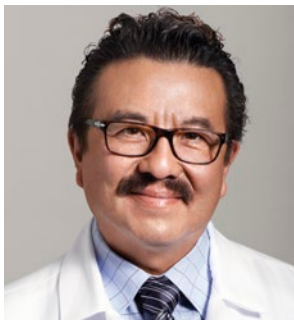




Arbonne 30 Days to Healthy Living and Beyond Support Guide



Letter From Dr. Peter



We're so excited to share the 30 Days to Healthy Living and Beyond Support Guide. Today more people are realising the importance of a healthy diet, exercise and supplementing with critical nutrients. This collection of products and support guide are designed to do just that: support your health goals so you can live a healthier, happier lifestyle.

Arbonne Essentials[®] can help you accomplish your goals and get on the path to healthier living, which is why I'm thrilled you took the first step with our 30 Days to Healthy Living and Beyond. Everybody has their own view of what healthy living means — having more energy, losing weight, incorporating good eating habits, or improving self-esteem and happiness. Whatever your reason, this is a great starting point to work toward your goals.

We created this product collection and Support Guide to take the guesswork out of making healthy choices. This guide provides important information about Arbonne nutrition products, healthy foods, diet, and other aspects of health and wellness. The 30 Days to Healthy Living and Beyond product collection provides the right combination to give you the proper nutrients to set you up for success.

Here's to a healthier, happier you!

In good health,

A handwritten signature in black ink that reads "Peter Matravers".

Peter Matravers
Chief Scientific Officer
Arbonne International



The information provided in this 30 Days to Healthy Living and Beyond Support Guide is presented for educational purposes only and should not be used in lieu of advice from your doctor or other qualified healthcare provider. Results from the use of Arbonne products vary depending upon individual effort, body composition, age, eating patterns, and exercise. If you have a medical condition or are pregnant or breastfeeding, Arbonne recommends that you consult with your healthcare professional before starting an Arbonne product regimen.

Arbonne **IS** Healthy Living

Healthy living is all about making the right choices. Critical to making healthy decisions is having knowledge about the foods you are eating, engaging in activity, and supporting your diet with premium Arbonne nutritionals that follow a rigorous ingredient policy that is vegan. Having more energy and vitality, feeling more engaged in life, and being happier can start with making a few small changes in your daily habits and engaging in self-education. Healthy living doesn't have to be complicated.

The Arbonne Essentials, 30 Days to Healthy Living and Beyond Support Guide is a tool that you can use to help you on your journey.

FOCUS AREAS

1. ARBONNE NUTRITIONALS
2. FOODS
3. HEALTHY EATING/COOKING
4. EXERCISE

Additional Considerations

DIGESTIBILITY

Digestibility of products consumed can be important, as the ability to easily breakdown foods can result in the body using the nutrients more efficiently and potentially even more of the beneficial nutrients being used. Good digestibility can also help ensure that there are no side effects of poor digestion such as gas, bloating or constipation.

ABSORPTION/BIOAVAILABILITY

Bioavailability is the extent to which an ingested substance becomes available to the desired tissue. The bioavailability of a nutrient is critical because if a nutrient is not bioavailable, it can pass through the body without contributing any positive benefit to the individual. When a nutrient is highly bioavailable, the body can then utilise much more of it, which is crucial to support health and wellness.

ALKALINITY

Certain foods and beverages can be acidic. While the body has a system in place to help support a balanced pH, foods like fruits and vegetables have an alkaline pH.

STRESS

Science has shown that stress can cause the release of a hormone called cortisol, which can have detrimental effects, even in a very healthy person. Eating healthy, exercising, managing stress, and supplementing your diet with the nutrients you need to support optimal health and wellness may help support stress relief.

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30 Days to Healthy Living and Beyond

You've just made a life-changing decision. Now it's time to begin your path to a happy, healthy you. Arbonne Essentials, products are formulated to help you get the results you're looking for and to help support your journey to a healthier you.

The Arbonne Essentials 30 Days to Healthy Living and Beyond Set comprises products that deliver many key nutrients like protein and fibre.

Arbonne Nutrition Products

Why Arbonne Essentials® Are Your Best Choice

We leave out the bad stuff, and they taste amazing.

- Vegan-certified, no animal ingredients
- No artificial colours, flavours or sweeteners
- No trans fat
- No high fructose corn syrup
- Standardised plant extracts
- Kosher-certified products



Formulated Without Gluten

Gluten is a protein found in wheat and wheat derivatives but may also be found in rye, barley, malts and oats. Many processed foods, sauces, seasonings, flavourings and even beer and licorice contain gluten.

More and more individuals without coeliac disease are also reporting sensitivities to gluten and making the decision to avoid products with this wheat protein.

NOTE: See p. 14 for tips for minimising gluten.

Standardised Plant Extracts

Single botanicals can have many different bioactive ingredients, each with a different benefit. When standardised extracts are used, it means we have selected a specific phytonutrient from the botanical and have specified an exact amount of the bioactive to be delivered in each dose of the product ensuring you get the same level of benefit every time.

Natural Colours, Flavours and Sweeteners

Arbonne Essentials products are formulated with natural sweeteners such as unrefined sugar cane, agave nectar and the herbal sweetener stevia. In addition, Arbonne uses only naturally derived flavours and colours in our formulations.

30 Days to Healthy Living and Beyond Products



Meal Replacement Shakes

These delicious plant-based protein shakes contain 20 grams of plant protein, and essential vitamins and minerals for targeted benefits. It's enough protein to help you feel satisfied and a broad spectrum of amino acids to support muscles.

- Vegan-certified
- No dairy or soy proteins
- No artificial colours, flavours or sweeteners
- No cholesterol or trans fat
- Formulated without gluten
- Kosher-certified

30 servings

Chocolate #2069; \$119 AU | \$137 NZ
Vanilla #2070; \$119 AU | \$137 NZ

Protein Shake Mix

Do the daily shake with delicious, nutritious, perfectly balanced chocolate or vanilla Protein Shake Mixes. Provides 20 grams of vegan protein to help support muscles, delivering essential amino acids.

- Vegan-certified
- No dairy or soy proteins
- No artificial colours, flavours or sweeteners
- No cholesterol or trans fat
- Formulated without gluten
- Kosher-certified

30 servings

Chocolate #2057; \$106 AU | \$122 NZ
Vanilla #2979 ; \$106 AU | \$122 NZ



Herbal Tea (2 boxes)

A delicious, mild, caffeine-free herbal tea with 6 botanicals.

- Formulated without gluten

20 tea bags

#2076; \$23.50 AU | \$30 NZ



Daily Fibre Boost

Most people don't get enough fibre to meet the recommended 30 grams per day. Daily Fibre Boost provides a convenient and seamless way to get 12 grams of fibre, 40% of the daily requirement with each serving. This heat-resistant blend of grain, fruit and vegetable fibres can be added to hot or cold foods, drinks, and even baked goods to boost fibre intake and help support gastrointestinal health and satiety.

- Formulated without gluten
- Perfect addition to Arbonne Essentials® Meal Replacement Shakes
- No cholesterol or trans fat
- Kosher-certified

30 servings

#2075; \$54 AU | \$62 NZ



Energy Fizz Sticks

Energy Fizz Sticks support energy with vitamins and botanicals. B vitamins help support energy-yielding metabolism and targeted botanicals like green tea, guarana, and ginseng, deliver a modest boost of energy.

- Formulated without gluten
- Only 15 calories per serving
- Only two grams of sugar
- Quick dissolving powder
- No artificial colours, flavours or sweeteners

30 stick packs

Pomegranate **#2079; \$71 AU | \$81 NZ**

Citrus **#2077; \$71 AU | \$81 NZ**

Visit arbonne.com for more information, videos, testimonials, Q&A, and helpful information from our Arbonne nutritional leaders.

Other Recommended Products

Formulated Without Gluten

Arbonne Evolution®

Arbonne Evolution is a weight management system** that delivers clinically studied ingredients through easy to use products to support your health and wellness goals.

Using Arbonne Evolution products in conjunction with a healthy kilojoule-controlled diet and regular exercise helps support weight management** and in turn helps support better health, happiness and improved self-confidence and energy.

Full Control

Full Control contains the unique soluble fibre glucomannan from the konjac root, which expands when mixed with water. Mix one scoop of this great tasting watermelon-kiwi flavoured powder with a glass of water and drink 30 minutes before eating to feel full. Glucomannan is clinically studied to support weight management** and makes it easy to support your health goals. Additionally, glucomannan and magnesium deliver a variety of additional health benefits.

- Glucomannan helps you feel full to support weight management** when used in conjunction with a healthy kilojoule-controlled diet and regular exercise

90 servings

#6210; \$90 AU | \$103 NZ



Metabolism Support*

Metabolism Support contains Green Coffee Bean extract a major source of chlorogenic acid shown in studies to help support weight management when combined with a calorie controlled diet and regular exercise.

- Helps support metabolism
- Helps promote thermogenesis
- Kosher-certified

60 tablets

#2618; \$80 AU | \$92 NZ



Set Special

Arbonne Evolution Set

Start off your weight management** regimen right with this dynamic duo. Save 10% when you buy Metabolism Support and Full Control. A \$169 AU | \$194 NZ value, for **\$152 AU | \$175 NZ. #6121**

*Always read the label and use only as directed.

**Weight management takes time and effort to be successful. People should seek professional advice on diet, exercise and lifestyle changes. Individual results may vary.

Download the Arbonne Evolution Weight Management Program Guide to submit your own Before and After story and share your Evolution with the rest of the Arbonne family.

More Arbonne Essentials® Products



Protein Snack Bars

Raise the bar on snacking! Delicious Arbonne Essentials Protein Snack Bars contain 10 grams of plant-based protein, 4 grams of fibre, and both pumpkin and sunflower seeds. We use non-dairy chocolate in our Dark Chocolate & Sea Salt Flavour, and real dried fruit in our Cranberry & Pumpkin Seed.

- 10 grams of protein
- 4 grams of fibre
- No artificial colours, flavours or sweeteners
- Only 5 grams of sugar

10 bars

Dark Chocolate & Sea Salt Flavour **#6097; \$38 AU | \$43 NZ**
Cranberry & Pumpkin Seed **#6098; \$38 AU | \$43 NZ**



Greens Balance

Greens Balance makes getting healthy easy with its spectrum of proprietary colour blends and whole fruit and vegetable concentrates — delivers antioxidants and phytonutrients to have a more balanced, healthier diet every day.

- Formulated without gluten
- Low allergen potential
- Each scoop increases total daily intake of fruits and vegetables
- Supports healthy acid and alkaline (pH) balance*

*In the context of an alkalisating diet that is rich in fruits and vegetables

30 servings

#6232; \$65 AU | \$74 NZ

Getting Started

Healthy Living at a Glance

STEP 1

Eliminate common allergens and non-healthy ingredients.

- Wheat/gluten
- Dairy
- Refined sugar
- Alcohol
- Soy
- Corn

FILLING YOUR PLATE

Veggies: 1/2 of your plate with greens like kale, spinach, broccoli, asparagus

Lean Protein: 1/4 of your plate with legumes, lentils and if you eat meat, wild fish, chicken or turkey

Complex Carbs: 1/8 of your plate with brown rice, quinoa, beets, sweet potatoes, carrots or millet

Good Fats: 1/8 of your plate with seeds, nuts, nut butters, nut oils, olive oil, avocado, flax, grape seed oil, coconut oil

STEP 2

Eat regular, healthy meals throughout the day.

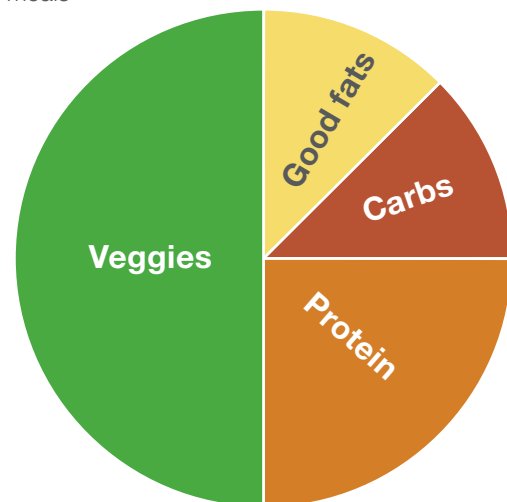
1. Morning: healthy meal or meal replacement shake*
2. Lunch: healthy meal or meal replacement shake*
3. Dinner: healthy meal

NOTE: It's best to eat all meals before 7 p.m.

STEP 3

Eat in the proper portions.

- Veggies
- Protein
- Complex carbs
- Fats



WHEAT / GLUTEN

Remove:

- Pasta
- White rice
- Bread
- Cereal

Replace with:

- Brown rice
- Quinoa
- Amaranth
- Brown rice pasta

DAIRY

Remove:

- Milk
- Cheese
- Yoghurt
- Butter

Replace with:

- Almond milk
- Rice milk
- Coconut milk
- Nutritional yeast

PROCESSED FOOD

Remove:

- Boxed and packaged food
- Pre-manufactured food
- Fast food
- Frozen dinners

Replace with:

- Locally grown, seasonally available fruits and veggies
- If you eat meat: Free-range, grass-fed, hormone-free meats

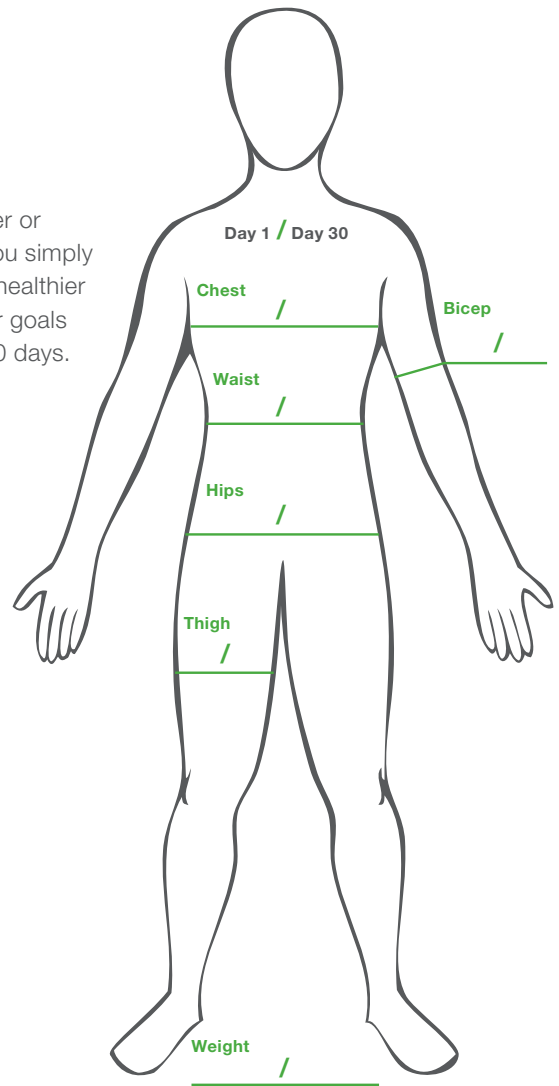
*Arbonne Essentials Meal Replacement Shakes are not a total diet replacement. Do not exceed 2 shakes a day.

Your Profile

Establish your *Why* and write it down: If you just want to feel healthier or have more energy each day for work or recreation, write that down. If you simply feel that you want to improve your lifestyle, eat better and start making healthier choices, then write that down. The more specific you can be about your goals now the better you will be able to track your progress during the next 30 days.

Insert before picture

Insert after picture



Contact Information

Name _____

Arbonne ID _____

Email _____

Phone _____

Chest — Measure around the largest part of your chest.

Bicep — Measure midway between the top of your shoulder and elbow.

Waist — Measure approximately 2.5 cm above your belly button.

Hips — Measure around the largest part of your buttocks with your heels together.

Thigh — Stand with your legs slightly apart. Measure your upper leg where the circumference is largest.

Starting Info

(Complete on Day 1)

Why are you starting this plan today?

What does being fit mean to you?

How do you feel today?

How do you want to feel in 30 days?

Ending Info

(Complete on Day 30)

Did you accomplish your goal(s)?

Do you feel more fit?

How do you feel overall?

Setting Goals

Understanding what your goals are is one of the things that will help you to take the necessary action to work toward those goals. Imagine goals as being a target; without a target you have nothing to aim at. Below is an area for you to list your goals:

Goal #1

Why is this important?

Goal #2

Why is this important?

Goal #3

Why is this important?

What do you need to do to achieve your goals?

Goal #1

Goal #2

Goal #3

Name a few obstacles to achieving these goals:

Goal #1 Obstacle

Goal #2 Obstacle

Goal #3 Obstacle

List a few changes/short-term goals that will start you off:

1.

2.

3.

4.

5.

Helpful Hints

- 1. Stay Hydrated** — Water is critical for optimal physiologic function and healthy living. Dehydration can have many negative side effects and leave you feeling less than ideal. Drinking plenty of water is also essential for processing nutrients and maintaining a proper fluid balance. A good rule of thumb is to drink 8 glasses of water per day.
- 2. Slow Down** — It takes time for the brain to tell the body that it's full, so when you eat quickly you may overeat and not even realise it. Slow down and listen to when your body says it's full. Listening to this will help you reduce your kilojoule intake and will help support weight management. Additionally, eating food slower will help support proper digestion.
- 3. Avoid Refined Sugar** — Sodas and sweetened beverages can have anywhere from 17–50+ grams of sugar per can/bottle. This can have a negative impact on blood sugar levels, can lead to a sugar crash, and sugars when over consumed can be converted to fat and stored in the body. Many health professionals lay some of the blame for the high incidence of diabetes and obesity to over consumption of sodas and sugary snacks. Also look for natural sweeteners like stevia, and unrefined sugar cane. Stay away from high fructose corn syrup, and high sugar foods and beverages.
- 4. Snack Healthy** — While we recommend avoiding snacking in the first 30 days, we know it can be difficult to avoid at times, so when snacking it's important to make healthy decisions. Foods with no nutrient value only deliver sodium, fats, carbohydrates and empty calories. Get used to choosing fruits, nuts and vegetables for snacks.
- 5. NOTE: See p. 13 for healthy snack recommendations.**
- 6. Exercise** — Light activity is good for you. Just 30 minutes of raising your heart rate even a little will support your weight management goals, give you more energy, and help you enjoy life a little more. Exercise doesn't have to be strenuous; it just has to elevate your heart rate for a sustained period of time, so choose an exercise that fits your activity level. Take a walk around your neighbourhood or jog at a local park. Either way, you're supporting a healthier lifestyle, and your efforts will be rewarded.
- 7. Get Some Rest** — Sleeping is a time when the body repairs and restores itself; many different processes are at work during sleep that are not happening when you are awake. Not enough sleep can result in low energy and a less positive outlook when it comes to everyday life. Be sure you get the right amount of sleep to help you feel rested, energetic and clear-headed. Remember, this is not a plan of perfection; this is a way to support healthy living.
- 8. Track Your Work** — Many individuals benefit from being more engaged in their fitness goals. This manual delivers the tools you need to track your progress. Changes can happen slowly and may not even be noticed because of the gradual progression. Track day-to-day efforts so you can see how you are building toward your goal. Many find it helpful to find a friend or a coach to help keep them on track.

Supporting Tools & Information

Healthy Food

The foods you eat are one of the most important aspects of maintaining a healthy lifestyle. Whole plant foods are more nutrient-dense than processed and fast foods, which are typically high in fats, calories, sugars and sodium, and low in beneficial nutrients like vitamins, minerals, protein, fibre and antioxidants. By eliminating processed foods and removing many of the known major allergens and incorporating high amounts of nutrient-rich vegetables, fruits and legumes, you can start to live a healthier, happier lifestyle.

POWERFUL FRUITS AND VEGETABLES

Some of the most important nutrients our bodies require come from fruits and vegetables. Fruits and vegetables are a source of vitamins, minerals, protein, fibre, antioxidants and many other unique and powerful nutrients that support a broad range of bodily functions.

COLOURFUL VEGETABLES

The bright colours you see in vegetables like tomatoes, carrots, and red, yellow and green peppers are due to beneficial antioxidant nutrients called carotenoids. Specific carotenoids like beta-carotene, lutein, zeaxanthin and astaxanthin can have a variety of benefits like supporting vision, improving skin resistance to UV light, and also helping fight free radical damage.

CRUCIFEROUS VEGETABLES

Cruciferous vegetables include cabbage, brussels sprouts, broccoli and cauliflower. These types of vegetables contain vitamins, minerals and unique phytonutrients like sulforaphane, a powerful antioxidant. These vegetables can also be a source of the omega-3 fatty acid alpha-Linolenic acid (ALA).

DARK LEAFY GREENS

Deep green leafy vegetables include kale and spinach. These are rich in vitamins and minerals including vitamin K.



LEGUMES – NATURE’S SOURCE OF PLANT PROTEIN

For many vegetarians, getting the right amount of protein can be difficult. Adding legumes like peas, chickpeas, kidney beans and lentils to a meal can be a great way of getting some extra protein in your diet.

Arbonne Essentials® Meal Replacement Shakes deliver 20 grams of plant-based protein from peas, rice and cranberry.

BERRIES – ANTIOXIDANTS GALORE!

Berries of all colours and kinds are typically rich sources of antioxidants, which is why you may hear about some of them being referred to as super fruits. It’s this ability to fight oxidising free radicals that makes them super. Antioxidants called anthocyanins can be found in raspberries, cherries, and grapes. Anthocyanins are responsible for giving berries (and other fruit) their red, blue and purple colours. Blueberries and cranberries provide antioxidants as well.



Did You Know?

Arbonne Essentials® Greens Balance contains green, red, yellow and blue coloured fruit and vegetable concentrates to deliver a broad range of antioxidants and phytonutrients.

VEGAN PROTEIN

Most people know that meat is a source of protein, but what many may not know is that a great number of plant foods and fruits such as brown rice, cranberries, and even algae such as chlorella or seeds like chia, flax, and hemp, contain protein. Some of the highest sources of plant-based protein are legumes like peas, kidney beans, chickpeas and snow peas. Peas are especially high in protein.

Benefits of Plant-Based Protein

- Pea and rice together deliver a 100% amino acid score
- Easier on the stomach than animal-based proteins
- Pea and rice protein is not a common allergen like many soy- and animal-based proteins

Vegan Protein Sources

- Arbonne Essentials Meal Replacement Shakes
- Arbonne Essentials Nutrition Bars
- Legumes — peas, kidney beans
- Nuts and seeds — almonds, cashews, pumpkin seeds, hemp seeds, sesame seeds
- Algae — chlorella, spirulina (nutrient-rich blue green algae)

DAIRY

While some make the personal decision to avoid dairy-based foods and beverages, others are lactose intolerant or, less commonly, allergic. Intolerance means the body is not able to digest the milk sugar, lactose, which can cause a variety of undesirable side effects. An allergy occurs when the body’s immune system is triggered by the consumption of milk.

Others avoid dairy products due to high fat content or because dairy cows may be given growth hormones. There is concern that the hormones are present in the milk consumed, perhaps elevating the risk of certain diseases or even hormonal imbalances.

Dairy-Free / Lactose-Free Options

- Rice milk
- Almond milk
- Coconut milk
- Lactose-free milk

Did You Know?

The milk sugar lactose, which is responsible for the negative effects to those with lactose intolerance, is broken down by the enzyme lactase. Lactose intolerance is typically due to a low level of lactase in a person’s gastrointestinal tract.

GLUTEN

Gluten is a protein found in wheat and wheat barley and malts. Many processed foods, sauces, seasonings, flavourings and even beer and licorice contain gluten.

See p. 14 for more information on foods with and without gluten.

Suggested Meal Plan

MONDAY

- Healthy breakfast or Meal Replacement Shake with a serving of Daily Fibre Boost
- 30 minutes of activity
- Healthy lunch or Meal Replacement Shake with a serving of Greens Balance
- Energy Fizz Sticks
- Healthy dinner
- Herbal Tea

TUESDAY

- Healthy breakfast or Meal Replacement Shake with a serving of Daily Fibre Boost
- 30 minutes of activity
- Healthy lunch or Meal Replacement Shake with a serving of Greens Balance
- Energy Fizz Sticks
- Healthy dinner
- Herbal Tea

WEDNESDAY

- Healthy breakfast or Meal Replacement Shake with a serving of Greens Balance
- Healthy lunch or Meal Replacement Shake with a serving of Daily Fibre Boost
- Energy Fizz Sticks
- Healthy dinner
- 30 minutes of activity
- Herbal Tea

THURSDAY

- Healthy breakfast or Meal Replacement Shake
- Healthy lunch or Meal Replacement Shake with a serving of Daily Fibre Boost
- Energy Fizz Sticks
- Healthy dinner
- 30 minutes of activity
- Herbal Tea

FRIDAY

- Healthy breakfast or Meal Replacement Shake with a serving of Daily Fibre Boost
- 30 minutes of activity
- Healthy lunch or Meal Replacement Shake
- Energy Fizz Sticks
- Healthy dinner
- Herbal Tea

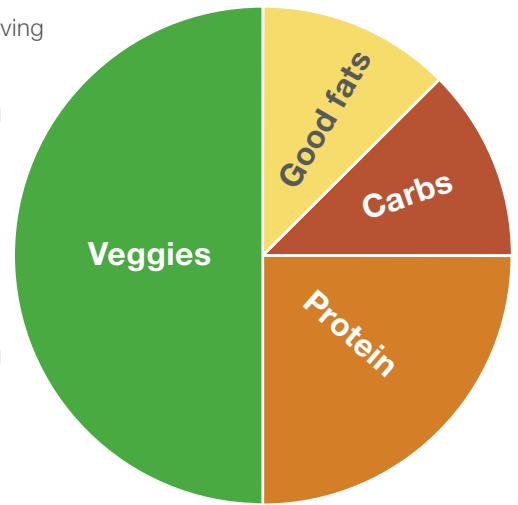
SATURDAY

- Healthy breakfast or Meal Replacement Shake
- Herbal Tea
- Healthy lunch or Meal Replacement Shake
- Energy Fizz Sticks
- 30 minutes of activity
- Healthy dinner

SUNDAY

- Healthy breakfast or Meal Replacement Shake with a serving of Daily Fibre Boost
- 30 minutes of activity
- Healthy lunch
- Energy Fizz Sticks
- Healthy dinner or Meal Replacement Shake
- Herbal Tea

Filling Your Plate



For weight management and healthy nutrition: Replace one meal daily with an Arbonne Essentials Meal Replacement Shake. Eat two nutritious meals in conjunction with other Arbonne Essentials products.

For weight loss: Replace two meals daily with an Arbonne Essentials Meal Replacement Shake. Eat one nutritious meal in conjunction with other Arbonne Essentials products.

Healthy Snacks & Beverages

Due to the convenience and availability of so many unhealthy foods as snacks, this is an area where many individuals struggle to make the right choices. For the first 30 days, we recommend no snacking. After 30 days, if you need a snack it's important to make the right decisions on what to eat and drink. Sodas and other sugary drinks can have 17–50+ or more grams of sugar per serving. These kinds of beverages have been associated with increased levels of obesity, diabetes, other health issues, and weight management problems in Australia and all over the world. Long-term consumption of sugary drinks can lead to weight gain and even diabetes. Similarly, some junk food snacks deliver high amounts of sugar or fat and sodium with little or no health benefit. Choosing healthy snacks and beverages can make a huge difference in your health. Cutting out sugary drinks and snacks can help you make large strides in your weight management goals.

Drink	Sugar	Calories
Arbonne Essentials Energy Fizz Sticks	2 grams	15
Can of soft drink	39 grams	140
Glass of fruit juice	21 grams	112
Arbonne Essentials Herbal Tea (hot/iced)	0	0

Healthy Beverage Options

- Arbonne Essentials Herbal Tea
- Arbonne Essentials Energy Fizz Sticks
- Black, green, white teas (unsweetened)
- Freshly pressed fruit/vegetable juices (no added sodium or sugar)
- Water

Healthy Snack Options

- Arbonne Essentials Nutrition Bars
- Celery sticks with almond butter and raisins
- Hummus with raw vegetables
- Raw fruits (low glycemic index) — green apples and berries
- Raw vegetables
- Nuts (unsalted to limit sodium intake)



Satisfying Hunger With Arbonne Essentials®

Arbonne Essentials Nutrition Bars are a convenient option to satisfy hunger the healthy way.

	Kilojoules	Fat (g)	Cholesterol (g)	Protein (g)	Fibre (g)	Excellent Extras!
Chocolate Bar	712	4	0	9	4	<ul style="list-style-type: none"> • Organic quinoa • Pumpkin seeds • Non-GMO • Formulated without gluten
Fruit Bar	721	3.5	0	10	3	<ul style="list-style-type: none"> • Organic quinoa • Pumpkin seeds • Non-GMO • Formulated without gluten

Visit arbonne.com to see how our Arbonne Nutrition Coaches approach the topic of snacks from various sides of the discussion.

Healthy Cooking

Even highly nutritious foods can be made unhealthy if cooked improperly. While it's important to make good choices at the store, you should also select ways of cooking your foods that maximise the health benefit of your meal.

- Use olive, coconut, canola or grape seed oil.
- Use fresh herbs to add flavour instead of excess salt.
- Use organic, low or no sodium broths.
- When cooking meats, grill or bake — do not fry.
- Avoid margarine and rich, creamy sauces or salad dressings.

Healthier Eating

- Follow a regular eating schedule. It will help maintain proper blood sugar levels and can help support better metabolism.
- Don't skip meals. It can have a negative impact on your metabolism.
- Smaller portions are important. We typically eat much more than we need.
- Reducing meal size will reduce kilojoules and fat intake.
- Make the conscious decision to choose healthier options, vegetables, and low fat and low sugar foods.
- Avoid adding salt or sugar to food.

Tips for Minimising Gluten

Allowed Foods

Many healthy and delicious foods are naturally gluten-free:

- Beans, seeds, and nuts in their natural, unprocessed form
- If you eat meat — fresh meats, fish and poultry (not breaded, batter-coated or marinated)
- Fruits and vegetables

Many grains and starches can be part of a gluten-free diet:

- Amaranth
- Arrowroot
- Buckwheat
- Flax
- Gluten-free flours (rice, bean)
- Millet
- Quinoa
- Rice
- Sorghum
- Tapioca
- Teff

Restricted Foods

Avoid food and drinks containing:

- Barley (malt, malt flavouring and malt vinegar are usually made from barley)
- Rye
- Triticale (a cross between wheat and rye)
- Wheat

Avoid the following common foods known to contain gluten:

- Beer
- Breads
- Cakes and pies
- Candies
- Cereals
- Cookies and crackers
- Croutons
- French fries
- Gravies
- Imitation meat or seafood
- Matzo
- Pastas
- Processed luncheon meats
- Salad dressings
- Sauces, including soy sauce
- Seasoned rice mixes
- Seasoned snack foods, such as potato and tortilla chips
- Soups and soup bases
- Vegetables in sauce

Certain grains, such as oats, can be contaminated with wheat during growing and processing stages of production. For this reason, doctors and dietitians generally recommend avoiding oats unless they are specifically labelled gluten-free.



Arbonne Essentials®

Meal Replacement Shake Recipes

Hearty Boosted Protein Shake

- 1 serving of Chocolate or Vanilla Meal Replacement Shake Mix
- 1 serving of Arbonne Essentials Daily Fibre Boost
- ½ cup of almond milk or rice milk
- 1 tablespoon of nuts (healthy fats)
- ¼ cup of frozen berries
- ½ cup to 1 cup of frozen spinach or kale
- 250–500 mL water or ice as desired

Recovery Support Shake

- 1 serving of Chocolate or Vanilla Meal Replacement Shake Mix
- 1 serving of Arbonne Essentials Daily Fibre Boost
- ½ cup almond milk
- ½ cup of fruit (banana, pineapple or mango)
- 250–500 mL of water or ice as desired

Almond Butter Shake

- 1 serving Chocolate or Vanilla Meal Replacement Shake Mix
- 1 serving of Arbonne Essentials Daily Fibre Boost
- 250–500 mL water or rice/almond milk
- 4–6 ice cubes
- 1 tablespoon of natural almond butter
- ½ fresh or frozen banana

Very Berry Shake

- 1 serving Chocolate or Vanilla Meal Replacement Shake Mix
- 1 serving of Arbonne Essentials Daily Fibre Boost
- 250–500 mL water or rice/almond milk
- 4–6 ice cubes
- 1 cup mixed frozen berries (or substitute with 1 cup of your favourite berry)

Banana & Berry Fruit Shake

- 1 serving Chocolate or Vanilla Meal Replacement Shake Mix
- 1 serving of Arbonne Essentials Daily Fibre Boost
- 250–500 mL water or rice/almond milk
- 4–6 ice cubes
- 1 cup frozen berries
- ½ fresh or frozen banana

Blend ingredients until smooth for all recipes.

Please note: The overall kilojoule content per shake will vary depending on how you personalise your shake.



Did You Know?

To nutrient charge your Arbonne Essentials Meal Replacement Shakes, add a scoop of Daily Fibre Boost and Greens Balance.

Other Recommended Products

Arbonne PhytoSport™

In life and in sports, we're always going for first place. Formulated with plant-powered ingredients, branched-chain amino acids, vitamins, minerals, and electrolytes, Arbonne PhytoSport™ products can help you achieve peak performance in sports and exercise. Whether you're a competitive athlete or recreational team player, training with the right nutrients means you're always going to win.

As you begin your 30 Days to Healthy Living and Beyond and make the choice to become more active, Arbonne PhytoSport™ provides a simple 3-step system to help support your physical performance.



Every batch of Arbonne PhytoSport™ products is Certified Drug Free.™ by the Banned Substances Control Group (BSCG).

Step 1

Prepare & Endure

Be your best from start to finish. Maintaining endurance and energy is crucial to supporting peak physical performance. Prepare & Endure delivers carbohydrates, and L-carnitine to support energy and prevent “the crash.”

- Maintains endurance and energy crucial to supporting peak physical performance
- Supports muscles during physical activity

#6099; \$73 AU | \$84 NZ



Step 2

Complete Hydration

Drink up. Complete Hydration is useful before, during or after sustained strenuous exercise.

- Contains electrolytes, magnesium and calcium
- Prepared with water, Complete Hydration promotes adequate fluid intake
- Complete Hydration may assist in supplementing the diet during training

#6264; \$48 AU | \$53 NZ



Step 3

After Workout* – Add to your Arbonne Essentials® Meal Replacement Shakes!

Exercise can be tough. Without a healthy recovery, it can be difficult to bounce back. After Workout delivers an ideal ratio (2:1:1) of branched-chain amino acids that help alleviate exercise induced muscle soreness to support recovery. Also contains a unique antioxidant from pomegranate to help fight free radicals

- Branched-chain amino acids support muscle repair and protein synthesis
- Helps build lean muscle tissue when combined with regular weight resistance training
- Contains ingredients that help alleviate exercise-induced muscle soreness and promote recovery from normal exercise induced muscle damage

#6268; \$66 AU | \$76 NZ

*Always read the label and use only as directed.



Science of Exercise

For many people following a weight management regimen, exercise is the biggest challenge. But exercise doesn't have to be strenuous; it's really just a matter of getting your heart rate up for 30 minutes at a time. Even 15 minutes of increased heart rate can be extremely beneficial. While exercise burns calories, it's also a great way to improve cardiovascular health, increase energy levels, improve your level of happiness, and may also help reduce stress.

CLASSIFICATION OF TOTAL WEEKLY AMOUNTS OF AEROBIC PHYSICAL ACTIVITY

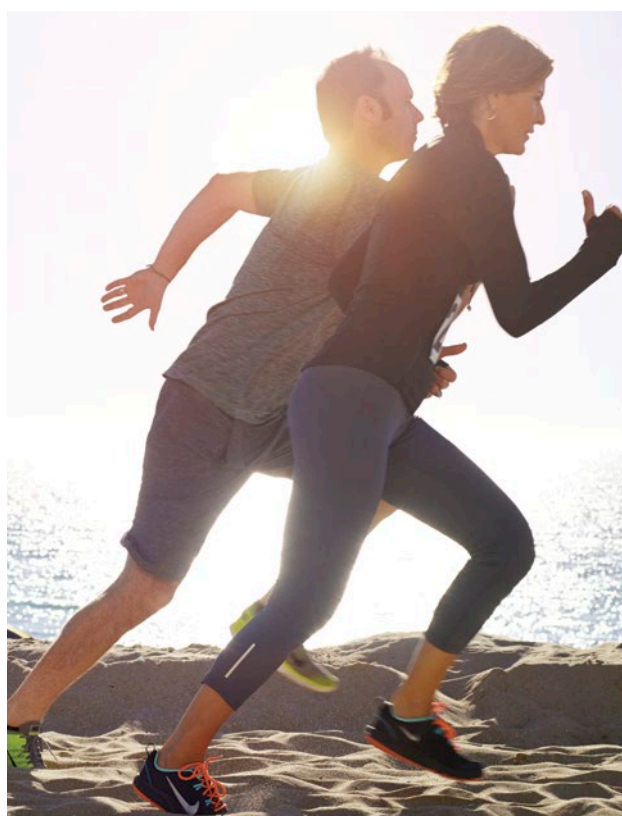
Levels of Physical Activity	Range of Moderate-Intensity Minutes a Week	Summary of Overall Health Benefits	Comment
Inactive	No activity beyond baseline	None	Being inactive is unhealthy.
Low	Activity beyond baseline but fewer than 150 minutes a week	Some	Low levels of activity are clearly preferable to an inactive lifestyle.
Medium	150 minutes to 300 minutes a week	Substantial	Activity at the high end of this range has additional and more extensive health benefits than activity at the low end.
High	More than 300 minutes a week	Additional	Current science does not allow researchers to identify an upper limit of activity above which there are no additional health benefits.

- Inactive is no activity beyond baseline activities of daily living.
- Low activity is activity beyond baseline but fewer than 150 minutes (2 hours and 30 minutes) of moderate-intensity physical activity a week or the equivalent amount (75 minutes, or 1 hour and 15 minutes) of vigorous-intensity activity.
- Medium activity is 150 minutes to 300 minutes (5 hours) of moderate-intensity activity a week (or 75 to 150 minutes of vigorous-intensity physical activity a week).
- High activity is more than the equivalent of 300 minutes of moderate-intensity physical activity a week.

KEY GUIDELINES FOR ADULTS

- All adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits.
- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- For additional and more extensive health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) a week of moderate-intensity, or 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity. Additional health benefits are gained by engaging in physical activity beyond this amount.
- Adults should also do muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on two or more days a week, as these activities provide additional health benefits.

Source: "Australia's Physical Activity and Sedentary Behaviour Guidelines." Australian Government Department of Health Web. 23 Sept. 2014.



Chris Weilert
Arbonne Independent Consultant
Executive National Vice President
Partnership of Amme & Chris Weilert

Carleeta Nelson
Arbonne Independent Consultant
Executive National Vice President

30 Days of Motivation

Take one of these cards with you each day to help keep you strong and on track.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
YOUR NEW TOMORROW STARTS TODAY	SET GOALS: WITHOUT A TARGET YOU HAVE NOTHING TO AIM AT	YOU ARE IN CONTROL OF YOUR FUTURE	HAVE CONFIDENCE YOU MUST BELIEVE IN YOURSELF	IT'S NEVER TOO LATE FOR A NEW DREAM
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
THE ONLY WAY TO SUCCEED IS TO KEEP TRYING AGAIN & AGAIN	A NEW DAY BRINGS A NEW BEGINNING	NOT BETTER THAN EVERYONE, BETTER THAN THE OLD YOU	YOU CANNOT CONQUER LIFE FROM YOUR COUCH	PLANT OPTIMISM INTO YOUR HEART & SOUL
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
OWN YOUR "NOW" IT'S WHERE YOU LIVE	ELEVATE YOURSELF BY ELEVATING OTHERS	CHANGES DON'T JUST HAPPEN, YOU MAKE THEM HAPPEN	IN ORDER TO CHANGE, YOU MUST BELIEVE YOU CAN	BREAK OUT OF YOUR COMFORT ZONE
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
WORK HARD LEARN MUCH KNOWLEDGE IS STRENGTH	THINK GOOD THOUGHTS ALWAYS BE POSITIVE	YOU ARE SPECIAL YOU ARE POWERFUL	IT'S BETTER TO TRY AND FAIL THAN NOT TRY AT ALL	THE TOUGHER YOUR CHALLENGE, THE BIGGER YOUR WIN
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
THERE IS NEVER A GOOD TIME TO QUIT	APPRECIATE THE PEOPLE AND WORLD AROUND YOU	BE A POSITIVE EXAMPLE FOR OTHERS	KEEP SIGHT OF YOUR GOALS	KEEP PUSHING KEEP WORKING
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
THE DIFFERENCE BETWEEN TRY AND TRIUMPH IS A LITTLE "UMPH"	WHAT CAN YOU DO FOR OTHERS IN YOUR COMMUNITY?	SMALL STEPS = A BIG DIFFERENCE	THE FINISH LINE IS JUST THE BEGINNING OF A NEW RACE	BE PROUD OF YOURSELF YOU ARE AMAZING

Frequently Asked Questions

Q: Can I continue the 30 Days to Healthy Living and Beyond program beyond 30 days?

A: Yes! Arbonne Essentials® 30 Days to Healthy Living and Beyond is a great way to support overall healthy living. If you could use continued support after the first 30 days, then we encourage you to continue using the products and program to support overall health and well-being for as long as you feel is beneficial to you.

Q: What are the benefits of the plant-based protein blend of pea, rice and cranberry?

A: Pea protein is easily digestible, generally considered non-allergenic and delivers a wide range of essential amino acids. Additionally, the arginine content of pea protein is one of the highest of all commercially available proteins, and supports the production of nitric oxide which in turn may help support healthy blood flow.

Q: Why is getting the daily recommended value for fibre important?

A: Fibre is essential for maintaining optimal gastrointestinal health and is beneficial for cardiovascular health. It also helps you feel full. Considering the importance of having fibre in the diet, we recommend Arbonne Essentials Daily Fibre Boost.

Q: How does boosting my metabolism help me stay fit?

A: Metabolism is essentially the chemical conversion of various dietary elements to energy. Metabolism is carried out through various metabolic pathways in the body, and certain nutrients help the body metabolise specific dietary nutrients like sugar, fats, etc. Supporting metabolism ultimately results in energy production.

Q: What are adaptogens?

A: Adaptogens are ingredients that increase the body's resistance to stress. Adaptogens are especially beneficial for individuals who are starting new fitness regimens and who have a high amount of physical activity in their day, as there is typically a higher level of physical stress on the body during activity.

Q: Do I have to exercise to manage weight and improve my health?

A: While modest weight reduction and maintenance can be achieved by changing dietary habits, the best way to get healthy and feel great is to eat healthy and incorporate at least 30 minutes of an exercise that increases your heart rate every day. Exercise does not have to be very strenuous. It can be simply a brisk walk through your neighbourhood.

Q: Can I have my Arbonne Essentials Meal Replacement Shake for all three meals?

A: No, everyone needs a certain amount of calories, fats and other dietary nutrients daily for the body to function optimally. This being the case, everyone should have at least 1–2 healthy meals per day and healthy snacks throughout the day. We recommend a maximum of two Meal Replacement Shakes per day.

Visit [arbonne.com](https://www.arbonne.com) for more FAQ and additional Arbonne nutrition product information.



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