



HEALTHY LIVING PROGRAM

EAT GOOD
FEEL GOOD

WEEK 2
GUIDEBOOK

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WELCOME TO WEEK 2

Congratulations on completing Week 1 of the Healthy Living Program! Give yourself a round of applause, you deserve it!

Are you starting to feel an increase in energy?

Have your hunger levels reduced?

Does your tummy feel flatter?

Is your body a bit sore?

Whether you are feeling energized and rejuvenated or tired and headachey, know that the worst is over and the best is yet to come! The first 7 -10 days of detoxing are generally the worst. A lot of the allergens we are eliminating are highly addictive and can take some time for your body to recover from.

Give yourself grace and know that you are on the path to a healthier and happier life. I promise you, by the end of this program, you will not have the cravings you once did and you will feel like a brand new person! YOU CAN

DO THIS!

If you get dehydrated or you don't eat enough, it may cause cramping. You might want to consider getting your hands on our new Phytosport Workout line, especially if you are working out! Be sure to chat with your consultant about these must haves!

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! I know you can do it!! Post on our Facebook page or contact your consultant if you want to share how it's going and get support! We're here for you and cheering you on!

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

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 2 MEAL PLAN - HEARTY

MON

LUNCH Avocado Chicken Salad Lettuce Wraps

DINNER Roasted Lemon Salmon with Asparagus

TUE

LUNCH Avocado Chicken Salad Wraps

DINNER Shepherd's Pie with Sweet Potato Topping

WED

LUNCH Roasted Lemon Salmon with Asparagus

DINNER Chicken Taco Burgers with Fries

THU

LUNCH Shepherds Pie with Sweet Potato Topping

DINNER Sideline Soup

FRI

LUNCH Chicken Taco Burger with Fries

DINNER Chicken Fried Cauliflower Rice

SAT

LUNCH Sideline Soup

DINNER Chicken Fried Cauliflower Rice

SUN

LUNCH Leftovers!

DINNER Your Choice!!

GROCERY LIST (2 SERVINGS)

Protein:

- 3 Boneless Chicken breasts 2 lbs. Ground chicken
- 2 Salmon Fillet 16 oz. chicken sausage
- 1 lbs ground turkey

Pantry/Dairy:

- 2 Tbsp. Taco Seasoning Coconut Oil 3 oz. Tomato Paste
- 1 Can Black Beans 1 Can Cannellini Beans
- 1 14 ½ oz. can Diced Tomatoes 1 can Red Kidney Beans
- Extra Virgin Olive Oil 3 eggs
- 1 14 1/2 Can of Chicken Broth

Vegetables/Fruit:

- 3 Avocados 3 Limes 1 Jalapeno
- 3 Scallions 3 Sweet Potatoes 2 Carrots
- 1 Cup Chopped Celery 1 Green Pepper 3 Small Onions
- 1 Lemon 2 Bunches of Asparagus 1 Head of Cauliflower
- 1 Cup Frozen Peas 1 Cup Chopped Celery 2 Cups Frozen Peas

Spices:

- Fresh Cilantro Salt Pepper Dried Rosemary Cumin
- Chili Powder Fresh Garlic Oregano

RECIPES

Simple Avocado Chicken Salad (2 Servings)

Ingredients

- 2 Boneless skinless Organic Chicken Breasts
- 1 Avocado
- ¼ Sweet Onion - Chopped
- 2 Tbsp Cilantro
- Juice of ½ Lime
- Salt/Pepper to taste
- Lettuce

Directions:

1. Cook chicken breast until done (fry with coconut oil, bake in oven, place in slow cooker), let cool, and then chop.
2. Mix with all the ingredients.
3. Place in lettuce cups and enjoy!



Roasted Lemon Salmon with Asparagus (2 Servings)

Ingredients

- 2 Salmon Fillets
- 1 1/2 Tbsp olive oil, divided
- 1 tsp lemon zest
- 1 Tbsp fresh lemon juice
- 4 cloves garlic, minced, divided
- 3/4 tsp onion powder
- 1/2 tsp each salt and fresh cracked black pepper, plus more for asparagus
- 1/2 lemon, thinly sliced (optional)
- 1 1/2 - 2 lbs asparagus (medium or thin spears), tough ends trimmed



Directions

1. Preheat oven to 400 degrees. Line a rimmed 17 by 12-inch baking dish with parchment paper. Place salmon in center of pan (or see note below).
2. In a mixing bowl whisk together 1 1/2 Tbsp olive oil, the lemon zest, lemon juice, 2 cloves garlic, onion powder.
3. Brush evenly over top of salmon then sprinkle with 1/2 tsp salt and pepper (add more pepper to taste if desired).
4. Top with lemon slices.
5. Toss asparagus with remaining 1 Tbsp olive oil, remaining 2 cloves garlic and season with salt, then place around salmon.
6. Bake until salmon has cooked through, about 10-15 minutes. Cut salmon into portions. Serve warm.

**If fillet is wide, you can cut into 2 - 4 portions and place them near upper portion of the baking dish, then place asparagus on lower portion of baking dish.*

Shepherd's Pie with Sweet Potato Topping (4 Servings)

Pie Filling:

- 1 lb. grass-fed ground turkey
- 2 medium carrots peeled and chopped
- ½ green pepper, chopped
- 1 small onion, chopped
- 1 cup frozen peas
- 2 cloves garlic, chopped
- ½ tsp. Dried rosemary
- ¾ tsp. Chili powder
- ½ tsp. Sea salt or to taste
- ¼ tsp. Black pepper
- 3 oz. tomato paste (About 6 Tbsp.)

Sweet Potato Topping:

- 2 medium sweet , peeled and cubed
- (approx. 3 ½-4 cups cubed)
- 1 Tbsp. coconut oil or butter
- ½ tsp. Chili powder
- ¼ tsp. Sea salt



Directions:

1. Preheat oven to 375 degrees
2. In a skillet on medium heat. Begin to brown ground beef.
3. Once beef is partially browned, add chopped carrots, onions, peppers and minced garlic. Cook on medium heat until carrots are soft, about 10 minutes
4. Once the carrots are soft, stir in tomato paste, flax gel, seasoning salt and pepper.
5. For the topping: Steam or bake the sweet potatoes until fork tender. Then add all of the topping ingredients to a food processor (or blender) and process until smooth.
6. Transfer the meat filling to casserole dish (9 x 9 inch dish will work) and top the meat filling with the Sweet Potato Mash.
7. Bake for 15 minutes. Remove from oven and serve.

Sideline Soup (4 Servings)

Ingredients

- 16 oz. of clean eating approved chicken sausage
- 1 15 oz. can Black Beans
- 1 15 oz. can Cannellini Beans
- 1 15 oz. can Red Kidney Beans
- 1 14 ½ oz. can of diced tomatoes
- 2 cloves of minced garlic
- 1 small onion, chopped
- 1 14 ½ oz. of Organic Chicken Broth
- ½ teaspoon oregano
- ½ teaspoon cumin
- ½ teaspoon salt

Directions:

1. Slice Chicken Sausage and saute until cooked through
2. Combine all ingredients in a large saucepan and bring to a boil
3. Reduce and let simmer for 15 minutes
4. Serve and Enjoy!



Chicken Taco Burger with Sweet Potato Fries (2 Servings)

Chicken Burger Ingredients

- 1 lbs ground chicken breast
- 2 Tbsp cleanse approved taco seasoning
- 1 large jalapeño, deseeded and diced
- ½ cup fresh chopped cilantro
- 2 tablespoons coconut oil
- 1 ripe avocados, peeled and pitted
- 1 limes, freshly squeezed
- 1 scallions, finely chopped
- Lettuce "buns"
- Salt and pepper to taste

Chicken Burger Directions:

1. In a large bowl, mix together chicken breast, taco seasoning, jalapeno and cilantro until well mixed. Form into patties. Melt coconut oil in a large skillet.
2. Cook patties until cooked through. Remove from heat and cool slightly before serving.
3. In a medium bowl, use a fork to mash together avocados, lime juice and chopped scallions. Salt and pepper to taste. Serve warm patties in lettuce bun with guacamole.

Sweet Potato Fries Ingredients:

- 1 Medium-sized Sweet Potatoes
- 2 Tbsp melted coconut oil
- Salt and pepper to taste

Directions

1. Preheat oven to 450. Cut Sweet Potatoes into strips. Place into bowl and toss with coconut oil, salt, and pepper. Place on a cooking sheet, spread them out evenly.
2. Place in oven and bake for about 20 minutes, turning once or twice. Remove from the oven when fries are brown on the ends or when fries are crisp.

Amazing Skinny Chicken Fried Cauliflower Rice (2 Servings)

Ingredients

- 1 medium head cauliflower or 1 (16 oz) bag Trader Joe's riced cauliflower, see shopping tips
- 2 egg whites
- 1 egg
- Coconut oil to coat the pan
- 1 tablespoon coconut oil, you can also use grapeseed oil
- 1 teaspoon garlic, minced
- 1 cup cooked chicken breast, diced and skin removed
- ½ cup sliced scallions (green onion)
- 1 cup chopped celery
- 1 cup frozen peas and carrots, not thawed, see shopping tips
- 3 tablespoons coconut aminos
- 2 teaspoons sesame oil, see shopping tips
- Black pepper, to taste



Directions:

1. If you are using a bag of already prepared riced cauliflower, skip this first step. Otherwise, wash and dry the cauliflower. Remove core and coarsely chop into florets. Blot with paper towels to completely dry. OR place in Food Processor - Be sure to not over process or it will get mushy. OR grate with a cheese grater.
- 2. Combine the egg and egg whites in a small bowl. Beat with a fork. Set aside.
3. Coat a large nonstick wok or large nonstick pan with coconut oil and heat over medium-high heat. Stir in cauliflower rice and garlic. Stir-fry for 3 minutes, constantly stirring.
4. Add chicken and stir-fry for 1 minute. Add in scallions, frozen peas/carrots, (breaking them up) celery, and coconut aminos. Cook for about 3 minutes until heated through, continuously tossing gently to coat and cook all ingredients.
5. Push mixture to the sides of wok or pan. Coat the open side of pan with more oil. Add eggs to that side of pan. Cook and stir about 1 minute or until the eggs are completely cooked. Mix eggs into cauliflower mixture. Add sesame oil, a little black pepper and stir fry ingredients all together.
6. Serve immediately or store leftovers in refrigerator for up to 2 days. This dish freezes great, too.

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 2

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 squat kicks
15 x squat jumps
15 x crab walk kick
15 x toe touches
40 sec Plank

TUESDAY

How to Video:

<https://youtu.be/NUSKyq0EmD4>

**20 x butterfly
sit-ups**
**15 x reverse toe
touches**
15 x toe crunches
20 x leg rises
x 10 burpees

WEDNESDAY

How to Video:

<https://youtu.be/bavKPdVoMIg>

60 sec Plank
20 x russian twists
20 x knees to chest
20 x toes touches
20 lunge kicks

THURSDAY

How to Video:

<https://youtu.be/g1cWA3CbEIQ>

20 x crab walk kick
20 x lunges
60 sec plank
20 x jumping jacks
**20 x reverse toe
touches**

FRIDAY

How to Video:

<https://youtu.be/xqPe74eMkFA>

20 x lunges
**20 x butterfly sit-
ups**
20 x toes touches
20 leg raises
**20 x lay down
push-ups**

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 GLUTEN

Are you curious to know what's really happening inside your body when you eat your morning bagel or bowl of cereal?

What is gluten?

Gluten is a protein made up of the peptides gliadin and glutenin and it is found in many grains such as wheat, semolina, spelt, kamut, rye and barley.

Gluten (from Latin, "glue") is a protein that gives bread its airy and fluffy texture and dough its sticky texture. It's also used as a stabilizing agent in many processed foods, such as salad dressings and mayonnaise. It's in almost everything from beauty products to packaged foods to medications and supplements.

Why is gluten getting such a bad rap now?

The prevalence of celiac and gluten intolerance has increased significantly over the last 50 years. A 2009 study published in *Gastroenterology* showed that celiac disease has increased from one in 650 people to one in 120 people over the last 50 years.

We're no longer eating the wheat that our parents ate. In order to have the drought-resistant, bug-resistant and faster growing wheat that we have today, we've hybridized the grain. It's estimated that 5 percent of the proteins found in hybridized wheat are new proteins that were not found in either of the original wheat plants. These "new proteins" are part of the problem that has led to increased systemic inflammation, widespread gluten intolerance and higher rates of celiac.

Today's wheat has also been deamidated, which allows it to be water soluble and capable of being mixed into virtually every kind of packaged food. This deamidation has been shown to produce a large immune response in many people. Lastly, in our modern fast-paced world with fast food at our fingertips, we're eating much more wheat than our ancestors ever did.

So, what happens in your gut when you eat gluten?

Whether you are eating a sugary fried doughnut or organic 12-grain bread, the effects of gluten on your gut are the same. When your meal reaches your intestines, tissue transglutaminase (tTG), an enzyme produced in your intestinal wall, breaks down the gluten into its protein building blocks, gliadin and glutenin.

As these proteins make their way through your digestive system, your immune system in your gut, the gut-associated lymphoid tissue (GALT), reviews them for potentially harmful substances. In people who have no issues with gluten, the proteins are absorbed. In those with gluten sensitivity, the GALT identifies gliadin as a dangerous substance and produces antibodies to attack it. In celiacs, these antibodies don't just attack the gliadin, they attack the tTG as well, which is what originally broke down the gluten into its two parts.

When the antibodies your body produced to defend itself against gliadin attack your tTG, these microvilli can atrophy and erode, decreasing your ability to absorb nutrients and allowing the walls of your intestines to become leaky. This can manifest itself in digestive symptoms, including bloating, constipation, diarrhea, weight loss, fat malabsorption and malnutrition, such as iron deficiency or anemia, low vitamin D or even osteoporosis. This blunting of the microvilli is the hallmark of celiac disease, which is an autoimmune disease.

How does gluten cause intestinal permeability, a.k.a leaky gut?

Regulating intestinal permeability is one of the basic functions of the cells that line the intestinal wall. In sensitive people, gluten can cause the gut cells to release zonulin, a protein that can break apart the tight junctions holding your intestines together.

Once these tight junctions get broken apart, your gut is considered to be leaky. A leaky gut allows toxins, microbes, undigested food particles and antibodies to escape from your intestines and travel throughout your body via your bloodstream. The antibodies that escape are the ones that your body produced to attack the gliadin in the first place.

How to determine if you're gluten intolerant?

The single best way to determine if you are gluten intolerant is to take it out of your diet for at least 30 days, then reintroduce it. Your body knows better than any test. If you feel significantly better without gluten or feel worse when you reintroduce it, then gluten is likely a problem for you, even if your lab tests are negative.

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.