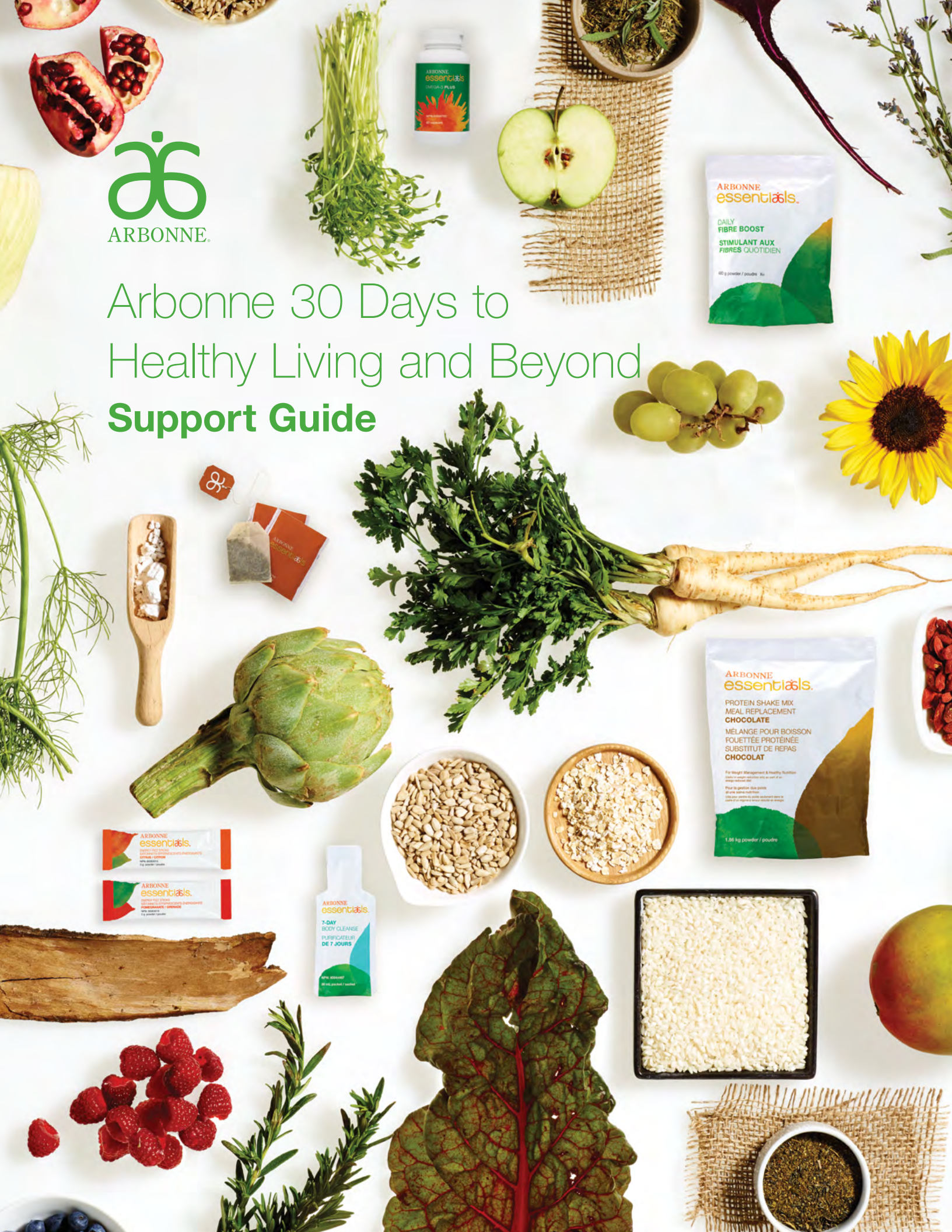




Arbonne 30 Days to Healthy Living and Beyond Support Guide



Letter From Dr. Peter



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

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

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

Here's to a healthier, happier you!

In good health,



Peter Matravars

Chief Scientific Officer
Arbonne International



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

Arbonne IS Healthy Living

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

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

FOCUS AREAS

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

Additional Considerations

DIGESTIBILITY

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

ABSORPTION/BIOAVAILABILITY

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

ALKALINITY

Certain foods and beverages can be acidic. While the body has a system in place to help support a balanced pH, a diet high in fruits and vegetables supports a more alkaline pH.

STRESS

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

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30 Days to Healthy Living and Beyond

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

Arbonne Essentials 30 Days to Healthy Living and Beyond comprises products that deliver many key nutrients like protein and fibre. In addition, it supplies probiotics and enzymes, as well as ingredients to support energy metabolism and elimination.

Cleansing with Arbonne Essentials

Included in your set is the 7-Day Body Cleanse. Below are two options for using the cleanse to support your 30-day journey. Choose the method that works best for you and your program:

OPTION 1: At the end of the first week of your 30-day program, use one pouch of the 7-Day Cleanse. At the beginning of the second week of your 30-day program, use 7-Day Body Cleanse on your first and second day of that week. Repeat this same step for the third and fourth week.

OPTION 2: Use the 7-Day Body Cleanse the week before starting your 30 Days to Healthy Living and Beyond program. Use one pouch per day for a week to support cleansing and elimination.

NOTE: Visit our Coaches Corner at arbonne.ca to hear from our nutritional leaders on using the 7-Day Body Cleanse with your 30 Days to Healthy Living and Beyond program.

The 7-Day Body Cleanse contains ingredients to help support elimination in the body to help prepare you for your next 30 days.



Arbonne Nutrition Products

Why Arbonne Essentials® Are Your Best Choice

We leave out the bad stuff,
and they taste amazing

- Vegan-certified, no animal ingredients
- Gluten-free
- No artificial colours, flavours or sweeteners
- No trans fat
- No high fructose corn syrup or fructose
- Standardized plant extracts
- Low glycemic index (Protein Shake Mix)
- Kosher-certified



Gluten-Free

All Arbonne Essentials and Arbonne Evolution® products are gluten-free. Gluten is a protein found in wheat and wheat derivatives but may also be found in rye, barley and malts. Many processed foods, sauces, seasonings, flavourings and even beer and licorice contain gluten.

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

NOTE: See p. 17 for gluten-free diet information.



Low Glycemic Index

Glycemic index is a measurement of how quickly blood sugar rises after eating a food or dietary supplement. Foods that are higher in sugar generally have a larger impact on the blood sugar level. Foods that are lower in sugar limit the rise in blood sugar and subsequent insulin response and do not promote fat-storing mechanisms. This means products with a low glycemic index are a good choice for individuals on a weight management regimen. Low glycemic index products are also preferred by those who are sensitive to or simply want to avoid sugary foods and drinks. Arbonne Essentials Protein Shake Mix has a low glycemic index rating.

Standardized Plant Extracts

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

Natural Colours, Flavours and Sweeteners

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

30 Days to Healthy Living and Beyond Products



Protein Shake Mix Meal Replacement

OR

Protein Shake Mix

These delicious vegan protein shakes contain 20 grams of plant protein, vitamins, minerals and flax seed.

- Gluten-free, vegan-certified
- No dairy or soy proteins
- No cholesterol or trans fat

30 servings

Protein Shake Mix Meal Replacement
 Chocolate #2069; \$99
 Vanilla #2070; \$99

Protein Shake Mix
 Chocolate #2957; \$89
 Vanilla #2979; \$89

Not sure which shake you need? See the comparison chart on page 13.



Herbal Tea (2 boxes)

A delicious, mild, caffeine-free herbal tea with 9 botanicals.

20 tea bags
 #2076; \$21



Daily Fibre Boost

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

- Gluten-free fibre source
- Perfect addition to Arbonne Essentials® Protein Shake Mix Meal Replacement or Protein Shake Mix
- No cholesterol or trans fat
- Kosher-certified

30 servings
 #2075; \$46



Energy Fizz Sticks

Energy Fizz Sticks support energy with vitamins and botanicals. This refreshing combination of select botanicals of green tea, guarana and Panax ginseng, as well as B vitamins and chromium, helps temporarily promote alertness, enhance cognitive performance, relieve fatigue, promote endurance and enhance motor performance.

- Only 15 calories per serving
- 1.5 grams of sugar
- Quick dissolving sticks
- No artificial colours, flavours or sweeteners

30 stick packs
 Pomegranate #2079; \$65
 Citrus #2077; \$65



7-Day Body Cleanse

7-Day Body Cleanse contains targeted ingredients to support gentle elimination.

- Senna, Cascara Sagrada, Aloe Vera, Rhubarb and Buckthorn are traditionally used in herbal medicine as stimulant laxatives
- Nettle is traditionally used in herbal medicine as a diuretic
- Mild flavour
- No artificial colours, flavours or sweeteners

7 packets
 #2082; \$60



Omega-3 Plus

Vegan capsules filled with flaxseed oil and vegetarian DHA derived from algae provide daily omega-3 fatty acids to support the maintenance of good health.

- Source of omega-3 fatty acids and docosahexaenoic acid (DHA) for the maintenance of good health
- Helps support cognitive health and brain function
- Helps support eye health

60 capsules
 #2066; \$51

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

Other Recommended Products

Arbonne Evolution®

Arbonne Evolution is a weight management system that delivers clinically proven ingredients through easy-to-use products to support your health and wellness goals. Using Arbonne Evolution products in conjunction with healthy eating and regular exercise helps support weight management and in turn helps support better health, happiness and improved self-confidence and energy.

Full Control

Full Control contains the unique fibre glucomannan from the konjac root, which expands significantly when mixed with water. Mix one scoop of this great-tasting watermelon-kiwi flavoured powder with a glass of water and drink 30 minutes before eating to help you feel full. Additionally, magnesium contributes to energy-yielding metabolism of carbohydrates, fats and protein while supporting healthy bones.



- Glucomannan helps you feel full to support weight management*
- Helps lower cholesterol levels

*Glucomannan consumption in the context of a restricted diet in calories may help support weight management.

90 servings
#6210; \$84

Metabolism Support

Metabolism Support was formulated to include green coffee bean extract to help support thermogenesis and metabolism. Metabolism Support taken once per day 30 minutes before a meal delivers benefits to those seeking to support their weight management goals.



- Helps support thermogenesis
- Green coffee bean extract was shown in a clinical trial to help study participants manage their weight in conjunction with a calorie-reduced diet and regular physical activity

60 tablets
#2618; \$75

Convenience Package

Arbonne Evolution – 10% Savings*

Start off your weight management regimen right with this dynamic duo. Save 10% when you buy Metabolism Support and Full Control. A \$159 value, for **\$143. #6121**

*While Supplies Last

My Evolution

Arbonne conducted a 90-day home use test with participants using Arbonne Essentials Protein Shakes along with Metabolism Support and Full Control. Below are the incredible stories from two study participants.



"Since completing the 90-Day Evolution Challenge, I have learned how certain foods impact my body, and if I do veer from the Healthy Living program I am able to get right back on track and feel great. I have set the habit to eat to fuel my body and feel full until the next meal, and not snack to feed a feeling or emotion. I love the healthy lifestyle it has created for my family."

Beth Krenzel

Arbonne Independent Consultant
Area Manager



"I now have a 'new normal,' and the 90-Day Evolution Challenge, and these products were the catalyst, as well as what I am using to help maintain. This has been great for my family as well. We are enjoying sharing our success with other people and helping them to adopt a healthy living lifestyle and use Arbonne's pure, safe and beneficial products as part of their daily meal routine."

Scott Walter

Arbonne Independent Consultant
Executive National Vice President Partnership of Kristen & Scott Walter

*Based on a 16-week study in the United States and survey of 70 women and men aged 21 to 60 years on a calorie restricted diet with moderate exercise, using Arbonne Essentials Protein Shake Mix, and Arbonne Evolution Full Control and Metabolism Support.

Visit arbonne.ca to watch inspiring videos and testimonials of accomplishments from our Arbonne Independent Consultants and see how Arbonne Evolution and Arbonne Essentials® products helped them achieve healthy living and a happier life.

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

More Arbonne Essentials® Products



Protein Snack Bar

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

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

10 bars

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



Daily Power Packs for Men & Daily Power Packs for Women

Power through each day with 20 essential vitamins and minerals you need to support the body's critical processes. Contains botanical extracts, probiotics and enzymes, plus bone and antioxidant formulas.

- Supports your daily nutritional requirements
- Extra calcium and folic acid to support women's health
- Saw palmetto helps support prostate health for men
- Supports healthy eyes, skin, hair and nails

30 sachets

Men **#2052; \$128**
 Women **#2053; \$128**



Antioxidant & Immunity Support

This booster delivers a 3-tier system comprising immune health, antioxidants and energy. Clinically studied in human-based trials, EpiCor® is a source of probiotics and helps support gastrointestinal health, as well as immune function, while vitamin C, vitamin D and zinc support the maintenance of good health. It also contains fruit juices from blueberry, pomegranate, amla, açai and botanicals such as green tea, milk thistle, holy basil, and more are included.

- No artificial colours, flavours or sweeteners
- Contains clinically studied ingredient EpiCor®* (Saccharomyces cerevisiae)
- Convenient 30 ml pouches
- No high fructose corn syrup

30 packets
#6298; \$113

*EpiCor® is a registered trademark of Embria, Health Sciences.



Greens Balance

Greens Balance helps support good health with its spectrum of Arbonne key colour blends of whole fruit and vegetable concentrates — delivering antioxidants and phytonutrients to have a more balanced, healthier diet every day.

- Alkaline-forming fruits and vegetable concentrates
- Low allergen potential
- 1 serving of fruits and vegetables per scoop

30 servings
#6232; \$62

Getting Started

Healthy Living at a Glance

STEP 1

Eliminate common allergens and non-healthy ingredients.*

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

FILLING YOUR PLATE

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

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

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

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

NOTE: Use Daily Fibre Boost (12 grams of fibre) and Daily Power Packs for optimal health and wellness, and use 7-Day Body Cleanse to help support elimination.

STEP 2

Eat regular, healthy meals throughout the day.

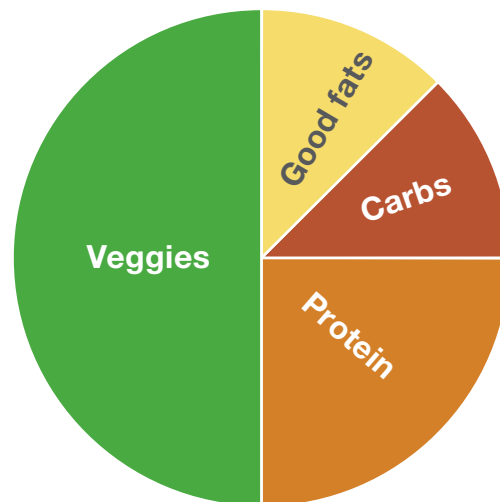
1. Morning: healthy meal/shake
2. Lunch: healthy meal
3. Dinner: healthy meal/shake

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

STEP 3

Eat in the proper portions.

- Veggies
- Protein
- Complex carbs
- Fats
- Dairy Alternatives



WHEAT / GLUTEN

Remove:

- Pasta
- White rice
- Bread
- Cereal

Replace with:

- Brown rice
- Quinoa
- Amaranth
- Brown rice pasta
- Spaghetti squash

DAIRY

Remove:

- Milk
- Cheese
- Yogurt
- Butter

Replace with:

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

PROCESSED FOOD

Remove:

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

Replace with:

- Locally grown, seasonally available fruits and veggies
- If you eat meat: Free-range, grass-fed, hormone-free meats as well as fish known to be high in omega-3: char, herring, mackerel, rainbow trout, salmon and sardines

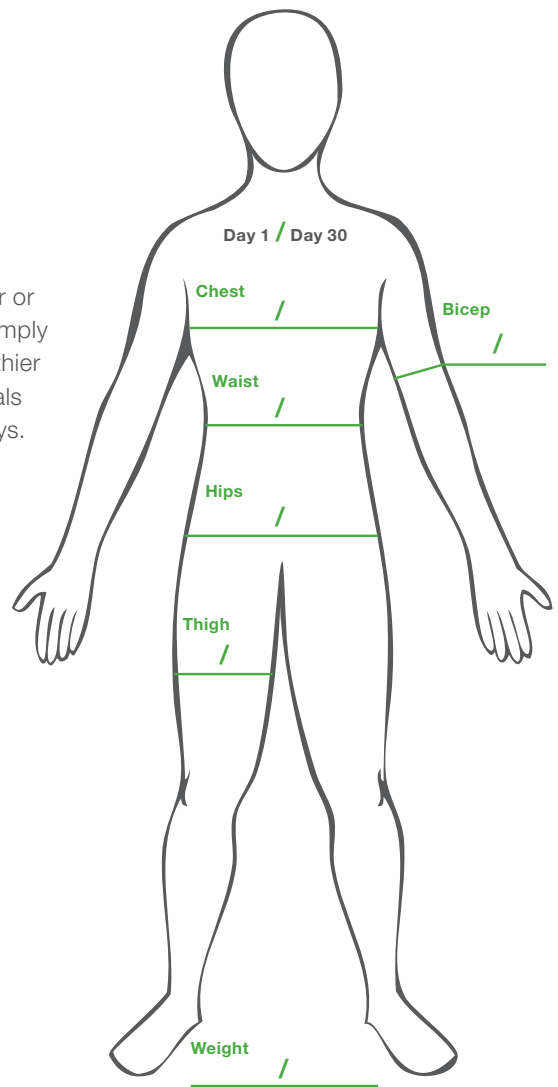
*Depending on your particular dietary needs, you may eliminate common allergens and substitute them with other healthy choices.

Your Profile

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

Insert before picture

Insert after picture



Contact Information

Name _____

Arbonne ID _____

Email _____

Phone _____

Chest — Measure around the largest part of your chest.

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

Waist — Measure approximately one inch above your belly button.

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

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

Starting Info

(Complete on Day 1)

Why are you starting this plan today?

What does being fit mean to you?

How do you feel today?

How do you want to feel in 30 days?

Ending Info

(Complete on Day 30)

Did you accomplish your goal(s)?

Do you feel more fit?

How do you feel overall?

Setting Goals

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

Goal #1

Why is this important?

Goal #2

Why is this important?

Goal #3

Why is this important?

What do you need to do to achieve your goals?

Goal #1

Goal #2

Goal #3

Name a few obstacles to achieving these goals:

Goal #1

Obstacle

How will you overcome it?

Goal #2

Obstacle

How will you overcome it?

Goal #3

Obstacle

How will you overcome it?

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

1.

2.

3.

4.

5.



Helpful Hints

- 1. Stay Hydrated** — Water is critical for optimal physiologic function and healthy living. Dehydration can have many negative side effects and leave you feeling less than ideal. Drinking plenty of water is also essential for processing nutrients and maintaining a proper fluid balance. A good rule of thumb is to drink half your body weight in water per day. For example, if you weigh 120 pounds, you should drink at least 60 ounces of water per day.
- 2. Slow Down** — It takes time for the brain to tell the body that it's full, so when you eat quickly you may overeat and not even realize it. Slow down and listen to when your body says it's full. Listening to this will help you reduce your caloric intake and will help support weight management. Additionally, eating food slower will help support proper digestion.
- 3. Avoid Refined Sugar** — Sodas and sweetened beverages can have anywhere from 17–50+ grams of sugar per can/bottle. This can have a negative impact on blood sugar levels, can lead to a sugar crash, and sugars when over-consumed can be converted to fat and stored in the body. Many health professionals lay some of the blame for the high incidence of diabetes and obesity to over consumption of sodas and sugary snacks. Also look for natural sweeteners like stevia, and unrefined sugar cane. Stay away from high fructose corn syrup, and high-sugar foods and beverages.
- 4. Snack Healthy** — While we recommend avoiding snacking in the first 30 days, we know it can be difficult to avoid at times, so when snacking it's important to make healthy decisions. Foods with no nutrient value only deliver sodium, fats, carbohydrates and empty calories. Get used to choosing fruits, nuts and vegetables for snacks.
- 5. Exercise** — Light activity is good for you. Just 30 minutes of raising your heart rate even a little will support your weight management goals, give you more energy, and help you enjoy life a little more. Exercise doesn't have to be strenuous; it just has to elevate your heart rate for a sustained period of time, so choose an exercise that fits your activity level. Take a walk around your neighborhood or jog at a local park. Either way, you're supporting a healthier lifestyle, and your efforts will be rewarded.
- 6. Get Some Rest** — Sleeping is a time when the body repairs and restores itself; many different processes are at work during sleep that are not happening when you are awake. Not enough sleep can result in low energy and a less positive outlook when it comes to everyday life. Be sure you get the right amount of sleep to help you feel rested, energetic and clear-headed. Remember, this is not a plan of perfection; this is a way to support healthy living.
- 7. Track Your Work** — Many individuals benefit from being more engaged in their fitness goals. This manual delivers the tools you need to track your progress. Changes can happen slowly and may not even be noticed because of the gradual progression. Track day-to-day efforts so you can see how you are building toward your goal. Many find it helpful to find a friend or a coach to help keep them on track.

NOTE: See p. 16 for healthy snack recommendations.

Arbonne Essentials® Protein Shakes and Meal Replacement Shakes: Your Best Choice

Arbonne Essentials shakes offer great-tasting choices that provide protein, fibre, vitamins and minerals, but sometimes it can be confusing to know which product is best for you. The following chart can help you determine which shake suits your needs and lifestyle.

Arbonne Essentials Protein Shake Mix		Arbonne Essentials Protein Shake Mix Meal Replacement
 <p>30 servings, Chocolate #2957; Vanilla #2979</p>		 <p>30 servings, Chocolate #2069; Vanilla #2070</p>

10-pack, Chocolate #2073; Vanilla #2074

Features

X	20 g vegan protein	X
	Additional fibre, fat and carbs to provide complete meal	X
	Weight management support; meal replacement*	X
X	Pre- or post-workout	
X	Support for aging muscles	
X	Supports feeling of satiety to reduce cravings between meals	X
X	Healthy and energy-boosting	X

Achieving Weight Management Goals by Integrating Arbonne Essentials Protein Shake Mix Meal Replacement into Your Daily Diet

*Our Meal Replacement Shake Mix is useful in weight reduction only as part of an energy-reduced diet. For a 7-Day Meal Plan, please go to the [Arbonne Nutrition product pages at arbonne.ca](https://www.arbonne.ca). The Meal Plan includes 7 days' worth of healthy meals and shows you how you can replace one or two meals per day with Arbonne Essentials Protein Shake Mix Meal Replacement.

Tools & Information

Healthy Food

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

POWERFUL FRUITS AND VEGETABLES

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

COLOURFUL VEGETABLES

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

CRUCIFEROUS VEGETABLES

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

DARK LEAFY GREENS

Deep green leafy vegetables include kale, spinach and collard greens. These are rich in vitamins and minerals including vitamin K, which supports bone health, and iron to help support blood production.



LEGUMES — NATURE'S SOURCE OF PLANT PROTEIN

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

Arbonne Essentials® Protein Shake Mix Meal Replacements and Protein Shake Mixes deliver 20 grams of plant-based protein from peas and rice.

BERRIES — ANTIOXIDANTS GALORE!

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



VEGAN PROTEIN

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

Benefits of Plant-Based Protein

- Pea and rice together deliver a diverse range of amino acids
- Easier on the stomach than animal-based proteins
- Pea and rice protein is not a common allergen like many soy- and animal-based proteins

Vegan Protein Sources

- Arbonne Essentials Protein Shake Mix Meal Replacements and Protein Shake Mixes
- Arbonne Essentials Nutritional Supplement Bars
- Legumes — peas, kidney beans, pinto beans
- Nuts and seeds — almonds, cashews, pumpkin seeds, hemp seeds, sesame seeds
- Algae — chlorella, spirulina (nutrient-rich blue green algae)

DAIRY

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

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

Dairy-Free / Lactose-Free Options

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

Did You Know?

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

GLUTEN

All Arbonne Essentials and Arbonne Evolution® products are gluten-free. Gluten is a protein found in wheat and wheat barley and malts. Many processed foods, sauces, seasonings, flavourings and even beer and licorice contain gluten.

See p. 17 for more information on foods with and without gluten.

Healthy Snacks & Beverages

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

Drink	Sugar	Calories
Arbonne Essentials Energy Fizz Sticks	1.5 grams	15
Can of cola	39 grams	140
Cup of fruit juice	21 grams	112
473 ml blended coffee beverage	51 grams	240
Arbonne Essentials Herbal Tea (hot/iced)	0	0

Healthy Beverage Options

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

Healthy Snack Options

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



Satisfying Hunger With Arbonne Essentials®

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

	Calories	Fat (g)	Cholesterol (g)	Protein (g)	Fibre (g)	Excellent Extras!
Dark Chocolate & Sea Salt Flavour	170	4	0	10	4	<ul style="list-style-type: none"> • Sunflower seeds • Pumpkin seeds • Dates • Gluten-free
Cranberry & Pumpkin Seed	170	3.5	0	10	4	<ul style="list-style-type: none"> • Cranberries • Pumpkin seeds • Sesame seeds • Gluten-free

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

For a great-tasting boost throughout your day, enjoy a delicious Arbonne Essentials Fit Chew.

Healthy Cooking

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

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

Gluten-Free Diet

Allowed Foods

Many healthy and delicious foods are naturally gluten-free:

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

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

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



Healthier Eating

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

Restricted Foods

Avoid food and drinks containing:

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

Avoid unless labeled "gluten-free"

In general, avoid the following foods unless they're labeled as gluten-free or made with other gluten-free grain:

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

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

Arbonne Essentials® Protein Shake Recipes

Hearty Boosted Protein Shake

- 3 scoops of Chocolate or Vanilla Protein Shake Mix Meal Replacement
- OR**
- 2 scoops of Chocolate or Vanilla Protein Shake Mix
- 1 scoop of Arbonne Essentials Daily Fibre Boost
- ½ cup of almond milk or rice milk
- 1 tablespoon of nuts (healthy fats)
- ¼ cup of frozen berries (for carbohydrates)
- ½ cup to 1 cup of frozen spinach or kale
- 9 oz. water or ice as desired

Fruity Protein Shake

- 3 scoops of Chocolate or Vanilla Protein Shake Mix Meal Replacement
- OR**
- 2 scoops of Chocolate or Vanilla Protein Shake Mix
- 1 scoop of Arbonne Essentials Daily Fibre Boost
- ½ cup almond milk
- ½ cup of fruit (banana, pineapple or mango)
- 9 oz. of water or ice as desired

Almond Butter Shake

- 3 scoops of Chocolate or Vanilla Protein Shake Mix Meal Replacement
- OR**
- 2 scoops of Chocolate or Vanilla Protein Shake Mix
- 1 scoop of Arbonne Essentials Daily Fibre Boost
- 7 oz. water or rice/almond milk
- 4–6 ice cubes
- 1 tbsp. natural almond butter
- ½ fresh or frozen banana

Very Berry Shake

- 3 scoops of Chocolate or Vanilla Protein Shake Mix Meal Replacement
- OR**
- 2 scoops of Chocolate or Vanilla Protein Shake Mix
- 1 scoop of Arbonne Essentials Daily Fibre Boost
- 7 oz. water or rice/almond milk
- 4–6 ice cubes
- 1 cup mixed frozen berries (or substitute with 1 cup of your favourite berry)

Banana & Berry Fruit Shake

- 3 scoops of Chocolate or Vanilla Protein Shake Mix Meal Replacement
- OR**
- 2 scoops of Chocolate or Vanilla Protein Shake Mix
- 1 scoop of Arbonne Essentials Daily Fibre Boost
- 7 oz. water or rice/almond milk
- 4–6 ice cubes
- 1 cup frozen berries
- ½ fresh or frozen banana

Pumpkin Spice Shake

- 3 scoops of Chocolate or Vanilla Protein Shake Mix Meal Replacement
- OR**
- 2 scoops of Chocolate or Vanilla Protein Shake Mix
- 1 scoop of Arbonne Essentials Daily Fibre Boost
- 7 oz. water or rice/almond milk
- 4–6 ice cubes
- ¼ cup pumpkin purée
- Tiny pinch of cinnamon, ginger and nutmeg

Blend ingredients until smooth for all recipes.

If you are consuming Arbonne Essentials Protein Shake Mix Meal Replacement as part of a weight management regimen, please visit the Arbonne Nutrition product pages on arbonne.ca and refer to the 7-Day Meal Plan.



Did You Know?

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

Other Recommended Products

Arbonne PhytoSport™

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

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

Step 1

Prepare & Endure

Be your best from start to finish. Maintaining endurance and energy is crucial to supporting peak physical performance. Prepare & Endure delivers ingredients such as carbohydrates, which support energy production, antioxidants for the maintenance of good health, and Panax ginseng which helps enhance physical performance when the body is in physical stress.

- Supports muscles during physical activity
- Supports healthy blood flow
- Helps promote endurance in extended (more than 60 minutes), high-intensity exercise

#6260; \$69

Step 2

Complete Hydration

Drink up. Hydration is essential before, during and after a workout for performance recovery. Complete Hydration helps support energy production and increase physical performance during intensive exercise, while helping maintain proper muscle function for the maintenance of good health. Complete Hydration also provides antioxidant support as well as botanicals like Panax ginseng, which helps enhance physical capacity and performance in cases of physical stress.

- Magnesium helps maintain proper muscle function, nutrient metabolism, and good health
- Helps increase physical performance during intensive exercise
- Contains Arbonne PhytoSport™ Blend of botanicals — cayenne, ginseng and turmeric — which supports peripheral circulation, physical capacity and performance, as well as offers antioxidant protection to support joints, circulation and physical performance

#6264; \$48

Step 3

After Workout – Add to your Arbonne Essentials® Protein Shakes!

Exercise can be tough. Without a healthy recovery, it can be difficult to bounce back. After Workout delivers an ideal ratio (2:1:1) of branched-chain amino acids which are involved in muscle protein synthesis, and assist in building lean muscle tissue when combined with consistent weight or resistance training and a healthy, balanced diet. Botanical ingredients, like Panax ginseng, help enhance physical performance when the body is in physical stress and delivers all the ingredients you need to enhance recovery so you can keep going.

- Branched-chain amino acids involved in muscle protein synthesis
- Assists in the building of lean muscle tissue when combined with consistent weight training and a healthy, balanced diet
- Provides antioxidant polyphenols from the polyphenols in pomegranate

#6268; \$60



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



Science of Exercise

Physical activity plays an important role in the health, well-being and quality of life of Canadians. People who are physically active live longer, healthier lives. Active people are more productive, and more likely to avoid illness and injury.

BENEFITS OF PHYSICAL ACTIVITY

Physical activity helps:

- healthy growth and development
- prevent chronic diseases like cancer, Type 2 diabetes and heart disease
- make us stronger
- give us energy
- decrease stress, and
- prolong independence as we get older

Exercise doesn't have to be strenuous; even 10 minutes of increased heart rate can be extremely beneficial. While exercise burns calories, it's also a great way to improve cardiovascular health, increase energy levels, improve your level of happiness, and may also help reduce stress.

CANADIAN PHYSICAL ACTIVITY GUIDELINES (18–64 YEARS)

- To achieve health benefits, adults aged 18–64 years should accumulate at least 150 minutes of moderate-to-vigorous-intensity aerobic activity per week, in bouts of 10 minutes or more.
- It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.
- More daily physical activity provides greater health benefits.

WHAT IS MODERATE AEROBIC ACTIVITY?

Moderate-intensity aerobic activity makes you breathe harder and your heart beat faster. You should be able to talk, but not sing.

- Examples of moderate activity include walking quickly, skating and bike riding.

WHAT IS VIGOROUS AEROBIC ACTIVITY?

Vigorous-intensity aerobic activity makes your heart rate increase quite a bit and you won't be able to say more than a few words without needing to catch your breath.

- Examples of vigorous activity include running, basketball, soccer and cross-country skiing.

WHAT ARE STRENGTHENING ACTIVITIES?

Muscle-strengthening activities build up your muscles. With bone-strengthening activities, your muscles push and pull against your bones. This helps make your bones stronger.

- Examples of muscle-strengthening activities include push-ups and sit-ups, lifting weights, climbing stairs and digging in the garden.
- Examples of bone-strengthening activities include running, walking and yoga.

Source: Public Health Agency of Canada (phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php) and Canadian Society for Exercise Physiology (csep.ca/english/view.asp?x=949).



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30 Days of Motivation

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

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

Frequently Asked Questions

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

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

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

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

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

A: Fibre is essential for maintaining optimal gastrointestinal health and is beneficial for cardiovascular health. It helps support blood glucose levels that are already within normal range, and helps you feel full. Considering the importance of having fibre in the diet, we recommend Arbonne Essentials Daily Fibre Boost.

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

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

Q: What are adaptogens?

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

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

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

Q: Can I have my Arbonne Essentials Protein Shake Mix Meal Replacements for all three meals?

A: No, we recommend a maximum of two Protein Shakes per day.

Q: Why can't I get all the nutrients I need from food?

A: Many people have busy lifestyles, so it can be difficult to eat in such a way as to ensure consumption of all of the required nutrients. Using supplements can increase the intake of vitamins, minerals, antioxidants, probiotics, omega-3s and many beneficial botanicals for a healthy lifestyle.

Q: What are the metric equivalents of the imperial recipe ingredient measurements featured in this Support Guide?

A: Please consult the volume conversions below.

Volume Conversions

Customary quantity	Metric equivalent*
1 teaspoon	5 ml
1 tablespoon or 1/2 fluid ounce	15 ml
1/8 cup or 1 fluid ounce	30 ml
1/4 cup or 2 fluid ounces	60 ml
1/3 cup	80 ml
1/2 cup or 4 fluid ounces	120 ml
2/3 cup	160 ml
3/4 cup or 6 fluid ounces	180 ml
7 fluid ounces	210 ml
1 cup or 8 fluid ounces	240 ml
9 fluid ounces	270 ml
1 1/2 cups or 12 fluid ounces	350 ml
2 cups or 16 fluid ounces	475 ml
3 cups	700 ml
4 cups	950 ml

*The values featured above are approximations and should only be used as a guideline.

Simplified Volume Conversions

In cases where higher precision is not required, the conversions below may be used:

- 1 cup = 250 ml
- 1 pint = 500 ml
- 1 quart = 1 L
- 1 gallon = 4 L

Visit arbonne.ca for more FAQ and additional Arbonne nutrition product information.



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