



Recipe Booklet

Recipes included in here are:

Gluten Free

Dairy Free

Soy Free

And also contain

NO

artificial sweeteners

sugar

corn

or vinegar

What's left? Look inside 😊

**A supplement to 30days2FIT
With Arbonne Essentials®**

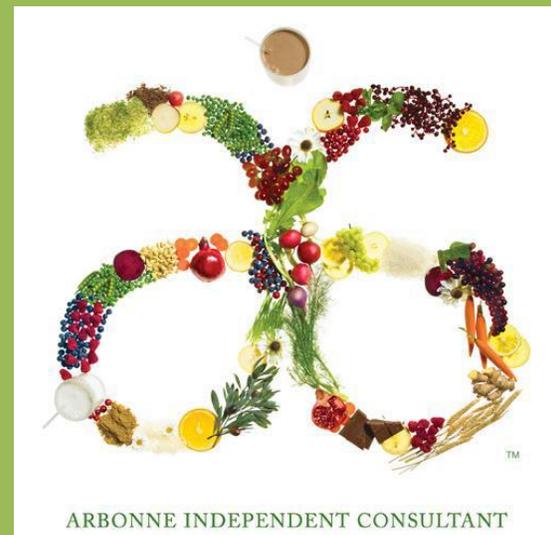


Table of Contents

Disclaimer.....page 3

Foreword.....page 4

Breakfast.....page 5

Soups.....page 6

Salads & Sidespage 8

Vegetable Dishes.....page 12

Main Dishespage 13

Dessert.....page 20

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The information contained in this packet is presented solely for informational purposes so that you may learn more about the subject, and give you some ideas in the kitchen.

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Foreword

Our hearts desire is to teach you how to live a healthy lifestyle in the midst of your busy life. You can be in control of what you fuel your body with. It does take some preparation. During this age of convenience and fast food, our bodies are beginning to pay a huge price. Think of it as healthy fast food. You won't find healthy in a box, or going through a drive thru, but you can learn how to pack meals ahead that are free from allergenic and inflammatory ingredients.

Recipes for this booklet were created, tested and shared by Arbonne Independent Consultants who have gone before you. Learning how to eat healthy can become a full time job. Jump on board with others that are finding recipes that their families love. We will continue to update the recipe section of our website. Included in this booklet are some tips and recipes to get you started on your 30days2fit journey.

You can rest assured that each one of these recipes fit into the plan perfectly. Let this tool and the plan inspire, empower and motivate you to create and develop your own arsenal of healthy, low toxin, allergenic free meals. This recipe booklet is intended to supplement the 30days2fit plan and is not the plan itself. Please make sure you are following the guidelines on portions, meal timing, meal structure, etc. If you do not have the 30days2fit plan, contact the person who provided this recipe booklet to you.

Breakfast

The word breakfast literally means to “break” “fast”. It is a very important part of your day! It is the most widely skipped meal of the day. Start every day off with the right fuel!

See Shake Recipe Booklet 😊

Protein Pancakes

Ingredients

1 1/3 coconut milk
3 eggs
2 TBS flax meal
2 scoops Arbonne Essentials Vanilla Protein Powder
1 cup gluten free pancake mix

Directions

- Mix all wet ingredients together
- Blend in dry ingredients
- Cook on skillet with Coconut oil
- Variation: Lemon/orange rind and their juice for a citrus taste

Soups

Hearty Minestrone Soup

Ingredients

1 leek or 1 yellow onion, diced
1 sweet onion diced
3 garlic cloves, peeled and minced
2-3 carrots, diced
2-3 organic celery stalks, diced
1-2 medium zucchini, cut into small chunks
2 tbsp fresh basil, chopped
5 cups low sodium chicken broth
1 15 oz can of white beans (cannellini, northern), drained
1 15 oz can of stewed or diced tomatoes with juice (Muri Glen organic)
1 tsp sea salt
1 tsp pepper
2 tbsp oil (olive, coconut, grape seed)
1/4 parsley, chopped (optional)
1 cup gluten free pasta (optional)
Handful of washed organic spinach leaves

Directions

1. Add oil to saucepan and sautee onion, leek and garlic 2-3 min. Add carrots and celery and continue cooking for 3-4 min. Transfer to crockpot.
2. Add remaining ingredients to stoneware except pasta, parsley, and spinach leaves. Stir well. Cover and cook on high for 2-3 hours or low for 5-6 hours. Add pasta, parsley and spinach leaves for the last 30 min. of cooking time.

Add chicken if you would like.

If you didn't plan ahead, cook all veggies in a pan, and add to the pot of broth, beans, and tomatoes. Combine all ingredients. Good luck letting it sit too long. This stuff disappears quickly in our house. Great to put in a thermos for lunches.

Chicken Tortilla Soup

Ingredients

2-3 chicken breast (free range, organic) boiled & shredded
2 cans chicken broth (low sodium, organic)
2 cans stewed tomatoes
2 cans pinto beans, drained
2 cans black beans, drained
24 oz picante or salsa (clean - no vinegar or sugar)
1 sm-med onion, diced
1 pkg taco seasoning (low sodium, no MSG or homemade)
Optional toppings: Rice chips, avocado slices, green onions
Cook 20-30 minutes stove top. This recipe is HUGE! A half-batch easily serves our family of 4 with 1-2 leftover servings. Try halving it or freeze second half for later time when you need a quick meal!

Vegetarian Lentil Soup

Ingredients

1 tsp oil
1 onion, diced
1 carrot sliced
4 cups vegetable broth
1 cup dry lentils
¼ tsp pepper
¼ tsp dried thyme
2 bay leaves
Dash salt
1 TBS fresh lemon juice

Directions

- In a large pot, sauté the onions and carrot in the oil for 3-5 minutes until onions turn translucent
- Add the vegetable broth, lentils, pepper, thyme, bay leaves and salt
- Reduce heat to a simmer
- Cover and cook until lentils are soft, about 45 minutes
- Remove bay leaves and stir in lemon juice before serving
- Serves 4

Salads & Sides

Salad Dressing Recipe

(this is a great dressing for field greens or marinating chicken)

Ingredients

1/4 cup extra virgin olive oil

1/8 apple cider vinegar

1/2 cup water

1 clove fresh garlic

a little sea salt

a little pepper

handful of fresh cilantro

Mix in a blender

Confetti Salad

Ingredients

(Great salad for the 30 day detox)

1 C green pepper

1 C red pepper

1 C yellow pepper

1 C hearts of palm (optional)

2 C celery

2 C cucumbers

1 large can black olives drained (optional)

Cut a pint of grape tomatoes in half

1/2 a can of black beans with liquid

Hand full of cilantro chopped up

2 cloves of fresh garlic minced

Salt and pepper to taste

Mix and refrigerate. Make extra. This tastes great the following day too! 😊

No dressing needed

Easy Hummus

Ingredients

2 garlic cloves
1-15oz can chick peas, drained (reserve liquid)
1 TBS extra virgin olive oil
1tsp salt
3 TBS tahini paste
Juice of 1-2
lemons

Directions

- With blade of food processor running drop in garlic
- Add chick peas, olive oil, salt, tahini, and lemon juice
- Blend until smooth
- Add reserved liquid to thin out hummus to preferred consistency

Strawberry-Avocado Salsa with Cinnamon Tortilla Chips

Ingredients

2 tsp grape seed oil
2 tsp grape seed or olive oil
6 brown rice tortillas
2 tsp stevia mixed with 1/2 tsp cinnamon
1 1/2 ripe avocado, finely chopped
2 TBS fresh cilantro, finely minced
2 TBS scallion, finely minced
2 tsp fresh squeezed lime juice
1 c finely chopped strawberries

Directions

- Brush both sides of tortilla with @ tsp oil
- Cut into triangles with pizza cutter and scatter on cookie sheet
- Bake in 350° oven for 10 minutes until crispy
- Remove from oven and sprinkle with cinnamon mixture
- Optional – give them a dash of sea salt to enhance flavor
- Mix remaining ingredients for salsa

Quinoa Salad

Ingredients

2 cups organic chicken broth
1 cup quinoa
2-3 TBS extra virgin olive oil
½ tsp sea salt (or to taste)
½ tsp cracked pepper (or to taste)
1 green apple, cored and diced
1 medium tomato, chopped

Directions

- Bring chicken broth to boil in medium sauce pan
- Add quinoa and reduce to simmer for 20 minutes
- Let cool
- Place cooled quinoa in bowl
- Add remaining ingredients
- Optional – add roasted peepers and serve over mixed green salad

Bean Salad

Ingredients

Add a can of each:
-black beans (drained)
-garbanzo beans (drained)
-red beans (drained)

add fresh chopped cilantro, chopped red onion, diced avocado, a little olive oil and lime juice, salt and pepper

Brown Rice

Ingredients

2 tsp oil
1 cup brown rice
2 cups water

Directions

Put 2 tsp of oil in the bottom of a sauce pan and 1 cup brown rice. When rice begins to sizzle add 2 cups of water and bring to boil. Next, turn burner to low, cover and continue to cook for 40 minutes.

Never hurts to make too much. You can always add to a salad or warm up for the next meal.

Quinoa - Follow the above directions for rice, you'll only need to cook on low for 20 minutes

Tabbouleh

Ingredients

1 cup cooked quinoa
1/8 cup olive oil
juice from 1 lemon
5-6 Roma or plum tomatoes, seeded and chopped
3 - 4 cups parsley, chopped
2 cloves of garlic minced
Salt to taste

-In a large bowl, add the olive oil, lemon juice, quinoa and mix well. Add in all the other ingredients and mix to combine. Let marinate for at least 30 minutes before serving. This will keep chilled for few days.

Jicama Blueberry Salad

Ingredients

1 qt Jicama (diced)
1 pint Blueberries
1 cup Red Pepper (diced)
1 cup Cucumber (chopped)
1/2 cup Red Onion (sliced thin)
1/4 cup Cilantro (fresh, minced)
1/3 cup Lime Juice (fresh)
1/8 tsp Sea Salt

-Combine first 6 ingredients. Mix lime juice & salt. Drizzle over salad mixture. Toss to coat.

Creamy Vegan Spinach Artichoke Dip

Ingredients

1 1/2 cups white beans (or 15 oz can, rinsed and drained)
1/4 c sesame seeds
1/2 c steamed spinach, chopped (thawed if using frozen)
1 15 oz can artichoke hearts, drained and rinsed
2 t Italian Seasoning herbs
2 T olive oil
1-3 cloves garlic, minced
Juice of 1 Lemon
1/4 t salt

Directions

1. In bowl layer sesame seeds then white beans (Important to put sesame seeds on bottom so they don't fling everywhere), use immersion blender to mash beans and seeds together.
2. Add remaining ingredients and blend with immersion blender. We added one small tomato and 1 T jalapeño (for kick)

Vegetable Dishes

Spaghetti Squash

Ingredients

1 spaghetti squash cut in half, seeds removed

Directions

- Place the squash halves cut side down in a glass baking dish and put 1-2 in. of water in the bottom
- Bake at 375°F for 30min or so until fork tender
- With a fork separate the spaghetti pulp from the skin and place in bowl

Grilled or Sautéed Veggies

Ingredients

¼ cup grape seed oil

Juice of ½ lemon or lime

1-2 gloves garlic (minced)

Other spices to taste

Variety of organic veggies: zucchini, summer squash, sweet potato, asparagus, green, red or yellow peppers, onion, etc.

Slice veggie in larger pieces for BBQ

Directions

- Mix the 1st three ingredients together and then brush on the veggies and let sit a bit.
- Place on medium grill let cook until they get "grill marks" and flip over until desired tenderness, or cook in a pan on the top of your stove

Main Dishes

Grilled Chicken Ole

Ingredients

4 boneless, skinless chicken breasts
Marinade (recipe below)
Juice of 1 fresh lime
3 medium tomatoes, diced
½ cup red onion, chopped
1 jalapeno pepper, seeded and diced
½ cup yellow pepper, diced
¼ cup fresh cilantro, chopped
4 cups fresh broccoli (or frozen, thawed)
8 cups fresh spinach
2 cloves garlic, minced
Marinade Ingredients juice
of 1 fresh lime dash of
cayenne Pepper
¼ cup fresh cilantro, chopped

Directions:

- Mix marinade ingredients in Ziploc bag
- Add chicken and refrigerate for 30 minutes
- Mix lime juice, tomatoes, onion, jalapeno, yellow pepper, and cilantro in small bowl and set salsa aside
- Remove chicken from marinade and cook on grill pan for 6-10 minutes or until juices run clear
- Remove from grill and set aside
- Grill broccoli spears on grill pan for 8-10 minutes, turning frequently
- Add spinach leaves and garlic to a large skillet spritzed with Extra Virgin Olive Oil over medium heat
- Sauté spinach until just wilted
- Divide the wilted spinach onto four plates. Top spinach with chicken breast and add a scoop of salsa
- Serve broccoli spears on side
- Serves 4

Garlic Roasted Chicken

Ingredients

1 roasting chicken (4-5 pounds)
1 small tart apple, cored & quartered
1 small onion, quartered
3 Tbsp garlic powder or granules
1 Tbsp turmeric, ground
1 tsp cumin
1/4 tsp cayenne
2 TBS low sodium organic chicken broth
Extra Virgin Olive Oil for spritzing

Directions

- Preheat oven to 375°
- Rinse chicken & pat dry
- Spritz entire chicken with olive oil
- Insert apple & onion into chicken cavity and place on roasting pan with rack
- Mix broth and spices in a small bowl to make a paste
- Slather paste over chicken
- Roast chicken for 1 – 1 ½ hours or until juices run clear
- Skin will get crispy/crunchy
- Remove from oven and let stand for 10 minutes before carving
- Serves 4-6

Lemony Chicken with Peppers and Sweet Potatoes

Ingredients

1 tbsp. + 2 tsp. dried oregano
3 lbs. chicken (preferably bone-in)
1 ½ lbs. sweet potatoes
3 red, green and or yellow peppers cut into 2" long pieces
1 large onion, sliced
2 lemons, quartered, seeded
2 cloves garlic minced
½ tsp + ½ tsp Salt
½ tsp + ½ tsp Pepper

Directions

- Preheat oven to 375 degrees
- Mix 1 tbsp. oregano, ½ tsp salt and ½ tsp pepper; sprinkle over chicken
- Coat large roasting pan olive oil; place over 2 burners set on medium heat
- When hot, add chicken; cook, turning once, until browned, about 5 minutes per side
- Remove chicken from pan
- In large bowl toss potatoes, peppers, onions and lemons with garlic, remaining 2 tsp. oregano, ½ tsp salt and ½ tsp pepper
- Add to roasting pan; cook, stirring, until browned, 8-10 minutes
- Return chicken to pan
- Carefully cover with foil
- Place in oven and cook until chicken is no longer pink near bones and vegetables are tender, 30-40 minutes, then serve

Black Bean Quinoa Chili

Ingredients

1 lb ground turkey breast
1 medium organic onion, chopped
2 tsp salt
1 organic zucchini, chopped
2 cloves organic garlic, minced
2 tsp cumin
1 tsp dried oregano ¼
tsp cayenne
¼ tsp cinnamon
2/3 cup quinoa, rinsed in warm water
1 can organic tomato sauce, low salt (about 2 cups) 1
can organic diced tomatoes
1 cup water
2 -15 oz cans organic black beans, rinsed & drained

Directions

- Warm pot over medium heat
- Add onion & meat to skillet and brown
- Add salt, garlic, zucchini and spices and sauté 5-10 minutes ○
- Stir in rinsed quinoa
- Add tomato sauce, tomatoes and water
- Simmer 20 minutes
- Add beans to pot and simmer another 15 minutes
- Makes 6-8 1 cup servings
- Garnish as desired and allowed in plan

Turkey Chili

Ingredients

1 ½ tsp olive oil
1 pound ground turkey
1 onion, chopped
2 cups water
1 (28 ounce) can crushed tomatoes
1 (16 ounce) can kidney beans – drained, rinsed and mashed
1 TBS freshly minced garlic
2 TBS chili powder
½ tsp paprika
½ tsp dried oregano
½ tsp ground cayenne pepper
½ tsp ground cumin
½ tsp salt
½ tsp ground black pepper

Directions

- Heat the oil in a large pot over medium heat
- Place turkey in the pot, and cook until evenly brown
- Stir in onion, and cook until tender
- Pour in water
- Mix in tomatoes, kidney beans, and garlic
- Season in chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper
- Bring to a boil
- Reduce heat to low, cover and simmer 30 minutes
- Serve
- Optional - Top with slices of avocado

Chicken Stir-Fry

Ingredients

A couple of boneless chicken breasts cut in strips or cubes

Organic low sodium veggie broth (enough to cover bottom of pan)

Ginger

1-2 cloves garlic ½

onion sliced up

A variety of organic veggies: broccoli, zucchini, summer squash, celery, green or red peppers, bok choy any combo you like, sliced in uniform pieces.

Directions

- Cover bottom of stir fry pan with broth
- Add onion, add sprinkle of dried ginger or grated fresh, and minced garlic then add chicken and cook until done
- Add veggies and toss until desired doneness
- Serve on brown rice

Basil-Lemon Chicken Bake

Ingredients

3 large chicken breast halves, cut in half

1 large lemon

2 large handfuls of fresh basil

Directions

- Heat oven to 350 degrees
- Place chicken in baking pan, salt and pepper to taste
- Squeeze half of lemon over chicken
- Slice other lemon into 6 pieces and sprinkle over chicken
- Cover chicken with basil
- Cover and bake for 50 minutes
- Serves 4-6

Roasted Chicken with Sun-Dries Tomato Pesto

Ingredients

4 skinless, boneless chicken breasts (about 2 pounds total) 1
TBS grape seed oil
¾ cup, chopped, drained sun-dried tomatoes in oil
2 garlic cloves, crushed
6 TBS pine nuts, lightly toasted
2/3 cup extra virgin olive oil

Directions

- Preheat oven to 400°F
 - Make pesto
 - Put sun-dried tomatoes, garlic, 4 TBS pine nuts and 2/3 cup oil into food processor and process to a coarse past
 - Set aside
 - Arrange chicken in large dish/roasting pan ○
- Brush each breast with remaining oil
- Place a TBS of red pesto over each breast
 - Using back of spoon, spread pesto so that it covers the top of each breast
 - Store remainder of pesto in an airtight container for up to a week
 - Roast the chicken for 30 minutes or until juices run clear
 - Serve sprinkled with remaining toasted pine nuts
 - Serves 4

Yummy Meatloaf

From the Fat Flush Plan by Anne Louise Gittleman

Ingredients

4 ounces of ground meat (beef, veal or turkey)
¼ cup spinach chopped
¼ cup onion, diced
1 clove garlic, minced
1/8 teaspoon cayenne pepper
1 teaspoon fresh parsley, chopped
1 tablespoon no salt added Muir Glen Tomato sauce

Directions

- Preheat oven to 400°
- Place meat, spinach, onion, garlic, cayenne and parsley in bowl of food processor and blend
- Press into mini loaf pan, glaze top with tomato sauce
- Bake for about 30 minutes.
- Makes 1 serving

Fish Lime Bake

Ingredients

- ½ lb fresh, wild caught fish fillets
- ¼ c fresh squeezed lime juice
- 2 TBS capers
- ¼ cup fresh dill
- ¼ c chopped scallions

Directions

- Arrange the fish fillets in a baking dish
- Sprinkle with the lime juice, capers, fresh dill and scallions
- Bake, covered, at 325° F for 15-20 minutes or until the fish flakes easily

Halibut Papillotes with Fennel and Olives

Ingredients

- 1 small fennel bulb, stalks discarded
- 3 medium carrots
- 1/3 cup kalamata olives, slivered
- 2 tsp finely grated lemon zest
- 4 tsp fresh thyme leaves
- 2 large garlic cloves, minced
- 3 TBS extra-virgin olive oil
- 4 (8 oz) pieces of halibut fillet

Directions

- Place a large baking sheet on bottom rack of oven and remove any other racks. Preheat oven to 400 degrees
- Halve fennel bulb lengthwise. Remove most of core, leaving enough intact to keep layers together when sliced
- Slice fennel lengthwise, very thin
- Cut carrots diagonally into 1/8 inch thick slices keeping vegetables separate
- Blanch vegetables separately in salted boiling water; fennel 2 minutes and carrots 1 minute
- Refresh in a bowl of ice water, drain well
- Toss fennel and carrots with olives, zest, thyme, garlic, olive oil and salt and pepper to taste.
- Season fish with salt and pepper and place in center of 15" piece of foil (each fish done separately)
- Top with fennel mixture and then fold over foil to enclose the fish and seal the edges by folding it over around the open ends
- Bake at 400 degrees for 15 minutes

Salmon Jambalaya

Ingredients

2 tsp olive or coconut oil
2 large fresh, wild caught salmon filets
1 medium onion, diced
1 green bell pepper, diced
1 red bell pepper, diced
½ cup diced celery
2 TBS chopped garlic
¼ teaspoon cayenne pepper
½ teaspoon onion powder
Salt and ground black pepper to taste
2 cups cooked brown rice
4 cups vegetable broth
3 bay leaves

Directions

- Heat oil in a large pot over medium high heat
- Lightly sauté salmon , about 3 minutes
- Set aside in separate dish
- Sauté onion, bell pepper, celery and garlic
- Season with cayenne, onion powder, salt and pepper
- Cook 5 minutes, or until onion is tender and translucent
- Add rice, then stir in vegetable broth, bay leaves and salmon
- Bring to a boil, then reduce heat, cover, and simmer 20 minutes, or until rice is tender

Grilled Rosemary-Salmon

Ingredients

2 tsp minced fresh rosemary
2 tsp extra-virgin olive oil
2 cloves garlic, minced
1 tsp freshly grated lemon
zest 1 tsp lemon juice
½ tsp kosher salt
¼ tsp freshly ground pepper
1 pound center-cut wild caught salmon fillet, skinned and cut into 1-inch cubes
1 pint cherry tomatoes (optional)

Directions

- Preheat grill to medium-high
- Combine rosemary, oil, garlic, lemon zest, lemon juice, salt and pepper in a medium bowl
- Add salmon; toss to coat
- Alternating the salmon and tomatoes, divide among eight 12-inch skewers
- Oil the grill rack
- Grill carefully turning once, until the salmon is cooked through, 4 to 6 minutes total ○ Serve immediately

Dessert

Arbonne Ice Cream

Ingredients

2 scoops of Arbonne Essentials Vanilla or Chocolate protein powder, 9 oz of Rice Milk (Coconut or Almond)
1 scoop of Arbonne Essentials Daily Fiber Boost

Directions

- Mix first 3 ingredients and let sit for 10-15 minutes
- Add any/all of the remaining ingredients
- Pour into popsicle molds and freeze *Optional add ins*
- Strawberries, blueberries, blackberries, nuts...
- Blend fresh mint leaves and cut a fit chew for "chocolate chips".... to make Mint Chocolate Chip
- Almonds

Arbonne Protein Powder/ 30days2fit friendly bars

Ingredients

The base
1/4 cup coconut oil
1/4 cup shredded coconut (unsweetened)
1/2 cup Arbonne Protein Powder

Many varieties:

- Use Vanilla protein powder and add lemon or lime juice (to taste)
- Use Chocolate protein powder and sweeten with liquid stevia (from the health food store) or 1/4 strawberries (unbelievable good!)
- Add drops of flavored extracts
- Add Walnuts or Almonds

Then, mold into a bar and cut into pieces, refrigerate.

Google the benefits of coconut oil, and you will like them even more!
Post your favorite combo on our FB page.