

# Healthy Living

## 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 2 meals a day with a healthy shake!

- 8 am - shake  
**SNACK** - low glycemic snack and/or Fizz Stick
- 12 pm - shake  
**SNACK** - low glycemic snack and/or Fizz Stick
- 6 pm - Lean & green meal



### 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 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

**green veggies...** 1/2 of your plate  
kale, chard, mustard greens, spinach, broccoli, or asparagus

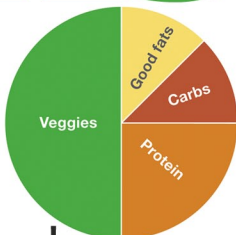
**lean protein...** 1/4 of your plate  
wild fish, chicken, turkey, grass-fed beef, beans or lentils

**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

### step 3

Eat the proper proportions!



# what arbonne products will you need?



**Protein Shake Mix**  
Vanilla, #2020 or  
Chocolate, #2069



**Daily Fiber  
Boost**  
#2075



**Herbal  
Detox Tea**  
#2076



**Energy Fizz Sticks**  
Pomegranate, #2079  
or Citrus, #2077



**Body  
Cleanse**  
#6103



**Digestion  
Plus**  
#2063



**Greens  
Balance**  
#6232

talk to your arbonne consultant about becoming a preferred client & receive:

a free package of fiber boost  
or energy fizz sticks



20% off all your products  
for an entire year!

# 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 Acid 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