



FOR THE WEIGHT LOSS WARRIOR

30 DAYS TO HEALTHY LIVING WITH ESSENTIALMEAL MEAL REPLACEMENT PROTEIN SHAKE



The 30 Days to Healthy Living Set with EssentialMeal Meal Replacement Shake is designed to take away what is weighing you down. See real changes in 30 days: weight loss, healthier gut, lean physique, increased energy, and better sleep.

EssentialMeal Meal Replacement Protein Shake is formulated to support weight loss of up to 1–2 pounds per week when used as directed in combination with a healthy, reduced-calorie diet and moderate exercise. Results vary based on starting point, goals, and effort. Talk to your doctor before starting. See the product package or product information page at arbonne.com for full details.

WELCOME TO 30 DAYS TO HEALTHY LIVING.

GET TO KNOW YOUR SET



ESSENTIALMEAL MEAL REPLACEMENT PROTEIN SHAKE

- 24 g of protein and all 9 essential amino acids to fuel your body and satisfy hunger

How to use: Add 2 scoops to 9 fl oz of cold water and shake.

Pro Tip: Add your preferred non-dairy milk or superfood mix-ins



CLEANTOX HERBAL DETOX TEA

- Supports detoxification of the liver and kidneys[◊]

How to use: Pour 8 oz of freshly boiled water over 1 tea bag, then steep for 5–10 minutes. Chill afterwards to enjoy iced, if preferred.



GUTHEALTH DIGESTION & MICROBIOME SUPPORT

- 13 key digestive enzymes, prebiotics, and 3 billion CFU of probiotics

How to use: Add 1 stick pack to 4 oz of cold/room temperature liquid and stir. Alternatively, you could add to your shake with the additional liquid.



ENERGYFIZZ GINSENG FIZZ STICKS OR CAFFEINE-FREE ENERGYFIZZ B VITAMIN FIZZ STICKS

- Helps increase energy levels and enhance cognitive function[◊]

How to use: Add 1 stick pack to 8 fl oz of water and stir.

[◊]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



CUSTOMIZATIONS



CLEANTOX GENTLE CLEANSE

- Assists with the elimination of toxins[◊]

How to use: Add 1 packet to 32 fl oz of warm water and shake. Drink throughout the day of Week 3.



GUTHEALTH PREBIOTIC FIBER

- Supports gut health and regularity[◊]

How to use: Add 1 scoop to your favorite drink, smoothie, or food.

Pro tip: Start with 1/4-1/2 scoop per day and slowly increase to a full serving to help your digestive system adjust more comfortably



BEWELL[◊] SUPERFOOD GREENS

- 36 fruits and vegetables, antioxidants, and phytonutrients in every scoop

How to use: Mix 1 scoop (7.35 g) with 8 oz of liquid. Alternatively, you can add to your protein shake.



INNERCALM ADAPTOGENIC DE-STRESS POWDER[◊]

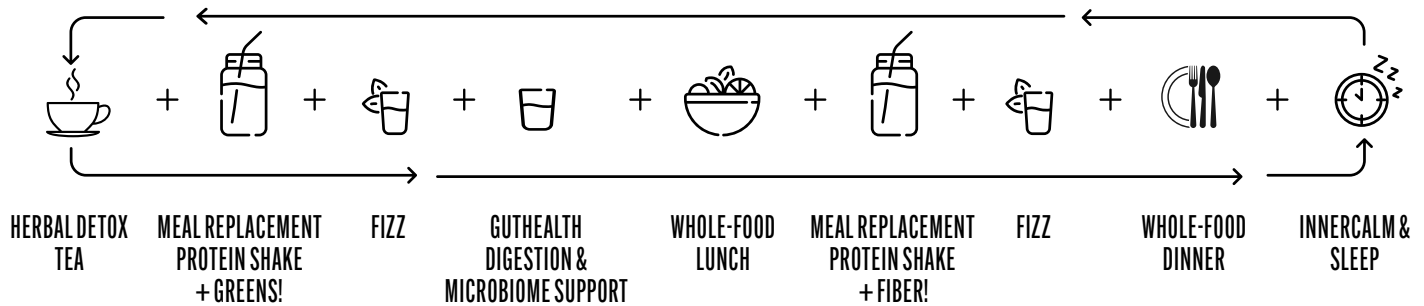
- Helps keep a calm state of mind

How to use: Add 1 scoop to 8 fl oz of water and stir.

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DAY IN YOUR BEST LIFE



MORNING

WARM UP YOUR DIGESTIVE SYSTEM

A warm cup of CleanTox Herbal Detox Tea first thing in the morning will help wake up your system.

MEAL REPLACEMENT PROTEIN SHAKE

Mix up your protein shake. This is a great time to add a scoop of BeWell[®] Superfood Greens!

BRING ON THE FIZZ

Enjoy your first EnergyFizz of the day to help energize your morning routine.[®]

GET YOUR GUT GOING

Enjoy GutHealth Digestion & Microbiome Support in your protein shake or on its own!



AFTERNOON

WHOLE-FOOD LUNCH

Enjoy a balanced plate of vegetables, lean protein, nutrient-rich carbs, and healthy fats. See our cheat sheet to prep the perfect plate in the section below.

Pro Tip: If your focus is on weight loss, opt for only an EssentialMeal Meal Replacement Protein Shake in place of your lunch*

MEAL REPLACEMENT PROTEIN SHAKE

Mix up your second protein shake of the day mid-afternoon with your preferred mix-ins. This is a great time to add GutHealth Prebiotic Fiber!

EXERCISE

Prioritize daily movement to keep your system running smoothly and choose a time of day that suits your lifestyle.

BRING ON THE FIZZ

Your second EnergyFizz is the perfect afternoon pick-me-up!



EVENING

WHOLE-FOOD DINNER

Enjoy a balanced plate of vegetables, lean protein, nutrient-rich carbs, and healthy fats.

PRIORITIZE REST

Plan for a relaxing evening and getting to bed early. This is a great time to enjoy a cup of InnerCalm!

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TIPS FOR SUCCESS

1



PREPARE YOUR MIND

Choose a start date. For 30 days, you will focus on yourself and your health goals. It takes 30 days to establish a new habit.

2



PREPARE YOUR KITCHEN

Reference the shopping list and meal planning and healthy snack ideas below, so you have healthy options at your fingertips.

3



DRINK UP!

Ensure you are drinking plenty of water to support your body's natural processes. The general guidance is to drink half your body weight in ounces.

4



MOVE YOUR BODY

Prioritize daily movement to keep your blood flowing, support quality sleep, and mental clarity.

5



KEEP ON TRACK

Select a month that will allow you to remain consistent. Prepare supplements and food in advance of social settings to stick to your routines and maximize success.

6



DON'T DO IT ALONE

Join a 30 Days to Healthy Living group to connect with others that are journeying this together. Stay connected with the Arbonne community via social media and share your progress.



PREPPING THE KITCHEN

GOODBYE GUNK, HELLO GOODS

Make room to stock up on healthier choices! Here are some suggestions for your shopping list.

- ▶ **Pantry items:** beans, nut butter, quinoa, oats, extra-virgin olive oil, avocado oil, coconut oil
- ▶ **Non-dairy milk:** almond, oat, hemp, coconut, macadamia nut
- ▶ **Fresh or frozen fruit:** apples, lemons, avocados, raspberries, blueberries, seasonal fruit
- ▶ **Fresh or frozen veggies:** sweet potatoes, bell peppers, cauliflower, asparagus, broccoli, carrots, fresh herbs, onions, spinach, kale, romaine, squash, zucchini
- ▶ **Fresh lean proteins:** chicken breast, eggs, ground turkey, beef, hummus, fish

MEAL PLAN LIKE A PRO

We suggest planning meals in advance to keep you on track. Ask your Independent Consultant for recipes!

- ▶ **Vegetables (½ of your plate):** Choose non-starchy options like greens, broccoli, asparagus
- ▶ **Lean proteins (¼ of your plate):** Choose options like beans and lentils or non-vegan, lean protein choices such as wild fish, chicken, turkey, beef
- ▶ **Nutrient-rich carbs (⅓ of your plate):** Choose options like brown rice, quinoa, sweet potatoes
- ▶ **Healthy fats (⅓ of your plate):** Choose options like seeds and nuts, nut butters or oils, olive oil, avocado

HEALTHY SNACKS AT YOUR FINGERTIPS

Include healthy snacks as needed to help maintain energy. When healthy snacks are consumed—ones balanced with nutrients the body needs and without providing too many calories—they may help to achieve and sustain a healthy weight. Here are some ideas:

- ▶ **Celery sticks with nut or seed butter**
- ▶ **Hummus with veggies**
- ▶ **Fruits like apples or berries with unsalted nuts**
- ▶ **Hard-boiled eggs**
- ▶ **Brown rice cakes with avocado or nut butter**



KEEP CRUSHING THOSE GOALS!

Healthy living is a lifestyle, not a product, so we recommend reinforcing the healthy habits you've established over these 30 days. Continue your commitment to yourself and your inner-outer wellness journey with the Daily Essentials Bundle or another 30 Days Set with EssentialMeal.

FAQs

Q: Why does Arbonne include cane sugar in its ingredients?

A: There is much misinformation about sugar in the diet. All foods are ultimately converted into glucose, whether they are fats, proteins, or carbohydrates—including complex carbohydrates or simple sugars. Glucose is a simple sugar that all cells use for energy and is the main source of fuel for cells and tissues of the body, including the brain and muscles. Because the brain is so rich in nerve cells, it is the most energy-demanding organ, using one-half of all the sugar energy in the body. Brain functions such as thinking, memory, and learning are closely linked to glucose levels and how efficiently the brain uses this fuel source. Keep in mind that one apple can have about 15 g of sugar. Arbonne does not utilize artificial sweeteners like sucralose or aspartame and instead uses natural sweeteners, such as cane sugar, in our nutritional products. Of course, we do suggest that you consult with your healthcare practitioner prior to taking any supplement if you are being monitored for any health condition.

Q: I'm still super hungry after my dinner. Do I have to stick to the meal plan, or can I have some snacks?

A: We recommend you monitor everything that you're eating and drinking throughout the day to make sure you aren't missing your snacks or meals, as this will lead to evening hunger. Many times, people can confuse thirst for hunger, particularly if you're dehydrated, so it's important to drink plenty of water. If you're doing all this and you are still feeling like your dinner portion is not filling, you can try adding extra non-starchy vegetables or a bigger salad to your meal. If you're extremely active, you might need additional calories and can try adding an additional half of a protein shake as an after-dinner snack to help fill and fuel you up. Beyond this, Arbonne offers a great product called FeelFit Appetite Control, which is designed to be taken before meals to support satiety without the extra calories and food consumption.◊

Q: I am away for work a lot and am unsure how I will stick to the plan. Can you suggest how to navigate this?

A: We recommend that you follow the plan, adjusting the timing of your snacks and meals to best fit your schedule. This will allow you to best manage your daily nutritional intake. The products are all easy to travel with as they don't require any refrigeration, and many come in single-serving stick packs, making it easy to take your program on the go. Preparation in the evening for the day ahead is key to staying true to the plan and your goals. Even when dining out, you can choose healthy options. Just watch your portion size and ask for any sauces or dressing on the side to help manage your overall intake and keep your nutrition in balance. Another great tip is to prepare in advance by looking at the menu online to help you determine what you can order to stay on track while also enjoying your meal.

Q: I am getting headaches from the change in my diet. Should this be happening?

A: Your body is adapting to a new type of eating and with change it is having to alter how it utilizes the nutrients and fiber that it is getting. If your previous eating style was significantly different, you are experiencing changes as you are consuming less sugar and reduced caffeine. Ensure that you're drinking enough water, getting plenty of rest, and eating all of your foods to help your body ease through this transition. If symptoms persist, contact your doctor to help ensure that everything that you are doing is right for your needs.

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FAQs

Q: I'm concerned about the caffeine in EnergyFizz Ginseng Fizz Sticks. Isn't this something we should be avoiding?

A: EnergyFizz Ginseng Fizz Sticks contain 55 mg of caffeine compared to the average cup of coffee, which contains 95 mg. EnergyFizz Ginseng Fizz Sticks contain antioxidants along with a botanical blend of ginseng, B vitamins, CoQ10, and chromium, combined with caffeine naturally derived from guarana and green tea, to help boost energy.[◊] They also help to temporarily promote alertness and endurance and reduce fatigue. When used as directed, they are a beneficial energy boost. Additionally, you can select Caffeine-Free EnergyFizz B Vitamin Fizz Sticks as part of your 30 Days to Healthy Living Program.

Q: I am finding it hard to resist some of my cravings, particularly when friends and family are not following this program with me. What can I do?

A: It can be a challenge to watch others indulge and stay true to your goals. Try drinking water flavored with citrus or berries to help promote a feeling of fullness and shift your focus on the food. If you do give in and indulge, just remember all that you have done to become healthy. From that point on, it's up to you to get refocused and back on your plan. Healthy living doesn't have an "off" switch, but it is a choice that you make every day to support your overall wellbeing. No matter what, be kind to yourself in your own head and remember this is about sustainable change for the long term, not perfection.

Q: I'm experiencing bloating, constipation, and general tummy discomfort. What can I do to help get more comfortable?

A: First, ensure that you are drinking plenty of water. Most people underestimate the amount of liquids that they consume in a day so including this information in a food journal can be helpful to ensure that you're getting at least 2 l of water every day. Next, share which foods you're eating in your healthy meals and snacks with your Independent Consultant. Many vegetables and plant-based foods can be naturally higher in fiber. If your body isn't used to this type of diet, this can cause challenges if you do too much right away. Finally, your Independent Consultant might recommend that you introduce CleanTox Gentle Cleanse into your daily routine to help support your normal digestive process.[◊] If none of this is resolving your concerns, it might also be a good idea to check in with your doctor to help ensure that everything you're doing is right for your body's needs.

Q: I'm taking medications. Should I consult with my doctor prior to starting and also throughout the program?

A: If you have any questions/concerns, ask your licensed healthcare provider. If you are taking medication, pregnant, or nursing, ask your licensed healthcare provider before using dietary supplements. It is also advisable to continue to check in with your physician throughout the program to help them determine any adjustments that you might need to make as your program is progressing.

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