

30 DAYS TO HEALTHY LIVING CHEAT SHEET



AVOID THE FOLLOWING, AS THESE ARE FOODS THAT IN MANY CASES ARE NOT BENEFICIAL TO OVERALL WELLBEING:

- Artificial sweeteners (e.g., sucralose and aspartame)
- Alcohol
- Coffee
- Dairy
- Wheat- and gluten-containing foods
- Soy (fermented soy such as organic, non-GMO tempeh is an acceptable vegan protein option)

Choose a shake for two meal occasions (must be meals – see recipe below).

Note: A shake made on its own with just water and no additional foods is a snack, and is not a substitute for a full meal.

HELPFUL TIPS

- Eat every 4 hours.
- Every meal should have a balanced plate of vegetables, lean protein, nutrient-rich carbohydrates and healthy fats.
- Include healthy snacks as needed to help maintain energy throughout the day.
- Drink plenty of water to stay hydrated and to support normal bodily functions, like digestion.
Note: Try to drink at least half of your body weight in ounces of water each day.
- If you are hungry, add more vegetables, healthy fats and/or nutrient-rich carbohydrates to your shakes or meals.
- Exercise! Keep moving and try new activities.
- Prioritize getting quality sleep.
- Connect with nature and practice mindfulness or meditation.
- Remember the Mind. Body. Skin™ connection and take care of your body's largest organ – the skin!

QUESTIONS?

Review the entire Arbonne 30 Days to Healthy Living Guide, or reach out to your Arbonne Independent Consultant.



MEAL SHAKE REPLACEMENT

- 8–16 fl. oz. liquid, like water or non-dairy milk (based on preference)
- 2 scoops Arbonne Essentials® Protein Shake Mix
- 1/3 cup vegetables, like spinach, kale or pumpkin (or try 1 scoop of Greens Balance)
- 1/4 cup fruit, like berries or apples
- 1 tbsp. healthy fat, like nut butter or half an avocado

