

## A Sample Day on 30 Days to Healthy Living!

Snack only if necessary for hunger that won't go away by drinking fluids.  
Remember the 12-hour window – the period of time we want to go without any food in order to allow our digestive system to clean and repair itself.

### Start Your Day

Cup of Detox Tea or Tizzie (Detox tea with 1/2 fizz stick added) or cold water + Fizz Stick (if you need caffeine first thing)

Water - your goal is half your body weight in ounces daily. This includes liquid from your shakes, tea, fizz, etc.

In week 3, you'll add 7-Day Body Cleanse to your morning routine. More info to come on that as we get closer

### Breakfast\*

Smoothie with 2 scoops Arbonne protein powder

Prepare your shakes according to the "Build a Shake" document under the "Getting Started Documents to print" tab)

Add ½ to 1 scoop Fiber (see note)

Add 1 scoop Greens Balance

Add Digestion Plus to smoothie or drink with 4 – 8 oz water.

If you are using Arbonne's Metabolism Support, take 1. If you are using Arbonne's Full Control, use 30 min before you drink your smoothie.

### Snack

Choose from the Snacks and Veggies guide. **Only snack if you absolutely must** in order to give your digestive system a break between meals. Allowing our digestive system breaks with no food helps with health and weight loss. (See Snack List tab)

Keep drinking water ☺☺

### Lunch

Another smoothie! (Try a Vanilla smoothie in the morning and a Chocolate for lunch).

OR

A big salad with compliant dressing (See Pantry Staples tab for dressings)

OR

A fist size of lean protein, non-starchy veggies, brown rice or another high fiber carb, and a small amount of healthy fat (check out our meal plans for options).

If you are using Metabolism Support, take 1.

If you are using Full Control, use 30 min before your lunch.

### Snack

See above

## Dinner

Choose something from our awesome meal plans! Mix it up and choose from any of the menus. If you are using Full Control, use 30 min before dinner.

**Detox Tea** - Have 1 to 3 cups of throughout the day.

**\*Note:** Adding fiber to your diet can be tricky for some. Start with ¼ scoop in your morning smoothie and ¼ scoop in lunchtime smoothie. Gradually increase to one full scoop per day. Be sure you are drinking plenty of liquids because fiber needs liquid to help it pass through and scrub your GI tract.

Wait until you're hungry before drinking in the am. The body needs time to process all that you ate the day before. You want **at least** 12 hours between dinner and breakfast so your body can process and digest. Also, drink your smoothie slowly so you don't get too full too fast.

During your first 30 Days, you will be cleansing and detoxifying the body so that it can work efficiently to flush out the unwanted fat. In order to get the most out of this program avoid all dairy with the exceptions of full fat, grass fed, plain yogurt and unpasteurized raw milk cheese (Both of these helps feed your gut microbes so a small amount daily is excellent. All other dairy is eliminated on this plan.) We also eliminate gluten (products that contain wheat, barley and rye), alcohol, coffee, and processed sugar.

We know that feels like a lot, but you will be getting enough good nutrition. You will feel fuller when you add fiber and a healthy fat to your smoothies. Your body will stop craving sugar when you eliminate alcohol and processed sugar and your body's pH balance will be better when you avoid pasteurized dairy and coffee. Avoiding gluten will allow your GI tract to work more efficiently (no more inflammation) so that you can get more nutrients out of the foods you are eating.

Please reach out to your personal coach or post online in the current Facebook group if you have any questions as you journey on this plan. We are here to help and serve.