



HEALTHY LIVING PROGRAM

EAT GOOD
FEEL GOOD

WEEK 4
GUIDEBOOK

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WELCOME TO WEEK 4

CONGRATULATIONS!!!! You have made it to the last week of your Healthy Living Program! You should be incredibly proud of yourself and all of your successes! It takes discipline, courage and hard work to change your habits but you are on the home stretch now!

Here are a few steps to help you as you finish your 30 Day Program.

- 1 Measure Yourself! You'll follow the same measuring tips you started with and record the change on your sheet of paper.
2. Take your after pictures. If you can, take them in the same clothes and in the same space as your before photos. Make sure you have good lighting. Then compare your before and after photos! There are some great phone apps which will allow you to put two photos side by side so you can see the changes!
- 3 Post your results on our Facebook community page! Let us all celebrate in your success! And if you are open to it, share your success publicly on facebook! I know it may feel scary at first but you will be blown away by the out-pour of support and encouragement you receive from others in your network! Not to mention, you could inspire someone else to take the steps necessary to start living a healthier lifestyle too!
- 3 Decide how you want to move forward. Do you want to start the 30 Day plan over again to further your weight loss or have you reached your desired loss? If so, we recommend ordering the maintenance package soon so you do not run out of your favorite products! Get in touch with your consultant and they can help you with this!

Congratulations again!! I hope you are thrilled with your results and look forward to further helping you achieve maximum health!

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

Roast Chicken with Root Vegetables

DINNER

Chicken with Sweet Potatoes, Apples, and Brussels Sprouts

TUE

LUNCH

Roast Chicken with Root Vegetables

DINNER

Marinara Sauce with choice of pasta or zoodles Recipe

WED

LUNCH

Chicken with Sweet Potatoes, Apples, and Brussels Sprouts

DINNER

Beef and Butternut Squash Stew

THU

LUNCH

Marinara Sauce with choice of pasta or zoodles Recipe

DINNER

Creamy Garlic Spaghetti Squash Casserole

FRI

LUNCH

Beef and Butternut Squash Stew

DINNER

Cilantro Lime Baked Salmon

SAT

LUNCH

Creamy Garlic Spaghetti Squash Casserole

DINNER

Cilantro Lime Baked Salmon

SUN

LUNCH

Leftovers!

DINNER

Your Choice!!

GROCERY LIST (2 SERVINGS)

Protein:

- 5 lb roasting chicken
- 4 boneless, skinless chicken breasts
- 2 lbs grass fed lean beef chuck
- choice of meat for for sauce (optional)
- 1 lb of chicken sausage
- 1 lb of wild caught salmon

Pantry/Dairy:

- 3 ltrs chicken broth
- olive oil
- 24 oz coconut milk
- arrowroot flour

Vegetables:

- 7 Carrots
- 3 parsnips
- 3 onions
- 1lb of brussel sprouts
- 1 large sweet potato
- 1 red onion
- 1 Granny smith apple
- 10 Roma Tomatoes
- 1 Sweet Onion
- 1 Yellow Bell Pepper
- 2 lbs of Butternut Squash
- 1 spaghetti squash
- 3 parsnips
- 1 pack of mushrooms
- 1 jalapeno
- 1 limes
- 1 lemon
- 5 heads of garlic
- Zoodles or Zucchini

Spices:

- rosemary
- cinnamon
- kosher or sea salt
- pepper
- cilantro
- thyme
- oregano
- bay leaves
- cumin
- chili powder
- chili flakes
- cayenne pepper

RECIPES

Rosemary-garlic Roast Chicken with Root Vegetables

Ingredients:

- 5 Carrots cut into ½ in pieces
- 3 parsnips, peeled and cut into ½ in pieces (or swap for sweet potatoes)
- 2 onions cut into ½ in pieces and 1 halved
- 4 cloves of garlic, smashed
- 6 sprigs of rosemary
- ¾ cup organic chicken broth
- 1 (5 lb) roasting chicken, rinsed and patted dry
- Salt and pepper
- Olive Oil for brushing

Directions:

- Preheat oven to 400 degrees.
- In a baking pan, toss the carrots, parsnips and onion pieces, garlic and 3 sprigs of rosemary with the broth; spread evenly in the pan.
- Season the chicken cavity with salt and pepper.
- Stuff with the halved onion and remaining 3 sprigs rosemary and place breast side down in the middle of the pan.
- Brush the top of the chicken all over with olive oil and season with salt.
- Roast for 30 min. Turn the chicken breast side up and brush with olive oil; season generously with salt and pepper.
- Return the pan to the oven and continue to roast until the juices run clear, about 1 hour more.
- Cut the chicken into pieces and serve with vegetables.

Sheet Pan Chicken with Sweet Potatoes, Apples, and Brussels Sprouts

Directions:

- 4 boneless, skinless chicken breasts, trimmed of excess fat and lightly pounded to a relatively even thickness
- 3 tablespoons extra virgin olive oil, divided
- 4 cloves minced garlic
- 2 tablespoons chopped fresh rosemary, divided
- 1 teaspoon ground cinnamon
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon black pepper, divided
- 4 cups Brussels sprouts, trimmed and halved (quarter if very large),
- 1 large sweet potato, peeled and cut into 1/2-inch cubes
- 1 medium red onion, cut into 3/4-inch pieces
- 1 medium Granny smith apple, peeled, cored and cut into rough 1-inch pieces (these pieces should be larger than the others)

Directions:

1. Preheat the oven to 425 degrees F.
2. Place the chicken breasts in a large, zip-top bag. Drizzle with 1 1/2 tablespoons extra virgin olive oil, then add the garlic, 1 tablespoon rosemary, cinnamon, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Zip the bag tightly, then shake and rub the bag to coat the chicken in the oil and spices. Set aside while you chop the vegetables and apples, or refrigerate for up to 1 day.
3. Once chopped, place the Brussels sprouts, sweet potato, onion, and apple on a large, rimmed baking sheet. Drizzle with the remaining 1 1/2 tablespoons olive oil, then sprinkle with remaining 1/2 teaspoon kosher salt and 1/4 teaspoon black pepper. Toss to evenly coat, then spread into an even layer.
4. Remove the chicken from the marinade and place on top of the apple and vegetables. Place in the oven and roast until the chicken is cooked through and the internal temperature reaches 160-165 degrees, about 18 – 22 minutes or until done. Once the chicken is cooked through, remove to a plate to rest and cover with foil to keep warm. Toss the apple and vegetables on the pan, then return the pan to the oven and continue baking until they are caramelized and tender, about 10-15 additional minutes. Sprinkle with remaining 1 tablespoon fresh rosemary. Serve warm with the rested chicken.

Vegetable and Roasted Tomato Marinara Sauce with Zoodles

This marinara has tons of flavor from the roasted vegetables and can be easily customized, such as adding meat or using your choice of noodles.

Ingredients

- 10 Roma Tomatoes, halved lengthwise
- Salt and Pepper
- Olive Oil, for drizzling
- 1/4 cup Olive Oil, divided
- 1 Sweet Onion, chopped
- 1 Yellow Bell Pepper, cut into small dice
- 2 Large Carrots, cut into small dice
- 1 1/2 tsp Coarse Kosher Salt
- 2 Sprigs Rosemary, chopped
- 1 tsp Oregano, chopped
- Pinch Chili Flakes
- 2 Cloves Garlic, minced
- 1/2 Cup Water
- 2 Bay Leaves

Directions:

- Preheat the oven to 300 degrees.
 - Place tomatoes cut side up on a baking sheet. sprinkle salt and pepper over the tops of the tomatoes and drizzle with a little olive oil. Roast in the preheated oven for 2 hours, until they are soft, fragrant, and browned on top. Remove from oven and let cool for 10 minutes.
- Place tomato halves, oil, and juices in a blender and pulse until roughly pureed. Set aside.
- Heat 2 tablespoons of olive oil in a large frying pan on medium/high heat. Add the onion, peppers, and carrots and saute for 4-5 minutes, or until the onion is translucent. Add the salt, rosemary, oregano, and chili flakes to the pan and saute for another 3-4 minutes. The vegetables should start lightly caramelizing.
- Add the garlic and saute for an additional 30 seconds. Add the water, bay leaves, and the roasted tomato sauce to the pan and reduce the heat to medium.
- Cover and let simmer for 20 minutes.
- Remove the bay leaves and adjust seasonings, adding more salt if desired.
- Serve over zucchini noodles or your choice of challenge-approved pasta.

Beef and Butternut Squash Stew

Ingredients:

- 2lb Butternut Squash, peeled and cubed
- 3 - 4 tbsp Olive Oil
- 1 large onion, chopped
- 2lb lean beef chuck
- 32oz Beef or Chicken Stock
- 2 garlic cloves, crushed
- sprig fresh thyme, or dried
- sprig of rosemary, or dried
- 1 tsp salt
- 1 tsp pepper

Directions:

- Prepare the squash by peeling it, removing the seeds and cutting it into cubes.
- If your beef is not already cut into pieces then cut it up into cubes, and the same for the onion.
- Heat the oil on a medium heat in a large pot with a solid bottom, then add the onion and saute for a couple minutes, now add the beef and brown it for a couple of minutes.
- Add the beef stock, herbs, salt and pepper. Cook it on the stove top on a low simmer for about an hour with a lid on the pot, do not boil. Finally add the butternut squash and cook for a further 30 minutes or until beef is tender.

SLOW COOKER INSTRUCTIONS: Follow the directions as before and saute the onions and brown the beef. Now you want to add the beef, onions, butternut squash and all remaining ingredients into the slow cooker. Cook it on low for 5 - 6 hours, or high for about 3 - 4. how long it takes will depend on the heat of your slow cooker, I would check it after 3 hours so see if the meat is tender and the squash is soft.

Creamy Garlic Spaghetti Squash Casserole

Ingredients

- 1 medium spaghetti squash
- 4 cups broccoli florets
- 1 lb chicken sausage (challenge approved)
- 2 cups mushrooms
- diced 2 tbsp minced garlic
- 16 oz coconut milk
- 1/4 cup arrowroot flour
- Salt and pepper

Directions:

- Preheat oven to 425 degrees fahrenheit. Slice the spaghetti squash lengthwise and scoop out the seeds. Place the two halves face-down on a baking sheet and place in the oven to bake for 30 minutes.
- While the squash is cooking, get the sausage going. Heat a large pan over medium heat and add in the sausage. Break it into pieces with a spatula and cook, stirring occasionally, until browned and cooked through, about 8 minutes. Remove from pan and set aside. Reserve at least 1 tbsp of fat in the pan for the sauce you'll make later. Remove squash from oven after 30 minutes and set aside to cool.
- Keep the oven on at 425 degrees.
- While the squash is cooling, prepare the creamy garlic sauce. Heat the same pan you cooked the sausage in over medium heat. Once hot, add mushrooms and cook until they begin to soften, about 2 minutes. Add in the arrowroot flour and crushed garlic and stir around to mix well with the mushrooms, about 1-2 minutes.
- Next, add in coconut milk, stirring constantly for 2 minutes. Be sure to mix well to dissolve all of the flour into the milk (you don't want any flour clumps). Use a whisk to mix if needed. The sauce will bubble and thicken, keep stirring to prevent burning. After 2 minutes turn heat down to low and simmer.
- Now, put it all together. With a fork, scrape out the spaghetti squash "noodles" into a medium casserole dish. Add the cooked sausage, broccoli, and creamy garlic sauce. Mix everything together well.
- Place back in the oven to bake for 15 more minutes. Remove and serve.

Spicy Cilantro Lime Baked Salmon

Ingredients

- 1 pound wild Alaskan salmon Juice and
- zest of 1 lime
- 1/4 cup cilantro, stems removed
- 1/2 jalapeno, seeds removed
- 1 garlic clove
- 1-1/2 tablespoon olive oil
- Salt and pepper to taste

Directions:

- Preheat the oven to 400.
- Place the lime, cilantro, jalapeno, garlic and olive oil in a food processor and blend until combined.
- Season with salt and pepper.
- Rinse and pat the salmon dry and place it skin down in a large glass casserole dish.
- Spoon the lime mixture on top of the salmon and place in the oven.
- Bake for about 15 minutes or until cooked through.
- Serve with your favorite roasted vegetable.

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 4

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/DKPSIXR_Pm0

20 x Sumo Squats
2 minute Plank
15 x Squat Kicks
10 x Burpees
20 x Knees to chest

TUESDAY

How to Video:

<https://youtu.be/n3Slc5a3mmY>

12 x Butterfly sit ups
12 x Russian Twist
12 x Lay Down Push ups
12 x Lunges
12 x Leg Rises

WEDNESDAY

How to Video:

<https://youtu.be/iwykU8WhWo8>

15 x Crab walk kicks
12 x Squat Kicks
12 x Reverse Toe Touches
40 x Jumping Jacks
15 x Toe Touches

THURSDAY

How to Video:

<https://youtu.be/v5vYI-7kfH0>

2 minute Plank
15 x Leg Rises
12 x Lay down push ups
10 x Butterfly sit ups
15 x Crab Walk kicks

FRIDAY

Pick 5 of your favorite workouts and complete in circuit!

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 SUGAR

It's no secret that sugar is bad for you. It rots your teeth, packs on pounds around your belly, and provides zero nutrition.

But you know what? I consider these to be the least of sugar's crimes. In fact, the biggest reason you should say goodbye to sugar is that it's one of the most pro-inflammatory foods.

Research now suggests that chronic, body-wide inflammation is associated with many modern diseases, like obesity, diabetes, and heart disease. In addition, this inflammation can age you rapidly, contributing to everything from painful joints to dry, wrinkled skin.

So what role does a high-sugar diet play in chronic inflammation? It constantly spikes your blood sugar, leading to three very bad consequences:

When your blood sugar rises, your body cranks out greater numbers of pro-inflammatory molecules called cytokines.

In addition, high blood sugar levels cause your body to produce molecules called advanced glycation end products, or AGEs. These are destructive molecules that trigger inflammation.

When you have high blood sugar, your cells become insulin resistant. This means that they refuse to accept insulin and its cargo of sugar. As a result, this sugar gets stored as visceral fat. Visceral fat, in addition to giving you an unsightly belly, churns out pro-inflammatory chemicals. In short, consuming excessive sugar can cause massive inflammation throughout your body.

Unfortunately, here's another thing you need to know about sugar: It's addictive. If you're skeptical, think about this: In one study, rats in a maze chose a path that led to Oreos just as frequently as a path that led to cocaine. Plus, the Oreos had an even stronger effect than cocaine on a part of the rats' brains that's linked to addiction. And other animal studies have shown that sugar produces three symptoms consistent with addiction: cravings, tolerance (so you want more and more), and withdrawal.

Twenty years of experience as a weight-loss specialist have shown me that the best way to break your sugar habit is to go "cold turkey" with a sugar-free diet. (You'll need to cut out artificial sweeteners as well because they feed your sugar cravings.) Sugar is just like any other addiction, and the best way to conquer it is to stop feeding that addiction. Period.

However, here's one big caution: The Sugar Demon won't give up its hold on you easily. For a few days shortly after the start of a sugar free diet, you're going to feel miserable. That's because your cells are used to a steady stream of sugar, and when you stop eating sugar, they'll need to learn to burn fat instead. This is a challenge, and at first, they'll put up a fuss. During this time, you're going to feel tired, cranky, wired, and weird. It's called this the "sugar flu," and it's actually a very good sign because it means you're taking the first big step toward kicking your sugar habit. Also, it's very temporary. Eating a little avocado, some unsweetened coconut chips, or some rinsed olives can help ease your symptoms.

Once you're past the sugar flu, you'll discover that your cravings for sugar grow milder and milder over time. Eventually, you're likely to find that the idea of eating a doughnut or a piece of cake actually turns you off, and you'll happily reach for a healthy snack instead. Really!

1. Distract yourself.

Most craving last only three minutes, so play a game online, read a magazine article, or take a short walk. By the time you're done, your craving will probably be gone.

2. Eat a naturally sweet food.

Grab a handful of blueberries, an orange, or an apple. As you eat, really pay attention to the natural sweetness in the food. Over time, you'll train your taste buds to appreciate it, and you won't need a massive overload of sugar from cookies or candy.

3. Make sure you're eating enough fat and protein.

Both fat and protein fill you up and satisfy your hunger, so you're less likely to crave sweets.

4. Drink bone broth.

It takes time to savor a rich, steamy cup of broth—and by the time you're done, your craving will be gone.

5. Learn to handle stress in a healthy way.

Stress can make you crave sugar and weaken your ability to fight temptation. So take up tai chi, yoga, or meditation to help calm your mind.

I won't pretend that cutting sugar out of your life will be completely effortless. It's going to take some strength on your part, but when you triumph, you're going to see incredible rewards in the form of quicker weight loss, beautiful skin, and glowing health. And best of all, instead of letting the Sugar Demon control your life, you'll be the one in charge!

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.