

30 Days to Healthy Living

SAMPLE DAY

Created by Arbonne Consultant Lisa Davis, Updated 8-22-22

BREAKFAST

Cleantox tea and/or Fizz Stick (Option: mix to make a Tizzy) Some choose not to give up coffee. If you continue coffee, try to minimize and choose compliant creamers/sweeteners.

Gut glow shot (Optional) Some mix these products into smoothies, some prefer as a shot. Gut glow is a mixture of Gut Health Probiotics and Greens Powder. Many mix in additional supplements. You can do that eventually.

Healthy Smoothie of choice (see files for recipes). Optional: If not taken as a shot, mix in Gut health, Greens powder and Fiber. (Start small with Fiber and Greens. The Greens have a powerful taste. Fiber 1/4 scoop to see how your stomach handles additional fiber).

SNACKS

We recommend carrying a personal cooler at all times, so that you have something when and if you need it. Some choose to load a purse, car, or work desk drawer for emergencies.

Some ideas: Meal preps, Fizz sticks, boiled egg, small handful of nuts, brown rice cakes with avocado, beef jerky, dark berries, Arbonne protein bars. (See full list within group files).

LUNCH

Second healthy smoothie of choice or healthy meal. Meals should be a lean protein and veggies, or a salad. Compliant dressings and condiments are listed in files on group page. Be creative with recipes. Eating healthy should taste amazing and be filling.

DINNER

Lean protein, veggies, small amount of healthy fat, optional brown rice/sweet potato. All meal plans and recipes housed within group page or program binder. Finish the evening with a cup of Cleantox tea. Some mix in Arbonne's Inner Calm Ashwaghandha powder.

REMINDERS:

- We are aiming for smoothies (meal), not shakes (snack). Our goal is to stay satisfied by adding healthy fats, greens, fruits & vegetables. Shakes are a great snack item.
- Fill your gallon jug at the beginning of the day and try to finish it by 7pm.
- **The CleanTox gentle cleanse** can be put aside. We will use one packet per day on week three.
- Try not to eat after dinner, fasting for at least 12 hours. If you practice intermittent fasting, extend your fasting window to your schedule. If you are uncomfortably hungry or struggle with a sweet tooth late at night, mix up a simple protein shake.
- Remember, things will not always be perfect. Just because you mess up or struggle to find your sweet spot doesn't mean you have failed. Focus on small changes and habit formation. That's a win! Mindset is everything.