy feels! ThermoBooster® and Full Control were so easy to incorporate into my day, and they made a huge difference in how I feel."*

### Pennie Hawks

Arbonne Independent Consultant  
Executive Area Manager



*"I love these new products. Full Control helps make me feel full to help support my weight management so I have the control to eat healthy food instead of junk to properly fuel my body. I am finally excited about how I look in a swimsuit again."*

### Melanie Billingsley

Arbonne Independent Consultant  
Area Manager

## Set Special

### Arbonne Evolution Set

Start off your weight management regimen right with this dynamic duo. Save 10% when you buy ThermoBooster® and Full Control. A \$137 value, for **\$123. #6121**

Visit **arbonne.com** to watch inspiring videos and testimonials of accomplishments from our Arbonne Independent Consultants and see how Arbonne Evolution® and Arbonne Essentials® products helped them achieve healthy living and a happier life.

Download the Arbonne Evolution Weight Management System Guide to submit your own Before and After story and share your Evolution with the rest of the Arbonne family.

# More Arbonne Essentials® Products



## Nutrition Bars

When it comes to snacks, making a healthy choice can make a difference. These tasty, nutrient rich bars deliver 10 grams of plant protein to satisfy your hunger while delivering vitamins, minerals, and the superfoods quinoa and pumpkin seeds to support good health.

- Non-GMO
- No artificial colors, flavors or sweeteners
- Contains real fruit and dairy-free Dutch chocolate
- Under 200 calories per bar

### 10 bars

Chocolate **#2918; \$25**

Fruit **#2922; \$25**



## Daily Power Packs for Men & Daily Power Packs for Women

Power through each day with 20 essential vitamins and minerals you need to support the body's critical processes. Contains botanical extracts, probiotics and enzymes, plus bone and antioxidant formulas.

- Supports your daily nutritional requirements
- Extra calcium and folic acid to support women's health
- Saw palmetto helps support prostate health for men
- Supports healthy eyes, skin, hair and nails

### 30 sachets

Men **#2052; \$102**

Women **#2053; \$102**



## Omega-3 Plus

Focus on this: Vegan capsules filled with flaxseed oil and vegetarian DHA derived from algae provide daily omega-3 fatty acids to support the maintenance of good health.

- Source of omega-3 fatty acids and docosahexaenoic acid (DHA) for the maintenance of good health<sup>†</sup>
- Helps support cognitive health and brain function<sup>†</sup>
- Helps support eye health<sup>†</sup>

### 60 capsules

**#2066; \$35**



## Antioxidant & Immunity Booster

This booster delivers a 3-tier system comprising immune health, antioxidants and energy. Clinically proven in human-based trials, EpiCor® supports the immune system by increasing killer T-cells while vitamin C, vitamin D and zinc support other important immune functions. And to help fight free radicals, superfruit juices from blueberry, pomegranate, amla, açai and antioxidant botanicals such as green tea, milk thistle, holy basil, and more are included. Finally guarana, yerba mate and ginseng provide a gentle boost of energy, the botanical way.

- No artificial colors, flavors or sweeteners
- Contains clinically proven ingredient EpiCor®
  - In a human-based clinical study, EpiCor® was shown to help support the immune system.
- Convenient 3 fl. oz. pouches
- No high fructose corn syrup

### 24 packets

**#2065; \$69**

<sup>†</sup>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.



# Getting Started

## Healthy Living at a Glance

### STEP 1

Eliminate common allergens and non-healthy ingredients.

- Wheat/gluten
- Dairy
- Refined sugar
- Alcohol
- Soy
- Corn

### FILLING YOUR PLATE

**Veggies:** 1/2 of your plate with greens like kale, chard, mustard greens, spinach, broccoli, asparagus

**Lean Protein:** 1/4 of your plate with organic tofu, legumes, lentils and if you eat meat, wild fish, chicken or turkey

**Complex Carbs:** 1/8 of your plate with brown rice, quinoa, beets, sweet potatoes, carrots or millet

**Good Fats:** 1/8 of your plate with seeds, nuts, nut butters, nut oils, olive oil, avocado, flax, grape seed oil, coconut oil

**NOTE:** Use Digestion Plus (probiotics, prebiotics and enzymes) and Daily Power Packs for optimal health and wellness, and use 7-Day Body Cleanse to help support the elimination of toxins and support the liver.<sup>9</sup>

### STEP 2

Eat regular, healthy meals throughout the day.

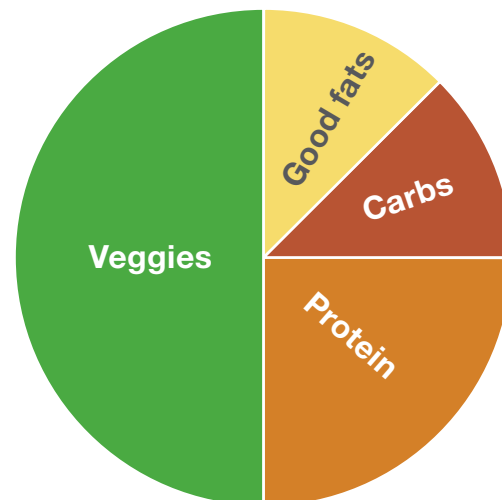
1. Morning: healthy meal/shake
2. Lunch: healthy meal
3. Dinner: healthy meal/shake

**NOTE:** It's best to eat all meals before 7 p.m.

### STEP 3

Eat in the proper portions.

- Veggies
- Protein
- Complex carbs
- Fats



### WHEAT / GLUTEN

#### Remove:

- Pasta
- White rice
- Bread
- Cereal

#### Replace with:

- Brown rice
- Quinoa
- Amaranth
- Brown rice pasta
- Spaghetti squash

### DAIRY

#### Remove:

- Milk
- Cheese
- Yogurt
- Butter

#### Replace with:

- Almond milk
- Rice milk
- Coconut milk
- Nutritional yeast

### PROCESSED FOOD

#### Remove:

- Boxed and packaged food
- Pre-manufactured food
- Fast food
- Frozen dinners

#### Replace with:

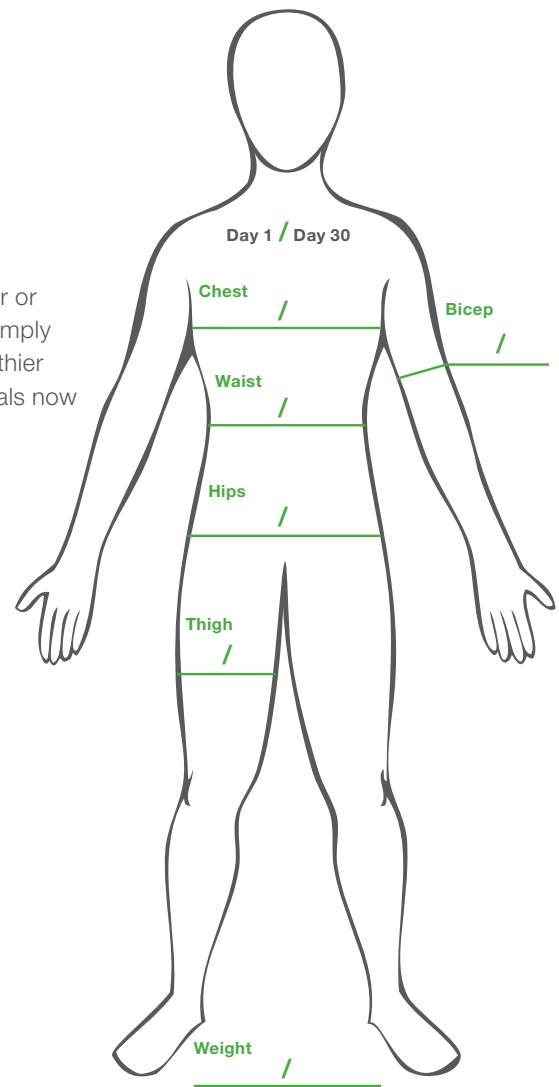
- Locally grown, seasonally available fruits and veggies
- If you eat meat:  
Free-range, grass-fed,  
hormone-free meats

# Your Profile

**Establish your “Why?” and write it down:** If you just want to feel healthier or have more energy each day for work or recreation, write that down. If you simply feel that you want to improve your lifestyle, eat better and start making healthier choices, then write that down. The more specific you can be about your goals now the better you will be able to track your progress during the next 30 days.

Insert before picture

Insert after picture



## Contact Information

Name

Arbonne ID

Email

Phone

**Chest** — Measure around the largest part of your chest.

**Bicep** — Measure midway between the top of your shoulder and elbow.

**Waist** — Measure approximately one inch above your belly button.

**Hips** — Measure around the largest part of your buttocks with your heels together.

**Thigh** — Stand with your legs slightly apart. Measure your upper leg where the circumference is largest.

## Starting Info

**(Complete on Day 1)**

Why are you starting this plan today?

What does being fit mean to you?

How do you feel today?

How do you want to feel in 30 days?

## Ending Info

**(Complete on Day 30)**

Did you accomplish your goal(s)?

Do you feel more fit?

How do you feel overall?

# Setting Goals

Understanding what your goals are is one of the things that will help you to take the necessary action to work toward those goals. Imagine goals as being a target; without a target you have nothing to aim at. Below is an area for you to list your goals:

## Goal #1

---

---

---

Why is this important?

---

---

## Goal #2

---

---

---

Why is this important?

---

---

## Goal #3

---

---

---

Why is this important?

---

---

---

What do you need to do to achieve your goals?

## Goal #1

---

---

## Goal #2

---

---

## Goal #3

---

---

Name a few obstacles to achieving these goals:

## Goal #1

Obstacle

---

---

How will you overcome it?

---

---

## Goal #2

Obstacle

---

---

How will you overcome it?

---

---

## Goal #3

Obstacle

---

---

How will you overcome it?

---

---

List a few changes/short-term goals that will start you off:

1. 

---
2. 

---
3. 

---
4. 

---
5. 

---



# Helpful Hints

- 1. Stay Hydrated** — Water is critical for optimal physiologic function and healthy living. Dehydration can have many negative side effects and leave you feeling less than ideal. Drinking plenty of water is also essential for processing nutrients and maintaining a proper fluid balance. A good rule of thumb is to drink half your body weight in water per day. For example, if you weigh 120 pounds, you should drink at least 60 ounces of water per day.
- 2. Slow Down** — It takes time for the brain to tell the body that it's full, so when you eat quickly you may overeat and not even realize it. Slow down and listen to when your body says it's full. Listening to this will help you reduce your caloric intake and will help support weight management. Additionally, eating food slower will help support proper digestion.
- 3. Avoid Refined Sugar** — Sodas and sweetened beverages can have anywhere from 17–50+ grams of sugar per can/bottle. This can have a negative impact on blood sugar levels, can lead to a sugar crash, and sugars when over consumed can be converted to fat and stored in the body. Many health professionals lay some of the blame for the high incidence of diabetes and obesity to over consumption of sodas and sugary snacks. Also look for natural sweeteners like stevia, and unrefined sugar cane. Stay away from high fructose corn syrup, and high sugar foods and beverages.
- 4. Snack Healthy** — While we recommend avoiding snacking in the first 30 days, we know it can be difficult to avoid at times, so when snacking it's important to make healthy decisions. Foods with no nutrient value only deliver sodium, fats, carbohydrates and empty calories. Get used to choosing fruits, nuts and vegetables for snacks.
- 5. Exercise** — Light activity is good for you. Just 30 minutes of raising your heart rate even a little will support your weight management goals, give you more energy, and help you enjoy life a little more. Exercise doesn't have to be strenuous; it just has to elevate your heart rate for a sustained period of time, so choose an exercise that fits your activity level. Take a walk around your neighborhood or jog at a local park. Either way, you're supporting a healthier lifestyle, and your efforts will be rewarded.
- 6. Get Some Rest** — Sleeping is a time when the body repairs and restores itself; many different processes are at work during sleep that are not happening when you are awake. Not enough sleep can result in low energy and a less positive outlook when it comes to everyday life. Be sure you get the right amount of sleep to help you feel rested, energetic and clear-headed. Remember, this is not a plan of perfection; this is a way to support healthy living.
- 7. Track Your Work** — Many individuals benefit from being more engaged in their fitness goals. This manual delivers the tools you need to track your progress. Changes can happen slowly and may not even be noticed because of the gradual progression. Track day-to-day efforts so you can see how you are building toward your goal. Many find it helpful to find a friend or a coach to help keep them on track.

**NOTE:** See p. 16 for healthy snack recommendations.

# Suggested Meal Plan

## MONDAY

- Healthy breakfast and/or Protein Shake with a scoop of Daily Fiber Boost
- 30 minutes of activity
- Healthy lunch with Digestion Plus
- Energy Fizz Sticks
- Healthy dinner and/or Protein Shake
- Herbal Detox Tea

## TUESDAY

- Healthy breakfast and/or Protein Shake with a scoop of Daily Fiber Boost
- 30 minutes of activity
- Healthy lunch with Digestion Plus
- Energy Fizz Sticks
- Healthy dinner and/or Protein Shake
- Herbal Detox Tea

## WEDNESDAY

- Healthy breakfast and/or Protein Shake with Digestion Plus
- Healthy lunch
- Energy Fizz Sticks
- Healthy dinner and/or Protein Shake with a scoop of Daily Fiber Boost
- 30 minutes of activity
- Herbal Detox Tea

## THURSDAY

- Healthy breakfast and/or Protein Shake with Digestion Plus
- Healthy lunch
- Energy Fizz Sticks
- Healthy dinner and/or Protein Shake with a scoop of Daily Fiber Boost
- 30 minutes of activity
- Herbal Detox Tea

## FRIDAY

- Healthy breakfast and/or Protein Shake with a scoop of Daily Fiber Boost
- 30 minutes of activity
- Healthy lunch with Digestion Plus
- Energy Fizz Sticks
- Healthy dinner and/or Protein Shake
- Herbal Detox Tea

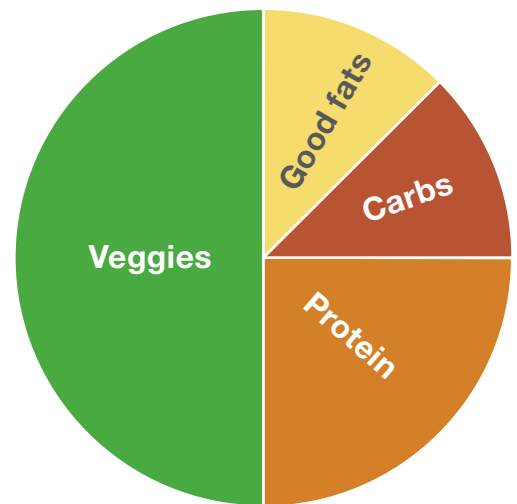
## SATURDAY

- Healthy breakfast and/or Protein Shake with Digestion Plus
- Herbal Detox Tea
- Healthy lunch
- Energy Fizz Sticks
- 30 minutes of activity
- Healthy dinner and/or Protein Shake

## SUNDAY

- Healthy breakfast and/or Protein Shake with a scoop of Daily Fiber Boost
- 30 minutes of activity
- Healthy lunch
- Energy Fizz Sticks
- Healthy dinner and/or Protein Shake
- Herbal Detox Tea

## Filling Your Plate



For recommendations on healthy meals for breakfast, lunch and dinner, please go to the [Arbonne Nutrition landing pages at arbonne.com](https://arbonne.com) where you can view delicious recipes on our [Coaches Corner](#).

# Supporting Tools & Information

## Healthy Food

The foods you eat are one of the most important aspects of maintaining a healthy lifestyle. Whole plant foods are more nutrient-dense than processed and fast foods, which are typically high in fats, calories, sugars and sodium, and low in beneficial nutrients like vitamins, minerals, protein, fiber and antioxidants. By eliminating processed foods and removing many of the known major allergens and incorporating high amounts of nutrient-rich vegetables, fruits and legumes, you can start to live a healthier, happier lifestyle.

### **POWERFUL FRUITS AND VEGETABLES**

Some of the most important nutrients our bodies require come from fruits and vegetables. Fruits and vegetables are a source of vitamins, minerals, protein, fiber, antioxidants and many other unique and powerful nutrients that support a broad range of bodily functions.

### **COLORFUL VEGETABLES**

The bright colors you see in vegetables like tomatoes, carrots, and red, yellow and green peppers are due to beneficial antioxidant nutrients called carotenoids. Specific carotenoids like beta-carotene, lutein, zeaxanthin and astaxanthin can have a variety of benefits like supporting vision, improving skin resistance to UV light, and also helping fight free radical damage.<sup>8</sup>

### **CRUCIFEROUS VEGETABLES**

Cruciferous vegetables include cabbage, brussels sprouts, broccoli and cauliflower. These types of vegetables contain vitamins, minerals and unique phytonutrients like sulforaphane, a powerful antioxidant. These vegetables can also be a source of the omega-3 fatty acid alpha-Linolenic acid (ALA).

### **DARK LEAFY GREENS**

Deep green leafy vegetables include kale, spinach and collard greens. These are rich in vitamins and minerals including vitamin K, which supports bone health, and iron to help support blood production.<sup>9</sup>



<sup>8</sup>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.



## LEGUMES — NATURE'S SOURCE OF PLANT PROTEIN

For many vegetarians, getting the right amount of protein can be difficult. Adding legumes like peas, pinto beans, chickpeas, kidney beans and lentils to a meal can be a great way of getting some extra protein in your diet.

Arbonne Essentials® Protein Shakes deliver 20 grams of plant-based protein from peas, rice and cranberry.

## BERRIES — ANTIOXIDANTS GALORE!

Berries of all colors and kinds are typically rich sources of antioxidants, which is why you may hear about some of them being referred to as super fruits. It's this ability to fight oxidizing free radicals that makes them super. Antioxidants called anthocyanins can be found in raspberries, cherries, and grapes. Anthocyanins are responsible for giving berries (and other fruit) their red, blue and purple colors. Blueberries and cranberries provide antioxidants as well.†



## VEGAN PROTEIN

Most people know that meat is a source of protein, but what many may not know is that a great number of plant foods and fruits such as brown rice, cranberries, and even algae such as chlorella or seeds like chia, flax, and hemp, contain protein. Some of the highest sources of plant-based protein are legumes like peas, kidney beans, chickpeas and snow peas. Peas are especially high in protein.

### Benefits of Plant-Based Protein

- Pea and rice together deliver a 100% amino acid score
- Easier on the stomach than animal-based proteins
- Pea and rice protein is not a common allergen like many soy- and animal-based proteins

### Vegan Protein Sources

- Arbonne Essentials Protein Shakes
- Arbonne Essentials Nutrition Bars
- Legumes — peas, kidney beans, pinto beans
- Nuts and seeds — almonds, cashews, pumpkin seeds, hemp seeds, sesame seeds
- Algae — chlorella, spirulina (nutrient-rich blue green algae)

## DAIRY

While some make the personal decision to avoid dairy-based foods and beverages, others are lactose intolerant or, less commonly, allergic. Intolerance means the body is not able to digest the milk sugar, lactose, which can cause a variety of undesirable side effects. An allergy occurs when the body's immune system is triggered by the consumption of milk.

Others avoid dairy products due to high fat content or because dairy cows may be given growth hormones. There is concern that the hormones are present in the milk consumed, perhaps elevating the risk of certain diseases or even hormonal imbalances.

### Dairy-Free / Lactose-Free Options

- Rice milk
- Almond milk
- Hemp milk
- Coconut milk
- Lactose-free milk

### Did You Know?

The milk sugar lactose, which is responsible for the negative effects to those with lactose intolerance, is broken down by the enzyme lactase. Lactose intolerance is typically due to a low level of lactase in a person's gastrointestinal tract. Arbonne Essentials Digestion Plus contains lactase to help support the breakdown of lactose and may be of benefit for those with lactose intolerance.

## GLUTEN

All Arbonne Essentials and Arbonne Evolution™ products are gluten-free. Gluten is a protein found in wheat and wheat barley and malts. Many processed foods, sauces, seasonings, flavorings and even beer and licorice contain gluten.

See page 17 for more information on foods with and without gluten.

# Healthy Snacks & Beverages

Due to the convenience and availability of so many unhealthy foods as snacks, this is an area where many individuals struggle to make the right choices. For the first 30 days, we recommend no snacking. After 30 days, if you need a snack it's important to make the right decisions on what to eat and drink. Sodas and other sugary drinks can have 17–50+ or more grams of sugar per serving. These kinds of beverages have been associated with increased levels of obesity, diabetes, other health issues, and weight management problems in the U.S. and all over the world. Long-term consumption of sugary drinks can lead to weight gain and even diabetes. Similarly, some junk food snacks deliver high amounts of sugar or fat and sodium with little or no health benefit. Choosing healthy snacks and beverages can make a huge difference in your health. Cutting out sugary drinks and snacks can help you make large strides in your weight management goals.

Drink	Sugar	Calories
<b>Arbonne Essentials Energy Fizz Sticks</b>	<1 gram	13
<b>Can of cola</b>	39 grams	140
<b>Cup of fruit juice</b>	21 grams	112
<b>16 oz. blended coffee beverage</b>	51 grams	240
<b>Arbonne Essentials Herbal Detox Tea (hot/iced)</b>	0	0

## Healthy Beverage Options

- Arbonne Essentials Herbal Detox Tea
- Arbonne Essentials Energy Fizz Sticks
- Black, green, white teas (unsweetened)
- Freshly pressed fruit/vegetable juices (no added sodium or sugar)
- Water

## Healthy Snack Options

- Arbonne Essentials Nutrition Bars
- Arbonne Essentials Fit Chews
- Celery sticks with almond butter and raisins
- Hummus with raw vegetables
- Raw fruits (low glycemic index) — green apples and berries
- Raw vegetables
- Nuts (unsalted to limit sodium intake)



## Satisfying Hunger With Arbonne Essentials®

Arbonne Essentials Nutrition Bars are a convenient option to satisfy hunger the healthy way.

	Calories	Fat (g)	Cholesterol (g)	Protein (g)	Fiber (g)	Excellent Extras!
<b>Chocolate Bar</b>	170	4.5	0	10	4	<ul style="list-style-type: none"> <li>• Organic quinoa</li> <li>• Pumpkin seeds</li> <li>• Non-GMO</li> <li>• Gluten-free</li> </ul>
<b>Fruit Bar</b>	170	3.5	0	10	3	<ul style="list-style-type: none"> <li>• Organic quinoa</li> <li>• Pumpkin seeds</li> <li>• Non-GMO</li> <li>• Gluten-free</li> </ul>

Visit [arbonne.com](http://arbonne.com) to see how our Arbonne Nutrition Coaches approach the topic of snacks from various sides of the discussion.

# Healthy Cooking

Even highly nutritious foods can be made unhealthy if cooked improperly. While it's important to make good choices at the store, you should also select ways of cooking your foods that maximize the health benefit of your meal.

- Use olive, coconut, canola or grape seed oil.
- Use fresh herbs to add flavor instead of excess salt.
- Use organic, low or no sodium broths.
- When cooking meats, grill or bake — do not fry.
- Avoid margarine and rich, creamy sauces or salad dressings.

## Gluten-Free Diet

### Allowed Foods

**Many healthy and delicious foods are naturally gluten-free:**

- Beans, seeds, and nuts in their natural, unprocessed form
- If you eat meat — fresh meats, fish and poultry (not breaded, batter-coated or marinated)
- Fruits and vegetables

**Many grains and starches can be part of a gluten-free diet:**

- Amaranth
- Arrowroot
- Buckwheat
- Flax
- Gluten-free flours (rice, bean)
- Millet
- Quinoa
- Rice
- Sorghum
- Tapioca
- Teff



### Healthier Eating

- Follow a regular eating schedule. It will help maintain proper blood sugar levels and can help support better metabolism.
- Don't skip meals. It can have a negative impact on your metabolism.
- Smaller portions are important. We typically eat much more than we need.
- Reducing meal size will reduce calories and fat intake.
- Make the conscious decision to choose healthier options, vegetables, and low fat and low sugar foods.
- Avoid adding salt or sugar to food.

### Restricted Foods

**Avoid food and drinks containing:**

- Barley (malt, malt flavoring and malt vinegar are usually made from barley)
- Rye
- Triticale (a cross between wheat and rye)
- Wheat

### Avoid unless labeled "gluten-free"

**In general, avoid the following foods unless they're labeled as gluten-free or made with other gluten-free grain:**

- Beer
- Breads
- Cakes and pies
- Candies
- Cereals
- Cookies and crackers
- Croutons
- French fries
- Gravies
- Imitation meat or seafood
- Matzo
- Pastas
- Processed luncheon meats
- Salad dressings
- Sauces, including soy sauce
- Seasoned rice mixes
- Seasoned snack foods, such as potato and tortilla chips
- Soups and soup bases
- Vegetables in sauce

Certain grains, such as oats, can be contaminated with wheat during growing and processing stages of production. For this reason, doctors and dietitians generally recommend avoiding oats unless they are specifically labeled gluten-free.



# Arbonne Essentials® Protein Shake Mix Recipes

## Hearty Boosted Protein Shake

- 2 scoops of Chocolate or Vanilla Protein Shake Mix
- 1 scoop of Arbonne Essentials Daily Fiber Boost
- ½ cup of almond milk or rice milk
- 1 tablespoon of nuts (healthy fats)
- ¼ cup of frozen berries (for carbohydrates)
- ½ cup to 1 cup of frozen spinach or kale
- 9 oz. water or ice as desired

## Recovery Support Shake

- 2 scoops of Chocolate or Vanilla Protein Shake Mix
- 1 scoop of Arbonne Essentials Daily Fiber Boost
- ½ cup almond milk
- ½ cup of fruit (banana, pineapple or mango)
- 9 oz. of water or ice as desired

## Almond Butter Shake

- 2 scoops Chocolate or Vanilla Protein Shake Mix
- 1 scoop of Arbonne Essentials Daily Fiber Boost
- 7 oz. water or rice/almond milk
- 4–6 ice cubes
- 1 Tbsp. natural almond butter
- ½ fresh or frozen banana

## Very Berry Shake

- 2 scoops Chocolate or Vanilla Protein Shake Mix
- 1 scoop of Arbonne Essentials Daily Fiber Boost
- 7 oz. water or rice/almond milk
- 4–6 ice cubes
- 1 cup mixed frozen berries  
(or substitute with 1 cup of your favorite berry)

## Banana & Berry Fruit Shake

- 2 scoops Chocolate or Vanilla Protein Shake Mix
- 1 scoop of Arbonne Essentials Daily Fiber Boost
- 7 oz. water or rice/almond milk
- 4–6 ice cubes
- 1 cup frozen berries
- ½ fresh or frozen banana

## Pumpkin Spice Shake

- 2 scoops Chocolate or Vanilla Protein Shake Mix
- 1 scoop of Arbonne Essentials Daily Fiber Boost
- 7 oz. water or rice/almond milk
- 4–6 ice cubes
- ¼ cup pumpkin purée
- Tiny pinch of cinnamon, ginger and nutmeg

Blend ingredients until smooth for all recipes.



ARBONNE  
essentiäls™

CHOCOLATE  
PROTEIN SHAKE MIX

DIETARY SUPPLEMENT

Net wt. 47.6 oz. (2 lb. 15

1.35 kg **Ko**





# Science of Exercise

For many people following a weight management regimen, exercise is the biggest challenge. But exercise doesn't have to be strenuous; it's really just a matter of getting your heart rate up for 30 minutes at a time. Even 15 minutes of increased heart rate can be extremely beneficial. While exercise burns calories, it's also a great way to improve cardiovascular health, increase energy levels, improve your level of happiness, and may also help reduce stress.

## CLASSIFICATION OF TOTAL WEEKLY AMOUNTS OF AEROBIC PHYSICAL ACTIVITY

Levels of Physical Activity	Range of Moderate-Intensity Minutes a Week	Summary of Overall Health Benefits	Comment
<b>Inactive</b>	No activity beyond baseline	None	Being inactive is unhealthy.
<b>Low</b>	Activity beyond baseline but fewer than 150 minutes a week	Some	Low levels of activity are clearly preferable to an inactive lifestyle.
<b>Medium</b>	150 minutes to 300 minutes a week	Substantial	Activity at the high end of this range has additional and more extensive health benefits than activity at the low end.
<b>High</b>	More than 300 minutes a week	Additional	Current science does not allow researchers to identify an upper limit of activity above which there are no additional health benefits.

- Inactive is no activity beyond baseline activities of daily living.
- Low activity is activity beyond baseline but fewer than 150 minutes (2 hours and 30 minutes) of moderate-intensity physical activity a week or the equivalent amount (75 minutes, or 1 hour and 15 minutes) of vigorous-intensity activity.
- Medium activity is 150 minutes to 300 minutes (5 hours) of moderate-intensity activity a week (or 75 to 150 minutes of vigorous-intensity physical activity a week).
- High activity is more than the equivalent of 300 minutes of moderate-intensity physical activity a week.

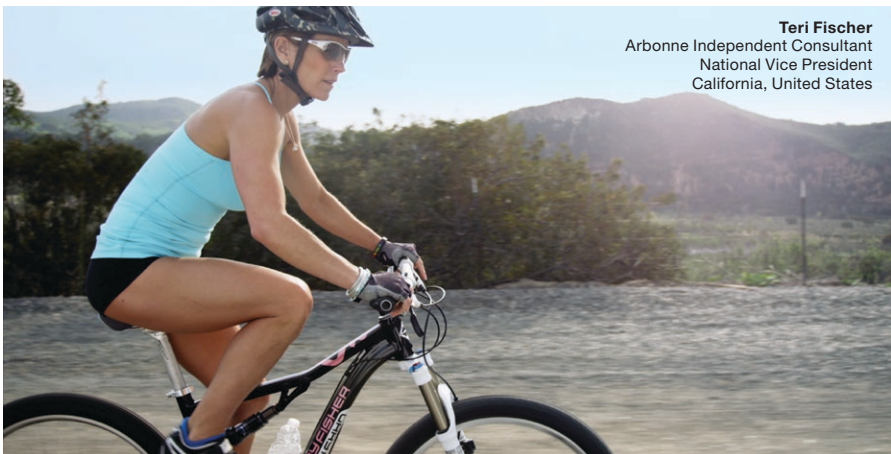
## KEY GUIDELINES FOR ADULTS

- All adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits.
- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- For additional and more extensive health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) a week of moderate-intensity, or 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity. Additional health benefits are gained by engaging in physical activity beyond this amount.
- Adults should also do muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on two or more days a week, as these activities provide additional health benefits.

Source: "2008 Physical Activity Guidelines for Americans." U.S. Department of Health & Human Services Web. 14 Oct. 2013.



**Carleeta Nelson**  
 Arbonne Independent Consultant  
 Executive National Vice President  
 Oklahoma, United States



**Teri Fischer**  
 Arbonne Independent Consultant  
 National Vice President  
 California, United States

**Chris Weilert**  
 Arbonne Independent Consultant  
 Executive National Vice President  
 Partnership of Amme & Chris Weilert  
 Oklahoma, United States



# 30 Days of Motivation

Take one of these cards with you each day to help keep you strong and on track.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>YOUR NEW TOMMORROW STARTS TODAY</b>	<b>SET GOALS: WITHOUT A TARGET YOU HAVE NOTHING TO AIM AT</b>	<b>YOU ARE IN CONTROL OF YOUR FUTURE</b>	<b>HAVE CONFIDENCE YOU MUST BELIEVE IN YOURSELF</b>	<b>IT'S NEVER TOO LATE FOR A NEW DREAM</b>
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<b>THE ONLY WAY TO SUCCEED IS TO KEEP TRYING AGAIN &amp; AGAIN</b>	<b>A NEW DAY BRINGS A NEW BEGINNING</b>	<b>NOT BETTER THAN EVERYONE, BETTER THAN THE OLD YOU</b>	<b>YOU CANNOT CONQUER LIFE FROM YOUR COUCH</b>	<b>PLANT OPTIMISM INTO YOUR HEART &amp; SOUL</b>
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<b>OWN YOUR "NOW" IT'S WHERE YOU LIVE</b>	<b>ELEVATE YOURSELF BY ELEVATING OTHERS</b>	<b>CHANGES DON'T JUST HAPPEN, YOU MAKE THEM HAPPEN</b>	<b>IN ORDER TO CHANGE, YOU MUST BELIEVE YOU CAN</b>	<b>BREAK OUT OF YOUR COMFORT ZONE</b>
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<b>WORK HARD LEARN MUCH KNOWLEDGE IS STRENGTH</b>	<b>THINK GOOD THOUGHTS ALWAYS BE POSITIVE</b>	<b>YOU ARE SPECIAL YOU ARE POWERFUL</b>	<b>IT'S BETTER TO TRY AND FAIL THAN NOT TRY AT ALL</b>	<b>THE TOUGHER YOUR CHALLENGE, THE BIGGER YOUR WIN</b>
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
<b>THERE IS NEVER A GOOD TIME TO QUIT</b>	<b>APPRECIATE THE PEOPLE AND WORLD AROUND YOU</b>	<b>BE A POSITIVE EXAMPLE FOR OTHERS</b>	<b>KEEP SIGHT OF YOUR GOALS</b>	<b>KEEP PUSHING KEEP WORKING</b>
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<b>THE DIFFERENCE BETWEEN TRY AND TRIUMPH IS A LITTLE "UMPH"</b>	<b>WHAT CAN YOU DO FOR OTHERS IN YOUR COMMUNITY?</b>	<b>SMALL STEPS = A BIG DIFFERENCE</b>	<b>THE FINISH LINE IS JUST THE BEGINNING OF A NEW RACE</b>	<b>BE PROUD OF YOURSELF YOU ARE AMAZING</b>

# Frequently Asked Questions

**Q: Can I continue the 30 Days to Healthy Living and Beyond program beyond 30 days?**

**A:** Yes! The Arbonne Essentials® 30 Days to Healthy Living and Beyond Set is a great way to support overall healthy living. If you could use continued support after the first 30 days, then we encourage you to continue using the 30 Days to Healthy Living and Beyond Set to support overall health and well-being for as long as you feel is beneficial to you.

**Q: What are the benefits of the plant-based protein blend of pea, rice and cranberry?**

**A:** Pea protein is easily digestible,<sup>9</sup> and when combined with rice protein and cranberry protein it provides a full amino acid score. Additionally, the arginine content of pea protein is one of the highest of all commercially available proteins, and supports the production of nitric oxide which in turn may help support healthy blood flow.

**Q: Why is getting the daily recommended value for fiber important?**

**A:** Fiber is essential for maintaining optimal gastrointestinal health and is beneficial for cardiovascular health. It helps support blood glucose levels that are already within normal range, and helps you feel full.<sup>9</sup> Considering the importance of having fiber in the diet, we recommend Arbonne Essentials Daily Fiber Boost.

**Q: How does boosting my metabolism help me stay fit?**

**A:** Metabolism is essentially the chemical conversion of various dietary elements to energy. Metabolism is carried out through various metabolic pathways in the body, and certain nutrients help the body metabolize specific dietary nutrients like sugar, fats, etc. Supporting metabolism ultimately results in energy production.

**Q: What are adaptogens?**

**A:** Adaptogens are ingredients that increase the body's resistance to stress. Adaptogens are especially beneficial for individuals who are starting new fitness regimens and who have a high amount of physical activity in their day, as there is typically a higher level of physical stress on the body during activity.

**Q: Do I have to exercise to manage weight and improve my health?**

**A:** While modest weight reduction and maintenance can be achieved by changing dietary habits, the best way to get healthy and feel great is to eat healthy and incorporate at least 30 minutes of an exercise that increases your heart rate every day. Exercise does not have to be very strenuous. It can be simply a brisk walk through your neighborhood.

**Q: Can I have my Arbonne Essentials Protein Shake for all three meals?**

**A:** No, everyone needs a certain amount of calories, fats and other dietary nutrients daily for the body to function optimally. This being the case, everyone should have at least 1–2 healthy meals per day and healthy snacks throughout the day. We recommend a maximum of two Protein Shakes per day.

**Q: Why can't I get all the nutrients I need from food?**

**A:** The AMA recommends adding dietary supplements for optimal health due to the high caloric intake that would be required in order to get all the nutrients needed for optimal daily health. Additionally, because many people have busy lifestyles, it can be difficult to eat in such a way as to ensure consumption of all of the required nutrients. Using dietary supplements can increase the intake of vitamins, minerals, antioxidants, probiotics, omega-3s and many beneficial botanicals for a healthy lifestyle.

<sup>9</sup>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.

