# 30 Day Live Well

Client Information Handbook



30 Days to Healthy Living Pure. Safe. Beneficial

#Arbonne30

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# **DISCLAIMER**

The 30 Day Live Well program was developed by a group of mission-minded men and women who sought a simple and healthy system for weight loss and wellness.

The information in this handbook is provided solely for informational purposes so that you may learn more about the subject. Nothing contained in the handbook is intedented to constitute, nor should it be considered to be, medical advice.

# ALWAYS CONSULT YOUR DOCTOR OR PHYSICIAN BEFORE YOU BEGIN A DIET OR WEIGHT LOSS PROGRAM

Nothing in this handbook should be used in place of a visit to, consultation with or the advice of a physician or other qualifed health care provider. We are not engaged in providing medical or professional advice. Should you have any medical or health care related questions, now or while you are engaged in the 30 Day Live Well Program, promptly call or see your physician or other qualifed health care provider. You should not disregard or delay seeking medical advice because of something you have read in the handbook.

Results on this diet assistance program may vary and no promises are being made that the information in this program will produce specifc results or be error free.

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# PROGRAM OVERVIEW

## PROGRAM PHILOSOPHY

#### WHY DETOXIFY?

Our environment and the food we eat have changed drastically over time: everything is much more toxic now. The world we live in is full of toxins, including pesticides, herbicides and heavy metals in food, chemical scents in candles, chloride in drinking water – just to name a few. The changes have occurred so recently that our bodies have not yet been able to adapt. Our bodies cannot process all these toxins, and therefore nearly everyone has toxic buildup in their bodies.

Toxins fill up our bodies by the air we breathe, the things we touch and the food and beverages we eat and drink. In our bodies, when toxins come in at a faster rate than our bodies can process them, our body pulls those toxins away from our vital organs and holds them in unwanted fat stores (often around the lower belly, hips and thighs). The toxins are also stored in the thyroid, brain, central nervous system and the liver. Sometimes our toxic load is so high that it leads to a range of health problems such as diabetes, skin irritations, heart disease, chronic pain, digestive problems, headaches, mood swings, irritability, etc. When weight loss stalls, in order to lose that unwanted fat weight we must detoxify. It is important that we detoxify to help prevent disease and maintain good health. This is why so many people carry unwanted body fat even if they are reducing caloric intake and exercising.

By focusing on eliminating toxins from our diets and eating whole foods, we help our bodies detoxify. When we decrease the toxins coming in, our overall toxic load falls. It is also imporant to "clean the drain" so that toxins can be more efficiently eliminated. The 30 Day Live Well program offers whole food nutrition as well as a liver and kidney cleanse so we effectively decrease our overall toxic load. When we decrease our toxic load, we feel better and also are able to lose unwanted fat weight, especially lower belly, hips and thighs.

#### **HOW DO WE DETOXIFY?**

The first step in detoxifying is eating whole NON-ALLERGENIC, ACIDIC, AND ADDICTIVE FOODS, which gives our bodies a rest from digesting the processed foods commonly found in typical Western diets. Our bodies were not designed to process these highly processed and addictive foods. By not eating allergenic foods such as dairy, wheat and soy, we keep our bodies from producing their own toxic responses to those foods.

The second step in our detoxifcation program involves "cleaning the drain". Our bodies detoxify via our liver, gall bladder, kidneys, lungs and skin and a gentle internal body cleanse is included as part of this program. Get ready to increase your energy, improve your skin and lose unwanted body fat!



- 1. Eat Clean
- 2. Increase Nutritional intake
- 3. Eliminate Allergenic, Addictive, & Acidic Foods
- 4. Balance Blood Sugar
- 5. Support Elimination Organs

\*All 5 areas are supported by ARBONNE'S whole food nutritional line that is certified vegan and free of gluten, dairy, soy, and artificial colors, flavors and sweeteners!

## 1. Eat Clean

This plan focuses on eating organic, non GMO foods free of preservatives, additives, pesticides, hormones, antibiotics, artificial flavors and all other toxins. Food is either fuel or poison. 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. This plan will help you learn how to fuel your body for optimal health by eating clean, close to nature and TOXIN FREE!

## 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 created by mineral deficient farm soils.

Arbonne Essentials Protein Shakes are certified vegan, non GMO, certified low glycemic, certified kosher, & free of gluten, whey, and soy protein. They are loaded with more than twenty essential vitamins and minerals. Plus they contain Arbonne's exclusive energy 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 one to two meals per day and use as a recovery shake after a workout.

**Arbonne GREENS Balance** is formulated with alkaline forming fruits and vegetables. This superfood powder delivers a full color coded assortment of fruits and veggies rich in phytonutrients & antioxidants. It supports GI health. Has an alkalizing effect & offers 1 serving of vegetables per scoop.

Use: 1 scoop to your protein shake or water daily.







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# 3. Eliminate Allergenic & 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 & sensitivities. This plan includes removing possible allergenic foods like gluten, dairy, soy and processed sugars. If you cringe at the thought of removing a certain food, chances are, you are sensitive to it. Generally speaking, the food you crave is the food that's killing you.

Gluten: is a family of proteins found in certain 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 (leaky gut) 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 that 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.



## continued

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 leaches the body of precious vitamins and minerals. Sugar taken everyday 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 thighs. In contrast, unrefined sugar, like cane sugar, contains minerals the body needs.

SIDE NOTE: 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 its love of this empty, non-nutritional food causes you to want it more.

People do well on this plan because they are eliminating dairy, gluten, wheat, sugar, caffeine, and alcohol- all known to feed Candida yeast. They are repopulating their intestines with friendly bacteria which help the body fight off the Candida and strengthen the immune system.

# Supports Intestinal Health



Arbonne Essentials Digestion Plus contains eleven 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.

Dr. Michael McCann, MD, Physician and researcher, states, "Probiotics will be to medicine in the 21st century as antibiotics and microbiology were in the twentieth century."

Use: Mix with 4 ounces of room temperature water and consume first thing in the morning on an empty stomach. An alternative, is to add to your morning shake and drink it within 30 minutes



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# 4. Balanced Blood Sugar

The 30 day program 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, wrinkles and wrinkles. It's not just candy bars and cupcakes that elevate blood sugar. Pasta, bread, potatoes, white rice and high glycemic fruits are also responsible.

Arbonne Essentials Fizz Sticks can be used between meals to curb appetite without elevating blood sugar. These carbonated sticks are a combination of green tea and herbs that have been clinically proven to boost metabolism and sustain energy. They promote proper pH which aids detoxification. They are free of artificial sweeteners and contain only 10 calories per stick. Recommend: Combine 1 stick 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 Chocolate or Vanilla 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.

Use: Start with ¼ to ½ scoop in each shake and slowly increase if you are tolerating it well.





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# 5. Support Elimination Organs

As good as the 30 day program is, it would be incomplete if it did not support the body's FOUR elimination pathways: the liver, kidneys, intestines and your largest detoxifying organ, your skin. 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. On the other hand, if you give your body the support it needs to eliminate these toxins, it will perform optimally.

# LIVER, KIDNEY, & INTESTINAL SUPPORT

We wouldn't think about going a day without brushing our teeth, let alone years and years. Because we can't see our liver, kidneys, and intestines we forget the important role they play in detoxification. The liver has over 500 functions and the kidneys filter 200 quarts of blood per day. You can hold 5-25 lbs. of waste in your large intestine (colon). All elimination organs need a "tune up" and proper maintenance.



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.



Arbonne Essentials 7 Day Body Cleanse helps cleanse and detoxify the system and support the liver, kidneys and gastrointestinal (GI) tract. Magnesium, ginger, and aloe, and other key ingredients assist with the gentle elimination of toxins over a 7 Day Period.

Use: Combine contents of 1 packet with 32 ounces of room temp water and drink an additional 32 ounces of water throughout the day. You may add Fizz Stick for flavor. Start on day 15.



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# SKIN SUPPORT



**Arbonne RE9 Advanced Skincare** formulas are powered by nine major age-defying elements plus breakthrough botanicals. This means healthy, more youthful looking skin without toxic ingredients.



**Arbonne Intelligence Genius Nightly Resurfacing Pads & Solution** compliments skincare. The plant-based retinoid solution gently exfoliates, promotes cell turnover, evens out pigmentation and minimizes fine lines without the addition of toxic ingredients.



# **TIPS FOR SUCCESS**

STEP 1: Go sh	opping and get prepared
healthy	of all the temptations in your cabinets (see pg. 16) and fill your kitchen with choices (see pgs. 18–19).  It friends and family know what you are doing so they can support you for the strength of the support of the
·	re to track your progress
☐ Take be	efore photos, weigh yourself and record your measurements using the n page 20.
STEP 3: Water	is your best friend
	nt least 1/2 your body weight in oz. of water per day. If you get hungry n meals have a Fizz sticks or Detox Tea.
STEP 4: Eat ev	very 3-4 hours
☐ Do not	according to the snack list found on pg. 23.  go more than 6 hours without eating. If you need something after 7pm have hocolate made with unsweetened chocolate almond milk and Stevia
STEP 5: Do no	t obsess!
☐ Onle w	bsess over weight eigh yourself every week - NOT EVERY DAY! nly healthy cleansing foods in your home/office
STEP 6: Do no	t overeat when eating meals
servings  Focus of	r plate with vegetables and add fist size protein and grains. No second unless it's veggies. Follow the meal plan. In fiber, It will decrease the number of calories from food and increase the of calories excreted from the body.
STEP 7: Avoid	Eating Out
☐ If you me split you server be and put ☐ Beware	nust eat out: know what you're ordering before you go, know how to order, or meal with a fellow clean eater, drink water with lemons, and/or have your ring a to-go box at the beginning of the meal so you can properly portion the rest away.  of the "salad myth" – just because it's a salad doesn't mean that it's tically detox friendly.
STEP 8: Remem	iber to:
greatest s	ur success (It's proven that those who actively use a food journal have the uccess).  to 30 days and stay focused!

# PROGRAM PREPARATION

# **30-DAY DETOX KIT**

## PROTEIN SHAKES - CHOCOLATE, VANILLA

- Contains 20 grams of easily digestible vegan protein
- Contains no cholestrol, lactose or gluten
- Proprietary Inner- G Plex with nutrients that deliver antioxidants and help replenish energy
- No trans fats
- 22 essential vitamins and minerals help support general health
- Helps you feel full longer



#### **DAILY FIBER BOOST**

- Source of fiber for reularity
- Helps you feel full longer
- Delivers 12 grams of fiber per serving, nearly half of the recommended daily value
- Helps support a calorie reduction plan
- Americans consume only about 10% of the fiber they did 100 years ago
- On average, the U.S. population does not meet the minimum standards for dietary fiber intake
- Add Daily Fiber Boost to your favorite beverage or food, including hot soups, sauces, cereals, baked goods and hot or cold beverages



# ENERGY FIZZ STICKS - POMEGRANATE, CITRUS

- Enhanced energy formula to power you through the day
- Take fizz sticks when you start to feel tired to temporarily:
  - » Help promote alertness and enhance cognitive performance
  - » Help promote endurance and enhance motor performance
  - » Help reduce fatigue
- Proprietary Get Up-and-Go Blend delivers a natural boost of energy with guarana, green tea and ginseng
- Contains antioxidants
- Adaptogenic blend combined with B-vitamins and chromium helps boost energy
- Only 10 calories per serving
- Fast dissolving formula







# **30-DAY DETOX KIT**

# continued

## **DIGESTION PLUS**

- Prebiotic, probiotic, 11 digestive enzymes (3 actions in 1)
- Promotes digestion and nutrient uptake
- Provide friendly bacteria (Bacillus coagulans) for optimal gastrointestinal health
- Supports healthy digestion to help minimize occasional bloating, gas gramps and discomfort
- Supports digestion of carbohydrates, fats, proteins, fiber and lactose
- Promotes balance in the intestinal tract
- Comes in an easy, once-a-day stick pack just add to 2-4 oz water

## HERBAL DETOX TEA

- Hydrates to boost cleansing
- Hydration supports kidney and liver function for detoxification
- Contains milk thistle, which supports production of glutathione - the master detoxifier of the body
- Helps support liver and kidney health
- Delicious, soothing herbal tea with peppermint, dandelion, sweet fennel, licorice and more
- Can also use tea bags to make refreshing iced tea

## 7 DAY BODY CLEANSE

- Helps cleanse and detoxify the system and support the gastrointestinal (GI) tract
- Assists with the gentle elimination of toxins
- Instructions:

## 1. Begin at the start of Week Three

- 2. Add one cleanse to 32 ounces of water and shake to mix
- 3.Do not drink more than one cleanse per day

# 4. Drink throughout the day (DO NOT DRINK ALL AT ONCE) within a 6-8 hour period

- 5. Drink at least an additional 32 ounces of water while using the 7 day cleanse
- 6. Add a fizz stick, lemon and ice to enhance flavor
- 7. You will experience a gentle elimination. Make sure you will have a bathroom in case nature calls









# **CLEAN THE KITCHEN**

# FOODS & ADDITIVES TO ELIMINATE FROM YOUR DIET DURING THE 30 DAYS:

- ♦ Gluten (wheat, rye, and barley products)
- ♦ Oats (unless gluten free)
- ♦ Flour or Corn Tortillas
- ♦ Sugar (fruit juice, honey, syrup, etc)
- ♦ Bread
- ♦ Caffeine, Coffee
- ♦ Red Apples, NO dried fruit
- ♦ Soda, Diet Soda, Energy Drinks
- ♦ Alcohol
- ♦ Nitrates (hot dogs, bacon, etc)
- ♦ MSG (seasonings)
- ♦ Artifcial Sweeteners (aspartame, Splenda, etc)
- ♦ Soy (soy milk, processed dairy alternatives, tofu, etc)
- ♦ Vinegar Products
- ♦ Mustard, Pickles, Olives, etc.
- ♦ Dairy (milk, sour cream, yogurt, etc)
- ♦ Cheese
- ♦ Bananas, Melons, Grapes
- ♦ Processed Lunch Meats
- ♦ "Gluten Free" Processed Foods (breads, chips, cookies, etc)
- ♦ Farmed fish
- ♦ Canned Foods that are not Organic or BPA-Free
- ♦ High-oleic Safflower, Corn, and Canola oils
- ♦ Pre-made sauces or salad dressings that contain vinegar, dairy, or sugar
- ♦ High-oleic Safflower, Corn, and Canola oils

# **GROCERY SHOPPING OVERVIEW**

The number one thing to remember when shopping for your "30 Day Live Well Program" is to **not get overwhelmed**. We all start somewhere! **Plan ahead**.

Most supermarkets and grocery stores now have healthier food choices, organic brands, and a designated aisle just for health food. Do not feel like you need a Health Food Store to find the food or the ingredients you need to start your program. Costco has a great selection of bulk organic meats, vegetables and grains. Whole Foods, Trader Joe's and Publix Greenwise are also considered "friends of the program".

If you are going to a health food store to shop for the first time, make sure you have time to look around and plan on asking for help. Usually everyone that works in these stores is ready to help and is very knowledgeable. 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 eggs and grass fed beef. **BUY ORGANIC** whenever possible, whether fresh or frozen. If you opt for canned foods, it must be organic and low sodium. This way we are not ingesting toxins with the foods we eat.

**Buy fresh every few days.** You may notice a bigger grocery bill at frst, but when you account for all the lattes, dining out, alcohol, and convenience foods you cut out, you will save money the month you detox.

## **BUY ORGANIC & NON GMO**

There is usually an organic alternative to everything, just do your homework. If you want you can shop online first so you know what is available before you ever step foot inside a store

#### **HELPFUL WEBSITES**

## www.wholefoodmarkets.com

(A wealth of information, do your research, make lists, get recipes, learn more or pre-shop before you ever enter the store)

## www.traderjoes.com

(Informative, educational, get recipes, or pre-shop before go)

www.foodforlife.com www.foodshouldtastegood.com www.ushealthfoodstores.com

(find a store in your local area/state)



# **GROCERY SHOPPING GUIDE**

LEA	AN PROTEIN
	Free Range Skinless Chicken Breasts
	Free Range Organic Ground Turkey or Chicken
	Cold Water Fish
	Wild Salmon, Halibut, Cod, Mackerel, Shellfish
	Grass Fed Lean Red Meats (limit to 1 x per week)
	Bison, Lean Cuts of Beef, Lamb, Game
	Cage Free and Organic Eggs
	Wild canned salmon and tuna in water (BPA free cans)
HEA	ALTHY FATS
	Extra Virgin Olive Oil (EVOO) for salad dressings & for low heat sautéing (Olive oil turns rancid & becomes toxic under medium to high heat)
	High Heat Coconut Oil for high heat sautéing
	Raw Coconut Oil for smoothies or a substitute for butter
	Avocado
	Unsweetened coconut milk
	Raw nuts (no peanuts) and seeds (Often sold at a lower price in the bulk foods
	section)
	Ground flaxseed
	Almond Butter
HIG	H FIBER CARBOHYDRATES
	Squash (acorn, butternut, spaghetti, winter)
	Artichokes
	Lima beans
	Sweet potato or yam
	Leeks
	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 (Dry or organic, low sodium if canned)
	Brown rice / Brown rice cakes
	Quinoa
П	Hummus



# **GROCERY SHOPPING GUIDE**

# continued

☐ Zucchini

1OI	N-STARCHY VEGETABLES		
	Arugula	LOV	W GLYCEMIC FRUIT
	Asparagus		Blackberries
	Bean sprouts		Blueberries
	Beets and beet greens		Raspberries
	Bell peppers		Strawberries
	Broccoli		Green apples
	Brussels sprouts		Lemons
	Cabbage		Limes
	Carrots	_	
	Caulifower	OTH	HFR
	Celery		Unsweetened Almond Milk
	Chives		Unsweetened Dark Cocoa Powder
	Cilantro	_	Organic Herbs and Spices
	Collard greens		9
	Cucumber		Organic Chicken or Vegetable
	Eggplant		broth
	Endive		Sea Salt
	Fennel		Stevia
	Garlic		
	Ginger root		
	Green beans		
	Jicama (raw)		
	Jalapeño peppers		
	Kale		
	Lettuce (any variety)		
	Mushrooms		
	Mustard greens		
	Onions		
	Parsley		
	Radishes		
	Radicchio		
	Snow peas		
	Shallots		
	Spinach		
	Summer squash		
	Swiss chard		
	Tomatoes		
	Turnip greens		
	Watercress		



# **TRACK YOUR PROGRESS**

	Day 1	Day 8	Day 16	Day 24	Day 30
Arm					
Bust					
Waist					
Hips					
Thigh					
Weight					

# Measurement & Photo Guidelines

**Arm**: Measure the fullest part of the arm above the elbow

**Bust**: Measure around the chest at the nipple

Waist: Measure at the belly button

**Hips**: Measure the fullest part of the body

**Thigh**: Measure the fullest part of the thigh

Weight: Use scale

**Photos**: Front view, Backside view, Side view (arms up), Side Side view (arms down) (tip: take photos with a solid background, from the same distance away)



# PROGRAM MEAL PLANNING



# **MEAL PLANNING GUIDE**

eat every 2-4 hours

## A DAY IN THE LIFE OF A TRUE DETOXER

## WHEN YOU WAKE UP

Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional)

Digestion Plus

## **BREAKFAST**

Protein Shake (2 scoops) with Fiber Booster (1 scoop) & Greens Balance (1 scoop) mixed with Water or Unsweetened Almond, Rice or Coconut Milk

## **SNACK:**

(See snack list ideas on following page)

## LUNCH:

Protein Shake (see above)

or

Healthy Whole Food Recipe / Approved Meal Option

## **SNACK:**

(See snack list ideas on the next page.)

Cup of Detox Tea

## **DINNER:**

Healthy Whole Food Recipe / Approved Meal Option

IF WEIGHT LOSS IS A PRIMARY GOAL, NO FOOD AFTER 7:00 PM.

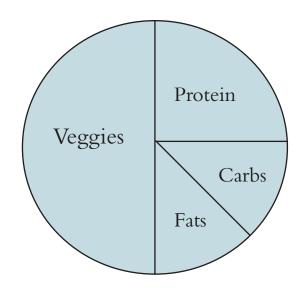
If hungry, drink "hot cocoa" with Unsweetened Cocoa or Carob Powder,

Unsweetened Almond Milk & Stevia.



# **MEAL PLANNING GUIDE**

## How to Fill Your Plate



Non-Starchy Vegetables 1/2 of your plate Lean Protein (3-6 oz) 1/4 of your plate High Fiber Carbohydrates 1/8 of your plate Healthy Fats 1/8 of your plate

(see whole food options on next page)

## **Snack Ideas**

- Green Apple
- Celery w/ Almond Butter or Hummus
- Carrots, Cucumber, or Cherry Tomatoes w/ Hummus
- Raw, Unsalted Mixed Nuts
- Almonds
- Unsweetened Coconut Flakes
- Brown Rice Cakes w/ Almond Butter
- Hard Boiled Egg
- Fresh Berries
- 1/2 Avocado
- Fizz Stick or Detox Tea + (2) Fit Chews
- "Tizzy" (Detox Tea + Fizz Stick)
- Pumpkin Seeds
- Arbonne Protein Shake
- Green Tea or Herbal Tea
- Kale Chips (see recipe on pg. 49)

# How to Make a Meal Replacement Shake

2 Scoops Arbonne Protein 1/2 - 1 Scoop Arbonne Fiber

1/2 Cup Unsweetened Almond Milk

1 Thsp Good Fat (Ground Flaxseed, Nuts, Coconut Oil,

Avocado, Almond Butter, Chia Seeds)

1/4 Cup High Fiber Carbs (Frozen Berries, 1/2 Baked Sweet

Potato, etc.)

1 Hand Full Baby Spiniach or other leafy greens

Dash of Cinnoman

4-6 Ice Cubes, Water to fill

Use the chart and on the following pages to plan your meals (see pgs. 26-45 for meal options) Tip: Plan for 5 days at a time so it's not so overwhelming

Insert Date (for tracking)	WAKEUP	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus	BREARFAST	SINACK	LUNCH	SINACK	DIININER
DAY 2	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
DAY 3	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
DAY 4	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
DAY 5	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					

DAILY REMINDERS:						
☐ Detox Tea						
☐ Digestion Plus						
☐ Protein Shake (as desired)						
☐ 7-Day Cleanse (when appli	cable)					
<ul><li>□ Digestion Plus</li><li>□ Protein Shake (as desired)</li></ul>	cable)					

Insert Date (for tracking)	WAKEUP	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 6	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
DAY 7	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
DAY 8	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
DAY 9	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
DAY 10	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					

DAILY REMINDERS:						
	Detox Tea					
	Digestion Plus					
	Protein Shake (as desired)					
	7-Day Cleanse (when applicable)					

Insert Date (for tracking)	WAKEUP	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 11	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
DAY 12	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
DAY 13	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
 DAY 14	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
DAY 15	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					

DAILY REMINDERS:						
	Detox Tea					
	Digestion Plus					
	Protein Shake (as desired)					
	7-Day Cleanse (when applicable)					

Insert Date (for tracking)	WAKEUP	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 16	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
DAY 17	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
DAY 18	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
DAY 19	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
DAY 20	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					

DAILY REMINDERS:		
Detox Tea		
Digestion Plus		
Protein Shake (as desired)		
7-Day Cleanse (when applicable)		

Insert Date (for tracking)	WAKEUP	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 21	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
 DAY 22	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
DAY 23	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
DAY 24	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
DAY 25	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					

DAILY REMINDERS:			
	Detox Tea		
	Digestion Plus		
	Protein Shake (as desired)		
	7-Day Cleanse (when applicable)		

Insert Date (for tracking)	WAKEUP	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
 DAY 26	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
DAY 27	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
DAY 28	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
DAY 29	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					
DAY 30	Cup of Detox Tea w/slice of organic lemon (Fizz Stick optional) Digestion Plus					

DAILY REMINDERS:		
☐ Detox Tea		
☐ Digestion Plus		
☐ Protein Shake (as desired)		
☐ 7-Day Cleanse (when applicable)		

# 30 DAY LIVE WELL PROGRAM RECIPES



V = VEGAN



# CHOCOLATE ALMOND OAT SMOOTHIE

4-5oz unsweetened almond milk

2 scoops chocolate protein

1 scoop fber boost

1 handful baby spinach

1 scoop GF oats (use protein scooper)

1 TBS almond butter

1 tsp flax-seeds

4-5 ice cubes

## **BLUEBERRY LEMON TWIST**

8-10 oz unsweetened Almond milk

2 scoops vanilla protein

1 scoop Fiber Boost

1 handful baby spinach

2/3 cup frozen blueberries

Zest & juice from 1/2 lemon

1 tsp flax-seeds

4-5 ice cubes, optional

## **GREEN APPLE GOODNESS**

8-10 oz. unsweetened almond milk

2 Scoops Vanilla Protein

1 scoop Fiber Boost

1 handful baby spinach

1/2 Green Apple, chopped

4-5 ice cubes

#### **BERRY SMOOTHIE**

8-10 oz almond milk

2 scoops vanilla protein

1 scoop fiber boost

1 handful baby spinach

2/3 cup frozen berries of choice

1 tsp flax-seeds

4-5 ice cubes, optional

#### **BLUEBERRY DELIGHT SMOOTHIE**

8-10 oz water or unsweet almond milk
2 scoops vanilla protein
1 scoop Fiber Boost
1 handful baby spinach
2/3 cup frozen blueberries
1 tsp flax-seeds
1/4 avocado
4-5 ice cubes

#### MINT CHOCOLATE SHAKE

8-10oz unsweetened almond milk
2 scoops chocolate protein
1 scoop Fiber Boost
1 handful baby spinach
2 drops peppermint essential oil or extract
1 tsp flax-seeds

#### STRAWBERRY SURPRISE

8-10 oz. unsweetened Almond milk
2 Scoops Vanilla Protein
1 scoop Fiber Boost
1 handful baby spinach
5-7 Frozen Strawberries
6 basil leaves
Juice from a large lemon
1 tsp flax-seeds
1-2 tsp Almond Butter
1/2 -1 tsp Cinnamon

#### **GREEN MACHINE SHAKE**

1 cup baby spinach or kale
1/2 English cucumber, peeled
1 small green apple, cored & sliced
Juice from 1/2 lemon
1/2 tsp fresh ginger, grated
2 scoops vanilla protein
1 scoop Fiber Boost
1 tsp flax seeds



# **DETOX-FRIENDLY DRESSINGS**

## **Lemon-Garlic Dressing**

In food processor or chopper, combine 1/2 cup olive oil, juice of 1 lemon, and 3 cloves chopped garlic. Add salt and pepper. Blend until there are no garlic pieces left. Set aside in refrigerator.

## **Basil Salad Dressing**

2 ounces fresh basil

34 cup olive oil

½ tsp sea salt

½ tsp pepper

1 tsp lemon juice

Blend on high speed until smoothes fresh picked basil

## **Creamy Avocado Dressing**

1 avocado

3 tablespoons olive oil

1 tablespoon lemon juice

½ cup water

¼ teaspoon celtic sea salt

¼ teaspoon black pepper

Place avocado, olive oil, lemon juice and water in vitamix or blender. Puree until smooth. Then blend in salt and pepper.

## **Creamy Onion Dressing**

2 tablespoons red onion

¼ cup apple cider vinegar

1 tablespoon Stevia

1 teaspoon mustard powder

½ teaspoon celtic sea salt

½ cup olive oil

Place onion, vinegar, stevia, mustard and salt in a vita mix and puree on high speed for 20 seconds, until smooth. Turn on vitamix or blender and drizzle in olive oil

## **Green Goddess Dressing**

1 avocado

2 tablespoons olive oil

1 tablespoon apple cider vinegar

1 tablespoon lemon juice

½ teaspoon herbes de provence

½ teaspoon celtic sea salt

3-5 drops stevia

1 cup water

Place all ingredients in a vitamix or blender. Process on high speed until smooth and creamy.

## **AVOCADO DRESSING**

2 ripe avocados, chopped

2 spring onions, finely chopped

1 clove garlic, minced lime juice, to taste (omit if you are sensitive to citrus) water, as needed sea salt, to taste ½ teaspoon apple cider vinegar, optional. Blend and enjoy!



# **SOUPS & SALADS**

## AVOCADO CHICKEN SALAD

- 1/2 medium avocado
- Juice of 1/2 lime
- 1-2 teaspoons course brown mustard\* (or homemade recipe)
- 1/2 teaspoon garlic powder
- Salt & pepper to taste
- 1 cup cooked chicken breast, chopped
- 1/2 cup chopped vegetables of choice (I used chopped radishes, carrots, and purple cabbage in mine, found in pre-mixed bag)

In a small bowl, mash the avocado with the lime juice and mix in the brown mustard, garlic powder, and salt and pepper. Mix in the chopped chicken breast and chopped veggies. Serve on your favorite GF cracker, rice chip or raw vegetables (cucumber slices are GREAT!)

HINT: If you need to store this in the fridge, keep the avocado seed in the container with the salad. The avocado seed helps to slow browning and oxidation of the avocado! This works for any avocado-based foods, like guacamole.

## DINNER GODDESS DETOX SALAD $(\mathbf{V})$



- 2 cups loosely packed fresh kale, torn into bite-sized pieces (or baby kale, preferred)
- 2 cups loosely packed baby spinach, torn into bite-sized pieces
- 1 cup shredded cabbage or coleslaw mix
- 10 raw, unsalted almonds, roughly chopped
- 3 strawberries, sliced
- 1 large carrot, peeled & sliced
- 1/4 cup blueberries
- 1/3 cucumber, peeled, seeded & sliced
- 1/4 cup raspberries
- Olive oil based salad dressing

Massage kale (if using baby kale, skip this step) in a large bowl for 1-2 minutes, or until broken down and tender. Combine with spinach and cabbage, then turn out onto a plate. Top with remaining ingredients, then drizzle with a good, olive-oil based salad dressing.

# SOUPS & SALADS

continued

## **SAVORY BEAN & SPINACH SOUP**



Yields 6 servings

- 42 oz vegetable broth
- 1 (15 oz) can tomato puree
- 1 (15 oz) can small white beans or Great Northern beans, drained and rinsed
- 1/2 cup uncooked brown rice
- 1/2 cup finely chopped onion
- 1 teaspoon dried basil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 garlic cloves, chopped
- 8 cups coarsely chopped fresh spinach or kale leaves

In a 3-1/2- or 4-quart slow cooker, combine vegetable broth, tomato puree, beans, rice, onion, basil, salt, pepper, and garlic. Cover; cook on low-heat setting 5 to 7 hours or on high-heat setting 2 1/2 to 3 1/2 hours. Just before serving, stir in spinach or kale.

#### CHICKEN QUINOA POWER BOWL

Yields 4 servings

- 12 oz grilled chicken breasts
- 4 Tbsp lemon juice (fresh squeezed)
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp onion powder
- 1 cup dry quinoa
- 16 oz chicken broth
- 2 (14.5oz) cans re-roasted tomatoes
- 2 cups chopped carrots
- 4 cups tightly packed chopped kale
- 3 tsp coconut oil
- 3 Tbsp minced fresh garlic
- 2/3 cup basil pesto (deli/produce section)
- Salt & pepper, to taste

In a large baggie, place grilled chicken breast, lemon juice, garlic powder, paprika and onion powder. Seal bag and shake – set aside. In a saucepan, combine dry quinoa and chicken broth. Cover and bring to a boil. Once boiling, reduce to simmer for 15 minutes. Remove from heat and set aside. In a large pot add coconut oil, kale and carrots. Sauté until carrots are al dente, add garlic and S&P to taste and mix well. Add roasted tomatoes, quinoa, chicken mixture and combine. Cook for 2 minutes. Add pesto (homemade version is linked in ingredients list or you can buy store bought) and stir. Serve immediately.

## continued

## ZESTY QUINOA SALAD SERVED OVER SPINACH WITH LEMON SAUCE



- 1 Tbsp Coconut Oil
- 1/2 Medium Red Onion, fined chopped
- 2 Tbsp garlic, minced
- 1/2 cup Sun Dried Tomatoes, chopped
- 1 cup Vegetable broth
- 2 Tbsp Lemon Juice
- 1 cup dry organic Quinoa Grain
- 1/2 tsp sea salt
- 1 cup broccoli florets in bite size pieces
- 1/2 cup sliced almonds
- 2 scallions, thinly sliced
- Ground pepper to taste

## **Lemon Sauce**

- 2 lemons, squeezed (about 1/2 cup)
- 1 1/2 t dried basil
- 3/4 c grape seed oil
- 3/4 c evoo (extra virgin olive oil)
- 1 t sea salt
- 1 t pepper
- 1 garlic clove, minced (Combine all ingredients and whisk vigorously. Sauce will slightly thicken. Store in an air-tight container.)

Directions: Heat the coconut oil over medium heat in a saucepan and sauté the onion and garlic for 3 minutes. Add the sun dried tomatoes, vegetable broth and lemon juice and bring to a boil. Stir in quinoa and salt. Reduce heat and simmer covered about 15 to 20 minutes. Add the broccoli on top and simmer an additional 5 minutes. Remove from heat, toss gently until combined. Add ground pepper and additional salt, if desired, to taste. Garnish with almonds and scallions before serving over spinach. Dress with Lemon Sauce.

continued

#### **TURKEY CHILI**

- 1 lb ground turkey (could sub deer meat)
- 1 28oz can diced or crushed tomatoes (based on preference)
- 1 can kidney beans
- 1 can black beans
- 1/2-1 onion, diced
- 2 Tbsp chili powder
- 1 Tbsp fresh minced garlic
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp oregano
- 1/2 tsp cumin
- 1/2 tsp cayenne pepper
- 1/2 tsp paprika
- 2 cups water
- 2 cups cooked brown rice (optional)
- 1/2 avocado, sliced (optional)
- 1 large or 2 medium sweet potato
- sea salt
- · freshly ground black pepper
- olive oil

Cook rice according to package instructions, if desired. In large 2 qt covered pot, brown ground meat, drain & return to pot. Add all remaining ingredients, heat through and serve it up! Serve it over cooked brown rice and top with avocado slices if desired.

## **OLD-FASHIONED VEGETABLE SOUP**



## Serves 8

- 2 bags frozen 'soup' veggies
- 1 can tomatoes, diced or crushed
- 1 jar spaghetti sauce (Muir Glen Italian Herb)
- 2-4 cups vegetable broth
- Salt/pepper to taste
- Oregano to taste
- 1 bay leaf
- Brown rice or quinoa, optional

In large saucepan, add 2 bags frozen mixed veggies (try to avoid mixes with corn), 1 can diced or crushed tomatoes, 1 jar spaghetti sauce and 2-4 cups vegetable broth to your desired consistency. Season according to taste. We like salt/pepper/oregano and 1 bay leaf. If you want to add some healthy grain to this, feel free to add in COOKED brown rice or quinoa. Quinoa is always your healthiest grain choice.

# SLOW COOKER WHITE BEAN STEW $(\mathbf{V})$



**Serves 10-12** 

- 2 lbs white beans
- 2 large carrots, peeled and diced
- 3 large celery stalks, diced
- 1 onion, diced
- 3 cloves garlic, minced or chopped
- 1 bay leaf
- 1 tsp each: dried rosemary, thyme, oregano
- 10-12 cups water
- 2 TBS salt (add more at end if needed)
- Ground black pepper, to taste
- 1 28oz can diced tomatoes (I like Muir Glen Organic Fire Roasted)
- 6 cups roughly chopped leafy greens (spinach, chard, kale)
- 2 cups cooked Brown Rice (optional)

Sort through and rinse beans several times in cool water. Add to the slow cooker along with the diced carrots, celery, onions, garlic, bay leaf and dried herbs. Add the water. (Use less for a thicker stew, more for more of a soup.) Cover and cook on high for 3 hours, or low for 6 hours. Remove lid from slow cooker and add the salt and pepper, and diced tomatoes. Let cook for another 1-1 1/2 hours, or until beans are very soft. (If they are already soft after the initial cooking time, different kinds of beans may vary in cooking time, then add the tomatoes and greens and serve immediately.) Before serving, stir in the chopped greens. Serve over hot cooked brown rice (optional).

# STRAWBERRY SPINACH SALAD (V



Mix 2 generous handfuls fresh baby spinach, 1/3 cucumber (diced), Couple rings of red onion (diced), Handful of strawberries (tops removed & diced), almonds and drizzle with olive oil, freshsqueezed lemon juice, salt & pepper.

# continued

# ROASTED VEGGIE QUINOA SALAD (V



This is protein-packed but feel free to add chicken for all you meat-lovin' carnivores! Yields: 4-6

- Quinoa
- 1 cup quinoa
- 2 cup chicken stock
- 1 tsp extra coconut oil
- 4 cloves garlic, chopped
- 1/2 tsp sea salt
- Roasted Vegetables
- 2 bell peppers, cubed
- 1 zucchini, cubed
- 1 squash, cubed
- 1 red onion, cubed
- 1 fennel bulb, cubed
- 4 garlic cloves, whole
- 1 Tbsp Herbs de Provence
- 2 Tbsp extra virgin olive oil
- 1/2 tsp smoked salt

#### Dressing

- 1/2 lemon, juiced and zested
- 2 Tbsp extra virgin olive oil
- fresh herbs

Preheat the oven to 450 degrees, or fire up the grill. In a bowl, combine all the cubed veggies and toss with the Herbs de Provence, oil and salt. Place in a single layer on a lined baking sheet and bake for 30 minutes, flipping half way through. (or grill the veggies to your liking) In a small saucepan, heat the oil over low heat and add the garlic, saute for 1 minute, then add the rinsed quinoa and chicken stock. Bring to a boil, cover and reduce heat to a simmer. Cook for about 20 minutes. Turn off heat, let sit for 5 minutes and fluff with a fork. In a serving bowl, combine cooked quinoa with roasted veggies. Add dressing, toss and enjoy hot, room temperature or cold.



continuea

## THAI-INSPIRED CUCUMBER SALAD WITH ROASTED SPICED CHICKPEAS



Yield: 3 servings

#### Dressing:

- 1/2 cup apple cider vinegar
- 1-2 drops liquid stevia

1/2 teaspoon fine grain sea salt

#### Salad:

- 2 medium field cucumbers
- 1 red pepper, diced
- 1 cup diced red onion
- 1/4 cup roughly chopped cilantro
- 1/4 cup sliced almonds, for garnish
- Roasted spiced chickpeas\*

#### Roasted Spiced Chickpeas

#### Yield: 3 servings

- 1 (15-oz) can chickpeas (or 1.5 cups cooked)
- 1/2 teaspoon coconut oil
- 1/2 teaspoon fine grain sea salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon chili powder
- 1/4 teaspoon ground ginger
- 1/4 teaspoon cumin
- 1/8 teaspoon ground turmeric

Preheat oven to 400F and line a medium baking sheet with a couple pieces of paper towel. Rinse and drain the chickpeas and place onto paper towel. Add a couple paper towels on top and roll the chickpeas around until completely dry. This helps them crisp up in the oven. Add the chickpeas into a medium mixing bowl and stir in the oil until coated. Now stir in the rest of the seasonings. Discard paper towel and line baking sheet with parchment paper. Add chickpeas back onto the baking sheet. Roast at 400F for 20 minutes. Give the pan a gentle shake to stir the chickpeas and roast for another 15–20 minutes, until golden and lightly Charred on the bottom. I roast for a full 40 minutes because I like them on the crispy side, but keep an eye on them as oven temps vary. Cool for 5 minutes or so and then top on your salad. They will lose their crispness quickly so these are best enjoyed immediately. You can also freeze the chickpeas once fully cooled and reheat them in the oven for 5 minutes or so to bring back the crispness.

Whisk dressing ingredients together in a small bowl and adjust to taste. Feel free to add more sweetener if you prefer. Set aside. Peel cucumbers, slice off the ends, and slice in half lengthwise. Scoop out the seeds with a Small spoon (see photo in post if necessary). Slice halves into 1/8-inch "half moons" and toss into a large bowl. If your cucumbers are really big you can slice the half-moons in half as well. Dice the red pepper and red onion and add into bowl. Roughly chop cilantro and add into bowl. Pour in all the dressing and toss to combine. Let this salad sit for about 30 minutes in the fridge, tossing every 10 minutes or so to help the dressing soak in. Meanwhile, prepare the roasted chickpeas (if desired). Recipe follows. Portion into bowls and top with almonds and optional roasted chickpeas. Serve immediately.



#### SPAGHETTI W/MEAT SAUCE

- 1 lb lean ground beef
- 1/2 large yellow onion, diced
- 1 small bell pepper, diced
- 2 cloves fresh garlic (or 1/2 tsp garlic salt)
- Salt/pepper to taste
- 1 small spaghetti squash
- 1 jar spaghetti sauce (Muir Glen Italian Herb is our fave)

Preheat oven to 350. Cut spaghetti squash in two (at the equator). Scoop out seeds and place face down on greased (coconut oil/spray) cookie sheet. Use knife to make a couple of "breathe holes". Bake 40 minutes. Dice onion & bell pepper. In large skillet, brown meat with onion, pepper & garlic. Drain and return to skillet. Add sauce and salt/pepper. Bring to slow boil, then reduce heat to low-medium. Remove squash from oven and turn over and allow to cool a few minutes. Use fork to scrape out the "noodles". You'll LOVE their resemblance to real noodles minus the carb coma that usually follows! Spoon a serving of noodles on each plate, then top with sauce as desired.

#### **GRILLED CHICKEN**

Heat a large sauté pan/grill pan to medium heat (or indoor grill) and prepare surface with coconut oil or spray. Season both sides of chicken breasts with salt/pepper & garlic salt and cook 5-8" each side or until done. Placing a lid over the pan will help retain moisture.



#### TACO SALAD W/CILANTRO LIME BROWN RICE



- 1 cup cilantro lime rice
- 1 can of black beans, drained & rinsed
- Shredded romaine lettuce
- 2 avocados
- 1 lime
- 3-4 tomatoes, chopped
- 1/4 onion, chopped
- · bunch of cilantro
- clove of garlic, minced
- I jalapeno, diced (optional)
- salt to taste
- Rice/bean chips, optional

#### Cilantro Lime Brown Rice:

Makes 8 cups

- 2-1/2 cups (1 pound) uncooked brown rice
- 4 cups (32 oz) vegetable broth (low sodium preferred)
- 2 garlic cloves, minced
- 1/4 cup fresh lime juice
- 1-1/2 tablespoons olive oil
- 1/2 to 1 teaspoon kosher salt (or to taste)
- 1-1/2 teaspoons dried oregano
- 1-1/2 teaspoons ground cumin
- 1/2 teaspoon ground white pepper
- 1–1/4 cups fresh cilantro, chopped

Add rice and vegetable broth to 3 quart pan; bring to boil over high heat, give it a quick stir, cover and lower heat to lowest simmer setting. Continue to simmer on low for 45 minutes. Remove from heat and let stand covered for 5 minutes, or until any remaining liquid in bottom of pan is absorbed. Fluff with fork. While rice cooks, whisk together the garlic, lime juice, olive oil, salt, oregano, cumin, and pepper. Pour over cooked rice, add the cilantro, and lightly toss with fork until combined. Taste and add salt, if desired. Freezes and reheats well. Rice and broth may be cooked in a rice cooker instead of on stove top. Recipe may be doubled.

Use 1 cup cilantro lime rice and add 1 can of black beans and mix well. Prepare the pico de gallo and guacamole. Mix the chopped tomatoes, onions, cilantro, garlic, jalapeno, and salt for the pico. For guacamole, mash the avocados, toss in some cilantro and lime juice from a wedge. Add garlic salt to taste. Layer lettuce and bean/rice mixture. Then add the pico de gallo and guacamole. May snack on remaining guacamole/pico with rice or bean chips.



## CREAMY PUMPKIN SEED & GREEN CHILE POSOLE



- 1 large yellow onion, cut into wedges
- 3 large poblano chiles
- 1 serrano chile
- 1 1/2 pounds tomatillos, husks removed, rinsed
- 4 unpeeled garlic cloves
- 2 dried ancho chiles, stemmed and seeded
- 1 cup salted, roasted pumpkin seeds (pepitas), divided
- 2 cans (29 oz. each) white hominy, rinsed and drained
- 5 to 6 cups vegetable broth
- About 5 tsp. dried Mexican oregano, divided
- 1 teaspoon ground cumin
- 1 large zucchini, cut into large dice
- Optional toppings:
- Rice/bean chips, cilantro leaves, thinly sliced green onions

Preheat broiler with oven rack 3 in. from heat. Set yellow onion, poblanos, serrano, tomatillos, and garlic on a rimmed baking sheet. Broil, turning, until vegetables are browned to blackened all over, 15 to 30 minutes, moving them to a bowl as browned. Let cool. Toast ancho chiles in a large pot over medium heat until fragrant, pressing down with tongs and turning occasionally, about 3 minutes. Turn off heat. Peel and seed poblanos and serrano. Peel garlic. Whirl serrano, garlic, onion, tomatillos and any juices, and 1/2 cup pumpkin seeds in a food processor until very smooth. Pour into pot with whole anchos (they'll fall apart as they cook). Coarsely chop poblanos and add to pot. Stir in hominy, 5 cups broth, 2 tsp. oregano, and the cumin. Cover, bring to a boil over high heat, then reduce heat and simmer, stirring occasionally, until cumin flavor is mellow, about 45 minutes. Discard any large pieces of ancho chile. Stir zucchini into posole and simmer just until tender, about 5 minutes. Stir in more broth if you'd like a thinner soup. Ladle posole into bowls and serve with remaining pumpkin seeds and oregano and other accompaniments to taste.



## CAULIFLOWER ALFREDO W/KALE & SUNDRIED TOMATOES



(makes 3 1/2 cups of sauce)

- 1/2 head cauliflower, about 2 cups worth
- 1 cup white beans (drained and rinsed if using canned)
- 1 1 1/4 cup almond milk
- 3 Tbsp coconut oil, divided
- 1 large shallot
- salt & pepper to taste
- 1 cup kale
- 1/8 cup sundried tomatoes, packed in oil
- dash nutmeg
- Cooked brown rice pasta

Cut the cauliflower into large florets and add them to a pot of boiling water. Cook until soft, about 15-20 minutes, then drain. While the cauliflower is cooking, heat 1 tablespoon of coconut oil in a pan and saute the shallots until softened and lightly browned. Place the cooked cauliflower in a blender along with the white beans, almond milk, sauteed shallots, the remaining 2 tablespoons of oil and a dash of nutmeg. Blend until silky smooth. Season to taste with sea salt & pepper. Pour enough needed to coat the cooked pasta and mix. Fold in the sundried tomatoes and kale and heat through. Place any remaining sauce in a sealed container in the fridge and use within a few days.

#### PORCUPINE MEATBALLS

- 1 lb organic ground beef, turkey or deer
- 1 c (half-cooked) brown rice
- 1 tsp salt
- 1/4 tsp pepper
- dash chili powder (optional)
- 1/2 medium onion, diced
- 1/2 bell pepper, diced
- 2 1/2 c low-sodium tomato juice

Cook 1/2 cup brown rice per package instructions for about 25 minutes (about half recommended time). Combine beef, rice, salt & pepper and roll into balls & place in 9x9 (or larger) baking dish. Sauté onion & pepper. Pour onion/peppers over meatballs and follow with tomato juice. Cover with foil & bake at 350 for 1–1.5 hours. I usually uncover last 15–30 minutes.



# **RUSTIC ZUCCHINI TIAN**



#### Serves 4

- 2 large onions, sliced
- 2T coconut oil
- 10 garlic cloves, roughly chopped
- 4 large tomatoes, diced
- 1 small Lemon zest and 1 T juice
- 2 tsp cumin seeds (whole)
- 1 tsp ground coriander
- 1/2 tsp kosher salt, plus more for sprinkling
- Cracked pepper
- 2 lbs zucchini or summer squash- sliced into 1/4 inch disks
- 1/4 C chopped Italian parsley

In a large heavy bottomed, oven proof skillet (cast iron works great), heat coconut oil until hot on medium heat. Add onions and saute for 20 minutes, stirring occasionally until golden brown. Add garlic, stirring more frequently, until garlic is lightly browned. Turn heat to medlow and add diced tomatoes, lemon zest and lemon juice, salt, pepper and spices. Simmer on low until tomatoes cook down a little, about 5 minutes. This will seem like a fairly "dry" tomato sauce, but remember, zucchini will release their liquids in while baking.

Remove all but 1/3 of the rustic tomato sauce, placing 2/3 in a separate bowl. Spread the remaining tomato sauce (about 1/2 C) evenly on the bottom of the pan. Place one single layer of zucchini in slighty overlapping concentric circles. Sprinkle with a pinch of kosher salt and pepper. Spread another third of the rustic tomato sauce over the zucchini, as evenly as possible. It won't seem like a lot, but don't worry. Add the second final layer of slightly overlapping zucchini. Sprinkle with salt, pepper and the rest of the tomato sauce. Cover with foil. Place in 350 F oven for 45 minutes. Uncover and give a good shake, and bake uncovered for additional 20 minutes. Let stand 15 minutes before serving. Sprinkle with parsley and a give a drizzle of olive oil.



# **MEALS**continued

### CHIPOTLE BLACK BEAN & RICE SKILLET



- 1 tablespoon olive or coconut oil
- 1/4 medium onion, diced
- 1 cup brown rice, cooked
- Juice from 1/2 lime
- 1/4 cup water
- 2 teaspoons chipotle powder
- 1/3 cup black beans, (drained and rinsed)
- 1-2 handfuls spinach
- 1/4 cup cilantro
- 1-2 eggs
- Avocado or salsa, for topping

In an 8" cast iron skillet, heat olive oil over medium heat. Add onion and cook for 5-6 minutes. Add rice, lime, and chipotle powder, black beans, and water. Cook and stir until rice and black beans are heated. Incorporate spinach and cilantro, stirring until spinach begins to wilt. Create well in the center of the skillet and crack egg(s) into the center. cover, and let cook until egg whites are set and yolk is done to desired firmness, 7-12 minutes. Sprinkle with extra cilantro and serve. Top with avocado or salsa, if desired.

#### 3 EGG OMELET WITH BEANS, BELL PEPPER AND ONIONS

- Three Eggs
- Onions
- Bell Peppers
- Premade Beans
- Salsa

In a skillet (preferably cast iron) sauté onions and bell peppers until soft and fragrant, add a scoop premade beans, heat through. In a non-stick skillet heat some coconut oil. 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.



#### **CINNAMON QUINOA BREAKFAST**

Yields 4 cups

- 1 cup quinoa, rinsed
- 3 cups unsweetened almond milk
- 1/2 tsp vanilla
- 1 tsp cinnamon
- 1/4 tsp allspice
- 1/2 cup raisins
- 1 med green apple chopped small (save some for garnish)
- stevia to taste
- 1/2 cup raw walnuts, chopped
- 4 tbsp raw sunflower seeds
- 1 cup fresh organic blueberries
- optional fresh raspberries, fresh strawberries, chopped pecans or almonds, hemp seeds

Combine quinoa, almond milk, cinnamon, allspice, raisins in medium sauce pan. Bring to a boil and then place lid on pan and reduce to low heat. After 5 mins stir in chopped apple and simmer for approx 5-7 mins longer. Stir and check for remaining liquid and if most is absorbed then remove from heat, leaving lid on pan and let rest for 5 mins to absorb rest of the milk. If when you peek, there is still lots of liquid, simmer for 3-5 mins longer but keeping a close eye over the pot as this mixture can easily burn if left to boil dry, then let it rest for 5 mins. Taste for sweetness and adjust to your liking with 3-5 stevia drops or a dribble of agave syrup. You may not need any additional sweetener as the raisins and apple do add a nice sweetness that may be just perfect for you. Be cautious as even these natural sugars will spike your blood sugar levels and you want to minimize this. Top each serving with walnuts, sunflower seeds, blueberries and remaining chopped apple. If I have raspberries or strawberries on hand I like to toss them on top instead or as well!



#### ROASTED BROCCOLI

Preheat oven to 425. Remove bulk of stems from 1 head of broccoli. Prepare cookie sheet with coconut or olive oil spray and place broccoli evenly on pan. Spray broccoli with coconut oil Sprinkle with salt/pepper and garlic salt. Roast for 8-10 minutes and serve.

#### **BLACK EYED PEAS**

Dice 1/2 large onion. In small-medium sauté pan, add 1-2 tbsp coconut oil or "butter" and sauté onion. In medium saucepan, cook 1 bag frozen black eyed according to instruction. Add sautéed onion, salt/pepper and garlic salt. Typical cook time 45 mins.

#### **GRILLED VEGGIES**

Dice red bell pepper, 1 onion, zucchini and squash. Use 1/3-1/2 of mixture for tonight's side dish (you'll use the rest later in the week for veggie wraps &/or omelets). In mediumlarge sauté pan on medium heat, add 1-2 tbsp coconut oil or "butter" and your diced veggies. Sprinkle with salt/pepper and garlic salt. Cook until tender &/or slightly browned. (Raw veggies have the MOST nutrients & enzymes, so try lightly cooking/steaming for optimal benefit).

#### **SWEET POTATO FRIES**

Preheat oven to 450 degrees. Peel sweet potato or leave skin on (according to your preference). Cut the sweet potato in half because they're normally very large. Now, take a half of the sweet potato and cut it into large slices about 3/4 inch thick. You'll then cut the larger slices into fries. Your fries should be 1/2 inch to 3/4 inch thick. Repeat this for the other half! Throw all of the fries onto a baking sheet. Sprinkle a good pinch of sea salt over them and then freshly ground black pepper. Drizzle with olive oil and now, mix it all together on the baking sheet. Make sure you're scooping the salt, pepper and oil from the bottom and mixing it in. Don't let the tastiness go to waste! Once everything's mixed, space out the fries on the baking sheet. Make sure they're all evenly spaced and not touching. They'll get soggy otherwise! Put them in the oven for 15 minutes. Do not open the oven during this time. Then, take them out and flip them. Once they're flipped, put them back in the oven for 10 minutes. Both sides should now be dark brown and crispy. Should you want a lighter brown color, just reduce the cooking times by a couple of minutes on each side. (Important Tip: These will not turn out crispy if you're cooking anything else in the oven or if the fries are crowded too close together. They'll sweat instead of crisp!





#### **ROASTED ZUCCHINI & CARROTS**

- 2 zucchini, cut into 3 inch sticks, even size
- 2 large carrots, cut into 3 inch sticks, even size
- Coconut oil
- Salt & pepper plus 2 of the following:
- (Choose Your Own Adventure-style): paprika, cumin, cayenne, crushed red peppers, thyme, rosemary, sage really, whatever takes your fancy and suits your meal. Using premixed spice blends is a great option too Italian, Mexican, Old Bay you know, just not all at once. Try smoky paprika & crushed red pepper!

Preheat oven to 425 F. Line a baking tray with baking paper and a light layer of coconut oil. Lightly toss your vegetables with a tablespoon or so of olive oil (not too much) and season with the herbs and spices. Spread your seasoned veggies over your lined tray and roast, tossing halfway through, for about 20 minutes or until golden and slightly browned at the edges.

#### **GUACAMOLE**

- 2 1/2 Haas avocados, halved, seeded and peeled
- 1 lime, juiced
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne
- 1/2 medium onion, diced
- 1/2 jalapeno pepper, seeded and minced
- 2 Roma tomatoes, seeded and diced
- 1 tablespoon chopped cilantro
- 1 clove garlic, minced

In a large bowl mix the scooped avocado pulp and lime juice, toss to coat. Using a potato masher (or fork) add the salt, cumin, and cayenne and mash. Then, fold in the onions, jalapeno, tomatoes, cilantro, and garlic. Let sit at room temperature for 1 hour and then serve. Tips: Serve with Rice Chips. If you don't eat it all, put in ZIPLOCK BAG, squeeze ALL air out & place in fridge. This will keep avocado From browning. Eat within 1-2 days as a snack.





#### **ROASTED SPICED CHICKPEAS**

Yield: 3 servings

- 1 (15-oz) can chickpeas (or 1.5 cups cooked)
- 1/2 teaspoon coconut oil
- 1/2 teaspoon fine grain sea salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon chili powder
- 1/4 teaspoon ground ginger
- 1/4 teaspoon cumin
- 1/8 teaspoon ground turmeric

Preheat oven to 400F and line a medium baking sheet with a couple pieces of paper towel. Rinse and drain the chickpeas and place onto paper towel. Add a couple paper towels on top and roll the chickpeas around until completely dry. This helps them crisp up in the oven. Add the chickpeas into a medium mixing bowl and stir in the oil until coated. Now stir in the rest of the seasonings. Discard paper towel and line baking sheet with parchment paper. Add chickpeas back onto the baking sheet. Roast at 400F for 20 minutes. Give the pan a gentle shake to stir the chickpeas and roast for another 15–20 minutes, until golden and lightly Charred on the bottom. I roast for a full 40 minutes because I like them on the crispy side, but keep an eye on them as oven temps vary. Cool for 5 minutes or so and then top on your salad. They will lose their crispness quickly so these are best enjoyed immediately. You can also freeze the chickpeas once fully cooled and reheat them in the oven for 5 minutes or so to bring back the crispness.

#### **KALE CHIPS**

Preheat oven to about 375\*. Tear the leaves off the thick stems into bite size pieces. Spread out on cookie sheets. Spray leaves with coconut oil. Sprinkle with sea salt and pepper Bake for about 15 minutes, until edges are brown and kale is crispy when moved in pan.





# **DESSERTS**

# PROTEIN BROWNIE BARS (



- 3 cups oatmeal
- 1/2 Cup Almond Butter
- 1 cup unsweetened almond milk or Coconut milk
- 4 scoops Arbonne Chocolate protein powder
- Dash of cinnamon
- Optional: Stevia, Chopped Walnuts or Pecans, Sea Salt

Mix until a sticky batter is formed. Use a large spoon to spread out the mix into the bottom of a Pam-sprayed glass or metal 8" x 8" dish (spread until even). Sprinkle with stevia, nuts, and/or sea salt as desired. Put into a refrigerator overnight and cut into 12 equal bars.

# NO BAKE PROTEIN BALLS (V)



- 2 heaping scoops Arbonne Vanilla protein powder
- 3/4 Cup Almond Butter
- 2 tbs vanilla almond milk (no sugar added)
- 1 tsp vanilla extract

Mix 2 heaping scoops Arbonne Vanilla Protein powder, 3/4 cup almond butter, 2 tbsp vanilla almond milk, 1 tsp vanilla extract. Roll into balls and store in fridge. Enjoy!

# PROGRAM APPENDIX

# **POST DETOX LIFESTYLE**

#### AFTER THE FIRST 30 DAYS

Introduce the restricted foods back into your diet one at a time.

Within 30 minutes to an hour you will be able to determine the effect that the various foods have on your body. Some may have no impact, others may make you irritable, disrupt your stomach, make you lethargic, etc.

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 Live Well Program permanently. Although focusing on eating whole foods and balanced meals of lean protein, carbs and nonstarchy vegetables is highly recommended.

The objective of the program is to get people on the path of a healthy lifestyle and help users understand the impact of the fuel we feed our body.

There is no better description or explanation than the changes people are experiencing in their physical shape, mental clarity and peace of mind on the program. Once the results and feelings become frsthand experience, people crave whole foods beyond the 30 days.

#### FOR LONG-TERM RESULTS FOLLOW THE 80/20 PHILOSOPHY

Life is too short to axe chocolate forever...or wine...or crème brulee...or whatever your favorites may be. That is where the 80/20 rule comes into play as a successful way to maintain a whole food based diet while enjoying life.

- 80% of the time Follow the 4 week principles
- 20% of the time Stray slightly (perhaps have a roll at dinner, eat a slice of pizza) or FORGET IT (have a glass of wine and your favorite dessert)



# SUGGESTED SUPPORTING PRODUCTS

#### **DAILY POWER PACKS**

- Exclusive Super Antioxidant Blend contains green tea, grape seed extract, cranberry, black currant, pomegranate and reveratrol extract - 10,000 Oxygen Radical Absorbance Capacity (ORAC) per Power Pack
- High-potency formula contains 20 essential vitamins and minerals to support a variety of important biological functions and maintain proper health
- Bioactive piperine from black pepper helps enhance absorption
- Promotes energy, vitality and longevity
- •Lutein helps support eye health
- •Men's Power Packs support prostate health
- Women's Power Packs contain extra calcium to help support healthy bone tissue
- Contains probriotics and enzymes to help support digestion and gastrointestinal health



#### FIT CHEWS - CHOCOLATE, CARAMEL, LEMON

- Helps control cravings
- Helps control appetite
- Helps increase energy
- Adaptogenic blend supports good health





# ADDITIONAL AVAILABLE NUTRITIONALS

#### **CALCIUM PLUS**

- Easily absorbable calcium citrate/phosphate
- Vitamin D helps enhance calcium absorption
- Magnesium helps channel calcium to the bone
- Red clover isoflavone supports bone health
- Adequate calcium and vitamin D throughout life as part of a well-balanced diet, may reduce the risk of osteoporosis
- No limestone calcium carbonate
- Helps support proper bone structure and function

#### **OMEGA 3 PLUS**

- Source of omega-3 fatty acids for the maintenance of good health
- Source of docosahexaenoic acid (DHA) for the maintenance of good health
- Helps support cognitive health and/or brain function
- Helps support eye health
- Recommended for: promoting general health and wellness, including mental acuity, eye health and memory function

#### **JOINT SUPPORT**

- Helps promote join flexibility and mobility
- Helps support healthy cartilage and connective tissue between joints
- · Helps protect against normal wear and tear from aging
- Contains specialized botanical ingredients white willow, bo swellia and pine bark extracts, bromelian, turmeric and ginger
- · Contains a vegan form of glucosamine sulfate
- Perfect for those who are active or expierience joint discomfort

#### **ANTIOXIDANT & IMMUNITY BOOSTER**

- · Provides high ORAC antioxidants to help fight free radicals
- Contains a proprietary energy-boosting blend, with green tea, guarana, ginseng and yerba mate to help deliver a gentle boost of energy
- Contains a proprietary antioxidant and immunity blend with the clinically proven ingredient Saccharomyces cerevisiae and potent antioxidants such as amla, holy basil and turmeric
- Contains milk thistle, which supports production of the endog enously (internal) made glutathione, a master antioxidant of the body
- Delicious 3 oz. juice shot in a conveneient on-the-go bottle

#### A. Equal to:

Vitamin C of 1.5 oranges Vitamin D of 16 ox. glass of milk Riboflavin in 1 cup of almonds Citamin B12 of 10 eggs Zinc of 2 cupsof lima beans Selenium of 3.5 cups rice B. You would have to consume 4,800 calories of food to have the same goodness of a 40-calories serving of the Antixidant & Immunity Booster.











# FREQUENTLY ASKED QUESTIONS

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

A: Remember your shakes are a meal so do not chug them down. Take your time and enjoy them.

## Q: Why do I always feel hungry?

A: Add a serving of fat (almond butter, avocado, coconut oil) or a little extra to your shakes (berries, fax meal, almond butter, and fiber). Make sure you're not skipping meals/snacks.

## Q: Why am I not losing weight?

A: Record everything you are eating and the time of your meals and talk to your accountability team. Be sure you are not loading up calories in your shakes. Be sure your food portions are reasonable. No second servings. Make sure you are eating often enough to avoid any type of "binge" or lowered metabolism.

# Q: Why I am losing weight when I don't want to?

A: Add more calories and fat to your shakes. Put an extra scoop of protein in your shakes. Add in an extra snack or two.

# Q: Why am I constipated?

A: Make sure you are drinking enough water throughout the day at least (6) 8 oz. glasses. Scale back fiber boost to 1/4 scoop then build back up to 1/2 scoop after a few days.

