



# **HEALTHY LIVING PROGRAM**

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**EAT GOOD  
FEEL GOOD**

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**WEEK 1  
GUIDEBOOK**

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# WELCOME

Congratulations on making a healthy decision to improve your health and your energy by joining our Healthy Living Program! Watch Week 1 Info Video Here: <https://www.youtube.com/watch?v=uEbWJPYYJm8>

We are so excited to be a part of this journey with you and will be providing you support throughout the coming weeks as you take steps towards improving your health and energy! Make sure you check out our (insert FB group name) where you will find endless support and tools for your journey!! Here are a few tips to help you **TRACK YOUR SUCCESS!!**

- **Take Measurements!** As you go through this program, we'll be helping you to add muscle and lose fat. Since muscle weighs more than fat cells do, relying just on how much the scale drops won't be an accurate representation of your weight loss!
- **Take photos!** You don't have to share your photos if you don't want to but everyone we've ever helped lose weight says they WISH they would have taken a before photo for themselves! Take a front, side and back view. Wear the same tight fitting clothing in the photo as you did to take measurements in! It will be fun to see how many inches are gone when you try them on again in a few weeks!
- **Decide what you want!** What are your fitness goals and why? It is proven that if you write down a goal, you are 87% more LIKELY to accomplish it!! Write down and post your goals in your bathroom, your car, your office... anywhere that you spend the most time! Choose a reward (or two - come on, spoil yourself) and post pictures EVERYWHERE of what you will give yourself when you reach your goal! (i.e. a shopping spree, a trip, a massage, etc.)
- **Enroll your support system!** Tell your friends and family what you are doing! Having emotional support will make this transition a lot easier. ASK them to join you and do it too!

# WHAT IS THE HEALTHY LIVING PROGRAM?

Everyone wants to look and feel better, whether it is to lose weight, gain more energy, build muscle or eat healthier. The problem is there is such an overload of information out there that when most people begin down the path of adapting to a healthier lifestyle, they end up giving up because they don't know how to get started or what program to use. There are so many fad diets out nowadays and a lot of "magic potion" claims which in a lot of ways can cause more damage than good to a person's health and/or weight loss journey.

What most people don't understand is that a lot of diseases and daily discomforts lead back to the food you are consuming. Things like acne, migraines, diabetes, high blood pressure, fatigue, mood swings and hormonal imbalances all stem from the foods we eat and the state in which our body functions as a result of the food we eat. We live in a society where people are always looking for a quick fix and generally reach for medication or a cup of coffee to fight the problems they are encountering.

This is where Arbonne's Healthy Living program comes in. Instead of slapping a band aid on these health problems, Arbonne goes to the root of the problem. This program teaches you how to eat healthy, nutritious foods, that taste amazing, don't leave you feeling deprived and allow your body to function at an optimal level. Once you focus on bettering your health, you will begin to lose weight, gain more energy and sleep better as a by-product. This is not a diet; it is an educational program which teaches people how/why certain foods can affect your body in a positive or negative way. This program shows people how simple it is to make healthier decisions and just how good they can actually feel. This program empowers people to live their best self and gives them all the tools to do so.

# HEALTHY LIVING PHILOSOPHY

- Eat whole/nutritious foods
- Avoid inflammatory and addictive foods such as gluten, dairy, soy and sugar.
- Focus on the importance of absorbing your food. “We are not what we eat, we are what we absorb” (Alkaline state)
- Help organs of elimination (kidneys, lungs, liver, and skin) to detoxify because when these organs aren’t detoxifying properly it causes a build-up in our bodies and we begin to experience symptoms such as PMS, Migraines, Joint pain etc. Also, as the toxins build up and our body runs out of places to store the toxins so in order to keep the toxins away from the vital organs (heart), it stores them in fat. This can lead to obesity, disease and an unhealthy lifestyle.
- Give your body a chance to reset itself and figure out if you may have food sensitivities
- Provide a toolkit which is simple and easy for people to follow and teaches them the skills to make healthier decisions and something they can carry through their life forever.

*This program is not about forever. It is about pressing the reset button. Pausing the “routine eating” and shifting to “conscious eating” for 30 days and listening to how your body responds.*

# HEALTHY LIVING TOOLKIT

## • **Supplements**

- Protein/Meal Replacement Shakes (60): Pea based protein filled with nutrients. Complete meal replacement for breakfast, lunch, dinner or post workout recovery.
- Fiber Boost (30): Easily absorbed fiber supplement to be added to shakes. Fiber acts as a sponge for toxicity to help as the body gently eliminates toxins.
- Energy Fizz Sticks (60): Healthy energy drinks that taste amazing and are a great replacement for coffee or soda.
- Detox Tea (40): Supports liver and kidney with elimination.
- Greens (30): Filled with antioxidants and nutrients the body craves.
- 7 Day Cleanse (CDN and USA Only):
- Digestion Plus (CDN and USA Only):

## **Optional Add On's:**

- Protein Bars:
- Protein Boost:
- Phytosport Prepare:
- Phytosport Hydration:
- Phytosport: After:

# HEALTHY LIVING TOOLKIT

- **Weekly Guidebook:** This will be posted each Friday for the following week so you can prepare! It will contain:
  - Information Video (what to expect)
  - Guidelines for the week
  - Meal Plans/Recipes (vegan option)
  - Grocery Lists
  - Meal Prep How To Video
  - Workout Videos and Documents from a Personal Trainer developed for Beginners and Advance.
  - Shake/Smoothie Bowl Recipes
  - Tips and Tricks (Substitutions for people who can't live without coffee or alcohol etc). Allow yourself time to learn and grown. Its ok to fall off the wagon, if you get right back on. You are learning a new skill and rewiring years of habits, this will take time.
  - Featured Information: Each week a different topic will be reviewed such as "Why do we cut out Gluten?", "How does Dairy affect your body?" etc.
- **1 on 1 coaching:** From the consultant who introduced you to this program.
- **Private FB Group:** A place to post questions, seek support, review featured recipes, post motivations, celebrate wins and fails together as a community! Most of all, accountability. Studies show that if you do this with others, you are more likely to succeed.

# 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.**

# DETOXING YOUR KITCHEN

It is time to DETOX your KITCHEN! Allergenic foods and sugar are very addictive! Recent studies show that your body reacts to certain foods as if it was addicted to a drug. No joke. You may not think of yourself as having allergies to food, but really we all do, and if we were consistently removing these allergenic foods from our diet, our bodies would be functioning in optimal health! So re-training your body to crave healthy foods vs addictive and high calorie foods will be easier if there is not temptation staring you in the face every time you open your fridge or pantry!

- Review the Healthy Living Cheat Sheet on Pg (insert) and become aware of what you are focusing on eliminating for the next 30 days. We will be going into WHY we are eliminating these foods in the coming weeks.
- If the food in your kitchen is on the "What Not To Eat List" ... we recommend removing the temptation! Consider donating the food to a local food bank so you don't feel like you're wasting but it will make it easy to resist cheating. The sooner you start eating clean the better off your health will be!
- You are going to be blown away by how delicious and satisfying clean eating really is! We'll be replacing all of the items on the "What Not To Eat List" with healthy, clean food! The Meal Plans found on Pg (insert) will show you how to restock the shelves you've just detoxed with clean, non-allergenic foods!!

# DETOXING YOUR KITCHEN

As a rule of thumb here are some principles we apply to our healthy living plan. Rather than a diet this is actually a healthy detox that is going to create healthy habits and lasting results!!

- **WHOLE FOODS** - they grow on trees or from the ground. Ask yourself, "was this food ALIVE?" P.S.- there is no Dorito tree, to my knowledge!
- **NO PROCESSED FOOD** (these are generally boxed foods found in the middle of the store) - they contain loads of additives, preservatives, artificial flavors/sweeteners/colors (think chemicals).
- **ORGANIC** - free of pesticides/herbicides (look for round green/white USDA Organic label on the front of all foods). Organic fruits/veggies contain 40% more antioxidants than their conventional counterparts.
- **Non-GMO** - GMO stands for Genetically Modified Organism. This means man took a whole food into the lab, and cross bred or altered its DNA in a petri dish. Many common crops in the US are GMO (think roundup built right in to your veggies). 85-90% of all US-grown/available corn and soy are GMO.
- **FREE-RANGE, CAGE FREE & GRASS-FED** meats/eggs - "Free range" applies to poultry and means your chicken was allowed to roam as it was intended in open space (not confined). Look for "cage-free" eggs as this means your egg-laying hen was also free-range and vegetarian fed. "Grass fed & finished" applies to your beef. This ensure your cattle was fed as it was also intended - allowed to roam freely and eat on the pasture. Most US cattle are fed a GMO CORN diet to fatten them up (for the \$\$) and you are getting high fat, high chemical result.

Throughout the Healthy Living Program, the goal is to decrease toxic load and to do that we **MUST EAT CLEAN!**

# 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 1 MEAL PLAN - HEARTY

**MON**

**LUNCH** Lemon Rosemary Chicken with Asparagus

**DINNER** Southwest Stuffed Peppers

**TUE**

**LUNCH** Southwest Stuffed Peppers

**DINNER** Zoodles with Avocado Cream Sauce

**WED**

**LUNCH** Zoodles with Avocado Cream Sauce

**DINNER** Taco Stuffed Sweet Potatoes

**THU**

**LUNCH** Taco Stuffed Sweet Potatoes

**DINNER** Grilled Salmon with Avocado Sauce

**FRI**

**LUNCH** Grilled Salmon with Avocado Sauce

**DINNER** Chicken Stir Fry

**SAT**

**LUNCH** Chicken Stir fry

**DINNER** Creamy Chicken and Veggie Soup

**SUN**

**LUNCH** Creamy Chicken and Veggie Soup

**DINNER** Your Choice!!

# GROCERY LIST (2 SERVINGS)

*\*= Use for multiple recipes*

## **Protein:**

- Chicken breasts-6\*
- Ground Turkey or Ground Beef- 2lbs
- Salmon Fillets-2

## **Pantry:**

- Chicken Stock 36oz\*
- Coconut Milk- 16oz (1 can)
- Sea Salt\*
- Quinoa -1 box/bag
- Brown Rice - 1box/bag
- Pepper\*
- Crushed Tomatoes- 8oz
- Olive Oil\*
- Taco Seasoning\*
- Coconut Oil\*
- Coconut Aminos

## **Vegetables:**

- Lemons- 2
- Limes- 4\*
- Sweet Potatoes- 3\*
- Avocado-2
- Asparagus
- Red/Yellow bell peppers- 4\*
- Broccoli
- Tomato- 2
- Yellow Onion- 3\*
- Carrots- 5
- Scallions- 1 bundle\*
- Lettuce- 1
- Chives- 1
- Garlic - 6 cloves
- Rosemary
- Mushroom - 5 (optional)
- Zucchini-2 (or 2 pgks Zoodles)
- Fresh Salsa
- Guacamole

## **Spices:**

- Garlic Powder
- Cumin
- Onion Powder
- Oregano
- Crushed Red Pepper
- Paprika
- Ginger

# RECIPES

## Lemon Rosemary Chicken w. Asparagus (Serves 2)

### Ingredients

- 2 chicken breasts
- 2 lemons
- Rosemary
- 2 Tsp minced garlic
- Bundle of asparagus
- Olive Oil
- Crushed red pepper
- salt/pepper

### Preparation

- 1) Pre-heat oven to 425 (220)
- 2) Slice lemon into wheels
- 3) salt/pepper both sides of chicken breasts
- 4) In a baking dish drizzle olive oil. Cover bottom of pan with wheels of 1 lemon, add half the garlic and half the rosemary.
- 5) Place chicken breasts on top of lemon wheels. Take remaining lemon wheels and place on top of the chicken breasts with leftover garlic and rosemary.
- 6) Place asparagus spears on a baking sheet, drizzle with olive oil, salt, pepper, crushed red pepper flakes and garlic to taste.
- 7) Bake for 35-40 mins depending on thickness of chicken breasts
- 8) Half way through cooking the chicken breasts, add the asparagus to the oven and bake together for the remainder of time.



## Southwest Stuffed Peppers (Serves 2)

### Ingredients

- ½ C Chicken stock
- ½ C Quinoa (can use brown rice instead)
- Small yellow onion
- Scallions
- Lime; cut into wedges
- 1 lbs Ground beef or turkey
- Red bell pepper
- Yellow bell pepper
- 8 oz crushed tomatoes
- 1 Tsp reduced sodium taco seasoning
- Olive oil



### Preparation

*\*pre cook quinoa/rice as per instructions on box*

1) Preheat oven to 400/ 220 degrees

2) Start the filling: Heat a drizzle of olive oil in a large pan over medium-high heat. Add onions and toss until softened, 4-5 minutes. Season with salt and pepper. Add ground beef/turkey, and break up into pieces until browned, 3-4 minutes. Stir in taco seasoning, and cook another 30 seconds. Season to taste with salt and pepper.

3) Prep the peppers: Halve bell peppers lengthwise, and remove veins and seeds. Place on a baking sheet, and drizzle with olive oil. Season with salt and pepper. Bake until softened, 5-7 minutes.

4) Finish the filling: Add crushed tomatoes to beef, and simmer 5 minutes to meld flavors. Stir in cooked quinoa, and season with salt and pepper

5) Bake and serve: Fill peppers with as much filling as possible, Bake until peppers are very soft, about 10 minutes.

6) Serve with a wedge of lime for squeezing over. Serve leftover filling on the side and enjoy!



## Zoodles with Creamy Avocado Sauce (Serves 2)

### Ingredients

- 2 zucchinis spiraled OR 2 pkgs of Zoodles
- 1 tbsp. olive oil;
- 2 garlic cloves, minced;
- 1 onion; diced
- 5 mushrooms; chopped (optional)
- 1 Tomato; chopped



Avocado Creamy Sauce (This is a double batch, save the rest for the Salmon)

- 2 Avocados
- 2 tbsp. lime juice;
- 2 tbsp. olive oil
- 2 tsp onion powder;
- 2 tsp garlic powder;
- Salt and Pepper

### Preparation

1) Heat 2 tbsp of olive oil in frying pan on medium heat and add onions. Cook until soft (4 - 5 mins).

2) Add chopped mushrooms and garlic, continue to cook until soft (3 - 5 mins)

3) Add spiraled zucchini (or zoodles) and chopped tomatoes and heat through for 5 mins.

3) Add avocado, coconut milk, olive oil, lime juice, garlic powder, onion powder, salt and pepper to taste in a blender or food processor and pulse until sauce is creamy. If the sauce is not creamy enough, add more coconut milk, 1 to 2 tbsp. at a time.

4) Add half of the avocado sauce to the zoodles mix and heat through (2 - 3 minutes)

5) Serve and Enjoy!

Zoodles: cal:140 p:3 c:19 f:8

Avocado Sauce: cal:188 p:2 c:8.8 f:17

## Taco Stuffed Sweet Potatoes (Serves 2)

### Ingredients

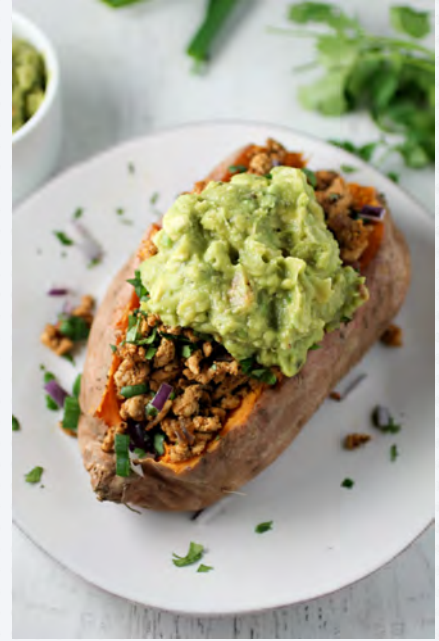
- 1 lbs ground beef turkey
- 2 sweet potatoes
- 1/2 onion, diced;
- 1 tomato, diced
- 1 cup fresh lettuce, shredded;
- 1/2 cup chopped green onion
- Taco seasoning (recipe below)!
- Fresh salsa & guacamole

### Ingredients for the taco seasoning

- 1 tbsp. chili powder;
- 1 tsp. ground cumin; ● 1/2 tsp. paprika;
- 1/2 tsp. dried oregano; ● 1/2 tsp. garlic powder;
- Sea salt and freshly ground black pepper;

### Preparation

- 1) Preheat your oven to 375 F.
- 2) Scrub and pat potatoes dry. Pierce potatoes all over with a fork and bake in the oven, directly on rack, until soft (about 40 to 45 min. depending on the size of your potatoes).
- 3) In a bowl, combine all the ingredients for the taco seasoning.
- 4) Melt some cooking fat (coconut oil) in a skillet over medium-high heat. Add the onions and cook until soft and fragrant, about 3 to 4 minutes.
- 5) Add the ground beef to the skillet and cook until browned.
- 6) Sprinkle the taco seasoning onto the beef, and stir to combine. You may want to add 1 or 2 tbsp. of water if the meat is too dry or the seasoning is not mixing well.
- 7) Cook the ground beef another minute or two and set aside.
- 8) Using a sharp knife, make a lengthwise slit in each potato and push ends of each potato toward each other to open.
- 9) Fill the potatoes with the ground beef and top with all the remaining vegetables.
- 10) Serve with fresh salsa & guacamole



## Grilled Salmon with Avocado Coconut Sauce (Serves 2)

### Ingredients

- 2 salmon fillets;
- 1/3 cup coconut milk;
- ½ - 1 cup chicken stock
- 1 cups of brown rice
- Avocado Creamy Sauce (This is a double batch, save the rest for the Zoodles)
- 2 Avocados
- 2 tbsp. lime juice;
- 2 tbsp. olive oil
- 2 tsp onion powder;
- 2 tsp garlic powder;
- Salt and Pepper



### Preparation

- 1) Preheat grill to medium heat. If no grill you can also pan-fry in coconut oil.
- 2) Season the salmon fillets and sprinkle with zest of lime.
- 3) Add rice and chicken stock to a pan and cook as directed.
- 4) Place on the preheated grill, and cook for 12 to 15 minutes.
- 5) While salmon fillets are grilling, (if you have not already made the cream sauce) Add avocado, coconut milk, olive oil, lime juice, garlic powder, onion powder, salt and pepper to taste in a blender or food processor and pulse until sauce is creamy. If the sauce is not creamy enough, add more coconut milk, 1 to 2 tbsp. at a time.
- 6) Let the salmon rest for 2 to 3 minutes before serving over a bed of rice.
- 7) Serve the salmon topped with avocado-coconut sauce, and top with lime wedges.

## Chicken Stir Fry (Serves 2)

### Ingredients

- 2 chicken breasts; sliced into bite size pieces
- Coconut oil
- 2 clove garlic minced
- ½ cup Coconut aminos plus 2 tbss reserved
- 3 tsp fresh grated ginger plus 1 teaspoon reserved
- 1 Carrot; diced
- 1 Broccoli; diced (*or whatever veggies you like*)

### Preparation

*\*Pre cook rice or quinoa as per box instructions*

1) Sauté chicken in coconut oil with garlic.

2) Once chicken is cooked, add your coconut aminos, generous salt pepper, fresh grated ginger ( I keep my ginger root in the freezer to use when needed)

3) In separate pan, saute veggies in coconut oil adding reserved ginger and extra coconut aminos.

4) Serve on a bed of rice.

*\*For some added flavor mix in a spoonful of almond butter and heat through.*



## Creamy Chicken and Vegetable Soup (Serves 4 - Freeze Leftovers)

### Ingredients

- 2 Chicken Breast Cooked;
- 1 onion, chopped;
- 4 carrots, sliced;
- 1 sweet potato diced;
- 4 cups chicken stock;
- 1/4 cup coconut milk;
- 2 garlic cloves, minced;
- 2 tbsp. fresh chives, minced;
- 2 tbsp. Coconut oil
- Sea salt and freshly ground black pepper;



### Preparation

1. Season chicken breasts with salt/pepper and bake on 400 for 35mins or until cooked through.
2. Remove chicken from oven and chop into cubes.
3. Heat the coconut oil in a large saucepan over medium-high heat.
4. Add the garlic and onion and cook until soft, 2 to 3 minutes.
5. Place the carrots and sweet potato in the saucepan and cook for another 2 to 3 minutes.
6. Pour in the chicken stock and bring to a boil.
7. Lower the heat to a simmer, and let simmer for 15 to 20 minutes, or until the vegetables are soft.
8. Add the chicken and cook until warm.
9. Stir in the coconut milk, and season to taste.
10. Serve the soup with fresh chives sprinkled on top.

# WEEK 1 MEAL PLAN - VEGAN

**MON**

**LUNCH**

Zucchini noodles with pistachio pesto

**DINNER**

Quick Chana Masala

**TUE**

**LUNCH**

Spring veggies tacos with avocado cream

**DINNER**

No Noodle Pad Thai

**WED**

**LUNCH**

Creamy (vegan!) Butternut Squash  
Linguine with Fried Sage

**DINNER**

Quick Chana Masala

**THU**

**LUNCH**

Spring veggies tacos with avocado cream

**DINNER**

Curried Coconut Quinoa and Greens with  
Roasted Cauliflower

**FRI**

**LUNCH**

Mediterranean Spaghetti Squash Bowls

**DINNER**

Quick Chana Masala

**SAT**

**LUNCH**

Creamy (vegan!) Butternut Squash Linguine  
with Fried Sage

**DINNER**

Spring veggies tacos with avocado cream

**SUN**

**LUNCH**

Mediterranean Spaghetti Squash Bowls

**DINNER**

Zucchini noodles with pistachio pesto

# GROCERY LIST (2 SERVINGS)

*\*= Use for multiple recipes*

**Pantry:**  sea salt or pink himalayan  1 cup walnuts  4 cans chickpeas  1 can light coconut milk  2 tbsp coconut aminos  1/2 cup almond butter no sugar added  2 cups vegetable broth  optional daiya cheese  1 can (28oz.) Whole peeled tomatoes

**Vegetables:**  3 1/2 cups fresh parsley  4 lemon  11 clove garlic  2 1/2 cup fresh cilantro  2 small red onion  2 large red bell pepper  1 large green bell pepper  1 large yellow bell pepper  1 head Cauliflower  3 yellow onion  4 cups greens (kale, spinach arugula etc)  8 tbsp. Olive Oil  1 cup Pistachios  8 Tbsp Coconut oil  1 cup Quinoa  4 tbsp. Sesame seeds  2 tbsp honey  12 ounces' gluten free pasta  1 cup cooked brown rice or basmati rice  5-6 zucchini + 1/2 pound  1 large sweet potato  3/4 pound Daikon radish  4 medium carrots  1/2 pound bean sprouts  4 green onion  2 limes  1 ginger root  1 tbsp. Fresh sage  2 pounds butternut or kabocha squash  1 green serrano pepper  1/4 cup kalamata olives  1/4 cup pepitas (hulled pumpkin seeds)

**Spices:**  1 Tbsp. Chili powder  1/4 tsp. Onion powder  1/2 tsp. Oregano  1 tsp cayenne pepper  1 1/2 tsp ground tumeric  1/2tsp cardamom  1 tsp. Garam masala Recipes:  2 spaghetti squash  1/4 cup fresh basil plus fresh basil for garnish  2 tsp. G Cumin  1/2 tsp Garlic powder  1 tsp. Red pepper flakes  1/2 tsp. Paprika  Black pepper  1 tsp ground ginger  1/2 tsp curry powder  1 1/2 tsp. Cumin seeds  1 1/2 tsp. Ground coriander

# RECIPES

## Zucchini noodles with pistachio pesto

### INGREDIENTS

- 5-6 zucchini, peeled and very thinly sliced
- 1 clove garlic 1/2 cup + 3 Tbsp.
- shelled pistachios 1–2 Tbsp.
- lemon juice Zest of 1 lemon 1/4 tsp.
- salt
- 2 cups parsley or 1 cup cilantro and 1 cup parsley 1/2 cup olive oil

### Preparation

1. Place the zucchini in a large bowl.
2. Combine the garlic, 1/2 cup of pistachios, lemon juice, lemon zest, salt, and parsley in a food processor and pulse 5 times, or until everything is integrated.
3. Add the olive oil with the food processor running and process until well combined.
4. Mix the pistachio pesto with the zucchini.

To serve, chop the remaining pistachios and sprinkle over the top. (Note: You can also top with a little lemon zest, a drizzle of olive oil, and a pinch of sea salt.)





# Spring veggie tacos with avocado cream

## INGREDIENTS

### FILLING //

- 1 cup walnuts, coarsely chopped
- 1 cup chickpeas (can use canned, well rinsed)
- 1 large sweet potato, diced into chunks (should yield 2 cups)
- 1/2 cup water 2 tablespoons coconut oil (for cooking)

### TACO SPICES //

- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon crushed red pepper flakes
- 1/2 teaspoon dried oregano 1/2 teaspoon paprika
- 1 teaspoon sea salt
- 1 teaspoon black pepper

### PEPPERS //

- whole small red onion (yields 1/2 cup), sliced into thin strips
- 1 large red bell pepper, sliced into thin strips 1 large green bell pepper, sliced into thin strips 1 large yellow bell pepper, sliced into thin strips
- 1 tablespoon coconut oil
- 2 cloves garlic, diced
- Pinch of sea salt



## INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Bake chopped sweet potatoes with 1 tablespoon coconut oil, a dash of cinnamon and cumin for 30-45 minutes or until golden brown and crisp.
3. Set aside the baked sweet potatoes for later.
4. While the sweet potatoes are cooking prepare everything else.
5. First, in a food processor or blender pulse the chickpeas and walnuts together to create a coarsely chopped mixture.
6. In a medium heated skillet, add 1/2 tablespoon coconut oil, chopped walnuts, beans, and seasonings. Stir to warm through and combine, adding a little bit of water as needed to bring the mixture together.
7. Cook/warm through for about 5 minutes, add baked sweet potatoes last and only to toss around in the spices with everything else.
8. Take off the heat and put in a large serving bowl.
9. PEPPERS //
10. Simply saute the onions, garlic, and tri-colored bell peppers in coconut oil on medium heat until softened.
11. ASSEMBLY //
12. Use this filling to stuff brown rice tortillas, salsa, cashew cheese, etc
13. This stays well in the refrigerator for up to a week and makes great leftovers.
14. Enjoy! Notes TACO SEASONING // feel free to use your favorite taco seasoning to taste if you'd prefer versus adding individual spices. FILLING // add salsa, avocado cream, or my classic cashew cheese as a topping to the filling to keep this moist. When reheating, simply add a bit of water or any above condiments to keep it from drying out..

## Curried Coconut Quinoa and Greens with Roasted Cauliflower



### INGREDIENTS

- Roasted Cauliflower
- 1 head cauliflower, cut into bite-sized florets
- 2 tablespoons melted coconut oil or olive oil 1/4 teaspoon cayenne pepper Sea salt Curried coconut quinoa with greens
- 2 teaspoons melted coconut oil or olive oil
- 1 medium yellow onion, chopped
- 1 teaspoon ground ginger
- 1 teaspoon ground turmeric
- 1/2 teaspoon curry powder of choice (optional)
- 1/2 teaspoon ground cardamom
- 1 can (14 ounces) light coconut milk 1/2 cup water
- 1 cup quinoa, rinsed well in a fine mesh colander
- 1 teaspoon sea salt
- 1 tablespoon lemon or lime juice
- 4 cups baby arugula or chopped chard, spinach, maybe even kale\* Optional garnishes:
- 2 green onions, chopped, and a sprinkle of red pepper flakes

### INSTRUCTIONS

Roast the cauliflower:

1. Preheat oven to 425 degrees Fahrenheit.
2. Toss the cauliflower florets with coconut oil, cayenne pepper and a light sprinkle of sea salt.
3. Roast for 25 to 30 minutes on the middle rack, turning halfway, until the cauliflower is tender and golden on the edges.
4. Cook the quinoa: In a large pot with a lid, warm the coconut oil over medium heat. Add the onion and cook until it is turning translucent, stirring often, about 5 minutes.
5. Add the ginger, turmeric, curry powder and cardamom and stir until fragrant, about 30 seconds. Pour in the coconut milk, water, and rinsed quinoa. Bring the mixture to a boil, then cover and reduce heat to a simmer.
6. Cook for 15 minutes, then remove the pot from heat and let it rest for 5 minutes.
7. Fluff the quinoa with a fork. Stir in the salt, citrus juice and greens (if you intend to eat this dish as leftovers, I recommend storing leafy greens separate from the quinoa, as the greens don't reheat well).
8. Divide the quinoa into bowls and top with roasted cauliflower. Garnish with green onions and red pepper flakes if you'd like.

## No Noodle Pad Thai

### INGREDIENTS

- 3/4 pound daikon radish, peeled
- 4 medium carrots, peeled
- 1/2 pound zucchini (or replace with an additional
- 1/2 pound bean sprouts)
- 1/2 pound (8 ounces) bean sprouts
- 4 green onions, finely sliced (white and green parts)
- 1 small handful cilantro leaves, chopped, plus extra for serving
- 2 tablespoons sesame seeds, preferably black, plus extra for serving
- 4 small wedges of lime, for serving Peanut/nut sauce
- 1/2 cup peanut butter or almond butter
- 1/4 cup lime juice 2 tablespoons coconut aminos
- 2 tablespoons honey
- 2 teaspoons grated fresh ginger
- 1 pinch red pepper flakes About 3 tablespoons water, to thin



### INSTRUCTIONS

1. Prepare the vegetable noodles: Use a julienne peeler, mandoline, spiralizer or regular peeler to create noodles out of the radish, carrots and zucchini, if using.
2. Transfer the noodles to a large serving bowl. Add the bean sprouts, onions, chopped cilantro and sesame seeds to the bowl.
3. Make the sauce: In a small bowl, whisk together all of the sauce ingredients until the sauce is smooth and creamy. Taste and adjust seasoning if necessary—the sauce should taste very bold at this point. (I added an extra little splash of coconut aminos.)
4. If you will not be serving all 4 portions immediately, portion off the amounts of vegetable mixture you need for now. Drizzle in enough dressing to coat the portioned amount.
5. Use your hands to gently toss the mixture until every single strand is coating in dressing.
6. Serve pad Thai with a wedge of lime and a sprinkle of extra chopped cilantro and sesame seeds. Store leftover vegetable mixture separately from the dressing and dress just before serving.

# Creamy (vegan!) Butternut Squash Linguine with Fried Sage

## INGREDIENTS

- 2 tablespoons olive oil
- 1 tablespoon finely chopped fresh sage
- 2 pound butternut or kabocha squash, peeled, seeded, and cut into small
- 1/2-inch pieces (about 3 cups)
- 1 medium yellow onion, chopped
- 2 garlic cloves, pressed or chopped
- 1/8 teaspoon red pepper flakes (up to 1/4 teaspoon for spicier pasta sauce)

## Salt

- Freshly ground black pepper
  - 2 cups vegetable broth
  - 12 ounces gluten free pasta (brown rice, black bean etc) linguine or fettucine
- Optional additional garnishes: Vegan soy free cheese as in Daiya

## INSTRUCTIONS

1. Warm the oil in a large skillet over medium heat. Once the oil is shimmering, add the sage and toss to coat. Let the sage get crispy before transferring it to a small bowl.
2. Sprinkle it lightly with salt and set the bowl aside.
3. Add the squash, onion, garlic and red pepper flakes to the skillet. Season with salt and pepper.
4. Cook, stirring occasionally, until the onion is translucent, about 8 to 10 minutes.
5. Add the broth. Bring the mixture to a boil, then reduce the heat and simmer until the squash is soft and the liquid is reduced by half, about 15 to 20 minutes.
6. In the meantime, bring a large pot of salted water to a boil and cook the pasta until al dente according to package directions, stirring occasionally.
7. Reserve 1 cup of the pasta cooking water before draining. Once the squash mixture is done cooking, remove it from the heat and let it cool slightly.
8. Transfer the contents of the pan to a blender, but keep the skillet handy. Purée the mixture until smooth (beware of hot steam escaping from the top of the blender),
9. Season with salt and pepper until the flavors sing. In the reserved skillet, combine the pasta, squash purée and 1/4 cup cooking liquid.
10. Cook over medium heat, tossing and adding more pasta cooking water as needed, until the sauce coats the pasta, about 2 minutes.
11. Season with more salt and pepper if necessary. Serve the pasta in individual bowls topped with fried sage, more black pepper and Vegan cheese if desired.



# Quick Chana Masala

## INGREDIENTS

- 1 tablespoon coconut oil or olive oil
- 1 1/2 teaspoons cumin seeds (scale back a little if you're not crazy about cumin)
- 1 yellow onion, chopped
- 1 tablespoon pressed or minced fresh garlic (about 5 cloves)
- 1 tablespoon peeled and minced fresh ginger (about a 1-inch piece)
- 1 green Serrano pepper, minced (seed it first if you want to tame the spice level)
- 1 1/2 teaspoons garam masala (or tikka masala)
- 1 1/2 teaspoons ground coriander
- 1/2 teaspoon ground turmeric
- 3/4 teaspoon fine-grain sea salt
- 1/4 teaspoon cayenne pepper (optional)
- 1 can (28 ounces) whole peeled tomatoes, with their juices
- 2 cans (14 ounces each) chickpeas (or 3 cups cooked chickpeas), drained and rinsed
- 1 cup uncooked brown basmati rice, for serving (rice is optional, I like to cook extra rice to have on hand for other meals)
- Lemon wedges, for garnishing Fresh cilantro, chopped, for garnishing (optional)



## INSTRUCTIONS

1. Cook the rice (if you want to serve the chana masala on rice):
2. Bring a large pot of water to boil on the stove. Pour in the rice and give it a stir.
3. Boil the rice for 30 minutes, then turn off the heat and drain the rice.
4. Return the rice to the pot and cover the pot. Let the rice steam for 10 minutes.
5. Remove the lid, fluff the rice with a fork and season with sea salt to taste.

### **Cook the chana masala:**

1. In a Dutch oven or large saucepan, heat the oil over medium heat. When a drop of water sizzles upon hitting the pan, reduce the heat to medium-low and add the cumin seeds.
2. Toast the seeds for a minute or two, stirring frequently, until the seeds are golden and fragrant. Watch carefully to avoid burning the seeds.
3. Raise the heat to medium and stir in the onion, garlic, ginger and serrano. Cook for about five minutes, stirring often.
4. Stir in the garam masala (or tikka masala), coriander, turmeric, salt and cayenne (if using), and cook for two more minutes.
5. Add the whole peeled tomatoes and their juices. Use the back of a wooden spoon to break the tomatoes apart. You can leave some chunks of tomato for texture.
6. Raise the heat to medium-high and add the chickpeas. Bring the mixture to a simmer and cook for 10 minutes or longer to allow the flavors to develop.
7. Serve over basmati rice, if desired, and garnish with a lemon wedge or two and a sprinkle of fresh cilantro.

## Mediterranean Spaghetti Squash Bowls



### INGREDIENTS

- Spaghetti squash and filling
- 2 spaghetti squash
- 2 tablespoons + 1 teaspoon extra-virgin olive oil, divided
- 1 can (15 ounces) chickpeas, rinsed and drained, or 1 1/2 cups cooked chickpeas 1 red bell pepper, chopped
- 1/3 cup chopped red onion (about 1/2 small onion)
- 1/4 cup thinly sliced Kalamata olives
- 2 tablespoons chopped fresh basil and/or parsley, plus extra for garnish
- 1 clove garlic, pressed or minced
- 1 tablespoon lemon juice
- 1/4 teaspoon salt Sprinkle of Vegan soy free cheese, preferably a nut cheese or Daiya Parsley-basil pesto
- 1/4 cup pepitas (hulled pumpkin seeds)\*
- 1/2 cup packed fresh basil leaves
- 1/2 cup packed fresh flat-leaf parsley leaves
- 2 tablespoons lemon juice
- 2 tablespoons water
- 1/4 teaspoon salt
- 1/4 cup extra-virgin olive oil

**INSTRUCTIONS** To prepare the spaghetti squash, preheat the oven to 400 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper for easy clean-up. Use a very sharp chef's knife to cut off the top and very bottom ends of each spaghetti squash. Stand the squash upright on a stable surface and slice through it from top to bottom to divide it in half. Repeat with the other squash. Use a large spoon to scoop out the spaghetti squash seeds and discard them. Drizzle each squash half with 1 teaspoon olive oil and rub it all over the inside and outside of the squash, adding more oil if necessary. Sprinkle salt and pepper lightly over the interiors of the squash, then place them cut-side down on the prepared baking sheet. Bake for 40 to 60 minutes, until the interiors are easily pierced through with a fork. Meanwhile, to prepare the chickpea salad, combine the chickpeas, bell pepper, onion, olives, chopped basil and/or parsley, garlic, lemon juice, remaining 1 tablespoon olive oil and salt. Stir to combine. Taste, and add more lemon juice and/or salt if necessary. Set aside. To prepare the pesto: In a small skillet, toast the pepitas over medium heat, stirring often, until they are fragrant and making little popping noises, about 5 minutes. Pour the pepitas into a food processor and let them cool for a few minutes. Then, add the basil, parsley, lemon juice, water and salt. Process while slowly drizzling in the olive oil, stopping to scrape down the sides as necessary, until the pepitas have broken down to create a pretty smooth sauce. Transfer the pesto to a small bowl for serving. To assemble, use a fork to fluff up the squash and make it easier to eat. Then divide the chickpea salad between the squash "bowls" and top each one with a generous drizzle of pesto. Finish with a sprinkle of chopped herbs and cheese, if desired. Serve immediately.

# 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)

1/4 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)

1/4 Cup Coconut Milk or Coconut Water

1 Tbsp Ground Flax

1 Tbsp Nuts

1/4 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 1

## 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/s7J507ikNtk>

**20 x Burpees**  
**10 x Crunches**  
**10 x Squats**  
**10 x Push Ups**  
**20 Second Plank**

### TUESDAY

How to Video:

<https://youtu.be/R3tSYXV-1q8>

**20 x High Knees**  
**20 x Dumbbell  
Squats**  
**10 x Lunges**  
**10 x Push Ups**  
**10 x Ankle Touches**

### WEDNESDAY

How to Video:

[https://youtu.be/cm3CRi\\_oqvo](https://youtu.be/cm3CRi_oqvo)

**50 x Jumping Jacks**  
**12 x Crunches**  
**12 x Ab Bike**  
**15 x Push Ups**  
**40 Second Plank**

### THURSDAY

How to Video:

[https://youtu.be/Q0\\_cu6RuTOc](https://youtu.be/Q0_cu6RuTOc)

**20 x Crunches**  
**15 x Jump Squats**  
**15 x Push Ups**  
**20 x Mountain  
Climbers**  
**15 Russian Twists**

### FRIDAY

How to Video:

<https://youtu.be/EEdlG7rjaqs>

**15 Russian Twists**  
**20 x Ab Bike**  
**1 Minute Plank**  
**10 x Burpees**  
**15 x Squats**

### 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.

# 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.