



Whole Food Nutrition Choices for Arbonne 30

Non-Starchy Vegetables – (no corn or white potatoes!)

Arugula, asparagus, bamboo shoots, bean sprouts, beets and beet greens, bell peppers, broad beans, broccoli, brussel sprouts, cabbage, cassava, carrots, cauliflower, celery, chicory, chives, collard greens, cucumber, eggplant, endive, fennel, garlic, ginger root, green beans, hearts of palm, jicama (raw), jalapenos, kale, kohlrabi, lettuces, mushrooms, mustard greens, onions, parsley, radishes, radicchio, snap beans, snow peas, shallots, spinach, spaghetti squash, summer squash, swiss chard, tomatoes, turnip greens, watercress, zuchinni

Fruit Glycemic Index (low sugar fruits during the Arbonne 30)

- Low Sugar/Glycemic Index – blackberries, blueberries, boysenberries, elderberries, raspberries, strawberries, sour green apples
- Moderate Sugar/Glycemic Index – (can be added in a post 60 min. workout recovery shake) Cherries, pears, apricots, melons, oranges, peaches, plums, persimmons, pomegranates
- High Sugar/Glycemic Index – (avoid during weight loss) bananas, pineapples, grapes, watermelon, mango, papaya

High Fiber Carbs

Squash (acorn, butternut, winter), artichokes (fresh or water packed), leeks, lima beans, okra, pumpkin, sweet potato or yam, turnips, legumes (black lentils, adzuki beans, cow peas, chick peas, french beans, kidney beans, lentils, mung beans, navy beans, pinto beans, split peas, white beans, yellow beans, black beans), brown rice, quinoa, amaranth, hummus, millet

Healthy Fats

Raw nuts and seeds (no peanuts), macadamia nuts, freshly ground flaxseed, fresh olive oil (do not heat), olives, flaxseed oil, cod liver oil, avocado, coconut milk, almond milk (unsweetened), almond, cashew or sunflower seed butters, organic safflower or avocado oil for cooking

Lean Proteins

Arbonne's protein shake mixes, organic free range lean chicken and turkey, cold water fish, salmon, halibut, cod, mackerel, sardines, organic grass-fed lean red meat (1x per week), lamb, game, cage free organic eggs