

# Nutritional Lifestyle Plan

## Eat Clean, Detoxify, Develop Healthy Habits



“Health is not valued until sickness comes.” ~Dr Thomas Fuller

Congratulations on committing to learning to eat clean, naturally detoxify and develop NEW habits! Your friends, family and YOU are worth it. This is a step by step system that teaches you how to eat whole foods and which foods work FOR your body and which ones work AGAINST your body. Many people do not realize that extra fat/weight is an indication of toxic build up and nutritional deficiencies. Your consultant is here to help you every step of the way. Here’s to you for taking control of your health!

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# TESTIMONIALS

## Results after 8 days

"I am absolutely amazed at how well this program works! After just 8 days on the program, I am 8 lbs. lighter and I feel AMAZING. I seriously have not felt this good in years!!! I feel like I have been given a gift and want to share it with everybody. I jotted down some of the changes I have experienced after just one week on the program:

- My energy level is up and my head is clearer – I am not walking around in a fog.
- My stomach is significantly flatter.
- Less cravings – I was very addicted to sugar.
- Less hunger – The shakes keep me satisfied.
- I wake up and don't have to have coffee – I now enjoy a warm cup of detox tea, and it totally satisfies me.
- My skin is vibrant. People are saying I have a glow!" – Patty Cummins of Oklahoma City, OK

## Results after 30 days

"One thing that really impressed me with using Arbonne products consistently is that these were the last 10 or so pounds. I have been working on for a long time ... with consistent effort and focus, I did it! I also broke my expensive Starbucks habit!"  
– Beth Gagliardi of Fresno, CA

START weight: 143 lbs. belly button: 31-1/2" inches 2 in. below: 35"	FINISH weight: 132 lbs. belly button: 29" 2 in. below: 32-1/2"
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## Results for a lifetime

"I convinced my 36 year old daughter to do this along with me. The results were amazing. I lost 8 lbs. and several inches in my waist and hips and the pain in my knees disappeared. My daughter lost six lbs. and inches, too.

Now it has been several months since we did the plan, but we have totally changed our eating habits. We thought we ate healthy before, but now we eat much healthier. Less processed foods, less meat, less dairy. We try to eat organic most of the time and have dramatically cut sugar down in our diet. The results have continued. I am down 22 lbs. Now, my daughter is down 17 lbs. and feels so good that she is at the gym 4-5 days a week. My husband has lost over 30 lbs. (mostly in the stomach area) and had to go out and buy all new pants!!!

I am so excited to see where we will be in a couple more months. The benefits just keep coming! Now as my friends have noticed these changes in me and my family, they are also asking what we are doing. So of course, I can tell them about Arbonne's healthy products!"

- Paula Schubert of Rancho Cucamonga, California

# FIVE KEY AREAS OF THIS PLAN

Many people don't realize that fatigue, foggy thinking, poor sleep, excess weight (especially around the stomach, hips and thighs) and even aging skin indicate nutritional deficiencies that can be reversed. Adopting a healthier lifestyle for you and your family can be easy to talk about, but difficult to get started without a plan.

## Focus on Five Key Areas of Fitness

1. Eat Clean
2. Increase Nutrient Intake
3. Eliminate Allergenic and Addictive Foods
4. Balance Blood Sugar
5. Support Elimination Organs

\*\*All 5 areas are supported by Arbonne's whole food nutritional line. Arbonne's products are certified vegan and free of gluten, dairy, soy, and artificial colors, flavors and sweeteners!

### 1. Eat Clean

This plan focuses on eating organic whole foods free of preservatives, additives, pesticides, hormones, antibiotics, artificial flavors and all other toxins. Simply put, anything that can't be used as energy in the body is a toxin. Organic fruits and vegetables contain up to 40% more antioxidants than those conventionally grown.

### 2. Increase Nutrient Intake

Due to the overabundance of pre-packaged and fast food, many people today are overweight yet malnourished. They carry toxic fat while their bodies are starving for real nutrition. This condition can be reversed by eating whole foods and supplementing with nutrients to fill in possible deficiencies.

### 3. Eliminate Allergenic and Addictive Foods

Many people experience symptoms of premature aging or poor health and have no idea that the solution may be as simple as removing possible food allergens. This plan includes removing possible allergenic foods like gluten, dairy, soy and processed sugars.

**Gluten** is a family of proteins found in grains. They are thick and gooey and make things stick together when baked instead of falling apart. It is estimated that 50% of the population has difficulty breaking down gluten in their intestines. When the immune system recognizes gluten in the gut as a "foreign protein," it attacks and damages the intestinal wall, which in turn causes the intestines to swell with water creating bloating and/or a "pot belly." Eventually, the intestinal wall thins to the point that it starts absorbing things that should have been blocked causing an array of problems including:

- **Allergies:** The tips of the villi in the intestines produce the enzyme that digests the lactose in milk. Since they're the first to go, the very first symptom of gluten intolerance you see may be a "milk allergy" that manifests itself as a stuffy nose and post-nasal drip that occurs whenever you consume dairy products.
- **Immune Function:** The constant load on the immune system as it fights off foreign proteins in the digestive tract impairs its ability to do its job elsewhere. Meanwhile, clogged sinuses and unhealthy intestinal walls create a perfect home for harmful bacteria to multiply.
- **Adrenal Function:** The constant adrenal load created by chronic inflammation of the intestines eventually leads to adrenal insufficiency or even adrenal exhaustion. As the adrenals become impaired, many other symptoms manifest themselves, including allergies, slow weight gain and a loss of energy.

## Dairy

Despite the widespread notion that milk is healthy, drinking pasteurized milk is frequently associated with a *worsening* of health. Sally Fallon of the Weston Price Foundation states, *"Pasteurization destroys enzymes, diminishes vitamin content, denatures fragile milk proteins, destroys vitamin B12 and vitamin B6, kills beneficial bacteria, promotes pathogens and is associated with allergies."* Only 30% of the calcium in a cup of milk gets absorbed, you would get twice as much calcium from a cup of broccoli. Many green leafy vegetables are loaded with calcium.

## Soy

Phytoestrogens in soy can mimic the effects of the female hormone estrogen. These phytoestrogens have been found to have adverse effects on various human tissues. Drinking two glasses of soy milk daily for one month has enough of the chemical to alter a woman's menstrual cycle.

## Refined Sugar

Refined sugar has been stripped of all nutrients and drains and leaches the body of precious vitamins and minerals. Sugar taken every day produces a continuously acidic condition which affects every organ in the body. Initially sugar is stored in the liver. A daily intake of refined sugar makes the liver expand like a balloon. When the liver is filled to its maximum capacity, the excess sugar is returned to the blood in the form of fatty acids. These are stored (and seen) in the most inactive areas: the belly, the buttocks, and the thighs. In contrast unrefined sugar like cane sugar contains minerals the body needs.

### Candida (Yeast) Overgrowth

Candida overgrowth in your body will cause you to suffer from sugar cravings. Candida yeast loves sugar just as much as you do, and it's love of this empty, non- nutritional food causes you to want it more.

- According to a study done at Rice University, "70% of American's are living daily with an overgrowth of yeast and bacteria."
- Signs of yeast overgrowth include: nasal congestion and discharge, nasal itching, blisters in the mouth, sore or dry throat, abdominal pain, belching, bloating, heartburn, constipation, diarrhea, rectal burning or itching, vaginal discharge, vaginal itching or burning, worsening symptoms of PMS, prostatitis, impotence, frequent urination, burning on urination, bladder infections.
- People do well on this plan because they are eliminating dairy, gluten, wheat, sugar, caffeine and alcohol – all known to feed Candida yeast. And they are repopulating their intestines with friendly bacteria which help the body fight off the Candida, and strengthen the immune system.

## REPLACES GLUTEN, DAIRY AND SOY

**\*Arbonne Essentials Protein Shakes** are certified vegan, free of gluten and soy protein, and are loaded with more than 20 essential vitamins and minerals. Plus they contain Arbonne's exclusive INNERG-PLEX® and Protein Matrix blends which help you feel satisfied longer. These delicious shakes contain three sources of vegetable protein (pea, cranberry and rice) and no trans fats, artificial sweeteners, flavors or colors. Drinking meals is easier on digestion and allows our body to have energy for detoxification.

Use: Replace 1-2 meals per day and use as a recovery shake after a workout.

## SUPPORTS INTESTINAL HEALTH

**\*Arbonne Essentials Digestion Plus** contains 11 digestive enzymes, prebiotics and a patented probiotic to support the intestinal wall often damaged by allergenic foods. Probiotics scrub away yeast overgrowth in the lower GI and reestablish friendly bacteria.

Use: Sprinkle in your shake, on your food or in a glass of water. You may divide the Packet up and use a small portion with each meal

## 4. Balanced Blood Sugar

This plan encourages eating low on the glycemic index for many reasons. The high, moderate and low "glycemic index" is a measure of how a given food affects blood-sugar levels, with each food being assigned a numbered rating. The lower the rating, the more gradual the infusion of sugars into the bloodstream and the more balanced the blood sugar.

High glycemic meals cause you to feel hungry soon after you eat. Eating low glycemic meals reduces hunger cravings. When blood sugar goes up in response to a high glycemic meal a process called "glycation" takes place, which promotes thinning of the skin and wrinkles. It's not just candy bars and cupcakes that elevate blood sugar. Pasta, bread, potatoes, white rice and other high glycemic fruits are also responsible.

### ASSISTS IN BALANCING BLOOD SUGAR

**\*Arbonne Essentials Fizz Sticks** can be used between meals to curb appetite without elevating blood sugar. This effervescent drink is a combination of green tea, ginseng, essential B vitamins and herbs that have been clinically proven to boost metabolism and sustain energy naturally. They promote proper pH, which aids detoxification and are free of artificial sweeteners.

Recommend: Combine with 8-16 ounces of water and drink between meals

**\*Arbonne Essentials Daily Fiber Boost** enhances your daily dietary fiber intake with 12 grams of fiber that account for nearly half of the recommended daily amount. This flavorless blend of soluble fiber can be added to all foods and beverages, including the Protein Shakes. Fiber Boost is derived from fruit, grains and vegetables. In addition it soothes the colon, helps you feel satisfied longer and supports balanced blood sugar.

Recommend 1/2 to 2 scoops a day. Start with 1/2 and slowly increase

### BALANCED BLOOD SUGAR and YOUR HEALTH

*Scientists have established that anything that causes a rise in our blood sugar results in inflammation on a cellular level, and I believe that inflammation is at the basis of virtually every disease process such as cancer, Alzheimer's disease, heart disease, and wrinkled skin. In addition, when our blood sugar goes up rapidly and continually, the sugar can actually attach to the collagen in our skin, making it stiff and inflexible. When your collagen is cross-linked by sugar, you end up with stiff and sagging skin. I believe that 50% of aging of the skin is the result of this reaction" – Dr Nicholas Perricone*

## 5. Support Elimination Organs

It is nearly impossible to avoid the toxins we come in contact with on a daily basis. If toxins enter your body faster than they are removed, you will experience signs of toxicity. If, on the other hand, you give your body the support it needs to eliminate these toxins, it will perform optimally. All elimination organs need a “tune up” and proper maintenance. *This program would be incomplete if it did not support the body’s 7 elimination pathways: the liver, kidneys, intestines, blood, lungs, lymphatic system, and your largest detoxifying organ, your skin.*

### LIVER, KIDNEY, and INTESTINAL SUPPORT

**\*Arbonne Essentials Herbal Detox Tea** assists the daily cleansing of the liver and kidneys by helping the body to filter and clear toxins. This in turn regulates cholesterol, balances blood sugar and promotes weight loss. Many are unaware that liver dysfunction is more closely related to obesity than any other single factor. An overburdened liver is one of the reasons people plateau during weight loss.

Use: Drink one or two cups a day, hot or cold.

**\*Arbonne Essentials 7 Day Body Cleanse** Marine botanicals help cleanse and detoxify the system and support the liver, kidneys and gastrointestinal (GI) tract. Can add Fizz Sticks for improved taste.

Use: In Weeks 2, 3 & 4 Consume 2 packets on two consecutive days each week. To prepare: combine contents of 1 packet with 32 ounces of water and drink throughout the day. Make sure to drink an additional 32 ounces of water throughout the day. You will have 1 packet leftover, which you can consume 1 week after completing the plan. Alternately, you may consume 7 days in a row starting on Day 14.

### 26 Seconds

Your skin is your largest detoxifying organ. It is designed to both absorb nutrients and release toxins. Many people are very careful about what they put in their mouth but don’t consider the toxins they are putting on their skin every day. It takes only 26 seconds for the toxic ingredients in skincare to find their way into every organ of your body?

For over 30 years Arbonne has formulated botanically based skincare free of artificial dyes, fragrances, animal by-products and other chemicals that can enter your body and affect your health. Arbonne’s personal care products support a healthy lifestyle by reducing the number of toxins entering the body and reversing the damage caused by a poor diet. Ask your Arbonne consultant for a 3 day sample of Arbonne’s anti-aging skincare system. You’ll see and feel the difference in as little as 24 hours.

### SKIN SUPPORT

**\*Arbonne SeaSource Detox Spa Purifying Sea Soak** is a combination of rich mineral salts and trace elements found in Atoligomer®, a sodium-free, spray-dried seawater. Soaking 30 minutes in this bath of seawater literally draws toxins and heavy metals through the pores of the skin. Aches and pains will melt away and you’ll find yourself sleeping better at night. For thousands of years people have enjoyed the healing benefits of seawater.

Use: Place packet in bathwater and soak



# LET'S GET STARTED!

## Food Focus

Eliminate	Include
<ul style="list-style-type: none"><li>· Dairy</li><li>· Gluten</li><li>· Soy</li><li>· Peanut Butter</li><li>· Table Sugar, Honey, Maple Syrup and Artificial Sweeteners</li><li>· Coffee</li><li>· Alcohol</li><li>· All Fruit <u>EXCEPT</u> Limes, Lemons, Green Apples &amp; Berries</li><li>· Pork</li><li>· Farm Raised Fish</li><li>· Non Cage-Free Eggs</li><li>· Non Free-Range Chicken</li><li>· All Beef, other than grass fed</li><li>· White Potatoes</li><li>· Corn</li><li>· Nitrites</li><li>· MSG</li><li>· Vinegar</li></ul>	<ul style="list-style-type: none"><li>· Rice, Almond and Coconut Milk</li><li>· Brown Rice Millet</li><li>· Raw Almonds</li><li>· Legumes</li><li>· Stevia, Xylitol</li><li>· Green and Herb Teas</li><li>· Non Starchy Vegetables</li><li>· Organic Green Apples and Berries</li><li>· Cage-Free Eggs</li><li>· Wild Cold Water Fish (<i>due to possible mercury contamination limit fish to 1x per week</i>)</li><li>· Free-Range Chicken and Turkey</li><li>· Grass Fed Beef (1x per week)</li><li>· Almond Butter</li><li>· Sweet Potatoes, Yams, Turnips</li><li>· Avocado</li><li>· Olive Oil, Coconut Oil, Flaxseed Oil</li></ul>

## ADDITIONAL PRODUCTS TO OPTIMIZE YOUR HEALTH

**\*Fit Chews – Chocolate or Caramel** Our chews help control appetite and boost energy. Especially helpful for those who crave sweets, they help stabilize blood sugar. Use as a sweet treat after a meal or to help maintain metabolism and curb hunger between meals.

**\*Daily Power Packs for Men & Women** Daily packs containing 5 supplements with multivitamins, multiminerals, probiotics, and enzymes, along with bone and anti-oxidant formulas. 1 pack daily for men and women.

**\*Omega 3 Plus w/DHA** Complete 100% vegan Omega 3 with DHA essential fatty acids from plant, grain and fruits.

**\*Antioxidant and Immunity Booster** 3oz drink shot containing super fruit juices infused with antioxidant, immunity and energy ingredients.

**\*Calcium Plus with VitaminD** Helps promote proper bone structure & function. Contains easily absorbable citrate/phosphate.

**\*Joint Support** Supports healthy cartilage & connective tissue. Promotes joint flexibility and mobility.

**\*Women's Balance Support** Reduces hot flashes, mood swings and irritability. Clinically tested to calm, reduce restlessness and night sweats associated with menopause.

# A SAMPLE DAY

## Wake-up

Cup of Detox Tea  
Fizz Stick (if you need caffeine first thing)

## Breakfast

Protein shake made with water, coconut, rice or almond milk. Add fresh or frozen berries or veggies and 1 teaspoon of almond butter Add 1/2 to 1 Scoop Fiber Boost  
Take Arbonne Essential Power Pack

## Snack (optional)

Fizz stick, if you need something else: raw nuts, seeds, green apple, berries, teaspoon of almond butter, veggies & hummus. Ask your consultant for more options.

## Lunch (4 hours after breakfast)

A fist size of lean protein, non-starchy veggies, brown rice or other high fiber carbohydrates, a small amount of healthy fat or Protein Shake prepared as above

## Snack (see above)

## Dinner – 4 hours after lunch

Fist size lean protein, non-starchy veggies, brown rice or other high fiber carb, small amount of healthy fat

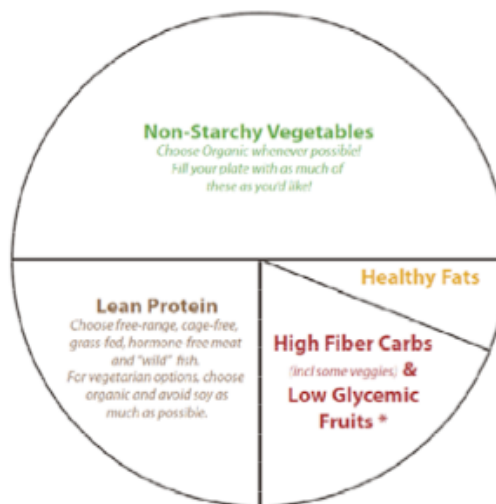
DO NOT EAT AFTER 7PM – HAVE A CUP OF DETOX TEA AFTER DINNER

## \*\*Recovery Shake\*\*

If you workout intensely for 1 hour or more, ensure you have a recovery shake within 30 minutes of completing your workout. You can add high glycemic fruits to this shake! Your next meal will be within 4 hours or when you become hungry. The recovery shake is in addition to the healthy meal plan.

## The Balanced Eating Circle

Creating a Hormonally Balanced Meal  
(Please refer to the Balanced Eating Portion Size Guide)



\*Moderate & High Glycemic Fruits allowed after workout or if not looking to lose additional weight

When planning your meals think of how you would place food on a plate.

## Portion Size Guide

**1/12 of the plate – Healthy Fats**

**1/2 of the plate = Non-Starchy Vegetables**

**1/4 of the plate = Lean Protein (fist size) or ARBONNE Protein Shake**

**1/6 of the plate= High Fiber Carbohydrates and Low Glycemic Fruits**

## WHOLE FOOD CHOICES

<b>LEAN PROTEIN</b>	ARBONNE Protein Shake; lean chicken; lean turkey; wild cold water fish (salmon, halibut, cod, mackerel, sardines); grass-fed, lean red meats (1x per week); lamb; game; cage-free and organic eggs
<b>HEALTHY FATS</b>	Raw nuts, seeds (no peanuts), macadamia nuts, freshly ground flaxseed, olive oil, olives, flaxseed oil, cod liver oil, avocado, coconut milk, almond milk, almond butter
<b>HIGH FIBER CARBS</b>	Raw nuts, seeds (no peanuts), macadamia nuts, freshly ground flaxseed, olive oil, olives, flaxseed oil, cod liver oil, avocado, coconut milk, almond milk, almond butter Squash (acorn, butternut, winter), artichokes, leeks, lima beans, okra, pumpkin, sweet potato or yam, turnips, legumes (black lentils, adzuki beans, cow peas, chick peas, french beans, kidney beans, lentils, mung beans, navy beans, pinto beans, split peas, white beans, yellow beans), brown rice, quinoa, hummus, millet
<b>FRUIT GLYCEMIC INDEX</b>	<b>Low GI:</b> Blackberries, blueberries, boysenberries, elderberries, raspberries, strawberries, sour green apple <b>Moderate GI:</b> Cherries, pears, apricots, melons, oranges, peaches, plums, grapefruit, pitted prunes, apples, avocados, kiwi, lemons, limes, nectarines, tangerines, passion fruit, persimmons, pomegranates <b>High GI:</b> (avoid during weight loss except after a workout) Bananas, pineapples, grapes, watermelon, mango, papaya
<b>NON- STARCHY VEGETABLES</b>	Arugula, asparagus, bamboo shoots, bean sprouts, beet greens, bell peppers, broad beans, broccoli, brussel sprouts, cabbage, cassava, carrots, cauliflower, celery, chayote fruit, chicory, chives, collard greens, cucumber, jicama (raw), jalapeño peppers, kale, kohlrabi, lettuce, mushrooms, mustard greens, onions, parsley, radishes, eggplant, endive, fennel, garlic, ginger root, green beans, hearts of palm, radicchio, snap beans, snow peas, shallots, spinach, spaghetti squash, summer squash, swiss chard, tomatoes, turnip greens, watercress

## HELPFUL NOTES

When you make your shopping list for the first week, start with the foods you already love. Ease into the program on food you are familiar with and enjoy eating. You WILL need to switch to cage free proteins, grass fed beef, organic high fiber carbohydrates, fruits and vegetables whenever possible. This way we are not ingesting toxins with the foods we eat.

Follow the meal plan provided when making your list; this makes it easier when going to the store the first time. A list keeps you on track, helps you remember everything you need and keeps you from feeling lost. This way if you need to ask for something, you know what it is and can ask for it by name.

### Helpful Websites

[www.wholefoodmarkets.com](http://www.wholefoodmarkets.com)    [www.traderjoes.com](http://www.traderjoes.com)    [www.sprouts.com](http://www.sprouts.com)    [www.foodforlife.com](http://www.foodforlife.com)  
[www.foodshouldtastegood.com](http://www.foodshouldtastegood.com)    [www.ushealthfoodstores.com](http://www.ushealthfoodstores.com) (find a store in your local area/state)

## WHOLE FOOD SHOPPING OVERVIEW

### BUY ORGANIC WHEN POSSIBLE

**Do your homework before you go. Refer to the Dirty Dozen, Clean 15 chart (available online)**

### LEAN PROTEIN

Organic cage-free, hormone-free and free-range meats are found in meat markets, health food stores or sometimes even at COSTCO. Only buy organic grass-fed beef and organic chicken. As for fish, purchase wild fresh fish. Free Range eggs come from hens that are allowed to grow and peck the ground. They are fed grain, seeds, and greens that contain a higher level of essential fatty acids than non-free range hens. Free range hens do not eat feed that has been treated with antibiotics and other chemicals.

### HEALTHY FATS

Use Extra Virgin Olive Oil (EVOO) in salad dressings and for low heat sautéing. Use Coconut Oil for high heat sautéing. Olive oil turns rancid (becomes toxic) under medium high heat, whereas Coconut Oil maintains its integrity when heated. Coconut oil is solid at room temperature. It is most often sold in jars alongside all the standard bottled oils. Avoid high-oleic safflower, corn and canola oils as they are highly processed. Enjoy small servings of avocado, coconut milk, olives, raw nuts and seeds.

### HIGH FIBER CARBS

**DRY PACKAGED** Legumes and grains such as brown rice are often packaged and sold in ethnic or health food sections of grocery stores. Trader Joe's even has vacuum-sealed packaged cooked brown rice (add diced veggies and EVOO for a delicious grain salad).  
**FROZEN** Look for cooked squash, artichoke hearts, lima beans and other vegetables.  
**CANNED** Watch out for high sodium and BPA. Read labels and compare beans, artichoke hearts (in water), organic soups and organic broths.  
**REFRIGERATED** hummus, salsa, rice tortillas, cooked lentils, grain salads and pesto.

### Why Grass Fed Beef?

Grass-fed beef is naturally leaner than grain-fed beef. The Omega 3 content in beef that feed on grass is 7% of the total fat content, compared to 1% in grain-only fed beef.

Grass-fed beef has the recommended ratio of omega 6 to omega 3 fats (3:1).

Grass-fed beef is loaded with other natural minerals and vitamins, plus it's a great source of CLA (conjugated linoleic acid) a fat that reduces the risk of cancer, obesity, diabetes and a number of immune disorders.

Meat production of non- grass fed beef includes hormones, tranquilizers, pesticides and antibiotics (40% of all the antibiotics produced in the United States are fed to animals). We eat those animals and those chemicals become a part of us. The overuse of antibiotics in our food production is one of the reasons antibiotic resistant diseases are on the rise.

# 7 SIMPLE STEPS TO GET STARTED

## 1. Day One

Weigh yourself and record your waist measurements  
(at belly button and 2" below belly button)

## 2. Go shopping and get prepared

Get rid of all the temptations in your cabinets and fill your kitchen with healthy choices.  
 Let your friends and family know what you are doing so they can support you for the 30 days!

## 3. Water is your best friend

Drink at least six 8oz. glasses of water per day. If you get hungry drink between meals, (Fizz, Detox tea, broths).

## 4. Eat every 4 hours

Snack only if hungry & snack smartly  
 An exception is the "after workout recovery" shake to nourish your muscles. If having an after workout shake, your next meal is when you feel hungry.  
 Do not go more than 6 hours without having a meal

## 5. Do not obsess!

Don't obsess over weight.  
 Only weigh yourself 1 time per week – NOT EVERYDAY!  
 Have only healthy cleansing foods in your home/office.

## 6. Do not over eat when eating meals.

Fill your plate with veggies. Add fist size protein and grains.  
 NO SECOND SERVINGS! Take your time eating.

## 7. Track your success.

Write a food journal daily and keep a personal journal on how you feel each day. Keep track of your weight loss once a week.  
 Try on clothes that were tight in the past.

### Q+A

#### I am hungry.

Make sure you are getting a fist size of protein at every meal.  
 If your protein source is a shake, make sure you eat an abundance of non-starchy vegetables.  
 Make sure you are drinking enough water  
 Drink your snacks – have some water with fiber, Fizz, Detox Tea or vegetable broth

#### I am not losing weight.

Some people will not lose any weight until the third week – Stay with it!  
 Be sure you are not loading up calories in your shakes.  
 Eat plenty of non-starchy vegetables

#### Why do I feel bloated after my shakes?

Sprinkle a Packet of Digestion Plus in your shakes  
 Reduce the amount of Fiber Boost you are using

#### I am losing weight and don't want to.

Add more calories and fat to your shakes  
 Eat any fruit you desire  
 Add a starchy carbohydrate to your meals (brown rice).  
 Put an extra scoop of protein in your shakes

#### I am constipated.

Make sure you are drinking enough water throughout the day at least eight 8 oz glasses.  
 Make sure you are getting enough vegetables  
 Don't skip your Digestion Plus or Power Packs.  
 Add ground flax seed and seltium  
 Try Arbonne's Herbal Colon Cleanse

#### Do I need the Multi/Vitamin Power Pack?

Yes! The process of detoxifying can make you feel sluggish, physically and mentally. It's not unusual to feel worse before you feel better. The nutrition and digestive support you will receive from these Power Packs will assist your body in eliminating toxins at a more rapid rate.

# Recovery Secrets: The Importance of Post-Workout Nutrition

April 3, 2009

Written by Lanty O'Connor

Refueling the muscles after a workout is essential for any athlete looking to maximize gains and prepare for the next workout. If your muscles are not receiving the correct macronutrients, in the correct amounts, at the correct time, you are losing out on better performance. My experience is that most people don't properly refuel after a workout. Usually one (if not more) of three things happens:

- Nothing is consumed after a workout
- The wrong things are consumed after a workout
- The timing of the recovery is incorrect
- 

So here's what you need to know about post-workout nutrition:

First, let's briefly discuss some exercise physiology. Glycogen is a major fuel source during a workout. Glycogen is stored in the muscles and in the liver. The more highly trained an individual is, the more glycogen that is stored in the muscles. After a work-out, the glycogen reserves are highly depleted. Additionally, protein breakdown is also high after a workout. In a 1980 article it was discovered that protein is used for fuel at a much higher rate than is generally assumed. This means that after a workout, the body is in a depleted, catabolic state.

So how do we deal with this state of depletion and catabolism? The answer is insulin. Insulin is the master recovery hormone. High-glycemic index carbohydrates will maximally stimulate insulin to begin the process of refueling the muscles.

The timing of what you consume after a workout is essential. We know that glycogen levels are low and protein breakdown is high after a workout. It has been demonstrated that there is a window of 30 minutes after exercise that is optimal for refueling. During that time period, the body is most able to recover. Ingestion of carbohydrates during the 30 minute window maximally increases insulin levels which promotes glycogen restoration. Additionally, increasing levels of insulin after exercise increases an optimal hormonal environment and can serve as a potent stimulator of protein synthesis.

# POST PROGRAM

## After the 30 days

Introduce the restricted foods (i.e. gluten, wheat, dairy) back into your diet slowly; one food at a time. Within 30 minutes to an hour you may determine the effect it has on your body. Some have no impact, others may make you irritable, disrupt your stomach, make you fatigued, cause congestion or body aches. Weigh yourself the next morning. Your body reacts to allergenic foods by filling your tissues with water, thus the weight gain. As you begin to gain an understanding of what the various foods do to your system through an isolated introduction, you will be able to choose the most optimal food for your fuel.

## Adopting a whole food lifestyle

It is not expected for people to follow the plan permanently. Although focusing on eating whole foods and balanced meals of lean protein, carbohydrates and non-starchy vegetables is highly recommended. The objective of the program is to help you obtain a healthy lifestyle and help users understand the impact food has on our bodies.

### Follow an 80/10/10 Philosophy for lasting results

80% of the time follow this plan's principles  
10% of the time stray slightly (perhaps a slice of pizza or a dinner roll)  
10% of the time FORGET IT (think vacation!)

## Special Delivery

It's simple to maintain your newfound health by signing up for Arbonne's Special Delivery Program. You choose the day you want your products delivered and you'll receive your monthly maintenance order every 30 days without ever having to leave your home, put gas in your tank or even pick up the phone. You may change or cancel your order at any time.

## Sharing with others

When you start experiencing improved health, mental clarity, emotional balance and physical fitness you'll naturally share your results with others. Your new healthy lifestyle has the potential of creating a residual income for you and your family. Ask the person who shared this packet with you to tell you more.

# Recipes

## Section 1: Shake Recipes

### The Basics of How to Make a Shake

2 Scoops Arbonne Protein (Chocolate, Vanilla or both)  
1/2 to 1 scoop Fiber Boost  
Ice (optional)  
8-10oz water or coconut, almond or rice milk  
*If you get hungry between shake meals, add a fat to you basic shake like:*  
*Almond butter, 1T ground flax, coconut oil*

### Chocolate or Vanilla Berry Shake

2 Scoops chocolate or vanilla protein powder  
1/2-1 scoop fiber boost  
1/4 cup frozen strawberries or mixed berries  
8-10oz water or coconut, almond or rice milk

### Chocolate or Vanilla Almond Shake

2 Scoops chocolate or vanilla protein powder  
1/2-1 scoop fiber booster  
1 tablespoon almond butter  
8-10oz water or coconut, almond or rice milk  
Ice

### Chai Shake

1 scoop chocolate protein  
1 scoop vanilla protein  
1/2-1 scoop fiber  
1/2 tsp pumpkin pie spice  
8-10oz water or coconut, almond or rice milk  
Ice

### Pumpkin Pie Shake

2 scoops vanilla protein  
1/2-1 scoop fiber  
4 oz pumpkin puree  
1 cup almond milk  
pumpkin pie spice  
1T pecans  
Ice

### Savory Shake

Heat any veggies (broccoli, zucchini, cauliflower, squash). Puree. Add protein powder, fiber, cooked grain, whole grain milk or broth. Blend.

### Strawberry Basil Shake

2 Scoops vanilla protein powder  
1/2-1 scoop fiber boost  
1/4 cup frozen strawberries  
6 basil leaves  
juice of 1/2 lemon  
8-10oz water or coconut, almond or rice milk

### Green Apple Shake

2 Scoops vanilla protein powder  
1/2-1 scoop fiber boost  
1/2- 3/4 cut up apple  
dash of cinnamon  
8-10oz water or coconut, almond or rice milk  
Ice

\*\*Optional Add-ins: cinnamon, organic extracts (almond, orange, etc), spinach, kale, celery, cucumber (you don't taste the veggies)

\*\*\*No special blender is necessary for any of these recipes or add-ins. Use what you have!

## Benefits of Using Coconut Milk in Protein Shakes

### Helps the body maintain blood sugar levels

Poor glucose tolerance may mean a deficiency of manganese in the body. Coconut milk is an excellent source of this essential mineral.

### Keeps blood vessels and skin elastic and flexible

The mineral copper is critically important for many bodily functions. Together with vitamin C, it helps keep blood vessels and skin elastic and flexible.

### Assists in Weight Control

Medium chain fatty acids in the coconut milk (MCTs) are used in the body for energy, as opposed to long chained fatty acids (LDTs), that are stored as fat. Medium chain fatty acids create "thermo genesis" in the body which increases metabolism and burns energy.



## Section 2: Whole Food Recipes

(alphabetical Order)

### 3 Egg Omelet with Beans, Bell Pepper and Onions

Crack 3 eggs into a bowl, beat well. In a skillet (preferably cast iron), sauté onions and bell peppers until soft and fragrant. Add a scoop of your premade beans, heat through. In a non-stick skillet, heat some EVOO. Add beaten eggs; allow egg to cook on the bottom and around the sides. Add bean, pepper and onion mixture to one side of the eggs and then fold over the other side on top. Allow to cook for 1 minute more. If you wish, serve with some salsa on top.

### Baby Greens, Pecans, Apple and Chicken Salad

Top a bed of baby greens with chopped pecans, apples and some leftover roasted chicken. Toss with EVOO & lemon juice, season with salt and pepper.

### Brown Rice Sushi

(You can do it!) In nori sheet, roll rice, seared ahi, avocado, sesame seeds.

### Butternut Squash Soup

Boil peeled and cubed butternut squash in organic chicken broth. When soft and mushy blend squash and broth in a blender until smooth. Put mixture back on the stove top and add coconut milk until creamy. Add sea salt, pepper, and cayenne pepper to taste.

### Chicken and Rice Soup (Homemade Stock)

1. Trim the meat off leftover roasted chickens and set aside in a bowl (reserve half for soup and the other half for salad).
2. Place all bones, skin and “inedible” chicken parts from both chickens in a big pot.
3. Remove saved pan drippings from fridge, all the fat will have floated to the top. Scrape off with a spoon, either discard or you can save in the freezer to use for savory pie crusts at another time. Place the remaining pan drippings in the pot, they will be very gelatinous, this is normal.
4. Add one large chopped onion, 2 chopped celery sticks, 2 chopped carrots, 1 bay leaf and about 6 black peppercorns. Cover contents of pot with water; bring to a boil and then turn down to a simmer. Allow to simmer all day or at least several hours. (can also use a crockpot on low 24 hrs)
5. Drain off bones, etc. You are left with a delicious, nutritious broth. Salt to taste, add carrots, celery, the leftover chicken and brown rice. Boil until veggies and rice are cooked. You can also use this broth as a base for a butternut squash soup.

### Chicken Vegetable Brown Rice Soup

Can or cooked organic chicken  
Organic chicken broth (fresh, canned or bouillon cubes). Add brown rice (cook until soft). Fresh vegetables (carrots, onions, green beans, etc).  
Cook until brown rice is soft.

### Coconut Chicken, or Fish

1 tbsp of sesame oil  
3 cloves of garlic, chopped into small pieces  
1 shallot, chopped into small pieces  
1/2 medium white onion, chopped into small pieces  
(Note: You can buy these 3 already chopped together at Trader Joe's)  
2 boneless organic, free range chicken breasts OR wild fish filets  
2 large bunches of organic broccoli  
Organic coconut milk  
Sea salt

In skillet, on medium heat, put in sesame oil and let heat up and then add garlic, shallot and white onion pieces. Cook until onions start to caramelize. Take out of skillet and set aside. Place protein into skillet you used to cook initially and if they are thick, filet them (cut them open and spread out), sprinkle sea salt lightly over them and cook on medium heat.

Add 1/4 can of organic coconut milk and let protein cook and turn frequently. When starts to cook through, place another 1/4 can of organic coconut milk over the top of cooking chicken.

Put the garlic, shallot, onion mixture on the top of the chicken and let the milk cook down until it is absorbed into the meat. Keep turning frequently until chicken is no longer pink and reduce to lower temperature while you are preparing rice/quinoa and broccoli. Fish, shrimp and scallops are generally faster cooking.

Steam broccoli until done. Serve chicken and broccoli with a 1/2 cup of brown rice or quinoa. For extra flavor, you can add a small amount of Bragg's to the rice or quinoa.

### Dill Salmon with Stir-Fried Veggies and Brown Rice

Put the frozen package of salmon in the fridge the morning you want to cook it and it will defrost safely. When ready to cook, season the fillets with a little bit of dill and fresh lemon or lime. While I am not big on non-stick pans, this is one thing I do use a nonstick pan for. I heat up some olive oil, then I put the salmon fillets in “upside down” (purchase salmon with skin on), cover the pan and cook for about 5 minutes, then flip the salmon and cook for another 5 minutes, on medium to high heat. This is wonderful with some stir-fried vegetables and brown rice.

### **Falafel Salad**

3 cups well cooked chickpeas; (2-15 ounce cans)  
drained well  
1/2 tsp salt  
1/4 tsp cayenne pepper  
1 tsp dry parsley 1/2 tsp garlic  
2 medium eggs 1/4 cup rice flour

Drain the chickpeas and place them in a large bowl. Use a potato masher to mash the beans. They taste best if they aren't too smooth so be sure to leave them a little chunky. Add the salt, cayenne pepper, parsley, garlic powder and eggs. Mix everything together until you have a sticky mass. Add the rice flour and mix again.

Generously oil a cookie sheet. Using about 2 tbsp per falafel, shape the mixture into small patties. Arrange the patties on the well oiled cookie sheet. Flip each patty over so that it is lightly coated with oil on each side. Bake at 450 degrees for about 20 minutes. Check them after 15 minutes, but they will probably need another 5 minutes to be good and brown.

Serve falafels over a bed of baby greens with cucumber, cheery tomatoes and some fresh chopped dill. Toss with EVOO & lemon juice, season with salt and pepper.

### **Fennel Salad**

1-2 bulbs. chopped, slivered almonds or pecans, green onion, fresh cranberries, EVOO, lemon, salt and pepper

### **Firecracker Shrimp Serves 6**

This shrimp is spicy and vibrantly flavored with a fiery almond pesto made from cilantro, jalapenos and scallions. It's a quick flash in the pan before you're ready to enjoy this delicious dish.

1 bunch cilantro, stems removed 1/3 cup sliced or whole almonds 3 tbsp olive oil  
2 tsp ground cumin  
6 green onions, roughly chopped  
3 cloves garlic  
2 jalapeno peppers, seeded and halved  
2 lbs. medium to large shrimp, peeled and deveined  
2 tbsp lemon juice  
Salt to taste  
1 small avocado, thinly sliced  
6 cherry or grape tomatoes, halved

Set aside 6 sprigs of cilantro for garnish. Put remaining cilantro, almonds, 2 tbsp of the oil, cumin, green onions, garlic, jalapenos, and 1/4 cup water in the bowl of a food processor or blender and puree until a smooth paste forms, about 1 minute.

**Firecracker Shrimp (cont)** Arrange shrimp in a wide, shallow dish and spread cilantro paste over them. Cover dish with plastic wrap and refrigerate for at least 1 hour.

Heat remaining 1 tbsp oil in a large skillet over medium high heat. Add shrimp and cook, stirring constantly, until pink and cooked through, about 4 minutes. Add lemon juice and salt, and stir a few more times to scrape up any browned bits.

Transfer shrimp to a platter and garnish with reserved cilantro.

### **Fried Rice**

Sauté spinach, mushrooms, onions, broccoli, and carrots. Add 1/2 cup cooked brown rice. Scramble one egg into side of frying pan. Add pine nuts.

### **Garbanzo Bean Salad**

Mix drained cooked garbanzos, veggies, EVOO, lemon, salt and pepper.

### **Huevos Rancheros**

Fry or scramble 2 eggs. Serve over a bed of warmed pinto beans, top with salsa and avocado.

### **Jicama Salad**

1 large jicama root, julienned (long thin slices) 1 red bell pepper, julienned  
1/2 red onion, diced  
Napa cabbage cut into thin strips  
Fresh cilantro chopped Juice of 1 lime  
Sea salt to taste

If you like a little bite, you can add some jalapeno or Serrano peppers which are diced.

### **Marinara Meat Sauce with Brown Rice Pasta**

EVOO  
1 green bell pepper, chopped  
1 yellow onion, chopped  
1 pound of organic grass fed ground beef 1 jar marinara sauce  
Brown rice pasta

Boil large pot of water. Heat EVOO in a deep dish skillet; add onion and bell pepper, sauté until soft. Add ground beef and brown. Add marinara sauce. Heat through and allow to simmer. Once water comes to a rolling boil, add pasta and cook according to package directions. Drain pasta and toss with sauce. Serve with a baby greens salad.

### **Mexican Salad**

Romaine lettuce, tomato, green onion, olives, avocado, kidney beans, (jalapeno), EVOO, cilantro, avocados, and tomatoes.

### **Homecooked Beans**

Soak beans overnight in water. Rinse beans, cover with water, (about 2" above beans) and cook 6-8 hours on low in crock pot. Alternatively, if you own a pressure cooker you can cook at pressure for 11 minutes. Drain off excess water; add some oregano, salt, pepper and olive oil. Refrigerate in an easily accessible container.

### **Quinoa Salad Over Mixed Greens**

Cook 1 cup quinoa to 2 cups organic chicken broth (bring to boil, simmer 20 minutes). Cool. Add EVOO, sea salt, cracked pepper to taste. Add diced green apple, chopped tomato.

### **Rice Cereal**

Boil water as directed on rice cereal box. Add rice and frozen blueberries. Cover and simmer for a couple minutes. Turn off heat source and continue to steam for 5 minutes. Blend almond milk with 1 scoop of protein and 1 scoop of fiber in blender. Mix in rice cereal and enjoy!

### **Roasted Chicken**

1. Use a large baking dish, like one you would bake big lasagna in. Put 2 chickens in the dish side by side, breast up. Make sure to remove the organs they put inside the bird, (you can feed to dogs raw but most people will probably throw them out).
2. Stuff the inner cavity of the chickens with celery and carrot sticks. Drizzle the outside with olive oil, season with salt and pepper.
3. Bake at 325 for 3 hours.
4. Remove chickens from oven; put each chicken on a plate.
5. Put pan drippings in a glass bowl, cover and refrigerate.
6. Serve slices of chicken breast with your favorite sides. Our family enjoys a big salad.
7. Cover leftover chickens with foil and refrigerate
8. Make homemade bone broth using bones (See homemade stock)

### **Split Pea Soup with Brown Rice**

In a big pot, combine 1 cup washed split peas, grated carrot and potato, chopped celery and onion, water (can use chicken broth) to cover plus an inch, salt. Bring to a boil. Simmer until peas are soft and soup is thick.

### **Stir Fry**

Use chicken, shrimp, filet (lean steak)  
Small amount of grapeseed or coconut oil  
Stir fry fresh vegetables (mushrooms, bell peppers, broccoli, squash, and bean sprouts)  
Optional seasonings: herbs, lemon, lemon zest, ginger, Braggs liquid Aminos

### **Turkey Burgers**

Season 1/4 pound of lean turkey meat with salt and pepper (can add chili flakes for a "kick"). Mold into patties and cook in frying pan about 5 minutes on each side. Meanwhile, sauté sliced mushrooms.

Place 2 large iceberg lettuce leaves on plate. Layer patty, mushrooms, sliced red onion, avocado, and tomatoes. Wrap with lettuce and enjoy.

### **Turkey Chili**

- 1 1/2 tsp oil
- 1 pound ground turkey
- 1 onion, chopped
- 2 cups water
- 1 (28 ounce) can canned crushed tomatoes
- 1 (16 ounce) can canned kidney beans – drained, rinsed and mashed
- 1 tbsp garlic, minced
- 2 tbsp chili powder
- 1/2 tsp smoked paprika
- 1/2 tsp dried oregano
- 1/2 tsp ground cayenne pepper
- 1/2 tsp ground cumin
- 1/2 tsp salt
- 1/2 tsp ground black pepper

Heat the oil in a large pot over medium heat. Place turkey in the pot, and cook until evenly brown. Stir in onion, and cook until tender.

Pour water into the pot. Mix in tomatoes, kidney beans, and garlic. Season chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper. Bring to a boil. Reduce heat to low, cover and simmer 30 minutes. Top with slices of avocado.

**Many more recipes can be found on**  
**[www.facebook.com/healthyandfit2012](http://www.facebook.com/healthyandfit2012)**