Arbonne 30 Days to Healthy Living

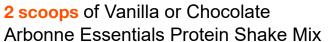
Building a Nutrient-Packed Arbonne Essentials Protein Shake

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. 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!









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!