



# The 30 Days to Healthy Living program is simple to incorporate into your daily routine, thanks to Arbonne nutrition products. Here's what a typical day could look like:

MORNING	MID-MORNING	MID-AFTERNOON	EVENING
<p>Start each day with a cup of <b>CleanTox Herbal Detox Tea</b>.</p> <p>If you selected <b>CleanTox Gentle Cleanse</b> as a part of your set, add to 32 oz. of warm water and sip throughout the day. This helps cleanse the system while supporting your gastrointestinal tract.<sup>o</sup></p>	<p>When you're ready for an energizing mid-morning pick-me-up, enjoy an <b>EnergyFizz Ginseng Fizz Stick</b>. With B Vitamins to boost energy and naturally derived Caffeine from Green Tea and Guarana, there's no need for coffee!<sup>o</sup></p> <p>If you selected <b>GutHealth Prebiotic Fiber</b> as a part of your set, add during mid-morning or mid-afternoon to help you feel fuller longer.<sup>o</sup></p> <p><b>TIP:</b> Everyone's body is different. Initially, you may find a gradual increase helps your digestive system adjust more comfortably. Start with 1/4-1/2 scoop per day and slowly increase to a full serving as your body adjusts.</p>	<p>If the mid-afternoon slump starts to hit, refuel with a tasty snack. The <b>FeelFit Pea Protein Snack Bar</b> is a great choice, as well as other snack suggestions from your 30 Days to Healthy Living Guide.</p>	<p>Choose a clean, healthy meal for dinner. A healthy meal should be 50% veggies, 25% lean or vegan protein and a 25% combination of healthy fats and carbohydrates. Connect with your Arbonne community for recipe-sharing and ideas to make your healthy meals taste delicious!</p>
<p>When you're ready, prepare and enjoy your first <b>FeelFit Pea Protein Shake</b> of the day. Customize it with antioxidant-rich berries, leafy greens, almond milk and more. The protein supports your muscles and helps you feel full.<sup>o</sup></p> <p>If you selected <b>BeWell Superfood Greens</b> as a part of your set, add to your shake for an easy full serving of veggies.</p>	AFTERNOON		
<p>To support digestion,<sup>o</sup> have your <b>GutHealth Digestion &amp; Microbiome Support</b> with probiotics, prebiotics and enzymes before or after your protein shake.</p>	<p><b>Healthy Living is just that simple with Arbonne! It's all about having a plan and making healthy choices throughout the day. It's time to get more energy, support weight management and feel more fit!</b></p> <p>To learn more, talk to your Independent Consultant or visit <a href="http://arbonne.com">arbonne.com</a>.</p>		

<sup>o</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.