



## Arbonne 30 Days to Healthy Living Shopping List

**Bragg's Amino Acids** - A liquid protein concentrate that tastes very much like soy sauce, but without all the sodium. Bragg's contains 16 amino acids - the building blocks of protein. Use in Asian dishes like soy sauce, sprinkle on roasted or steamed veggies, use in dressings and sauces. Sprinkle on any recipe to give it a boost of amino acids!

**Celtic or Himalayan Sea Salt** - have been sun or wind dried, rather than processed by chemicals like table salt (which is stripped of all its minerals and calcium). Celtic or Himalayan sea salt is more flavorful, so you can use less. They are loaded with around seventy trace minerals and enzymes, including magnesium which helps the body's detoxification pathways.

**Raw Cacao Powder and Nibs** - Cacao is a top source of antioxidants, and it contains an abundance of magnesium and iron. It is a healthy alternative to conventional over-processed "cocoa" used for baking, hot chocolate, desserts and smoothies. Separated from the oily cacao butter, cacao powder is also a concentrated form of healthy dietary fiber. Nibs are "nature's chocolate chips." Crunchy cacao nibs provide pure chocolate flavor and they're a rich source of antioxidants, vitamins, minerals and fiber. (Products from Navitas Naturals can be purchased through Amazon, which is considerably less expensive than health food stores.)

**Raw Nuts and Seeds** - Almonds, cashews, sunflower seeds, pumpkin seeds, etc. are usually roasted in oil and heavily salted. Raw nuts and seeds are left in their natural state after shelling, allowing you to use them without the added fat and sodium. Can be found at Better Health, Whole Foods and online.

**Nutritional Yeast** - a deactivated yeast, which is flaky and yellow. It is loaded with B vitamins and is a complete protein. It's low in fat and sodium and has a nutty, cheesy, creamy flavor. Use it to make plant-based cheeses like Almond Parmesan and Cashew Cheese Sauce. It's also great sprinkled on popcorn! (Bulk food aisle. Be mindful, it is not the same as Brewer's yeast or baking yeast.)



**Coconut Aminos** - Coconut Aminos is a delicious sauce made from coconut sap. It is dark, rich, salty and slightly sweet in flavour. It resembles a light soy sauce or tamari (wheat-free soy sauce), but it is soy free and gluten free – making it the perfect replacement for those avoiding soy and gluten.

**Flax seeds** - are a great source of fiber, 1 tablespoon of flax contains about 8 grams of fiber. It is a great plant source of omega-3. Omega-3 essential fatty acids play an important role in the anti-inflammatory system of our body. Flax seeds should be ground before use as the whole flax seed tends to pass through the body's digestive system whole. Use ground flax seeds as a plant-based substitute for eggs in all your favorite baking recipes!

1 tbsp ground flax + 1-2 tbsp water = 1 egg.

**Raw Apple Cider Vinegar** - is non-acid forming and can be used in substitution for balsamic vinegar in your favorite dressings and marinades. Raw, unfiltered apple cider vinegar promotes optimal digestion, is high in minerals and potassium, and helps clean the digestive tract.

**Vegetable Bouillon** - found in liquid, cubes, or paste. Use vegetable bouillon instead of meat-based stocks in soups, stews, and to cook grains like quinoa and rice to give them more flavor.

**Almond Butter** - just like peanut butter, almond butter is made from grinding almonds to a paste or "butter". Use in protein bars, stir fry sauces, and in place of peanut butter.

**Non-Dairy "Milks"** - unsweetened almond milk, cashew milk, flax milk, and hemp milk are great cholesterol-free options to milk. Milk is high in saturated fat (even skim), cholesterol, and consuming dairy milk causes the body's pH balance to become acidic. When the body's pH is acidic, calcium is leached out of the bones to neutralize the acidity. Switching to plant-based milks will help your bones stay calcium rich! Use it to make your Arbonne protein shakes, pour over oatmeal or granola, or drink by the glass.

**Sesame Tahini** - is a paste made from ground, hulled sesame seeds used in North African, Greek, Turkish, and Middle Eastern cuisine. Tahini is served as a dip on its own or as a major component of hummus, baba ghanoush, dressings and spreads.