



# HEALTHY LIVING PROGRAM

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EAT GOOD  
FEEL GOOD

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WEEK 3  
GUIDEBOOK

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## WELCOME TO WEEK 2

Congratulations you have made it half way through your 30 day challenge!! This is something to celebrate! Get a glass, pour in a fizzy with some ice and a slice of lemon and cheers to your success! Making a lifestyle change and giving up things you love is no easy task but its clear you know that nothing great, comes easy!

And Remember... Don't give up if you fall down! – Fall short of your goals at lunch today? That does NOT mean you should go completely berserk at dinner!! Have a bad day all day long? Tomorrow is a new one, just start over! Creating new habits is an up and down journey. Be gentle on yourself, change is a process! Revisit why you are on the journey. Look at your written goals. Look at your kids/family/self. You (and all of your “Why’s”) are worth it and deserve your best efforts!

### **Canadian and USA Participants Only**

Follow the same guidelines you have been following but remember that week 2 is the week to start your 7-day cleanse as well! Make sure you stay ON your eating plan and are diligent at drinking 32 ounces of water in ADDITION to the 32 oz you mix with your cleanse!

So how do you use the 7 day cleanse?? Just follow the guidelines on the next page! Some people find they do better when adding the Fizzy Stick to their detox cleanse drink. Citrus tastes best. :) Adding lemon juice to your water also helps your natural cleansing process! Some fatigue is normal so make sure you use your Fizzy Drinks!! :) You should mix one baggie of the cleanse with 32 oz of water and drink it throughout the day. Keep it chilled for best flavor.

# WELCOME TO WEEK 2



## Arbonne 7-Day Cleanse Instructions



The 7-Day Body Cleanse is a cleansing beverage of detoxifying botanicals. The marine botanicals infused in this concentrated treatment stimulate, strengthen and support health and beauty from the inside out by assisting with elimination and flushing out excess fluids. This is NOT a fast. While on the 7-day Body Cleanse you are expected to follow your Simply Fit 30-day plan, or eat a healthy diet of whole foods.

### How To Use:

- Add one serving (1fl oz) of the 7-day Body Cleanse concentrate to 32oz of water. Shake well to mix, and drink through-out the day. Make sure to supplement the cleansing drink with at least another 32oz of water. If you are participating in the Simply Fit 30-day plan, continue with the fit products and healthy meals in this program. Repeat these steps for a total of 7 days.
- While cleansing, make sure you eat a diet of clean, whole foods. For optimal results, refrain from alcohol, caffeine, dairy, gluten, and sugar. The following list will help you make smart food choices during your detox;

#### **Eat This**

Brown Rice, Brown Rice Pasta  
Brown Rice Cakes or Tortillas  
Gluten Free Oatmeal  
Arbonne Detox or Green Tea  
Water with Lemon or Arbonne Fizz Tabs  
Green Apples  
Fresh Fruit and Berries  
Stevia or Xylitol Sweetener  
Fresh Herbs  
Blue Agave Nectar  
Almond Butter  
Coconut products  
Leafy Salad and Steamed Veggies  
Lean Proteins

#### **Avoid That**

White Rice, White Flour Pasta  
White/Wheat Bread, Flour/Corn Tortillas  
Regular Oatmeal can contain Glutens  
Coffee  
Soda or Diet Soda  
Red Apples  
Dried fruit, bananas, melons, grapes  
Sugar or Artificial Sweeteners  
Nitrates, Salt, or MSG  
Honey  
Peanut Butter  
Soy Products  
Vinegar Products  
Cheese, Cream, Dairy, Milk

- **ASK YOUR DOCTOR** about the 7-Day Body Cleanse if you are pregnant, allergic to kelp or algae, or experiencing any major health issues.
- While on the 7-Day Body Cleanse avoid using Arbonne's Colon Cleanse, and take the Digestive Plus product at a different time of day than the 7-Day Body Cleanse.

# HEALTHY LIVING PROGRAM CHEAT SHEET

## step 1

Eliminate allergenic & toxic ingredients

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

## step 2

Replace 1 - 2 meals a day with a 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

## step 3

Eat the proper portions



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

## shakes

How to make a meal-replacement shake:

- 2 scoops protein powder
- 1/2 to 1 scoop "Daily Fiber Boost"
- 1/2 cup almond or rice milk
- 1 tbsp. "good fats"
- 1/4 cup "good carbs"
- Water to fill

*Lightly blend in a personal size blender.*

How to make a recovery shake:

- 1 to 2 scoops of protein powder
- 1/2 cup almond milk
- 1/4 cup "good carbs"
- 1/2 banana or 1/2 cup pineapple
- Water to fill

*Lightly blend in a personal size 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, 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

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# HEALTHY LIVING PROGRAM CHEAT SHEET

## *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:** liquid aminos, 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

## Sample Day on the Healthy Living Program

**Wake Up:** Cup of herbal tea & 16-32 oz, water & fizz stick (Add a fizz stick to your & herbal tea if you are replacing caffeine)

**Breakfast:** Shake with + 1/2 scoop of daily fiber (+ Digestion plus - USA & CDN)

**Morning Snack:** 16-32 Oz water with Fizz Stick and/or Arbonne Protein bar, Green Apple, berries or 10 almonds.

**Lunch:** Lean and Green Meal (Lean Protein, Vegetables, Light Carbs & Small amount of Fat) OR Shake with + 1/2 scoop of daily fiber

**Afternoon Snack:** 16-32 Oz water with Fizz Stick and/or Arbonne Protein bar, Green Apple, berries or 10 almonds.

**Dinner:** Lean and Green Meal (Lean Protein, Vegetables, Light Carbs & Small amount of Fat) OR Shake with + 1/2 scoop of daily fiber.

**Evening Snack:** Cup of herbal tea and/or Arbonne Protein bar, Green Apple, berries or 10 almonds.

**Post Workout Recovery:** Consume within 1 hour of completing exercise.

**Snacks are optional - If you feel Full/Satisfied, no snacks are needed.**

# MEAL PLANS

"When you fail to plan, you plan to fail." Our lives are busy & we are used to the convenience of drive thru so if you aren't careful with planning out meals and snacks that will be quick and simple to grab-and-go, you'll be more likely to "cheat" and grab something that is not on the healthy eating plan. Always make sure to have plenty of healthy snacks on hand for a quick easy snack

We have put together simple, yummy and nutritious meal plans including grocery lists, meal prep videos and vegan options! Whether you are a seasoned chef or just starting out in the kitchen, you will love putting together these yummy meals! They are fulfilling, nutritious and kid approved!

It is super important to have at least six 8 ounce glasses of water throughout the day. Make sure you begin EVERY meal and EVERY snack with an appetizer of 8 oz of water!

Or better yet, get yourself a 48 oz container and fill it EVERY morning when you wake up. Don't go to sleep until that water is gone. Not only will it aid in toxin release, it will also help you feel fuller so you'll want to eat less!

Our bodies need time to digest and replenish. Make sure to start and end each day with a herbal tea and allow your body a minimum of 12 hours of fasting each night (time between your last meal of the day and your first meal the next day).

Remember to check in on the healthy living fb page to get additional support and ideas! Feel free to post and ask questions!

# WEEK 3 MEAL PLAN - HEARTY

**MON**

**LUNCH**

Zoodles with Turkey Meatballs

**DINNER**

Chicken Tenders with Zucchini Sticks

**TUE**

**LUNCH**

Zoodles with Turkey Meatballs

**DINNER**

Lemon Garlic Herb Crusted Salmon

**WED**

**LUNCH**

Chicken Tenders with Zucchini Sticks

**DINNER**

Grilled Zucchini with Fajita Stuffing

**THU**

**LUNCH**

Lemon Garlic Herb Crusted Salmon

**DINNER**

Beef Cauliflower Fried Rice

**FRI**

**LUNCH**

Grilled Zucchini with Fajita Stuffing

**DINNER**

Buffalo Chicken Stuffed Sweet Potatoes

**SAT**

**LUNCH**

Beef Cauliflower Fried Rice

**DINNER**

Buffalo Chicken Stuffed Sweet Potatoes

**SUN**

**LUNCH**

Leftovers!

**DINNER**

Your Choice!!



# GROCERY LIST (2 SERVINGS)

## Protein:

- 2 Chicken Breast  2 lbs. Ground Turkey  1 pound top sirloin
- 2 lbs. Chicken Tenderloin  2 Wild Salmon Filets

## Pantry/Dairy:

- Almond Milk  Almond Flour  Flax Meal  Hot Pepper Sauce
- Coconut Oil  Coconut aminos  Avocado/Olive Oil  Salsa
- Coconut Aminos  Baking soda  Coconut milk  Sesame oil
- Avocado oil  Raw cashews  $\frac{3}{4}$  cup  Coconut Flour  Almond Meal  Organic Salsa  Shredded Daiya Cheese  12 Eggs  Almond butter

## Vegetables:

- 8 Zucchini  Spinach  Lime  Riced cauliflower  Frozen peas
- Ginger root  1 Red pepper  1 Green pepper
- 1 yellow onion  2 lemon  2 Sweet Potatoes

## Spices:

- Garlic Powder  Cayenne  Salt  Pepper  3 Cloves Garlic  Oregano  Thyme  Rosemary  Paprika  Dried Parsley  Cumin  Chili Powder  Red pepper flakes  Fresh Parsley  Fresh Dill  White pepper

# RECIPES

## Zoodles with Turkey Meatballs in Roasted Red Pepper Sauce

Ingredients for the Zoodles:

- 4 zucchini (use spiralizer) - 1 tbsp avocado oil or olive oil
- Salt and Pepper to taste

Ingredients for the Roasted Red Pepper Sauce:

- 2 red bell peppers, cut into 4 pieces (seeds removed)
- 4 tbsp avocado oil or olive oil divided - ½ medium onion, diced (1/4 cup)
- 1 clove garlic - 4 tbsp almond milk - 1 tsp oregano - 1 tsp thyme
- 1 tsp rosemary - 1 tsp salt - ½ tsp pepper

Ingredients for the Meatballs:

- 1 lb ground turkey - ½ cup packed spinach - 2 tbsp coconut flour
- ½ tsp salt - ½ tsp thyme - ½ tsp oregano - 1 clove garlic, minced
- 1 tbsp olive oil or avocado oil - ½ tsp ground black pepper

Directions:

Preheat oven to 400F. On a baking sheet, toss red bell peppers and 1 tablespoon of oil together and lay in a single layer. Roast for 25-30 minutes, until the bell peppers are tender and there are some black char marks. In the meantime, start making your turkey meatballs. In a large bowl combine ground turkey, spinach, coconut flour, salt, thyme, oregano, garlic, 1 tablespoon of oil and black pepper. Mix until combined well. Roll into small meatballs - you'll get about 15 out of a batch. Line a baking sheet with foil and place meatballs on the sheet. Bake for 12-15 minutes, until baked through. While the meatballs are cooking, in a small skillet, combine ¼ cup diced onion and 1 clove of garlic in 1 tbsp of oil. Saute for 5 minutes until soft and fragrant. Add to a food processor with the bell pepper when it's ready. Then also add almond milk, oregano, thyme, rosemary, salt, black pepper, 2 tbsp of avocado oil or olive oil. Process until combined and smooth. Use a vegetable spiralizer to turn the zucchini into noodles. In a skillet (can be the same one we used before), add the zucchini with the oil and saute for 2-3 minutes. Sprinkle with salt and pepper. To assemble, top the zucchini with the roasted red pepper sauce and 3-4 meatballs

## Chicken Tenders and Zucchini Sticks

### Ingredients for Chicken Tenders:

- 2 pounds chicken tenderloins - 1 cup almond flour - 1 tablespoon flax meal
- 1 teaspoon paprika - 1/2 teaspoon garlic powder - 1/2 teaspoon sea salt
- 1/2 teaspoon dried parsley - ground black pepper to taste - 2 eggs - olive oil

### Ingredients for Zucchini Sticks:

- 2 large zucchini, cut into 2-inch long strips
- 4 large egg whites, whisked with 1 tablespoon almond milk or water
- 1 1/2 cups coarsely-ground almond meal - 1/2 teaspoon fine sea salt
- 1/4 teaspoon black pepper - 1/4 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper

### Directions for Chicken Tenders:

Preheat oven to 425 degrees (F) and line 2 large baking sheets with parchment paper. In a pie plate or another shallow wide bowl, mix together the almond flour, flax meal, paprika, garlic powder, sea salt, parsley, and ground black pepper. In another small mixing bowl, lightly beat the eggs. Blot the excess moisture off from the chicken tenders with paper towels and then dip them in the egg. Make sure the tenderloins are thoroughly coated in the egg mixture and then dredge them in the almond flour breading, pressing to adhere. Divide the breaded chicken tenders up between the 2 baking sheets and lightly spray with olive oil. Place in the oven and bake for 8-9 minutes. Flip the tenders over, lightly spray again with olive oil and bake for another 8-9 minutes, or until the internal temperature reaches 180 degrees (F).

Directions for Zucchini Sticks Preheat your oven to 450 degrees F. Line a large baking sheet with foil and spray with a non-stick olive oil spray. Set aside. In one shallow bowl, whisk together the egg whites and almond milk/water. Set aside. In a second shallow bowl, whisk together the almond meal, salt, pepper, garlic powder and cayenne. Set aside. Taking each zucchini stick, soak it in the egg mixture. When fully coated, transfer it to the the almond meal mixture and flip, pressing to adhere where necessary. Place it the zucchini sticks on the prepared baking sheet. Once all of the zucchini sticks have been dredged, spray them with the olive oil spray and place them in the oven. Bake for 35-40 minutes or until crispy and brown. If after 40 minutes, the zucchini still haven't browned. Turn the broiler on high and broil until brown. Keep a close eye, as they can burn quickly. Remove from heat and let cool for just a second.

- **Lemon Garlic Herb Crusted Salmon with Brown Rice and Broccoli**

- **Ingredients:**

- - 3 oz Coconut Oil
- - 1 tsp Salt - Zest of 1 Lemon
- - 1 Tbsp Fresh Parsley chopped
- - 1 tsp Fresh Dill chopped
- - 1 Clove Garlic minced
- - Dash of Pepper
- - 2 Wild Salmon Fillets

- **Directions:**

- - Place all ingredients except for salmon in a small bowl and melt in the microwave for 30-45 seconds.
- - Stir until combined.
- - Place the salmon fillets on a parchment lined baking sheet.
- - Using a pastry brush, coat the salmon with the lemon herb mix evenly spreading it over the tops of each fillet.
- - Bake in an oven preheated to 400 degrees on the top or second to top rack for 10-12 minutes, or until salmon is cooked through and flakes easily with a fork. - Alternately the fish can be broiled on medium/high on the second to top rack for 8-10 minutes, or until cooked through. This method will give you a bit more crunchy, caramelized crust.

## Grilled Zucchini with Fajita Stuffing

### Ingredients:

- 1 lb. package Ground Turkey
- ½ cup each Red and Green Bell Peppers
- chopped ½ Yellow Onion
- Chopped - 1 tsp. Ground Cumin
- 2 tsp Chili Powder - 1 cup Organic Medium Salsa (Plus more for serving)
- ¾ cup of Shredded Daiya Cheese (vegan cheese)
- 2 Large Zucchini - Salt/Pepper to taste

### Directions:

- Preheat oven to 425 degree F
- Meanwhile, cut zucchini in half, lengthwise. Using a spoon, scoop out flesh, leaving a shell of about ¼” on all sides. Chop flesh and set aside.
- Heat a large nonstick skillet over medium-heat.
- Spray with cooking spray (or use coconut oil) and add turkey, using a large spoon to break it up.
- Season to taste with salt and pepper.
- Cook until browned, stirring occasionally, about 5 minutes.
- Add chopped zucchini and pepper and onion mix to pan and stir to mix.
- Cook, stirring occasionally, until vegetables are tender, about 3 minutes.
- Transfer mixture to a large bowl, add salsa and cheese, stir to combine.
- Lightly spray zucchini shells with cooking spray and then stuff with turkey mixture, dividing evenly between them.
- Working quickly, brush grilled topper with oil (coconut oil) and arrange stuffed zucchini on baking tray.
- Cook until tender, about 15 minutes. Transfer to a warm platter, tent with foil and let rest 5 minutes.
- Serve hot, topped with more salsa if desired.

## Beef Cauliflower Fried Rice

### Ingredients:

- 1 pound Top Sirloin, cut into 1/2 –inch cubes
- 6 tablespoons coconut aminos\*
- 2 tablespoons toasted sesame oil
- 1/3 cup avocado oil
- 1/2 small onion, minced
- 3 cloves garlic, minced
- 2 teaspoons minced fresh ginger
- 1 medium carrot, diced
- 3 cups riced cauliflower
- 2 large eggs, lightly beaten
- 1¼ teaspoon sea salt
- ¼ cup frozen peas
- 2 scallions, green tops only and chopped

### Directions:

- Mix the Sirloin in a bowl with 1 tablespoon coconut aminos and 1 teaspoon sesame oil.
- Heat half of the avocado oil in a wok over medium-high heat. Add the onion, garlic, and ginger and cook, stirring continuously, for 2 minutes, until fragrant. Add the carrots and cook, stirring continuously 2 minutes more.
- Add the remaining oil and the riced cauliflower and continue cooking and stirring for 4 minutes longer. Transfer the cauliflower mixture to a plate and return the pan to the burner.
- Add the Sirloin to the pan and sear it for 30 seconds, then stir continuously until browned, about 2 minutes. Transfer the Sirloin to the plate with the cauliflower. Return the pan to the burner.
- Pour the eggs into the pan and stir to scramble them until they're mostly cooked through. Pour the cauliflower mixture and Sirloin back into the pan and add the remaining sesame oil, coconut aminos, and salt. Stir in the peas, then turn off the heat. Top with chopped scallions and serve hot.

## • **Slow Cooker Buffalo Chicken Stuffed Sweet Potato**

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### • **Ingredients:**

- - 1 lb. of boneless skinless chicken
- -  $\frac{1}{3}$  cup hot pepper sauce
- - 2 Tbsp. coconut oil
- - 1 Tbsp. coconut aminos
- -  $\frac{1}{2}$  tsp. garlic powder
- -  $\frac{1}{4}$  tsp. cayenne (optional adds more heat)
- - 2 small baked sweet potatoes (about 7 oz. each uncooked)

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### • **Directions:**

- 1. Place chicken in a slow cooker set on low.
- 2. In a small saucepan on medium-high heat, combine the hot sauce, coconut oil, coconut aminos, garlic powder and optional cayenne. Stir together and heat until coconut oil is melted.
- 3. Pour sauce into slow cooker.
- 4. Cook for 4-6 hour on low or until chicken is tender.
- 5. Remove chicken from slow cooker and shred with two forks. Return shredded chicken to slow cooker and toss with sauce.
- 6. Turn slow cooker to warm (or remain on low) until ready to serve.
- 7. Serve chicken in baked sweet potato.

# WEEK 2 MEAL PLAN - VEGAN

**MON**

**LUNCH**

Leftovers

**DINNER**

Tortilla Soup

**TUE**

**LUNCH**

Tortilla Soup

**DINNER**

Mini Eggplant Pizzas & Salad

**WED**

**LUNCH**

Mini Eggplant Pizzas & Salad

**DINNER**

Quinoa Burgers & Fries

**THU**

**LUNCH**

Quinoa Burgers & Fries

**DINNER**

Raw Pasta Alla Checca

**FRI**

**LUNCH**

Raw Pasta Alla Checca

**DINNER**

Vegan 2 Bean Chili & Salad

**SAT**

**LUNCH**

Vegan 2 Bean Chili & Salad

**DINNER**

Dine Out Night

**SUN**

**LUNCH**

Leftovers

**DINNER**

Your choice!



# GROCERY LIST (2 SERVINGS)

## PRODUCE:

- Lg. Cont. Spinach
- Strawberries
- Blueberries
- Green Apples
- 2 large onion
- 1 Purple Onion
- Green onions.
- 1 Avocado
- Basil
- 1 Eggplant
- 2 Cloves Garlic
- 1 bag Mini Carrots
- 5 Sweet Potatoes
- 3 Zucchini
- 4 Cucumber
- 4-5 Tomatoes
- 4 Lemons

## DAIRY/COLD:

- 2 Unsweetened Almond Milk
- DF Parmesan Cheese OR
- DF Mozzarella Cheese (Daiya)
- 2 DF Cheddar Cheese (Daiya)

## PANTRY:

- 2 cans Vegetable broth (low sodium, organic)
- 2 cans Stewed tomatoes
- 28 oz can Crushed tomatoes
- 3 cans Pinto beans
- 2 cans Black beans
- 2 cans Kidney beans
- 23 oz jar Picante or salsa
- 1 jar Spaghetti sauce
- Olive Oil
- 4 oz jar Olives
- Chili Powder
- Cumin
- Garlic Powder
- Onion Powders
- Crushed Red Pepper Flakes
- Cayenne Pepper
- Curry Powder
- Salt
- Pepper
- Oregano
- Paprika
- Italian Spices
- Cinnamon
- Quinoa
- Almonds
- Almond Flour
- Coconut Sugar
- 2 Cans Vegetable Broth
- 2 cans stewed tomatoes
- 2 cans crushed tomatoes
- 3 cans pinto beans
- 2 cans kidney beans
- 23 oz salsa
- 1 jar of spaghetti sauce

# RECIPES

## **Tortilla Soup**

Serves 8-12

### **Ingredients:**

- 2 cans vegetable broth (low sodium, organic)
- 2 cans stewed tomatoes
- 2 cans pinto beans, drained
- 2 cans black beans, drained
- 24 oz picante or salsa
- 1 sm-med onion, diced
- 2 TBS homemade taco seasoning (see below)
- Optional toppings: Rice chips, cheddar "cheese" shreds, avocado slices, green onions

### **Directions:**

Drain/rinse beans. Add all ingredients to large pot. Warm through & serve with chosen toppings.

## **Taco Seasoning**

- 1 T chili powder
- 1 T ground cumin
- 1 T garlic powder
- 1 T onion powder
- 1/4 T crushed red pepper

Mix all the spices together and store in an airtight container.

## Mini Eggplant Pizzas

Serves 3-4

### Ingredients:

- 1 eggplant (8 oz, 9-10" long)
- 1 T salt
- 2 T olive oil
- 2 t dried Italian seasoning
- 10 large basil leaves, cut in strips (optional)
- 1/3 cup DF Parmesan (optional)
- 1/3 cup DF mozzarella, shredded
- Crushed red pepper flakes (optional)
- 1 jar Spaghetti Sauce (Muir Glen Italian Herb)

### Directions:

Cut off both ends of the eggplant; then cut it into 3/4 inch thick slices (trying to make them the same thickness!) Put the eggplant pieces on a double layer of paper towels and sprinkle both sides generously with salt. Let the eggplant sit with the salt on it for about 30 minutes to draw out the liquid. (After the eggplant sits for 15 minutes, turn on the oven to 375F/190C.) After 30 minutes, wipe the eggplant dry with paper towels (this also removes most of the salt.) Spray a roasting sheet with olive oil or non-stick spray, lay eggplant slices on, brush the tops of the eggplant with olive oil, and sprinkle with dried Italian seasoning. Roast the eggplant about 25 minutes but "not so long that the slices become mushy and lose their shape". While the eggplant roasts, thinly slice the fresh basil leaves (if using) and combined freshly grated Parmesan and low-fat mozzarella blend. After 25 minutes or when eggplant pieces are done, remove eggplant from the oven and turn oven setting to broil. Spread a few tablespoons of sauce on the top of each eggplant slice, sprinkle with thin basil slices (if using) and top with a generous amount of cheese. Put pizzas under the broiler until the cheese is melted and slightly browned. (This took 6-7 minutes for me, but I was using a toaster oven and in a more powerful broiler it would probably only take a few minutes.) Serve hot, with red pepper flakes to sprinkle on pizza if desired.

## Quinoa Burgers

- 2 1/4 cup cooked quinoa
- 1/2 cup of kidney or black beans
- 3/4 cup shredded DF cheese of choice (Daiya)
- 1 tablespoon DF cream cheese (Daiya)
- 2 'flax eggs'
- 2 green onions
- 2 tablespoons white onion, chopped
- 1/2 cup carrot, shredded
- 2 cloves garlic
- 1 teaspoon chili paste or hot sauce
- 2 tablespoons GF flour (almond meal works great)
- 1 tablespoon flax seed
- 1 tablespoon coconut sugar
- 1/2 teaspoon salt
- 1/2 teaspoon curry powder
- 1/8 teaspoon black pepper GF Hamburger buns or lettuce leaves (optional)

### Directions:

Make flax eggs. Cook quinoa according to box instructions. Let rest for 5 minutes, then remove lid and cool. Next grate your cheese, chop your onions, mince your garlic, grate your carrot, and slice your green onions. Set aside. Using your beans of choice (I chose dark red kidney) and a fork, mash into a chunky paste. This really helps glue your burgers together. In a large bowl add chopped vegetables, beans, flax eggs, cream cheese, shredded cheese, flour, sugar, flax seed, hot sauce, and all spices. Stir to combine. Next add your cooled quinoa. Must be cooled or the cheese will melt now, instead of in the pan. Stir mixture until completely uniform. In a large pan, heat 2 tablespoons of olive oil. Using hand, form 1/2 cup portions of quinoa mixture into patties and place into hot pan. Cook for 3-4 minutes on each side, or until golden brown.

## **Sweet Potato Fries**

Serves 3-5

### **Ingredients:**

- Olive Oil, for tossing
- 5 sweet potatoes, peeled and sliced into 1/4-inch long slices, then 1/4-wide inch strips
- 2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp garlic powder
- 1/2 tsp paprika

### **Directions:**

Preheat oven to 450 degrees F. Line a sheet tray with parchment. In a large bowl toss sweet potatoes with just enough oil to coat. Sprinkle with House Seasoning and paprika. Spread sweet potatoes in single layer on prepared baking sheet, being sure not to overcrowd. Bake until sweet potatoes are tender and golden brown, turning occasionally, about 20 minutes. Let cool 5 to 10 minutes before serving.

## Pasta Alla Checca

### Ingredients:

- 3 large zucchini
- 4-5 tomatoes, seeded and diced
- 1 clove garlic, minced
- 1/2 cup raw olives, coarsely chopped
- 1/2 cup olive oil
- Himalayan salt and pepper to taste
- 20 fresh basil leaves

### Directions:

Peel zucchini or leave skin on. Spiralize zucchini into noodles or peel into fettuccini-like strips. Mix with a pinch of salt and let sit for 15-30 minutes. Combine tomatoes, garlic, olives, capers, olive oil, salt and pepper, reserving the basil. Let mixture rest at room temperature for 30 minutes to meld seasonings. Using a paper or kitchen towel, gently squeeze pasta to extract all the liquid. Place in large mixing bowl. Put half the checca into the bowl along with 3/4 of the basil and gently toss. - I just threw it all in a bowl in what I'm calling a rustic Italian fashion... but Mimi suggests the following: 'Use individual molds to stack the pasta high on the plates (I use an empty can with born sides removed) or divide into bowls. Top with the balance of checca mixture and top with chopped tomatoes.

## **Vegan 2 Bean Chili**

Serves 4-6

- 1 28oz can crushed tomatoes (or diced, based on preference)
- 1 can kidney beans
- 1 can pinto beans
- 1/2-1 onion, diced 2 TBS chili powder
- 1 TBS fresh minced garlic
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp oregano
- 1/2 tsp cumin 1/2 tsp cayenne pepper
- 1/2 tsp paprika
- 2 cups water
- 2 cups cooked quinoa (or brown rice, optional)
- 1/2 avocado, sliced (optional)

### **Directions**

If desired, cook quinoa (or brown rice) according to package instructions. In large 2 qt covered pot, add all ingredients, heat through and serve it up! This is SO good and SO easy. We serve it over cooked brown rice. Optional: Top with avocado slices or DF cheddar cheese shreds.

## **Strawberry Spinach Salad**

- Mix 2 generous handfuls fresh baby spinach,
- 1/3 cucumber (diced),
- Couple rings of red onion (diced),
- Handful of strawberries (tops removed & diced),
- almonds and drizzle with olive oil,
- fresh- squeezed lemon juice,
- salt & pepper.

# HEALTHY SNACKS

- Green Apple and Almond Butter
- Hummus with Carrot/Celery/Cucumber Sticks
- Brown Rice Cracker with Almond Butter
- Arbonne Protein Bar

## **Fritata**

- Grease muffin tins. Chop up veggies (spinach, mushroom, onion, tomato etc) and distribute evenly in muffin tins. In a bowl, whisk together 4 eggs and 2 egg whites and distribute evenly in muffin tins. Add salt and pepper. Bake until cooked through (approx 10-12 mins).

## **Muffin in a Mug**

- Melt 1 tbsp of coconut oil in microwavable mug for 30 - 45 seconds. Whisk in 1 egg. Mix in 1 scoop of Arbonne Chocolate or Vanilla Protein Powder, 1/2 tsp baking powder and 1/2 tsp salt. Microwave for 90-120 seconds.

## **Strawberries with Chocolate Dip**

- Mix 1 - 2 scoops of Arbonne Chocolate Protein powder with water or nut milk and mix to a thick consistency.



# PROTEIN SHAKE RECIPES

## **Basic Staples for Every Shake:**

- 2 Scoops Arbonne Protein Shake (Chocolate, Vanilla or both)
- ¼ to 1 scoop Arbonne Fiber Booster
- 1/4 cup berries (optional)

## **Mix With Your Choice of the Following Liquids:**

- 8 to 16 oz Water
- 8 to 16 oz Unsweetened Almond, Rice or Coconut Milk

## **Add One Serving of Fat (one of the below):**

- 1 Tsp. Almond, Walnut, Flax or Coconut Oil (No Peanut Butter)
- ¼ Cup Coconut Milk or Coconut Water
- 1 Tbsp Ground Flax
- 1 Tbsp Nuts
- ¼ Avocado

## **Helpful Hints for Shakes:**

- Magic Bullet, vitamix, ninja or any good quality blender allows you to add great ingredients
- Freeze fresh fruit and veggies for future.
- Add fresh spinach or kale to shakes (you won't taste it!)

# RECIPES

## **NUTTY APPLE CINNAMON SHAKE**

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- 8 oz. Unsweetened or Vanilla Almond Milk + Ice
  - ¼ Cup unsweetened Applesauce
- 1 Tbsp Almond Butter • ¾ Tsp cinnamon

## **SUGAR & SPICE & EVERYTHING NICE**

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- 8 oz. Coconut Milk + Ice
- Couple of shakes of Pumpkin Pie Spice • One shake of Nutmeg
- Dash of Pure Vanilla Extract • 1 Tsp Cinnamon or more

## **PUMPKIN PIE**

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- ¼ Cup Canned Organic Pumpkin
- 8 oz. Unsweetened, Vanilla or Chocolate Almond Milk + Ice
- Pumpkin Pie spice & Stevia to taste • 1 Tbsp Pecans or Almonds

## **ALMOND CRUNCH**

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- 8 oz. Unsweetened, Vanilla Almond or Coconut Milk + Ice
- 1 Tbsp Slivered or Sliced Raw Almonds

# RECIPES

## **VANILLA CHAI**

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- 3 oz. Unsweetened, Vanilla Almond or Coconut Milk
- 1 Cup of Brewed Decaf Chai Tea + Ice

## **CARROT CAKE**

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- 1 cup cooked, chopped Carrots • 1 Tbsp Walnuts
- 1 tsp Pumpkin Pie Spice + Cinnamon
- 1 cup of Water + 1 cup Almond milk + Ice

## **CINNA-BUN PROTEIN SHAKE**

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- 8 oz. Unsweetened, Vanilla or Coconut Milk + Ice
- 1 Tsp Cinnamon • Splash of Vanilla Extract

## **THE MINT COOKIE**

- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- 8 oz. Unsweetened Almond Milk or Water + Ice
- ¼ Tsp Natural Mint Extract

## **PRETTY IN PINK**

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost
- Handful of Strawberries and Raspberries (fresh or frozen)
- 8 oz. of Unsweetened, Vanilla Coconut or Almond Milk + Ice

# RECIPES

## **CHOCOLATE SPINACH CRUNCH**

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- 9 oz. Water + Ice • 1 ½ - 2 Handfuls of Fresh Spinach
- 6-8 Hazelnuts

## **THE CHOCOLATE MACAROON**

- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- 8 oz. Unsweetened, Vanilla or Chocolate Almond or Coconut Milk
- ¼ Cup of Unsweetened, Shredded Coconut in the blender with Ice

## **HEAVENLY CHOCOLATE**

- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- 8 oz. Unsweetened Almond Milk + Ice
- 1 tsp raw cacao powder • 1 Tbsp Almond Butter
- ¾ tsp Cinnamon

## **CHOCOLATE BERRY DELIGHT**

- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- ½ Cup Coconut Milk
- ½ Cup Frozen Mixed Berries + Ice

## **BERRY POWER**

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost
- ½ Cup Blueberries • ¼ Cup Strawberries • ¼ Cup Blackberries
- 8 oz. Unsweetened, Vanilla Coconut or Almond Milk

# RECIPES

## **“PISTACIO” DREAM**

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- ½ Cup Water + ½ Cup Coconut Milk + Ice • ½ Avocado

## **BLACKBERRY TANG**

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- ¼ Cup Coconut Milk
- ½ Cup Unsweetened Almond Milk. Add ice
- 1 Arbonne Pomegranate fizzy stick, in ½ Cup of Water • ½ Cup Blackberries, Unsweetened

## **LEMON LIME FRESH**

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost
- ¼ Cup Coconut Milk or Unsweetened Almond Milk + Ice
- ½ Cup of Water
- 1-2 Tsp of Stevia
- ½ a Lemon/Lime, peeled and sliced (\*May add a few rind shavings for zing or use 1-2 Tbsp fresh Lemon/Lime Juice)

# RECIPES

## RECOVERY SHAKES

This next group of recipes are what we call “recovery shakes” which means they have a higher sugar (from the higher sugar fruits) content and are ONLY allowed if you have either worked out or are about to workout. Sugar needs to be burned off or it turns to FAT!

### **BANANA & BERRIES recovery shake**

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- 8 oz. Unsweetened Almond Milk • 1 Cup Berries • ½ Banana • Ice

### **CHUNKY MONKEY recovery shake**

- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- ½ Medium Banana
- 1 Tbsp Almond Butter
- 1 Tsp Ground Flax Seed • 8 oz. Water + Ice

### **BLACK FOREST recovery shake**

- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- 8 oz. Unsweetened Chocolate Almond Milk
- Pinch Unsweetened Cacao Nibs
- 1 Tsp Unsweetened Cacao Powder
- ⅓ Cup Dark Cherries fresh or frozen • 8 oz. Water + Ice

# RECIPES

## **ISLAND LIME recovery shake**

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost
- ½ Peeled Lime and ½ Banana • 1 Bunch Spinach
- 8 oz water + Ice

## **KIWI LIME SHAKE recovery shake**

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost
- Handful of Sliced Kiwis
- Juice of 2 Lime Wedges (to intensify flavor, add lime zest)
- ¼ Cup Unsweetened, Vanilla Coconut or Almond Milk + Ice

## **THE PINA COLADA recovery shake**

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- 8 oz. Unsweetened or Vanilla Coconut Milk
- 1 Cup of Fresh Pineapple
- 1 Tsp. Coconut Extract
- ¼ Cup of Unsweetened, Shredded Coconut in the blender with Ice

## **CHOCOLATE BANANA BLISS recovery shake**

- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- 8 oz. Unsweetened, Vanilla Almond or Coconut Milk + Ice
- 1 Medium Banana

# RECIPES

## **BAY COOLER-recovery shake**

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost
- 4 oz. Water
- ¼ Cup Fresh Pineapple chunks + Ice - 6 cherries fresh

## **ITALIAN MELON recovery shake**

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost
- 1 Small Orange + 1 Cup Cubed Cantaloupe • 3 Basil Leaves
- 8 oz Water + Ice

## **ORANGE CREAMSICLE recovery shake**

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
- 4 oz. Unsweetened or Vanilla Almond Milk • 1 orange
- 1 Scoop unsweetened coconut milk or almond milk yogurt

## **ORANGE PEAR recovery shake**

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost
- ½ Cooked Sweet Potato • ½ Pear
- Pinch of Orange Zest • 8 oz. Water + Ice

## **FUZZY PEACH recovery shake**

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost
- 3 oz. Coconut Milk + 4 oz. Water + Ice • ½ Cup Frozen Peaches



# RECIPES

## **TRIPLE TROPIC recovery shake**

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost
- ½ Peeled Kiwi, ½ Peeled Mango, ½ Cup Fresh Pineapple Chunks
- 4 oz. Water + Ice

## **PAPAYA LIME recovery shake**

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost
- ½ Lime, ½ cup Papaya Chunks, ½ Golden Passion Fruit • 8 oz. Water + Ice

## **VEGGIE MAX recovery shake**

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- Lightly Steamed Veggies: ½ Carrot, 2 Broccoli Florets, Handful Fresh Spinach • ½ Apple, Slice + ½ Small Orange, Peeled
- 8 oz. Water + Ice

## **THE GRINCH recovery shake**

- 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- ½ Cup or more of Chopped Spinach
- 1 Packet or serving of Wheat Grass Powder • 8 oz. of Almond Vanilla Milk
- 1 Green Apple, chopped in small pieces

# WORKOUTS

Some of us haven't always had the healthiest relationship with working out. It can feel like a chore so the trick is, finding something you LOVE to do like yoga, biking, surfing, swimming or dancing. Not only are these activities great for your body, they will make working out fun and you will look forward to your routine! Once you fall in love with your routine, working out is no longer a chore! Set a time each day that you are committed to getting some exercise and commit to it **NO MATTER WHAT!**

We have some **AMAZING** workout routines for you to follow along with each week, developed by a personal trainer and suitable for beginners and advanced! All the workouts can be done from the comfort of your home and if you don't have any weights, grab a can or two from the cupboard!

Here's some ideas to get your body moving when you aren't working out!

- Park at the end of the parking lot and walk into work. •  
Take the stairs instead of the escalator
- Grab a buddy and walk during lunch or take your coffee date outside!
- Join a Pilates, Barre, or Yoga class or a workout group! We hear Crossfit is incredible too, especially for those with limited time!
- Plan ahead to take your kids on bike rides/walks - choose different parks for different days of the week. This will help them to develop healthy habits too!

# HEALTHY LIVING PROGRAM WEEK 3

## WORKOUT SCHEDULE

Spend 10 minutes before workout warming up (walk or jog).  
Spend 10 minutes after workout stretching.

Repeat each circuit 3 X for Beginners & 5 X for Advanced  
with 60 secs rest between sets

### MONDAY

How to Video:

<https://youtu.be/Fxt0pbsFXtU>

**15 x broad Jumps**  
**15 x ball squat +  
press**  
**30 x mountain  
climbers**  
**15 x reverse lung +  
knee lift**  
**50 x star jumps**

### TUESDAY

How to Video:

<https://youtu.be/NUSKyq0EmD4>

**30 x mountain  
climbers**  
**20 x outwards snap  
jumps**  
**15 x bent leg jack  
knife**  
**15 x lay down push  
ups**  
**60 Second Plank**

### WEDNESDAY

How to Video:

<https://youtu.be/bavKPdVoMIg>

**15 x squat pulse**  
**15 x straight leg  
jack-knife**  
**40 x high knees**  
**20 x scissor kicks**  
**50 x skipping**

### THURSDAY

How to Video:

<https://youtu.be/g1cWA3CbEIQ>

**15 x Burpees**  
**15 x Crab walk kick**  
**15 x squat jumps**  
**15 x knee rises**  
**60 Second Plank**

### FRIDAY

How to Video:

<https://youtu.be/xqPe74eMkFA>

**15 x ball squat  
press**  
**20 x outwards snap  
jumps**  
**25 x scissor kicks**  
**30 x knee rises**  
**2 minute plank**

### WEEKEND

Rest/Low impact Days

Choose From:

**Walking**  
**Swimming**  
**Jogging**  
**Yoga**  
**Biking**  
**Hiking**

Modify exercises as necessary based on your own limitations. Replace a circuit day with a low impact cardio activity such as walking if you are having troubles completing the circuit.

# FEATURE

## YOUR GUT ON DAIRY

### Is It "Natural" to Eat Dairy?

One common argument against dairy products is that it is "unnatural" to consume them.

This makes sense... humans are the only species that consumes milk in adulthood and certainly the only species that consumes the milk from another animal.

Of course, the biological purpose of cow's milk is to feed a rapidly growing calf. Humans aren't calves... and adults usually don't need to grow.

Before the agricultural revolution, humans only drank mother's milk as infants. They didn't consume dairy as adults... one of the reasons dairy is excluded on a strict paleo diet

Therefore, it doesn't make sense from an evolutionary perspective that dairy is "needed" for optimal health.

If you've been thinking about cutting down on dairy, or you're wondering if you're sensitive to it, read on for five health reasons why you might want to consider eliminating milk from your diet.

## **1. About 3/4 of the World Is Intolerant to Lactose**

The main carbohydrate in dairy is lactose, a "milk sugar" that is made of the two simple sugars glucose and galactose.

When we're infants, our bodies produce a digestive enzyme called lactase, which breaks down lactose from mother's milk. But many people lose the ability to do that in adulthood.

In fact, about 75% of the world's population is unable to break down lactose as adults, a phenomenon called lactose intolerance.

Lactose intolerance is rare in North America, Europe and Australia, but very common in Africa, Asia and South America.

People who are lactose intolerant have digestive symptoms when they consume dairy products. This includes nausea, vomiting, diarrhea and related symptoms.

## **2. It Actually Makes You More Likely To Have Osteoporosis**

It sounds counter-intuitive, I know: the dairy industry has done an excellent job of equating milk with strong bones and preventing osteoporosis — but the research doesn't back it up.

High cow's milk intake is associated with increased risk for bone fractures as well as death, according to a recent study in the British Medical Journal. Among women, those who consumed three or more glasses of milk per day had a 60 percent increased risk for developing a hip fracture and a 16 percent increased risk for developing any bone fracture.

Studies also indicate that when it comes to preventing osteoporosis, milk may actually increase women's risk of getting the disease. A Harvard Nurses' Health Study, which followed more than 72,000 women for 18 years, showed no protective effect of increased milk consumption on fracture risk. Instead of promoting bone health, animal protein in dairy products can have a calcium-leaching effect. Prof. T. Colin Campbell, professor of nutritional biochemistry at Cornell University, puts it this way: "The association between the intake of animal protein and fracture rates appears to be as strong as that between cigarette smoking and lung cancer."

You should, of course, get enough calcium — but experts say you're much better off getting it from dairy-free sources that don't carry all these risks. On average, we absorb just 30 percent of the calcium found in milk, yogurt, and cheese; but we absorb twice the amount of calcium if we eat veggies like kale, broccoli, bok choy, spinach and lots of other plant-based foods that are really good for you in lots of ways.

### **3. There Are Lots Of Hormones In Milk**

This is true even if your milk and yogurt is organic. Because dairy cows are kept on sex hormones or pregnant for their entire lives in order to lactate for humans year-round, when you consume dairy, you're also taking in a significant amount of the sex hormones estrogen and progesterone. We know that an increased exposure to estrogen increases the risk of cancer, and dairy accounts for 60 percent to 80 percent of estrogens consumed by humans today.

"Among the routes of human exposure to estrogens, we are mostly concerned about cow's milk, which contains considerable amounts of female sex hormones," Dr. Davaasambu Ganmaa said in a talk at Harvard. Hormones in milk might also be to blame for the rise of "man boobs": A 2010 Japanese study found that men's testosterone levels decreased after they began drinking milk.

When it comes to non-organic milk, your risks are even higher. In addition to the natural hormones and growth factors produced within a cow's body, milk contains synthetic hormones such as recombinant bovine growth hormone (rBGH) which is commonly used in cows to increase the production of milk. Once introduced into the human body, these hormones may also affect your normal hormonal function. You should, of course, get enough calcium — but experts say you're much better off getting it from dairy-free sources that don't carry all these risks. On average, we absorb just 30 percent of the calcium found in milk, yogurt, and cheese; but we absorb twice the amount of calcium if we eat veggies like kale, broccoli, bok choy, spinach and lots of other plant-based foods that are really good for you in lots of ways.

#### **4. It Makes Your Skin Break Out**

Dairy products and foods with a high glycemic index are the leading causes of acne, according to a review published in a 2013 issue of the Journal of the Academy of Nutrition and Dietetics. Researchers examined the link between acne and diet and have found that certain products, especially cow's milk, produce and stimulate hormones linked with acne. This study supports previous findings from the Harvard School of Public Health and lots of other studies linking dairy and acne.

#### **5. There Are Lots Of Contaminants In Milk**

Dairy products contribute from one-fourth to one-half of most people's dietary intake of dioxins. "Dioxins" is a catchall word for any highly toxic compound produced as the result of some manufacturing processes. All of these toxins do not readily leave the body and can eventually build to harmful levels that may affect the immune, reproductive, and the central nervous systems, and have also been linked to cancer.

# HEALTHY LIVING PROGRAM

## EATING OUT

Try to limit your dining out during this 4 week period if you are able -you'll be able to get back to it later AND it may help you get more creative in ways to spend time with people that's not focused around food. However, this isn't always an option, so here are a few things to think about

- Look at the restaurant website ahead of time
- Try to pick a restaurant that is gluten-free friendly (there are many online resources)
- When you arrive at a restaurant ask for a dietary restrictions menu (also "gluten free" or "for people with allergies")
- Think beyond the menu -look at the items they have available and mix and match -they put together items they think go best together, but that doesn't mean you can't mix it up. Restaurants are getting really used to this!
- Keep it simple -still focus on 1/2 of your meal being green, 1/4 lean protein, 1/4 healthy carb (there will naturally be some fat since you are eating at a restaurant). You'll get a fish/chicken/beef/veggie protein, a salad or some steamed green veggies and a carb like brown rice/quinoa/sweet potato
- The most important items to avoid while eating out are gluten/dairy/soy/sugar as those items have the greatest affect on our health and take the longest to get out of our system. Don't stress if they use a little vinegar in a sauce/dressing
- Make your water more interesting by asking for some mint, berries and/or lime/lemon
- Make friends with your server -let him/her know what you are trying to avoid and say you'd appreciate their help in making some suggestions
- Make sure the people you are dining with know what you are doing and just make light of it. They may make fun of you, but hopefully they'll support you!

The most important thing when eating out is to FOCUS ON THE COMPANY YOU ARE WITH -we've gotten so messed up and made everything about the food rather than about spending time together. Enjoy your friends and family!



# HEALTHY LIVING PROGRAM

## TRAVELLING TIPS

Complying with the Healthy Living Program while traveling IS possible! Here are some tips to keep you on track:

- Look for a hotel with a kitchenette
- Scout out grocery stores near your hotel (some even have hotel delivery and can be pre-ordered prior to arriving)
- Bring a re-usable water bottle with you (along with your Fizz Sticks!)
- Pack food non-perishable items
  - Arbonne Protein Powder/Fiber Boost and a Blender Bottle(Shaker Cup)
  - Nuts
  - Single nut butter packets
  - Fresh or dried apples
  - Homemade Protein Bars
- Pack perishable items in a cooler bag. Bring pre-cooked food in a cooler bag. Items like homemade protein bars, sliced chicken, quinoa, hard-boiled egg keep well and can be placed in a cooler bag and taken through airport security. You will need to fill a baggy with ice after you get through security to keep it cold. Solid food is allowed, liquids are not
  - Cooked chicken breast
  - Quinoa/veggie stir fry
  - Hard-boiled eggs
  - Hummus and veggies
- Just say “no” to free food at meetings and conferences. Just because it’s free doesn’t mean you have to eat it. It is most likely food packed with a lot of carbs and very few essential nutrients
- Avoid thinking you have to indulge just because you’re on vacation. Grilled chicken, fish, salads with light dressing are all great options to pick at restaurants. Specify that your order is not cooked in butter or heavy oil

# SUBSTITUTIONS

Each food on the elimination list is there for a reason and we recommend following the guidelines of the program as closely as possible to receive the greatest results. However, life happens and if you are going to cheat, here's a list of healthier ways to cheat. Remember, if you fall off the wagon, just get right back on. Give yourself grace while learning new habits.

- **COFFEE** - Adding a fizz stick to a cup of herbal tea is an amazing alternative to coffee and will leave you feeling so much better than coffee. BUT if you must have a coffee, use organic, whole beans, add baking powder to reduce acidity and drink 2 glasses of water for every cup of coffee to re-hydrate.
- **CHOCOLATE/SUGAR** - Sugar is more addictive than most street drugs so you can't really cheat with this one without restarting the detox process each time. A great snack to curb your sugar cravings is a couple scoops of your chocolate protein, mixed to a thick consistency (like pudding) and served with fresh strawberries. Alternatively, a dark, dairy free, gluten free organic chocolate would suffice.
- **Alcohol** - Again, you cannot really cheat with this one if you want to reap the full benefits of this program. Alcohol causes havoc on the very organs you are trying to detox. However, if you must have a drink have either an Organic, Sulfate Free Red wine OR Gluten Free Vodka and Soda. For every glass alcoholic drink, drink 2 glasses of water to re-hydrate your body.
- **DAIRY** - There are tons of Dairy Free options out there that taste almost like the real thing. Coconut yogurt, coconut ice cream (watch sugar content) but if you really can't live without dairy make sure it is organic and preferably lactose free.
- **GLUTEN** - There is no cheat for Gluten. Gluten stays in your system 10 days, if you cheat with Gluten, you will restart your detoxing of Gluten the next day.