

Arbonne 30 Days to Healthy Living

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.⁹ 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.⁹ 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 a scoop of Greens Balance



1/4 cup of low-glycemic fruits like berries



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



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



Extra nutrient boost - add flax seeds, chia seeds or coconut flakes. You can also add 1/4 cup grass fed, plain yogurt for extra good gut health.

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 to add variety to your diet!

