

# Nutritional Lifestyle Plan

## Eat Clean, Detoxify, Develop Healthy Habits



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

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

# Table of Contents

- 3 DISCLAIMER
- 4 TESTIMONIALS
- 5 FIVE KEY AREAS OF FITNESS
- 9 LET'S GET STARTED!
- 10 A SAMPLE DAY
- 11 WHOLE FOOD CHOICES
- 12 HELPFUL NOTES & WHOLE FOOD SHOPPING OVERVIEW
- 13 SIMPLE STEPS TO GET STARTED
- 14 POST WORKOUT RECOVERY SHAKE
- 15 POST PROGRAM, WHAT NEXT?
- 16 RECIPES

# DISCLAIMER

The information contained in this Packet (the "Packet") is presented solely for informational purposes so that you may learn more about the subject.

Nothing contained in the Packet is intended to constitute, nor should it be considered, medical advice or to serve as a substitute for the advice of a physician or other qualified health care provider. Always consult your doctor or physician before you begin any diet or weight loss program.

## DISCLAIMER

The information provided in this Packet should not be considered complete, nor should it be relied on to suggest a course of treatment for a particular individual, nor is it intended to refer you to a particular medical professional or health care provider. It should not be used in place of a visit to, consultation with or the advice of a physician or other qualified health care provider.

The material in the Packet is made available with the understanding that we are not engaged in providing professional advice. Information in the Packet is not exhaustive and does not cover all diseases, ailments or physical conditions or their treatment. Should you have any health care related questions, call or see your physician or other qualified health care provider promptly. You should never disregard medical advice or delay in seeking it because of something you have read in the Packet. Results from this diet assistance program may vary. No promises are being made that the information in the Packet will be error free, or that it will provide specific results.

The Packet is provided "AS-IS" without any warranty, and the use of the Packet is solely at your own risk. Before relying on material in the Packet, users should independently verify the accuracy, the completeness, and the relevance for their purposes, obtaining professional advice when appropriate or applicable as the material in the Packet may include opinions, recommendations, or content from third parties, which may not reflect your views.

By accepting and using the Packet and any information contained in the Packet or related to the Packet, you understand and acknowledge that your sole and exclusive remedy with respect to any defect in or dissatisfaction with the Packet or the information contained in the Packet is to cease using the Packet. You further understand and acknowledge that everyone that has contributed or prepared this Packet or that has distributed or otherwise shared this Packet disclaims any liability to you, and all such persons are NOT LIABLE for losses or damages which may result through the use of the information, products, and services presented in this Packet or any other materials or information relating to the Packet.

The statements in this Packet have not been evaluated by the FDA. Arbonne products are not intended to treat or cure any disease or condition.

This material has been produced by independent consultants, for independent consultants. It has not been produced by Arbonne International

# TESTIMONIALS

## Results after 8 days

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

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

## Results after 30 days

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

– Beth Gagliardi of Fresno, CA

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

## Results for a lifetime

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

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

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

- Paula Schubert of Rancho Cucamonga, California

# FIVE KEY AREAS OF THIS PLAN

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

## Focus on Five Key Areas of Health

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

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

### 1. Eat Clean

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

### 2. Increase Nutrient Intake

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

### 3. Eliminate Allergenic and Addictive Foods

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

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

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

## Dairy

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

## Soy

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

## Refined Sugar

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

### Candida (Yeast) Overgrowth

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

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

## REPLACES GLUTEN, DAIRY AND SOY

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

Use: Replace 1-2 meals per day, or use the second shake for your afternoon snack. This protein shake is also excellent to use as a recovery shake after a workout.

## SUPPORTS INTESTINAL HEALTH

**\*Arbonne Essentials Digestion Plus** contains 11 digestive enzymes, prebiotics and a patented probiotic to support the intestinal wall often damaged by allergenic foods. Probiotics scrub away yeast overgrowth in the lower GI and reestablish friendly bacteria. Use: Add packet contents to 4 oz. of water, and let it sit for 15 min. Drink and wait 45 min. before eating. It is best to do this before your biggest meal.

## 4. Balanced Blood Sugar

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

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

### ASSISTS IN BALANCING BLOOD SUGAR

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

Recommend: Combine with 10-20 ounces of water and drink between meals

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

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

### BALANCED BLOOD SUGAR and YOUR HEALTH

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

## 5. Support Elimination Organs

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

### LIVER, KIDNEY, and INTESTINAL SUPPORT

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

**\*Arbonne Essentials 7 Day Body Cleanse** Marine botanicals help cleanse and detoxify the system and support the liver, kidneys and gastrointestinal (GI) tract. Can add Fizz Sticks for improved taste.  
Use: In your 3<sup>rd</sup> week. To prepare: combine contents of 1 packet with 32 ounces of water and drink throughout the day. Make sure to drink an additional 32 ounces of water throughout the day.

**\*Arbonne Essentials Spray Vitamin D + B12** Supports energy, immunity and calcium absorption.

### 26 Seconds

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

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

### SKIN SUPPORT (Optional)

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



# LET'S GET STARTED!

## Food Focus

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

## ADDITIONAL PRODUCTS TO OPTIMIZE YOUR HEALTH

**\*Phyto-Sport** Formulated with **plant-powered** ingredients, **branched-chain amino acids**, vitamins, minerals, and **electrolytes** to promote increased endurance and energy. (Pre, During and Post workout options)

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

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

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

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

**\*Vitamin D + B12 Spray** Supports energy, immunity and calcium absorption.

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

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

# A SAMPLE DAY

## Wake-up

Cup of Detox Tea (hot or cold)  
Fizz Stick (if you are detoxing off coffee, have your fizz within 30 min. of waking up)  
They also taste great together warm!

## Breakfast

Protein shake made with water, coconut, or almond milk. You can add fresh or frozen berries or veggies. Add 1/2 to 1 Scoop Fiber Boost. (see additional recipe book)

## Snack (optional)

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

## Lunch (4 hours after breakfast)

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

## Snack (second shake)

## Dinner – 4 hours after lunch

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

**Digestion Plus** is a very important product to add to your day. **DON'T SKIP IT!** There are a couple different ways you can take this. Watch the getting started video, and talk with your coach about it. It will start to taste better as you cleanse.

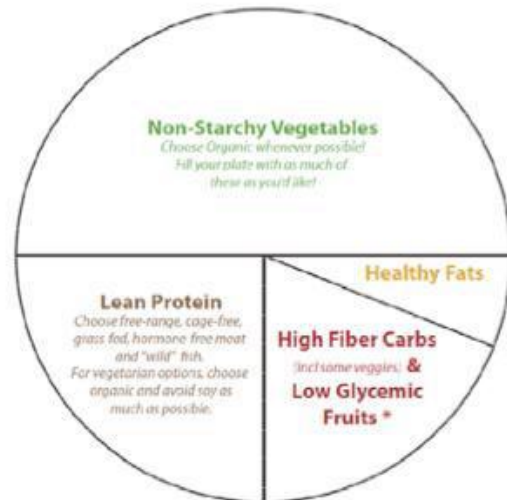
## Recovery Shake

If you workout intensely for 1 hour or more, Arbonne's protein powder is a great recovery shake within 30 minutes of completing your workout. Also check out Arbonne's **Phyto-Sport line** for pre, during and post workout options!

**NOTE:** 7-day cleanse starts on day 14  
This is a guideline. **You shouldn't be hungry!**  
Connect with your coach as questions come up.

## The Balanced Eating Circle

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



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

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

## Portion Size Guide

**1/12 of the plate – Healthy Fats**

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

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

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

## WHOLE FOOD CHOICES

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

# HELPFUL NOTES

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

We have some shopping lists, food guides, recipe booklets and websites that will help make your 30 day journey a success. **The KEY IS PREPARATION!**

## WHOLE FOOD SHOPPING OVERVIEW

### BUY ORGANIC WHEN POSSIBLE

#### LEAN PROTEIN

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

#### HEALTHY FATS

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

#### HIGH FIBER CARBS

**DRY PACKAGED:** Legumes and grains such as brown rice are often packaged and sold in ethnic or health food sections of grocery stores.

Trader Joe's even has vacuum-sealed packaged cooked brown rice (add diced veggies and EVOO for a delicious grain salad).

**FROZEN:** Look for cooked squash, artichoke hearts, lima beans and other vegetables.

**CANNED:** Watch out for high sodium and BPA. Read labels and compare beans, artichoke hearts (in water), organic soups and organic broths.

**REFRIGERATED:** hummus, salsa, rice tortillas, cooked lentils, grain salads and pesto.

#### Why Grass Fed Beef?

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

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

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

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

# 7 SIMPLE STEPS TO GET STARTED

## 1. Day One

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

## 2. Go shopping and get prepared

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

## 3. Water is your best friend

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

## 4. Eat every 4 hours

- Snack only if hungry & snack smartly
- An exception is the "after workout recovery" shake to nourish your muscles. If having an after workout shake, your next meal is when you feel hungry.
- Do not go more than 6 hours without having a meal (**Pack a cooler if you will be out all day**)

## 5. Do not obsess!

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

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

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

## 7. Track your success.

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

### Q+A

#### I am hungry.

- Make sure you are getting a fist size of protein and enough fat at every meal. (see pg 10)
- If your protein source is a shake, make sure you eat an abundance of non-starchy vegetables.
- Make sure you are drinking enough water

#### I am not losing weight.

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

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

- Don't drink the shakes too fast. Enjoy them.
- Reduce the amount of Fiber Boost you are using

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

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

#### I am constipated.

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

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

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

**You are doing great. The first 3-4 days are the hardest. DON'T GIVE UP. You will be shocked with how good you feel once you get past this initial stage. Call your coach when you need us to talk you off the ledge. 😊**

# Recovery Secrets: The Importance of Post-Workout Nutrition

April 3, 2009

Written by Lanty O'Connor

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

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

- 

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

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

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

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

# POST PROGRAM

## After the 30 days

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

## Adopting a whole food lifestyle

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

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

80% of the time follow this plan's principles

10% of the time stray slightly (perhaps a slice of pizza or a dinner roll)

10% of the time FORGET IT (think vacation!)

## Preferred Rewards

You now have a preferred client account with Arbonne. It is good for one year. (\$15 renewal fee) When you placed your first Arbonne order for you fit kit, you received a voucher that is in your shopping cart to use toward your next purchase! There are no minimum order requirements with your account. You can go to [www.arbonne.com](http://www.arbonne.com) and use your ID# to shop online and have it shipped right to your front door. If you don't remember your ID#, your coach can look it up for you. Look at the catalogue you received in your box. Arbonne has product lines that are pure, safe and beneficial. You can order anything from skincare, shampoos & soaps to baby care, sunscreen and make-up. We want to teach you how to be a smart consumer. The more you purchase, the better the discount. When you order a \$250 retail order, you can choose an additional \$125 worth of products for just \$25 more. 😊

## Sharing with others

When you start experiencing improved health, mental clarity, emotional balance and physical fitness you'll naturally share your results with others. Your new healthy lifestyle has the potential of creating a residual income for you and your family. Ask the person who shared this packet with you to tell you more. If you are not interested in pursuing this as a business and coming on board as a coach, we can show you how you can get your products at a great discount through our Referral Rewards program. Ask us how.