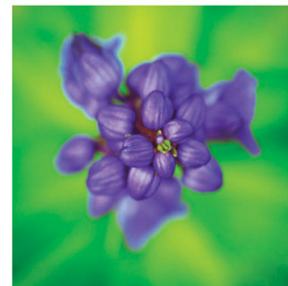
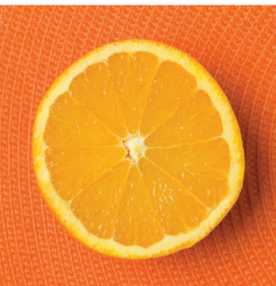
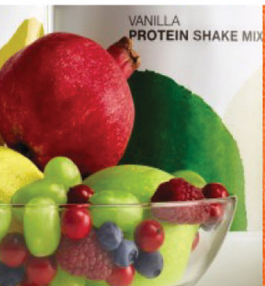


ARBONNE



# 30 Days to Feeling Fit

WITH ARBONNE ESSENTIALS®



# Table of Contents

DISCLAIMER.....	1
TESTIMONIALS.....	2
FIVE KEY AREAS OF FITNESS.....	3
LET’S GET STARTED!.....	8
What ARBONNE products do I need?.....	8
A SAMPLE DAY.....	9
WHOLE FOOD CHOICES.....	10
HELPFUL NOTES.....	11
WHOLE FOOD SHOPPING OVERVIEW.....	12
7 SIMPLE STEPS TO GET STARTED.....	14
WORKOUT SUGGESTIONS.....	15
POST PROGRAM.....	16
SHOPPING GUIDE.....	17
Recipes.....	19

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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.

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# 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 FITNESS

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

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. The “30 Days to Feeling Fit” plan is simple to follow and therefore, simple to complete

## Focus on Five Key Areas of Fitness

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 that is Certified vegan and free of gluten, dairy, soy and artificial colors, flavors and sweeteners!**

### 1. Eat Clean

This plan focuses on eating organic whole foods free of preservatives, additives, pesticides, hormones, antibiotics, artificial flavors and all other toxins. Food is either fuel or poison. Simply put, anything that can't be used as energy in the body is a toxin. Organic fruits and vegetables contain up to 40% more antioxidants than those conventionally grown. This plan will help you learn how to fuel your body for optimal health by eating clean, close to nature and TOXIN FREE!



### 2. Increase Nutrient Intake

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

ARBONNE Essentials Power Packs for Men and Women are formulated for maximum absorbency and nutrient uptake. They include a cornucopia of nutrients including: green tea, grape seed extract, cranberry extract, pomegranate extract, bioflavonoids, vitamins, minerals, herbs, antioxidants, digestive enzymes and probiotics. In addition, they boast an extremely high ORAC (Oxygen Free Radical Absorbent Capacity) score of 10,000. That's equivalent to eating 16 to 20 antioxidant packed fruits and vegetables.

Use: 1 packet per day - Women #2053 or Men #2052



### 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. If you cringe at the thought of removing a certain food, chances are you are allergic to it. Generally speaking, the food you crave is the food that is killing you.

**Gluten** is a family of proteins found in grains. They are thick and goeey 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.

#### 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.

## 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. Note: Soy Lecithin does not have the same effect and is safe for those sensitive to soy.

## 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.

## 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.

Dr. Michael McCann, MD, physician and researcher, states, "*Probiotics will be to medicine in the twenty-first century as antibiotics and microbiology were in the twentieth century.*"

Use: Sprinkle in your shake, on your food or in a glass of water. You may divide the Packet up and use a small portion with each meal

## REPLACES GLUTEN, DAIRY AND SOY



**Arbonne Essentials Protein Shakes** are certified vegan, free of gluten 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 and use as a recovery shake after a workout.

## 4. Balanced Blood Sugar

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

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



**Arbonne Essentials Fizz Tabs** can be used between meals to curb appetite without elevating blood sugar. These effervescent tablets are a combination of green tea and herbs that have been clinically proven to boost metabolism and sustain energy. They promote proper pH which aids detoxification. They are free of sugar and artificial sweeteners and contain only 10 calories per tablet.

Recommend: Combine 1 tablet with 8-16 ounces of water and drink between meals



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

Recommend ½ to 2 scoops a day. Start with ½ 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

As good as 30 Days to Feeling Fit is, it would be incomplete if it did not support the body's FOUR elimination pathways: the liver, kidneys, intestines and your largest detoxifying organ, your skin. It is nearly impossible to avoid the toxins we come in contact with on a daily basis. If toxins enter your body faster than they are removed, you will experience signs of toxicity. If, on the other hand, you give your body the support it needs to eliminate these toxins, it will perform optimally.

### LIVER, KIDNEY, and INTESTINAL SUPPORT

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



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

Use: Drink one or two cups a day



**Arbonne Essentials 7 Day Body Cleanse** helps cleanse and detoxify the system and support the liver, kidneys and gastrointestinal (GI) tract. A variety of sea botanicals assists with the gentle elimination of heavy metals and other environmental toxins over a 7 Day Period.

Use: Combine contents of 1 bottle with 32 ounces of water and drink an additional 32 ounces of water throughout the day. You may add Fizz Tab for flavor. Start on day 14

### SKIN SUPPORT



**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 twice a week

### 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.

# LET'S GET STARTED!

## Food Focus

### Eliminate

- Dairy
- Gluten
- Soy
- Peanut Butter
- Table Sugar, Honey, Maple Syrup and Artificial Sweeteners
- Coffee
- Alcohol
- All Fruit EXCEPT Limes, Lemons, Green Apples and Berries
- Pork
- Farm Raised Fish
- Non Cage-Free Eggs
- Non Free-Range Chicken
- All Beef, other than grass fed
- White Potatoes
- Corn
- Nitrites
- MSG
- Vinegar

### Include

- Rice, Almond and Coconut Milk
- Brown Rice Millet
- Raw Almonds
- Legumes
- Stevia, Xylitol
- Green and Herb Teas
- Non Starchy Vegetables
- Organic Green Apples and Berries
- Cage-Free Eggs
- Wild Cold Water Fish (*due to possible mercury contamination limit fish to 1x per week*)
- Free-Range Chicken and Turkey
- Grass Fed Beef (1x per week)
- Almond Butter
- Sweet Potatoes, Yams, Turnips
- Avocado
- Olive Oil, Coconut Oil, Flaxseed Oil

## What ARBONNE products do I need?

- |   |  |
|---|--|
| <input type="checkbox"/> Protein Shake: vanilla or chocolate (1–2x per day) Vanilla | #2070 or Chocolate #2069 - 30 servings |
| <input type="checkbox"/> Daily Fiber boost (1–2x per day)                           | #2075 – 30 servings                    |
| <input type="checkbox"/> Energy Fizz tabs (2x per day before 4 pm)- Pomegranate     | #2079 or Citrus #2077 – 20 servings    |
| <input type="checkbox"/> Herbal Detox tea (at least 2x per day)                     | #2076 – 20 servings                    |
| <input type="checkbox"/> Daily Power Pack (1x per day) Women                        | #2053 or Men #2052 -30 servings        |
| <input type="checkbox"/> Digestion Plus (1x per day)                                | #2063 – 30 servings                    |
| <input type="checkbox"/> 7-day Body Cleanse (start day 14)                          | #2082 – 1 box -7 bottles               |
| <input type="checkbox"/> Optional: Seasource Detox Spa Purifying Sea Soak           | #7318 – 8 packets per box              |
| <input type="checkbox"/> Optional Fit Chews (no more than 3 per day)                | #2068 – 1 bag                          |

*Your Arbonne consultant will help you place an order that's individualized to your needs*

# A SAMPLE DAY

## Wake-up

Cup of Detox Tea  
Fizz Tab (if you need caffeine first thing)

## Breakfast

Protein shake made with coconut, rice or almond milk. Add fresh or frozen berries or veggies and 1 teaspoon of almond butter  
Add ½ to 1 Scoop Fiber Boost  
Take Arbonne Essential Power Pack

## Snack (optional)

Fizz tab, if you need something else, have a small handful of raw nuts, seeds or a teaspoon of almond butter

## 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 or Protein Shake prepared as above

## Snack (see above)

## Dinner – 4 hours after lunch

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

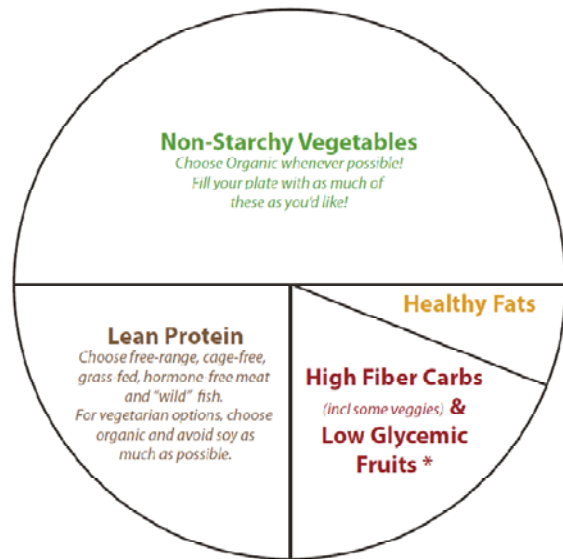
DO NOT EAT AFTER 7PM – HAVE A CUP OF DETOX TEA AFTER DINNER

## Recovery Shake

If you workout intensely for an hour or more, make sure you have a recovery shake within 30 minutes of completing your workout. Your next meal will be within 4 hours or when you become hungry. The recovery shake is in addition to your healthy meal plan.

## 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

## LEAN PROTEIN

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

## HEALTHY FATS

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

## HIGH FIBER CARBS

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

**Low GI:** Blackberries, blueberries, boysenberries, elderberries, raspberries, strawberries, sour green apple

## FRUIT GLYCEMIC INDEX

**Moderate GI:** Cherries, pears, apricots, melons, oranges, peaches, plums, grapefruit, pitted prunes, apples, avocados, kiwi, lemons, limes, nectarines, tangerines, passion fruit, persimmons, pomegranates

**High GI:** (avoid during weight loss except after a workout) Bananas, pineapples, grapes, watermelon, mango, papaya

## NON- STARCHY VEGETABLES

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

Most supermarkets and grocery stores now have healthier food choices, organic brands and a designated aisle just for health food. Do not feel like you need a Health Food Store to find the food/ingredients you need to start your program. However, if you do have a local health food store, Whole Foods Market or Trader Joe's nearby, it would be great to start your shopping there.

If you are going to a health food store to shop for the first time, make sure you have time to look around and plan on asking for help. Everyone that works in these stores is ready to help and is very knowledgeable.

When you make your shopping list for the first week, start with the foods you already love. Ease into the program on food you are familiar with and enjoy eating. You WILL need to switch to cage free 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.

Follow the meal plan provided when making your list; this makes it easier when going to the store the first time. A list keeps you on track, helps you remember everything you need and keeps you from feeling lost. This way if you need to ask for something, you know what it is and can ask for it by name.

### Buy Organic

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

### Helpful Websites

[www.wholefoodmarkets.com](http://www.wholefoodmarkets.com)

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

[www.traderjoes.com](http://www.traderjoes.com)

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

[www.foodforlife.com](http://www.foodforlife.com)

[www.foodshouldtastegood.com](http://www.foodshouldtastegood.com)

[www.ushealthfoodstores.com](http://www.ushealthfoodstores.com) (find a store in your local area/state)

# WHOLE FOOD SHOPPING OVERVIEW

## Lean proteins

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 (never farmed) fresh or canned (in water).

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 carbohydrates

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. 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.

**Meal Plan:** pick your favorite recipes at the end of this guide and plan your meals for the week. Substitute 1-2 protein shakes per day for ANY meal. Enjoy a variety of green leafy veggies with every meal.

	Breakfast	Lunch	Dinner
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

**Shopping List:** refer to whole food shopping overview, optimal food choices diagram, meal plans and recipes. Use coconut oil for sautéing (remains healthy when heated). Use EVOO for raw food and dressings.

Lean Protein	
Healthy Fats	
High Fiber Carbs	
Non Starchy Vegetables	
Arbonne Products	

# 7 SIMPLE STEPS TO GET STARTED

1. Day One
  - Weigh yourself and record your waist 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 tab, Detox tea, broths).
4. Eat every 4 hours
  - No snacking except Fizz Tabs, 1 teaspoon of almond butter or small handful of almonds.
  - 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
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 at every meal.
- If your protein source is a shake, make sure you eat an abundance of non-starchy vegetables.
- Make sure you are drinking enough water
- Drink your snacks – have some water with fiber, Fizz tab, Detox Tea or vegetable broth

### 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?

- Sprinkle a Packet of Digestion Plus in your shakes
- 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 or Power Packs.
- Add ground flax seed and selium
- Try Arbonne's Herbal Colon Cleanse

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

Yes! 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.

# WORKOUT SUGGESTIONS

## 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. On day one you may want to eat dairy products for an entire meal. Then see how you feel.

Within 30 minutes to an hour you may determine the effect it has on your body. Wake up the next morning and weigh yourself. If you have gained a pound or two overnight you are most likely sensitive or allergic to the food you reintroduced. Your body reacts to allergenic foods by filling your tissues with water, thus the weight gain.

Some foods may have no impact, others may make you irritable, disrupt your stomach, make you lethargic, etc. As you begin to gain an understanding of what the various foods do to your system through an isolated introduction, you will be able to choose the most optimal food for your fuel.

## Adopting a whole food lifestyle

It is not expected for people to follow the 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, without hiring a nutritionist, or spending a lot of money on products that make false claims or don't produce lasting results.

## Special Delivery

It's simple to maintain your newfound health by signing up for Arbonne's Special Delivery Program. You choose the day you want your products delivered and you'll receive your monthly maintenance order every 30 days without ever having to leave your home, put gas in your tank or even pick up the phone. You may change or cancel your order at any time.

## 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.

# SHOPPING GUIDE

## Trader Joe's

### UNREFRIGERATED PRODUCE

- Cherry tomatoes
- Sour apples
- Organic lemons
- Avocados
- Zucchini
- Ginger
- Garlic

### REFRIGERATED PRODUCE

- Bagged lettuces
- Sliced mushrooms
- Steamed beets
- Cooked lentils
- Broccoli slaw
- Shredded cabbage
- Sugar snap peas
- Butternut squash
- Sweet potatoes spears  
(great as fries with olive oil  
and sea salt)
- Cauliflower
- Green beans
- Parsley
- Dill
- Chives
- Veggie Chop (a bunch of  
veggies chopped up  
already) great on salads  
and in quinoa

### REFRIGERATED MEATS

- Free range whole chicken
- Free range ground turkey
- Smoked salmon

### FROZEN SECTION

- Frozen organic berries
- Frozen organic veggies
- Frozen shrimp
- Frozen wild salmon, halibut,  
tilapia, etc
- Frozen buffalo burgers
- Frozen brown rice
- Frozen Chili Lime Chicken  
Burgers

### DRY GOODS

- Brown rice
- Brown rice pasta
- Canned organic tomatoes
- Stevia
- Herbs and spices
- Sea salt
- Almond Butter with Roasted  
Flaxseeds
- Olive oil

### MILK ALTERNATIVE SECTION

- Unsweetened almond milk,  
rice milk and  
coconut milk

### CANNED GOODS

- Coconut milk
- Sardines
- Wild salmon
- Oysters
- Olives
- Capers
- Pumpkin, sweet potatoes or  
squash puree

### VITAMIN/SUPPLEMENT SECTION

#### OILS

- Organic Extra Virgin  
Olive Oil

## SHOPPING GUIDE (continued)

### Costco

- Organic quinoa
- Organic chicken broth (8 pk)
- Almond butter
- Organic eggs
- Organic salad mix
- Sliced mushrooms
- Organic spinach
- Carrots
- Celery (great with almond butter)
- Organic frozen strawberries
- Organic frozen berry mix
- Raw nuts (pine nuts, cashews, almonds, pecans, walnuts)
- Organic chicken breasts
- Organic ground beef
- Green apples
- Frozen shrimp
- Frozen orange roughy fillets
- Brown rice pasta
- Ms. Mary's Cashew Crunch
- Canned organic no sugar tomatoes
- Stevia
- Herbs and spices
- Sea salt
- Olive oil
- Magic bullet blender

### Whole Foods

- Whole Foods
- Braggs Liquid Aminos
- Organic Tamari (wheat free, gluten free)
- Edward & Sons Brown Rice Crackers
- "Food Should Taste Good" Sweet Potato Chips and Flax seed Chips
- Organic salsa (made without vinegar)
- Organic hummus
- Nori sheets (to make sushi or burritos)
- Tasty Bite – Punjab Eggplant
- Tasty Bite – Bombay Potatoes
- Coconut Oil
- Grape seed Oil
- Bulk Foods: dry beans, grains, nuts, seeds, etc.
- Bob's Red Mill Brown Rice Flour
- Bob's Red Mill Gluten Free Oatmeal

# Recipes

## Section 1: Shake Recipes

### The Basics of How to Make a Shake

- 2 Scoops Figure 8 Protein Shake (Chocolate, Vanilla or both)
  - ½ to 1 scoop Figure 8 Fiber Boost
  - Ice (optional)
  - ¼ cup berries (optional)
  - Or
  - ¼ cup spinach or squash (optional)
  - Mix with your choice of the following liquids:
    - 1 cup water
    - ½-1 cup coconut milk, rice milk or unsweetened almond milk
  - Add 1 serving of fat:
    - 1 tsp. almond, walnut, flax or coconut oil (no peanut butter)
    - ¼ cup coconut milk or coconut water
    - 1 TBS ground flax
    - 1 TBS nuts
    - ¼ avocado
- Feel free to experiment with the consistency and ingredients in your shakes to your liking. More ice for thicker shakes.

### Helpful Hints for Shakes

- Magic Bullet works great to blend shakes. Sold at Bed, Bath & Beyond or Costco.
- Freeze fresh fruit and veggies for future.
- Add fresh spinach to shakes (won't taste it!)

### Chocolate Almond Shake (Version 1)

- 2 Scoops chocolate protein powder
- 1 T almond butter, ice, water or almonds

### Chocolate Almond Shake (Version 2)

- 2 Scoops chocolate protein powder
- 1 scoop fiber booster
- 1 tablespoon almond butter
- Water
- Ice

### Chocolate Berry Shake

2 Scoops chocolate protein powder, ¼ cup strawberries, fiber, ice, water

### Chocolate Shake

2 Scoops chocolate protein powder, 1 scoop Fiber Boost, water, ice

### Chocolate Strawberry Shake

1 scoop chocolate protein shake  
1 scoop Fiber boost  
Fresh organic strawberries to taste  
Water  
Ice

### Chocolate Vanilla Combo Shake

1 scoop chocolate protein shake  
1 scoop vanilla protein shake  
1 scoop fiber booster  
Water and ice

## Benefits of Using Coconut Milk in Protein Shakes

### Helps the body maintain blood sugar levels

Poor glucose tolerance may mean a deficiency of manganese in the body. Coconut milk is an excellent source of this essential mineral.

### Keeps blood vessels and skin elastic and flexible

The mineral copper is critically important for many bodily functions. Together with vitamin C, it helps keep blood vessels and skin elastic and flexible.

### Assists in Weight Control

Medium chain fatty acids in the coconut milk (MCTs) are used in the body for energy, as opposed to long chained fatty acids ((LDTs), that are stored as fat. Medium chain fatty acids create "thermo genesis" in the body which increases metabolism and burns energy.

**To find a store near you that carries fresh coconut milk in the refrigerator section go to:**

[http://sodeliciousdairyfree.com/locations/store\\_locator.php](http://sodeliciousdairyfree.com/locations/store_locator.php)

### **Chocolate Vanilla Chai Shake**

1 scoop each of chocolate and vanilla protein shake, almond milk, pumpkin pie spice

### **Pumpkin Pie Shake**

2 scoops vanilla protein shake, 4 ozs pumpkin puree, 1 cup almond milk, pumpkin pie spice, stevia, 1T pecans, fiber

### **Savory Shake**

Heat any veggies (broccoli, zucchini, cauliflower, squash). Puree. Add protein powder, fiber, cooked grain, whole grain milk or broth. Blend.

### **Vanilla Berry Shake**

2 scoops vanilla protein powder, ¼ cup frozen mixed berries, fiber, ice, water

### **Vanilla Fruit Smoothie**

1 scoop vanilla protein powder  
1 scoop fiber booster  
Add mixed berry blend to taste  
Fresh strawberries  
Water and ice

## **Section 2: Whole Food Recipes**

(alphabetical Order)

### **3 Egg Omelet with Beans, Bell Pepper and Onions**

Crack 3 eggs into a bowl, beat well. In a skillet (preferably cast iron), sauté onions and bell peppers until soft and fragrant. Add a scoop of your premade beans, heat through. In a non-stick skillet, heat some EVOO. Add beaten eggs; allow egg to cook on the bottom and around the sides. Add bean, pepper and onion mixture to one side of the eggs and then fold over the other side on top. Allow to cook for 1 minute more. If you wish, serve with some salsa on top.

### **Baby Greens, Pecans, Apple and Chicken Salad**

Top a bed of baby greens with chopped pecans, apples and some leftover roasted chicken. Toss with EVOO & lemon juice, season with salt and pepper.

### **Broiled Polenta with Marinara Sauce**

Sauté garlic in EVOO. Add chicken broth and tomato puree (optional sprig of rosemary). Leftover polenta works great for this. Cut polenta into slices. Broil to warm.

### **Brown Rice Sushi**

(You can do it!) In nori sheet, roll rice, seared ahi, avocado, sesame seeds.

### **Butternut Squash Soup**

Boil peeled and cubed butternut squash in organic chicken broth. When soft and mushy blend squash and broth in a blender until smooth. Put mixture back on the stove top and add coconut milk until creamy. Add sea salt, pepper, and cayenne pepper to taste.

### **Chicken and Rice Soup (Homemade Stock)**

1. Trim the meat off leftover roasted chickens and set aside in a bowl (reserve half for soup and the other half for salad).
2. Place all bones, skin and “inedible” chicken parts from both chickens in a big pot.
3. Remove saved pan drippings from fridge, all the fat will have floated to the top. Scrape off with a spoon, either discard or you can save in the freezer to use for savory pie crusts at another time. Place the remaining pan drippings in the pot, they will be very gelatinous, this is normal.
4. Add one large chopped onion, 2 chopped celery sticks, 2 chopped carrots, 1 bay leaf and about 6 black peppercorns. Cover contents of pot with water; bring to a boil and then turn down to a simmer. Allow to simmer all day or at least several hours.
5. Drain off bones, etc. You are left with a delicious, nutritious broth. Salt to taste, add carrots, celery, the leftover chicken and brown rice. Boil until veggies and rice are cooked. You can also use this broth as a base for a butternut squash soup.

### **Chicken Vegetable Brown Rice Soup**

Can or cooked organic chicken  
Organic chicken broth (fresh, canned or bouillon cubes). Add brown rice (cook until soft). Fresh vegetables (carrots, onions, green beans, etc).  
Cook until brown rice is soft.

### **Coconut Chicken, or Fish**

1 tbsp of sesame oil  
3 cloves of garlic, chopped into small pieces  
1 shallot, chopped into small pieces  
½ medium white onion, chopped into small pieces  
(Note: You can buy these 3 already chopped together at Trader Joe's)  
2 boneless organic, free range chicken breasts  
OR wild fish filets  
2 large bunches of organic broccoli  
Organic coconut milk  
Sea salt

In skillet, on medium heat, put in sesame oil and let heat up and then add garlic, shallot and white onion pieces. Cook until onions start to caramelize. Take out of skillet and set aside. Place protein into skillet you used to cook initially and if they are thick, filet them (cut them open and spread out), sprinkle sea salt lightly over them and cook on medium heat.

Add ¼ can of organic coconut milk and let protein cook and turn frequently. When starts to cook through, place another ¼ can of organic coconut milk over the top of cooking chicken.

Put the garlic, shallot, onion mixture on the top of the chicken and let the milk cook down until it is absorbed into the meat. Keep turning frequently until chicken is no longer pink and reduce to lower temperature while you are preparing rice/quinoa and broccoli. Fish, shrimp and scallops are generally faster cooking.

Steam broccoli until done. Serve chicken and broccoli with a ½ cup of brown rice or quinoa. For extra flavor, you can add a small amount of Bragg's to the rice or quinoa.

### **Dill Salmon with Stir-Fried Veggies and Brown Rice**

Put the frozen package of salmon in the fridge the morning you want to cook it and it will defrost safely. When you are ready to cook, season the fillets with a little bit of dill and fresh lemon or lime. While I am not big on non-stick pans, this is one thing I do use a nonstick pan for. I heat up some olive oil, then I put the salmon fillets in "upside down" (always purchase the salmon with skin on), cover the pan and cook for about 5 minutes, then flip the salmon and cook for another 5 minutes, on medium to high heat. This is wonderful with some stir-fried vegetables and brown rice.

### **Falafel Salad**

3 cups well cooked chickpeas; (2-15 ounce cans) drained well  
½ tsp salt  
¼ tsp cayenne pepper  
1 tsp dry parsley  
½ tsp garlic  
2 medium eggs  
¼ cup rice flour

Drain the chickpeas and place them in a large bowl. Use a potato masher to mash the beans. They taste best if they aren't too smooth so be sure to leave them a little chunky. Add the salt, cayenne pepper, parsley, garlic powder and eggs. Mix everything together until you have a sticky mass. Add the rice flour and mix again.

Generously oil a cookie sheet. Using about 2 tbsp per falafel, shape the mixture into small patties. Arrange the patties on the well oiled cookie sheet. Flip each patty over so that it is lightly coated with oil on each side. Bake at 450 degrees for about 20 minutes. Check them after 15 minutes, but they will probably need another 5 minutes to be good and brown.

Serve falafels over a bed of baby greens with cucumber, cheery tomatoes and some fresh chopped dill. Toss with EVOO & lemon juice, season with salt and pepper.

### **Fennel Salad**

1-2 bulbs. chopped, slivered almonds or pecans, green onion, fresh cranberries, EVOO, lemon, salt and pepper

### **Firecracker Shrimp**

Serves 6

This shrimp is spicy and vibrantly flavored with a fiery almond pesto made from cilantro, jalapenos and scallions. It's a quick flash in the pan before you're ready to enjoy this delicious dish.

1 bunch cilantro, stems removed  
1/3 cup sliced or whole almonds  
3 tbsp olive oil  
2 tsp ground cumin  
6 green onions, roughly chopped  
3 cloves garlic  
2 jalapeno peppers, seeded and halved  
2 lbs. medium to large shrimp, peeled and deveined  
2 tbsp lemon juice  
Salt to taste  
1 small avocado, thinly sliced  
6 cheery or grape tomatoes, halved

Set aside 6 sprigs of cilantro for garnish. Put remaining cilantro, almonds, 2 tbsp of the oil, cumin, green onions, garlic, jalapenos, and ¼ cup water in the bowl of a food processor or blender and puree until a smooth paste forms, about 1 minute.

Arrange shrimp in a wide, shallow dish and spread cilantro paste over them. Cover dish with plastic wrap and refrigerate for at least 1 hour.

Heat remaining 1 tbsp oil in a large skillet over medium high heat. Add shrimp and cook, stirring constantly, until pink and cooked through, about 4 minutes. Add lemon juice and salt, and stir a few more times to scrape up any browned bits.

Transfer shrimp to a platter and garnish with reserved cilantro.

### **Fried Rice**

Sauté spinach, mushrooms, onions, broccoli, and carrots. Add ½ cup cooked brown rice. Scramble one egg into side of frying pan. Add pine nuts.

### **Garbanzo Bean Salad**

Mix drained cooked garbanzos, veggies, EVOO, lemon, salt and pepper.

### **Huevos Rancheros**

Fry or scramble 2 eggs. Serve over a bed of warmed pinto beans, top with salsa and avocado.

### **Jicama Salad**

1 large jicama root, julienned (long thin slices)  
1 red bell pepper, julienned  
½ red onion, diced  
Napa cabbage cut into thin strips  
Fresh cilantro chopped  
Juice of 1 lime  
Sea salt to taste

If you like a little bite, you can add some jalapeno or Serrano peppers which are diced.

### **Marinara Meat Sauce with Brown Rice Pasta**

EVOO  
1 green bell pepper, chopped  
1 yellow onion, chopped  
1 pound of organic grass fed ground beef  
1 jar marinara sauce  
Brown rice pasta

Boil large pot of water. Heat EVOO in a deep dish skillet; add onion and bell pepper, sauté until soft. Add ground beef and brown. Add marinara sauce. Heat through and allow to simmer. Once water comes to a rolling boil, add pasta and cook according to package directions. Drain pasta and toss with sauce. Serve with a baby greens salad.

### **Mexican Salad**

Romaine lettuce, tomato, green onion, olives, avocado, kidney beans, (jalapeno), EVOO, cilantro, avocados, and tomatoes.

### **Minestrone Soup**

Stewed tomatoes  
Zucchini & yellow squash  
Hominy  
Beans (optional)

### **Moroccan Eggplant Curry**

2 medium to large eggplant, cubed  
1 onion, chopped  
3 carrots, chopped into bite size chunks  
3 celery stalks, chopped

Sauté for a few minutes until almost tender and then add:

2 cloves garlic, minced  
1 tbsp fresh ginger, minced  
1 small zucchini, chopped into bite size chunks  
½ tsp paprika  
1 tsp cumin  
1 tbsp fresh or freeze-dried oregano (or 1 tsp dried)  
1/8 tsp cayenne (or more if you like more heat)  
¼ tsp ground turmeric  
¾ tsp cinnamon

Sauté until the zucchini softens slightly then add:  
1 19 oz can of diced tomatoes with the juice  
1 cup canned chickpeas with the juice

Let cook until bubbly and then pour into a baking dish. Cover and bake in a 350F oven for about 45 minutes. Stir occasionally. Once you put the curry in the oven, start a pot of brown rice, use 2 cups of chicken or veggie broth, ¼ (heaping) tsp of all spice, once boiling add 1 cup of brown rice, put heat down to low and cover, cook at low for 40 minutes or however long directed by the rice packaging. Serve the curry over a pile of brown rice.

### **Pinto Beans**

Soak beans overnight in water. Rinse beans, cover with water, and cook several hours until soft. Alternatively, if you own a pressure cooker you can cook at pressure for 11 minutes. Drain off excess water; add some oregano, salt, pepper and olive oil. Refrigerate in an easily accessible container.

### **Polenta with egg**

Boil 1 cup polenta with 3 cups water or broth. Stir often. When thick, add 1 egg. Stir.

### **Quinoa Salad Over Mixed Greens**

Cook 1 cup quinoa to 2 cups organic chicken broth (bring to boil, simmer 20 minutes). Cool. Add EVOO, sea salt, cracked pepper to taste. Add diced green apple, chopped tomato.

### **Rice Cereal**

Boil water as directed on rice cereal box. Add rice and frozen blueberries. Cover and simmer for a couple minutes. Turn off heat source and continue to steam for 5 minutes. Blend almond milk with 1 scoop of protein and 1 scoop of fiber in blender. Mix in rice cereal and enjoy!

### **Roasted Chicken**

1. Use a large baking dish, like one you would bake big lasagna in. Put 2 chickens in the dish side by side, breast up. Make sure to remove the organs they put inside the bird, (you can feed to dogs raw but most people will probably throw them out).
2. Stuff the inner cavity of the chickens with celery and carrot sticks. Drizzle the outside with olive oil, season with salt and pepper.
3. Bake at 325 for 3 hours.
4. Remove chickens from oven; put each chicken on a plate.
5. Put pan drippings in a glass bowl, cover and refrigerate.
6. Serve slices of chicken breast with your favorite sides. Our family enjoys a big salad.
7. Cover leftover chickens with foil and refrigerate

### **Split Pea Soup with Brown Rice**

In a big pot, combine 1 cup washed split peas, grated carrot and potato, chopped celery and onion, water (can use chicken broth) to cover plus an inch, salt. Bring to a boil. Simmer until peas are soft and soup is thick.

### **Super Simple Delicious Chicken Soup**

1 hot cooked chicken (roasted chicken pre-cooked at any grocery store)

1 box gluten free chicken broth (get 2 if you want to make a large pot)

Veggies

Brown rice

Spices/salt/pepper to taste (garlic sea salt, thyme, pepper). Fresh rosemary.

All the quantities just depend on how chunky you want it and if you want leftovers. Just shred the chicken and put everything into a pot and warm.

### **Stir Fry**

Use chicken, shrimp, filet (lean steak)

Small amount of olive oil

Stir fry fresh vegetables (mushrooms, bell peppers, broccoli, squash, and bean sprouts)

Use tamari instead of soy sauce

### **Turkey Burgers**

Season ¼ pound of lean turkey meat with salt and pepper (can add chili flakes for a “kick”). Mold into patties and cook in frying pan about 5 minutes on each side. Meanwhile, sauté sliced mushrooms.

Place 2 large iceberg lettuce leaves on plate. Layer patty, mushrooms, sliced red onion, avocado, and tomatoes. Wrap with lettuce and enjoy.

### **Turkey Chili**

1 ½ tsp olive oil

1 pound ground turkey

1 onion, chopped

2 cups water

1 (28 ounce) can canned crushed tomatoes

1 (16 ounce) can canned kidney beans – drained, rinsed and mashed

1 tbsp garlic, minced

2 tbsp 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

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 water into the pot. Mix in tomatoes, kidney beans, and garlic. Season chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper. Bring to a boil. Reduce heat to low, cover and simmer 30 minutes. Top with slices of avocado.

### **Veggie Chili**

Sauté garlic in EVOO. Add organic tomato puree and chicken broth. Use all leftover veggies; add any others like green beans, sweet potato, and zucchini. Add black beans. Season with cumin, chili powder, salt and pepper. Serve over quinoa.