

ARBONNE essentiäls®

Building a Nutrient-Packed Arbonne Essentials Protein Shake

Incorporating Arbonne Essentials Protein Shakes into your busy lifestyle is easy! Arbonne Essentials Protein Shakes deliver 20 grams of plant-based protein, as well as vitamins, minerals and a blend of botanicals to support healthy muscles and energy levels.[†] And with a low glycemic index, these amazing shakes can be used as part of your diet to help retain a healthy blood sugar level and to support healthy post-meal blood glucose levels that are already in the normal range.[†] Below are some tips on how to build a healthy, nutrient-packed Arbonne Essentials Protein Shake. The combinations are endless — just add your favorite ingredients and blend away!



2 scoops of Vanilla or Chocolate
Arbonne Essentials Protein Shake Mix

Vegan-certified, low glycemic index, gluten-free, dairy-free, soy-free,
and no artificial colors or sweeteners



1 scoop of Daily Fiber Boost

Helps support gastrointestinal health



1/3 cup of veggies like spinach, kale,
pumpkin, or your favorite greens



1/4 cup of low-glycemic fruits
like dark berries



Protein Shake Mix

Chocolate #2069; \$74
Vanilla #2070; \$74
Chocolate 10-Pack #2073; \$37
Vanilla 10-Pack #2074; \$37



Daily Fiber Boost

#2075; \$37

Want more? Visit the [Arbonne Essentials for Daily Health](#)
collection page to find healthy and delicious Protein Shake
recipes submitted by Independent Consultants.

†These statements have not been evaluated by the Food
and Drug Administration. These products are not intended
to diagnose, treat, cure or prevent any disease.



1 tablespoon of healthy fat like coconut
cream, almond butter, pecans or half
an avocado



6–8 oz. of liquid like water, almond milk,
rice milk or coconut milk



For an **extra nutrient boost** add flax
seeds, chia seeds and coconut flakes

Additional hints: To help keep the overall glycemic index
low, choose fruit with naturally low sugar content. To
keep the overall level of fat down, avoid mixing with dairy
and use water. Add a stick of Digestion Plus to support
gastrointestinal balance. Feel free to experiment with
different combinations of fruits and vegetables so you can
find your favorite!



Digestion Plus

#2063; \$52



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