

# **4 Week Jump Start to a Healthy Lifestyle Information Packet**

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## 4 Week Jumpstart to a Healthy Lifestyle Welcome Letter

*"Health is not valued until sickness comes."* -- Dr. Thomas Fuller

Congratulations on committing to jump start a healthier lifestyle! Your family, friends and YOU are worth it!

Adopting a healthier lifestyle for you and your family can be easy to talk about, but tough to get started. Many people do not know that extra fat weight is an indication of toxic build up and nutritional deficiencies. This 4 Week Jump Start to a Healthy Lifestyle program helps detoxify and cleanse our bodies from the toxins we consume in our daily diet as well as from our environment. This program is simple, easy to follow and fits into any lifestyle. We have a step-by-step system that teaches us how to eat whole food and helps us learn which foods do and do not work well for us as individuals.

We use Arbonne's great tasting, 100% vegan nutrition line and eat whole foods that help us look and feel great from the inside out!

Remember we are here to help you every step of the way. Congratulations again on taking control of your health!

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To your good health!

Independent Consultant for Arbonne International

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## Fat Toxicity – Why We Need to Detoxify

### Why do we have Toxic Body Fat?

Our environment and the food we eat have changed drastically over time: everything is much more toxic now. The world we live in is full of toxins, including pesticides, herbicides and heavy metals in food, chemical scents in candles, chloride in drinking water – just to name a few. The changes have occurred so recently that our bodies have not yet been able to adapt. Our bodies cannot process all these toxins. Because of this, nearly everyone has toxic buildup in their bodies. As a natural defense mechanism, toxins are pulled away from our vital organs and stored in body fat. This is why so many people carry unwanted body fat (often around lower belly, hips and thighs) even if they are reducing caloric intake and exercising. When weight loss stalls, in order to lose that unwanted fat weight, we must detoxify. It is important that we detoxify to prevent disease and maintain health.

It might be helpful to consider the analogy of our bodies as a bathtub. Just like water fills up a tub through a faucet, toxins fill up our bodies by the air we breathe, the things we touch and the food and beverages we eat and drink. In a bathtub, if the water comes in at a faster rate than the water goes out through the drain, the water level rises and might even spill over the top. In our bodies, when toxins come in at a faster rate than our bodies can process them, our body pulls those toxins away from our vital organs and holds them in fat stores. The toxins are also stored in the thyroid, brain, central nervous system, and liver. Sometimes our toxic load is so high that it “spills over the top” which can lead to a range of health problems such as diabetes, skin irritations, heart disease, chronic pain, digestive problems, headaches, mood swings, irritability, etc...

By focusing on eliminating toxins from our diets and eating whole foods, we help our bodies detoxify. Back to the bathtub analogy: by decreasing the amount of water coming in through the faucet, the water level naturally falls. In our bodies, when we decrease the toxins coming in, our overall toxic load falls. It is also important to “clean the drain” so that toxins can be more efficiently eliminated. Our healthy lifestyle program offers whole food nutrition as well as a liver and kidney cleanse so we effectively decrease our overall toxic load. When we decrease our toxic load, we feel better and also are able to lose unwanted fat weight – especially lower belly, hips and thigh fat.

### How do we detoxify?

The first step in detoxifying is “turning down the faucet” by eating whole non-allergenic foods. Eating whole foods gives our bodies a rest from digesting the processed foods commonly found in typical Western diets. Our bodies were not designed to process these highly processed and addictive foods. By not eating allergenic foods such as dairy, wheat and soy, we keep our bodies from producing their own toxic responses to those foods.

The second step in our detoxification program involves “cleaning the drain.” Our bodies detoxify via our liver, gallbladder, kidneys, lungs and skin. These organs are our toxic “drain.” A gentle internal body cleanse is included as part of this program so we can effectively “clean the drain.”

This Healthy Lifestyle Jumpstart program provides 4 weeks worth of sample menu plans with recipes as well as offers nutritious Arbonne products to help you achieve your detoxification and weight loss goals. Get ready to increase energy, improve skin and lose unwanted body fat!

## Attitude for Success

You have made the decision to take your health into your own hands, and we are thrilled to offer you this program to help you be successful! Attitude is everything. Knowing that, there are a few things that you might want to keep in mind as you journey through these next 4 weeks.

- **Be grateful** – for each day that you decide to take charge of your health and make decisions that will impact your life in a positive way.
- **Remember that it is mind over matter** – you are the person who controls how you think about this program. You choose the actions that you take to succeed. Surround yourself with people who will support and encourage you on your journey. Mind your mind by choosing to focus on all the benefits of choosing a healthy lifestyle. Ask your friends and family to help you focus on keeping your mind filled with encouraging thoughts of success!
- **No one is perfect** – this is not a program of perfection. You have 4 weeks to jump start yourself into a healthy lifestyle, and there is no one who expects you to be perfect on this program. If you make the choice to eat or do something that does not “fit” into the program guidelines, no one is going to think any less of you. Let it go and move forward knowing that you can make a different decision next time.

This concept of accepting life’s perfectly imperfect nature applies to food as well. We are simply making our best food choices within our budget and what is available in our community. Of course, if organic is available and within your budget, that is the best choice – especially for green leafy vegetables. But if it is not, then simply eat the least processed food available. The goal is to eat food that came directly from our earth as much as possible with an emphasis on dark green leafy vegetables.

- **Make your mark** – write down how you are feeling and what you are doing that works for you on this program. Writing a journal of your eating throughout this program can be your own personal guide that helps keep you on track. Equally important, your journal can be a meaningful expression of your thoughts and feelings of your journey. Reading through how you felt on a day that may have been a bit tough can help you learn how to deal with it in the future. When you’ve had a great day and want to remember what that looked and felt like, reading through your journal can be that motivation for keeping you on track!

“Focus on the journey, not the destination.  
Joy is found not in finishing an activity, but in doing it.”  
-- *Greg Anderson, cancer survivor*

## 4 Week Jump Start to a Healthy Lifestyle Meal Plan

(Please Refer to Whole Food Menu Plans for Delicious Recipes)

<p><b>Wake up</b> Cup of Detox tea Fizzy tab (do this if you need caffeine 1st thing)</p>
<p><b>30 min before breakfast</b> Take Going, Going, Gone supplement</p>
<p><b>Breakfast</b> Protein shake with fiber booster or Healthy whole food recipe</p>
<p><b>Snack (optional, but not recommended)</b> Fizzy tab, if you need something else, have a chew, a piece of low sugar fruit, or a small handful of nuts or seeds or small serving of some other healthy fat.</p>
<p><b>30 min before lunch</b> Take Going, Going, Gone supplement</p>
<p><b>Lunch</b> Protein shake with fiber booster or Healthy whole food recipe Cup of Detox tea</p>
<p><b>Snack (optional, but not recommended)</b> Fizzy tab, if you need something else, have a chew, a piece of low sugar fruit, or a small handful of nuts or seeds or small serving of some other healthy fat.</p>
<p><b>30 min before dinner</b> Take going, going, gone supplement</p>
<p><b>Dinner</b> Lean protein and greens: refer to the detailed list of whole food options on the Optimal Food Choices Diagram. If you are eating out, eat protein and salad or protein and veggies. NO pasta!! <b>DO NOT eat after 7pm</b> – have a cup of detox tea after dinner-if you must, have unsweetened hot cocoa made with almond milk.</p>

Follow this for **4 Weeks** to help your body detoxify.

### What to take OUT of your diet:

- No Wheat Gluten--NO white flour, wheat, rye, basically ALL breads--no tortillas, no white rice. You **can** have brown rice and brown rice cakes.
- No Alcohol
- No nitrates, msg, artificial sweeteners, soy, vinegar products (mustard, pickles, etc)
- No Dairy: cheese, cream, milk, or sour cream
- No Caffeine--NO coffee, sodas or diet sodas. You **CAN** have green tea, fizzy tabs & water with lemon!
- No sugar or honey. **ONLY** use stevia or xylitol.
- No bananas, melons, grapes, red apples, dried fruit. **ONLY** green apples and berries.
- Use almond butter instead of peanut butter.
- Raw coconut flakes and nuts make great snacks  
Limit servings of fat.

### What Arbonne products do you need?

Protein shake: vanilla or chocolate (1-2x/day)  
Fiber booster (1 - 2x/day)  
Going, Going Gone supplement (3x/day)  
Fizzy tabs (2x/day)  
Detox tea (2x/day)  
Chews (as needed)  
Hybrids Vitamins (2x/day)  
7 day Seasource cleanse (start 2nd week)

*When eating, think lean protein and greens -- big leafy salad, steamed veggies and your choice of organic meat or wild caught fish, grass fed beef, chicken, eggs, turkey, legumes with brown rice, quinoa or amaranth. (Serving size 3 ½ oz women, 4 oz men)*

## 10 Simple Steps to Get Started

1. **On Day 1: weigh yourself and record waist measurements (at belly button and 2" below button)**
2. **Go shopping and get prepared:** Get rid of all the temptations in your cabinets and fill your kitchen with healthy choices (see whole food shopping overview and recommended Arbonne product list). Let your friends and family know what you are doing so they can support you for the 28 days!
3. **Eat whole foods that are low on the food chain – Veggies First!** Eat organic if possible. Veggies, Fruits, Grain (Brown Rice, Quinoa), Nuts (not peanuts), Seeds. Wild cage free organic meats/fish.
4. **Cut out toxic, addictive and allergenic foods:** Many of us could have a food allergy and not even know it! Take out all potentially toxic and allergenic foods out of your diet.
  - a. **Cut these foods out of your diet for the next 4 weeks**
    - Dairy- All dairy!
    - Wheat Gluten
    - Wheat
    - Processed foods- including mints and gum
    - Sugar – you can use stevia and/or xylitol
    - Foods that promote Yeast- bread, crackers, alcohol, vinegar, etc.
    - Alcohol
    - Caffeine
    - Soy
    - Veal & Pork
5. **Water is your best friend:** Drink at least 6 - 8oz. glasses of water per day. If you get hungry drink between meals. (Arbonne Fizzy tab, Arbonne Detox tea, broths)
6. **Eat every 4 hours:** No snacking. An exception is the after workout recovery shake to nourish your muscles. If having an after workout shake, your next meal is when you feel hungry. Do not go more than 6 hours without having a meal (protein shakes can count as a meal). If your schedule keeps you from having meals at least every six hours, you can have a Figure 8 chew to help "fill the gap." If you need something after 7:00 PM, have a hot chocolate made with unsweetened chocolate almond milk and stevia or xylitol.
7. **Do not obsess!**
  - Don't obsess over weight.
  - Only weigh yourself 1 time per week. NOT EVERYDAY!
  - Don't obsess over foods you can't eat.
  - Be creative so you don't get bored.
  - Have only healthy cleansing foods in your home/office so you are not tempted.
  - Practice being grateful for this program and the results it will bring you.
8. **Do not over eat when eating meals.**
  - Fill your plate with veggies. Add fist size protein and grains. NO SECOND SERVINGS!
  - Take your time eating. Have a few bites and put your fork down for a few minutes before taking your next bites.
9. **Track your success.**
  - Write a food journal daily and keep a personal journal on how you feel each day.
  - Keep track of your weight loss once a week. Try on clothes that were tight in the past.
10. **Commit to 4 weeks.** Stay focused and you will be amazed at how great you will feel in the end!

## Whole Food Shopping Overview

The number one thing to remember when shopping for your 4 Week Jump Start to a Healthy Lifestyle program is: do not get overwhelmed. We all start somewhere!

Most supermarkets and grocery stores now have healthier food choices, organic brands and a designated aisle just for health food. Do not feel like you need a Health Food Store to find the food/ingredients you need to start your program. However, if you do have a local health food store, Whole Foods Market or Trader Joe's nearby, it would be great to start your shopping there.

If you are going to a health food store to shop for the first time, make sure you have time to look around and plan on asking for help. Everyone that works in these stores is ready to help and is very knowledgeable.

When you make your shopping list for the first week, start with the foods you already love. Ease into the program on food you are familiar with and enjoy eating. You WILL need to switch to cage free proteins, grass fed beef, organic high fiber carbohydrates, fruits and vegetables whenever possible. This way we are not ingesting toxins with the foods we eat.

Follow the meal plan provided when making your list; this makes it easier when going to the store the first time. A list keeps you on track, helps you remember everything you need, and keeps you from feeling lost. This way if you need to ask for something, you know what it is and can ask for it by name.

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- Buy Organic – Fresh, frozen, or if needed canned. There is usually an organic alternative to everything, just do your homework. If you want, you can shop online first so you know what is available before you ever step foot inside the store.
  - Do not just stick to one supermarket – explore your options. Note the differences in price lists from store to store and keep a look out for sales. Sign up for any mailing lists that will keep you informed of price cuts and special offers.
  - Dry Goods are a healthy alternative and can be prepared easily without additives. See Recipes.

**Lean Proteins:** Organic cage-free, hormone-free and free-range meats are found in meat markets, health food stores, or sometimes even COSTCO. Only buy organic grass-fed beef and organic chicken. As for fish, purchase wild (never farmed) fresh or canned (in water). Cage-free eggs are located in the egg section.

**Healthy Fats:** Use Extra Virgin Olive Oil (EVOO) in salad dressings and for low heat sautéing. Use Coconut Oil for high heat sautéing. Olive oil turns rancid (becomes toxic) under medium high heat, whereas Coconut Oil maintains its integrity when heated. Coconut oil is solid at room temperature. It is most often sold in jars alongside all the standard bottled oils. Avoid high-oleic safflower, corn, and canola oils as they are highly processed. Enjoy small servings of avocado, coconut milk, olives, nuts and seeds (often sold at a lower price in bulk foods section).

**High Fiber Carbohydrates:** Enjoy experimenting with new grains, legumes, and vegetables.

When shopping always look for the freshest, least processed foods.

- **Fresh:** Look for beautiful squash, artichokes, leeks, okra, pumpkin or sweet potato.
- **Bulk:** This is a great way to shop for nuts, legumes (lentils and beans), brown rice, spices, quinoa and other grains. Buying bulk is a great way to eat on a budget and also decrease waste – especially if using our own jars or other reusable containers.
- **Dry Packaged:** Legumes and grains such as brown rice are often packaged and sold in ethnic or health food sections of grocery stores. Trader Joe’s even has vacuum-sealed packaged cooked brown rice (add diced veggies and EVOO for a delicious grain salad).
- **Frozen:** Look for cooked squash, artichoke hearts, lima beans, and other vegetables.
- **Canned:** Watch out for high sodium. Read labels and compare. beans, artichoke hearts (in water), organic soups and organic broths
- **Refrigerated:** hummus, salsa, rice tortillas, gluten-free breads, cooked lentils, grain salads, pesto

**Low Glycemic Index Fruits and Non Starchy Vegetables:** Look for the freshest most beautiful produce you can find. Choose a variety of colors, textures, and tastes. Add healthy servings of greens (spinach, kale, Swiss chard, arugula, etc...) to every meal. Explore fresh herbs (maybe even start your own herb garden with basil, cilantro, rosemary, lavender and sage). Find the joy in eating low on the food chain – directly from the earth. Most Stores have an organic produce section, but for a wider variety of organic fruits and vegetables, visit your local Health Food Store or Farmer’s Market. Frozen organic fruits and vegetables are an alternative when fresh is not available. Check the internet to see if a local organic farm offers weekly deliveries.

**Websites for Information and Whole Food Options:** Here are a few helpful websites offering a wealth of information from nutritional guidelines to whole food recipes. Some even help you find a health food store near you.

***www.gofigure8.com*** (Arbonne Products, information, chat, recipes, calorie counter, BMI calculator, testimonials & more)

***www.wholefoodmarkets.com*** (a wealth of info, do your research, make lists, get recipes, learn more or pre-shop before you ever enter the store)

***www.traderjoes.com*** (informative, educational, get recipes, or pre-shop before go)

***www.foodforlife.com***

***www.foodshouldtastegood.com***

***www.ushealthfoodstores.com*** (find a store in your local area/state)

## Whole Food Nutrition Optimal Food Choices: What Can I Eat?

### LEAN PROTEIN

Free range, cage-free, hormone free

- Figure 8 Protein Shake, Lean chicken & turkey , Cold water fish, Salmon, Halibut, Cod, Mackerel, Sardines , Shellfish , Grass fed, Lean Red Meats(1x per week), Lamb, Game

### HEALTHY FATS

Serving size is smaller due to fat density

- Raw nuts & seed (no peanuts), Macadamia Nuts, Freshly ground Flaxseed, Olive Oil, Olives, Flaxseed Oil, Cod Liver Oil, Avocado, Coconut Milk, Almond Milk, Almond Butter.

### HIGH FIBER CARBOHYDRATES

- Squash (acorn, butternut, winter), Artichokes, Leeks, Lima Beans, Okra, Pumpkin, Sweet Potato or Yam, Turnips.
- **Legumes** – Black beans, Adzuki Beans, Cow Peas, Chick Peas (garbanzo), French Beans, Kidney Beans, Lentils, Mung Beans, Navy Beans, Pinto Beans, Split Peas, White Beans , Yellow Beans, Brown Rice, Quinoa, Hummus, Millet

### FRUIT: GLYCEMIC INDEX (GI)

- **Low GI:** Berries (blackberries, blueberries, boysenberries, elderberries, raspberries, strawberries), Sour Green Apple
- **Moderate GI:** Cherries, Pears, Fresh Apricots, Melons, Oranges, Peaches, Plums, Grapefruit, Pitted Prunes, Apples, Avocados, Kiwi, Lemons, Limes, Nectarines, Tangerines, Passion Fruit, Persimmons, Pomegranates.
- **High GI:** (*avoid during weight loss except after a workout*) Bananas, Pineapple, Grapes, Watermelon, Mango, Papaya

### NON-STARCHY VEGETABLES

FILL YOUR PLATE WITH AS MUCH AS YOU WISH

- Arugula, Asparagus, Bamboo Shoots, Bean Sprouts, Beet Greens, Bell peppers - (Green, Red, Yellow), Broad Beans, Broccoli, Brussell Sprouts, Cabbage, Cassava, Carrots, Cauliflower, Celery, Chayote Fruit, Chicory, Chives, Collard Greens, Cucumber, Jicama (raw), Jalapeno peppers, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Onions, Parsley, Radishes, Eggplant, Endive, Fennel, Garlic, Ginger Root, Green Beans, Hearts of Palm, Radicchio, Snap Beans, Snow Peas, Shallots, Spinach, Spaghetti squash, Summer Squash, Swiss Chard, Tomatoes, Turnip Greens, Watercress

### WHOLE FOOD MEAL BREAKDOWN

- **Main Dishes:** Lean Proteins, High Fiber Carbohydrates and Non-Starchy Vegetables
- **Side Dishes:** Low Glycemic Index Fruits and Healthy Fats

## Arbonne Nutritional Products: How to Use

**Go Easy! Protein Shake:** Feel satisfied for longer periods of time with increased energy, thanks to more than 20 essential vitamins and minerals, plus our exclusive Protein Matrix and INNER G-Plex Proprietary Blends, as well as flaxseed for heart health. These Go Easy! Protein Shakes are wheat-free, dairy-free, soy-free, and do not contain whey. In each 2 scoop serving you will find 20 grams of sweet pea, cranberry, and rice protein ideal for health, especially when eliminating allergenic food sources. **Drinking meals is easier on digestion and allows our body to have energy for detoxification. Use: Replace 1-2 meals per day and use as a recovery shake after a workout.**

**Go Anywhere! Fiber Booster:** This blend of soluble fibers from fruits and grains provide 12 grams of high quality fiber, giving you nearly half of what's recommended daily. It contains no saturated or trans fats. This non-gritty, flavorless, odorless powder can be mixed with liquid or food. **Begin with ½ a scoop 1-2x daily and increase to 1 scoop 2x daily.**

**Figure 8 Daily Detox Tea:** A blend that begins with milk thistle to support cleansing and detoxification. Also formulated with eight additional, supporting herbs that create a synergistic blend to promote optimal health, preparing you and your body to reach your weight loss and healthy living goals. This tea is especially helpful for cleansing the liver, kidneys, and blood. **Drink at least 1 per day. May drink continuously throughout day. Can add ice, lemon or stevia.**

**(nrgGO3) Fizzing Beverage Tablets:** These fizzy tabs help boost energy, control appetite and increase metabolism. The energy tablets contain green tea, ginseng, essential B vitamins, and guarana. **Drink between meals for pick me up and for appetite control. May mix with shakes and SeaSource Detox 7 day cleanse.**

**Going, Going Gone! Dietary Supplement:** The first key to weight control is balance. This natural supplement helps boost energy, control appetite and increases fat-burning metabolism. **Take one tablet 30 minutes before each meal.**

**On The Go! Weight Loss Chews:** These mouthwatering snacks contain the Keep Going Herbal Blend that helps control appetite and delivers a boost of energy. These chews are especially helpful for those who crave sweets and will help stabilize blood sugar levels. Contains astragalus and rhodiola. **Use as a sweet treat at the end of a meal or to help maintain metabolism and curb hunger after 4 hours when a meal is not available for another hour or two. Limit 3 per day.**

**SeaSource Detox 7-Day Body Cleanse Dietary Supplement:** Marine botanicals and herbs assist with gentle elimination and flush out excess fluids. **Use: Add one serving of concentrate to the SeaSource Logo bottle and 32 ounces of water. Shake to mix. Drink one full bottle mixed with water throughout the day. Do a minimum of 1 per week in weeks 2-4. If you are having problems with constipation, use on consecutive days until elimination is normalized. Can add Fizzy Tabs for taste.**

**Daily Power Packs for Women or Men:** Gender specific packets provide 4 Principles of Nutrition. **1. Complete Nutrition:** Multivitamin and multimineral supplements that support the daily dietary requirements for good health. Protects against dietary deficiencies. **2. Optimal Digestion:** Blends for women and men include significant digestive enzymes that ensure nutrients from diet and supplements are properly assimilated and broken down. **3. Antioxidant Protection:** From the proprietary Super ProFood Blend that combines fruits and vegetables for a combination that is antioxidant rich, and fights free-radicals and oxidative damage. **4. Body Efficiency:** Proper nutrition gives your body the energy it needs to help support daily processes and the inclusion of botanical blends ensures that specific needs are taken care of too. **These supplements are 100% vegan from whole food sources and provide maximum absorption resulting in increased energy. No colors, starch, preservatives or salt. Use: Take 1 packet a.m. and 1 packet p.m.**

**Resist Essential Fatty Acid Dietary Supplement:** A concentrated blend of flaxseed oil, Coenzyme Q10 and beneficial RE9 elements to support younger looking skin and good health---from the inside out---and formulated in a vegetarian capsule. **Use: Take 2 capsules morning and 2 at night.**

## 4 Weeks to Healthy Lifestyle Sample Menus: Weeks 1 and 2

(substitute 1-2 Protein Shakes per Day for ANY Meal. Enjoy green leafy veggies with every meal)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	3 egg omelet with beans, bell pepper & onion	Huevos Rancheros	Cooked Brown Rice or Whole Grain Cereal	Breakfast Salad	3 egg omelet with beans, bell pepper & onion	Huevos Rancheros	Brown Rice and Beans with Salad
<b>Lunch</b>	Split Pea Soup with Brown Rice	Baby Greens, Pecan, Apple and Chicken Salad	Hummus and Raw Veggies	Black Beans with Cilantro served with sliced veggies	Leftover Moroccan Eggplant Curry with Brown Rice	Leftover Brown Rice Pasta with Sauce	Salmon-Spinach Salad (use Salmon from previous dinner)
<b>Dinner</b>	Double Roasted Chickens with Baby Greens Salad	Chicken and Brown Rice Soup	Turkey Chili with avocado slices	Moroccan Eggplant Curry with Brown Rice	Marinara with grass-fed Organic Beef & Brown Rice Pasta	Dill Salmon with Stir-fried veggies and brown rice	Falafel Salad
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<b>Breakfast</b>	Veggie and scrambled egg stir-fry	Oat Groats with Berries	Breakfast Burrito	Cooked Brown Rice or Whole Grain Cereal	Veggie Omelet	Breakfast Salad	Egg and Veggie Stir-Fry
<b>Lunch</b>	Black Beans with Cilantro served with Sliced Veggies	Salmon-Spinach Salad (use Salmon from previous dinner)	Quinoa Chicken Salad (use Chicken breast from previous dinner)	Chicken and Black Bean Burrito	Salmon Burger with Tomatoes and Hummus	Leftover Quinoa Chicken Salad	Garbanzo Bean Salad
<b>Dinner</b>	Baked Wild Salmon with Brown Rice and Spinach Salad	Stir-fry Veggies and Chicken Breast over Brown Rice	Grilled Whole Chicken, Sweet Potato Fries, Green Salad	BBQ Salmon Burger served over Mirepoix	Brown Rice Spaghetti with Grass fed Organic Beef and Organic Canned Tomatoes	Wild Ahi Tuna, Brown Rice, Cabbage Salad	Butternut Squash Soup (Trader Joe's), Hot Quinoa, Green Salad

## 4 Weeks to Healthy Lifestyle Sample Menus: Weeks 3 and 4

(substitute 1-2 Protein Shakes per Day for ANY Meal. Enjoy green leafy veggies with every meal)

	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
<b>Breakfast</b>	Brown Rice Cereal with Frozen Berries	Veggie Omelet (with leftover veggies)	Amaranth with Berries	Leftover Brown Rice, Stirfry with Poached Egg	Breakfast Burrito	Cooked Brown Rice or Whole Grain Cereal	Huevos Rancheros
<b>Lunch</b>	Quinoa Salad over Mixed Greens with Salsa & Avocado	Baby Greens, Pecan, and Leftover Coconut Fish	Chicken and Black Bean Burrito	Lettuce Wrap with Left Over Brown Rice and Veggies	Black beans with Cilantro served with sliced veggies	Mexican Salad	Hummus and Raw Veggies
<b>Dinner</b>	Coconut Fish with Broccoli Brown Rice, Steamed Veggies	Chicken Soup, Green Salad	Fried Brown Rice Swiss Chard Stirfry Cucumbers	Turkey Burgers in Lettuce Wraps with Avocado, Tomato, Red Onion, and Mushrooms	Firecracker Shrimp with Cilantro Almond Pesto, Quinoa, Avocados and Tomatoes	Butternut Squash Soup Green Salad	Chicken Vegetable Brown Rice Soup Gluten Free Crackers
	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
<b>Breakfast</b>	Salad, Boiled Egg, Flaxseed Crackers	Polenta with Egg Swiss Chard Stirfry	Lettuce Wraps with leftover Shrimp Scampi and Brown Rice	Garbanzo Bean Salad	Brown Rice with Scrambled Egg and Bell Pepper Pico de Gallo	Spinach Stirfry with leftover quinoa and slivered almonds	Spinach Stirfry (use all leftover veggies), Poached Egg
<b>Lunch</b>	Hummus and Raw Veggies	Baked Butternut Squash with Green Apples and Pecans Leftover Chicken	Jicama Salad	Shrimp Louis Salad	Fresh Green Beans with Leftover Salmon	Rice Pasta with Marinara, Organic Chicken, Mixed Green Salad	Split Pea Soup with Brown Rice
<b>Dinner</b>	Quinoa Salad over Mixed Greens with Organic Baked Chicken	Shrimp Scampi Brown Rice Fresh Spinach Mixed Berries	Brown Rice Sushi, Wasabe, Braggs Liquid Aminos, Cucumber & Asparagus	Broiled Polenta with Marinara (leftover polenta from day 23), Baked Salmon, Roasted Veggies	Veggie Chile, Quinoa	Baked Salmon, Baked Sweet Potato, Fennel Salad	Seared Ahi and Stirfry Warmed Mixed Berries with Stevia



## 4 Weeks to Healthy Lifestyle: Recipes

### Section 1: Shake Recipes

### Section 2: Whole Food Recipes

## Section 1: Shake Recipes

### (alphabetical order)

#### The Basics of How to Make Shake

- 2 Scoops Figure 8 Protein Shake (Chocolate, Vanilla or both)
  - ½ to 1 scoop Figure 8 Fiber Booster
  - Ice (optional)
  - ¼ cup berries (optional)
  - Mix with your choice of the following liquids:
    - 1 Cup Water
    - ½ cup - 1 cup rice milk or unsweetened almond milk
  - Add one serving of fat:
    - 1 tsp. almond, walnut, flax or coconut oil (no peanut butter)
    - ¼ cup coconut milk or coconut water
    - 1TBS ground flax
    - 1 TBS nuts
    - ¼ avocado
- Feel free to experiment with the consistency and ingredients in your shakes to your liking. More ice for thicker shakes.

#### Helpful Hints for Shakes

- Magic Bullet works great to blend shakes. Sold at Bed Bath & Beyond or COSTCO
- Freeze fresh fruit and veggies for future.
- Add fresh spinach to shakes (won't taste it!)

#### Berry & Banana Fruit Smoothie

1 scoop Vanilla protein  
 1 scoop Fiber Booster  
 1/3 – ½ banana (adds calories to your shake)  
 Add berries to taste (raspberry, blueberry, blackberry, strawberry)  
 Water and ice

#### Chocolate Almond Shake (Version 1)

2 scoops chocolate protein powder  
 1 T almond butter, ice, water or almonds

#### Chocolate Almond Butter (Version 2)

1 Scoop Chocolate Protein Shake  
 1 scoop fiber booster  
 1 tablespoon Almond Butter  
 Water  
 Ice

#### Chocolate Banana

1 Scoop Chocolate Protein Shake  
 1 Scoop Fiber Booster  
 1/3 – ½ banana  
 Water  
 Ice

#### Chocolate Berry Shake

2 scoops Arbonne chocolate protein powder, ¼ cup strawberries, fiber, ice, water

#### Chocolate Shake

2 scoops Chocolate Protein Shake  
 1 Scoop Fiber Booster  
 Water  
 Ice

#### Chocolate Strawberry Shake

1 Scoop Chocolate Protein Shake  
 1 Scoop Fiber Booster  
 Fresh strawberries to taste  
 Water  
 Ice

#### Chocolate Vanilla Combo Shake

1 Scoop Chocolate Protein Shake  
 1 Scoop Vanilla Protein Shake  
 1 Scoop Fiber Booster  
 Water and ice

**Chocolate Vanilla Chai Shake**

1 scoop each of Arbonne Chocolate and Vanilla Protein Powder, almond milk, pumpkin pie spice.

**Pumpkin Pie Shake**

2 scoops Arbonne vanilla protein powder, 4 ozs. pumpkin puree, 1 cup almond milk, pumpkin pie spice, stevia, 1T pecans, fiber.

**Savory Shake**

Heat any veggies (broccoli, zucchini, cauliflower, squash). Puree. Add Arbonne protein powder, fiber, cooked grain, whole grain milk or broth. Blend.

**Vanilla Berry Shake**

2 scoops Arbonne vanilla protein powder, ¼ c. frozen mixed berries, fiber, ice, water

**Vanilla Fruit Smoothie**

1 scoop Vanilla Protein Shake  
1 scoop Fiber Booster  
Add Mixed Berry Blend to taste  
Fresh Strawberries  
Water and ice

## Section 2: Whole Food Recipes (Alphabetical Order)

**3 Egg Omelet with Beans, Bell Pepper and Onions**

Crack three eggs into a bowl, beat well. In a skillet (preferably cast iron) sauté onions and bell peppers until soft and fragrant. Add a scoop of your premade beans, heat through. In a non-stick skillet heat some EVOO. Add beaten eggs; allow egg to cook on the bottom and around the sides. Add bean, pepper and onion mixture to one side of the eggs and then fold over the other side on top. Allow to cook for 1 minute more. If you wish, serve with some salsa on top.

**Baby Greens, Pecans, Apple and Chicken Salad**

Top a bed of baby greens with chopped pecans, apples and some leftover roasted chicken. Toss with EVOO & lemon juice, season with salt and pepper.

**Broiled Polenta with Marinara Sauce**

Saute garlic in EVOO. Add chicken broth and tomato puree. (optional sprig of rosemary) Leftover polenta works great for this. Cut polenta into slices. Broil to warm.

**Brown Rice Sushi**

(You can do it!) In nori sheet roll rice, seared ahi, avocado, sesame seeds.

**Butternut Squash soup**

Boil peeled and cubed butternut squash in organic Chicken Broth. When soft and mushy blend squash and broth in a blender until smooth. Put mixture back on the stove top and add coconut milk until creamy.

Add sea salt, pepper, and cayenne pepper to taste.

**Chicken and Rice Soup (Homemade Stock)**

1. Trim the meat off leftover roasted chickens and set aside in a bowl (reserve half for soup and the other half for salad).
2. Place all bones, skin and "inedible" chicken parts from both chickens in a big pot.
3. Remove saved pan drippings from fridge, all the fat will have floated to the top. Scrap off with a spoon, either discard or you can save in the freezer to use for savory pie crusts at another time. Place the remaining pan drippings in the pot, they will be very gelatinous, this is normal.
4. Add one large chopped onion, 2 chopped celery sticks, 2 chopped carrots, one bay leaf and about 6 black peppercorns. Cover contents of pot with water, bring to a boil and then turn down to a simmer. Allow to simmer all day or at least several hours.
5. Drain off bones, ect. You are left with a delicious, nutritious broth. Salt to taste, add carrots, celery, the leftover chicken and brown rice. Boil until veggies and rice are cooked. You can also use this broth as a base for a butternut squash soup.

### Chicken Vegetable Brown Rice Soup

Can or cooked organic chicken  
Organic Chicken broth (fresh, canned or bouillon cubes). Add brown rice (cook until soft). Fresh Vegetables (carrots, onions, green beans, etc) Cook until Brown Rice is soft.

### Coconut Chicken, Fish, Shrimp, or Scallops

1 Tbsp of sesame oil  
3 cloves of garlic, chopped into small pieces  
1 shallot, chopped into small pieces  
1/2 medium white onion, chopped into small pieces (Note: You can buy these 3 already chopped together at Trader Joe's if you don't have time to prepare)  
2 boneless organic, free range chicken breasts OR Wild fish filets OR Wild shrimp OR Scallops  
2 large bunches of organic broccoli  
Organic coconut milk  
Sea Salt

In skillet, on medium heat, put in sesame oil and let heat up and then add garlic, shallot and white onion pieces. Cook until onions start to caramelize. Take out of skillet and set aside. Place protein into skillet you used to cook initially and if they are thick, filet them (cut them open and spread out), sprinkle sea salt lightly over them and cook on medium heat.

Add 1/4 can of organic coconut milk and to let protein cook and turn frequently. When starts to cook through, place another 1/4 can of organic coconut milk over the top of cooking chicken.

Put the garlic, shallot, onion mixture on the top of the chicken and let cook the milk cook down until it is absorbed into the meat. Keep turning frequently until chicken is no longer pink and reduce to lower temperature while you are preparing rice/quinoa and broccoli. Fish, shrimp and scallops are generally faster cooking.

Steam broccoli until done. Serve chicken and broccoli with a 1/2 cup of brown rice or quinoa. For extra flavor you can add a small amount of Bragg's to the rice or quinoa.

### Dill Salmon with Stir-Fried Veggies and Brown Rice

Put the frozen package of salmon in the fridge the morning you want to cook it and it will defrost safely. When you are ready to cook, season the fillets with a little bit of dill and fresh lemon or lime. While I am not big on non-stick pans, this is one thing I do use a nonstick pan for. I heat up some olive oil, then I put the salmon fillets in "upside down" (I always purchase the salmon with the skin on, I think it is easier to cook), cover the pan and cook for about 5 minute, then flip the salmon and cook for another 5 minutes, on medium to high heat. This is wonderful with some stir-fried vegetables and brown rice.

### Falafel Salad

3 cups well cooked chickpeas; (2-15 ounce cans will equal 3 cups) drained well  
1/2 teaspoon salt  
1/4 teaspoon cayenne pepper  
1 teaspoon dry parsley  
1/2 teaspoon garlic  
2 medium eggs  
1/4 cup rice flour

Drain the chickpeas and place them in a large bowl. Use a potato masher to mash the beans the same way you would mash potatoes. They taste best if they aren't too smooth, so be sure to leave them a little chunky. Add the salt, cayenne pepper, parsley, garlic powder and eggs. Mix everything together until you have a sticky mass. Add the rice flour and mix again.

Generously oil a cookie sheet. Using about 2-tablespoons per falafel, shape the mixture into small patties. Arrange the patties on the well oiled cookie sheet. Flip each patty over so that it is lightly coated with oil on each side. Bake at 450° for about 20 minutes. Check them after 15 minutes, but they will probably need another 5 minutes to be good and brown.

Serve falafels over a bed of baby greens with cucumber, cherry tomatoes and some fresh chopped dill. Toss with EVOO & lemon juice, season with salt and pepper.

**Fennel Salad**

1-2 bulbs chopped, slivered almonds or pecans, green onion, fresh cranberries, EVOO, lemon, salt, and pepper

**Firecracker Shrimp**

Serves 6

This shrimp is spicy and vibrantly flavored with a fiery almond pesto made from cilantro, jalapeños and scallions. It's a quick flash in the pan before you're ready to enjoy this delicious dish.

Ingredients

1 bunch cilantro, stems removed  
 1/3 cup sliced or whole almonds  
 3 tablespoons olive oil  
 2 teaspoons ground cumin  
 6 green onions, roughly chopped  
 3 cloves garlic  
 2 jalapeño peppers, seeded and halved  
 2 pounds medium to large shrimp, peeled and deveined  
 2 tablespoons lemon juice  
 Salt to taste  
 1 small avocado, thinly sliced  
 6 cherry or grape tomatoes, halved

Set aside 6 sprigs of cilantro for garnish. Put remaining cilantro, almonds, 2 tablespoons of the oil, cumin, green onions, garlic, jalapeños, and 1/4 cup water in the bowl of a food processor or blender and puree until a smooth paste forms, about 1 minute.

Arrange shrimp in a wide, shallow dish and spread cilantro paste over them. Cover dish with plastic wrap and refrigerate for at least 1 hour.

Heat remaining 1 tablespoon oil in a large skillet over medium high heat. Add shrimp and cook, stirring constantly, until pink and cooked through, about 4 minutes. Add lemon juice and salt, and stir a few more times to scrape up any browned bits.

Transfer shrimp to a platter and garnish with reserved

**Fried Rice**

Sauté spinach, mushrooms, onions, broccoli, and carrots. Add 1/2 c. cooked brown rice. Scramble one egg into side of frying pan. Add pine nuts.

**Garbanzo Bean Salad**

Mix drained cooked garbanzos, veggies, EVOO, lemon, salt, and pepper

**Huevos Rancheros**

Fry or scramble 2 eggs serve over a bed of warmed pinto beans, top with salsa and avocado.

**Jicama Salad**

1 Large Jicama Root, julienned (long thin slices)  
 1 Red Bell Pepper, Julienned  
 1/2 Red Onion, diced  
 Napa Cabbage cut into thin strips  
 Fresh Cilantro, chopped  
 Juice of 1 Lime  
 Sea Salt to taste

If you like a little bite you can add some jalapeno or Serrano peppers which are diced.

**Marinara Meat Sauce with Brown Rice Pasta**

EVOO  
 1 green bell pepper, chopped  
 1 yellow onion, chopped  
 1 pound of organic grass fed ground beef  
 1 jar marinara sauce  
 Brown Rice Pasta

Put a large pot of water on to boil. Heat some EVOO in a deep dish skillet, add onion and bell pepper, sauté until soft. Add ground beef and brown. Add marinara sauce. Heat through and allow to simmer. Once water comes to a rolling boil, add pasta and cook according to package directions. Drain pasta and toss with sauce. Serve with a baby greens salad.

**Mexican Salad**

Romaine lettuce, tomato, green onion, olives, avocado, corn, kidney beans, (jalapeno), EVOO cilantro, avocados, and tomatoes.

**Minestrone Soup**

Stewed Tomatoes  
Zucchini & yellow Squash  
Hominy  
Beans (optional)

**Moroccan Eggplant Curry**

2 medium to large eggplants cubed  
1 onion chopped  
3 carrots chopped into bite size chunks  
3 celery stalks chopped

Sauté for a few minutes until almost tender and then add:

2 cloves garlic minced  
1 tbsp fresh ginger minced  
1 small zucchini chopped into bite size chunks  
1/2 tsp paprika  
1 tsp cumin  
1 tbsp fresh or freeze-dried oregano (or 1 tsp dried)  
1/8 tsp cayenne (or more if you like more heat)  
1/4 tsp ground turmeric  
[Moroccan Eggplant Curry continued]  
3/4 tsp cinnamon

Sauté until the zucchini softens slightly then add:

1 19oz can of diced tomatoes with the juice  
1 cup canned chickpeas with the juice

Let cook until bubbly and then pour into a baking dish. Cover and bake in a 350F oven for about 45 minutes. Stir occasionally. Once you put the curry in the oven start a pot of brown rice, use 2 cups of chicken or veggie broth, 1/4 (heaping) teaspoon of all spice, once boiling add 1 cup of brown rice, put heat down to low and cover, cook at low for 40 minutes or however long directed by the rice packaging. Serve the curry over a pile of brown rice.

**Pinto Beans**

Soak beans overnight in water. Rinse beans, cover with water, and cook several hours until soft. Alternatively, if you own a pressure cooker you can cook at pressure for 11 minutes. Drain off excess

water, add some oregano, salt, pepper and olive oil. Refrigerate in an easily accessible container.

**Polenta with egg**

Boil 1 cup polenta with 3 cups water or broth. Stir often. When thick add 1 egg. Stir.

**Quinoa Salad over Mixed Greens**

Cook 1 cup Quinoa to 2 cups organic chicken broth (bring to boil, simmer 20 mins)  
Cool. Add EVOO, sea salt, cracked pepper to taste  
Add diced green apple, chopped tomato

**Rice Cereal**

Boil water as directed on rice cereal box. Add rice and frozen blueberries. Cover and simmer for couple minute. Turn off heat source and continue to steam for 5 min. Blend almond milk with 1 scoop of protein and 1 scoop of fiber in blender. Mix in rice cereal and enjoy!

**Roasted Chickens**

1. Use a large baking dish, like one you would bake a big lasagna in. Put 2 chickens in the dish side by side, breast up. Make sure to remove the organs they put inside the bird, (you can fee to dogs raw, but most people will probably throw them out).
2. Stuff the inner cavity of the chickens with celery and carrot sticks. Drizzle the outside with olive oil, season with salt and pepper.
3. Bake at 325 for 3 hours.
4. Remove chickens from oven, put each chicken on a plate.
5. Put pan drippings in a glass bowl, cover and refrigerate.
6. Serve slices of chicken breast with your favorite sides. Our family enjoys a big salad.
7. Cover leftover chickens with foil and refrigerate.

**Shrimp Louis Salad**

Lettuce, shrimp, avocado, boiled egg, tomato, olives, green apple, onion, lemon, EVOO

**Shrimp Scampi**

Add garlic to EVOO in frying pan. When garlic is cooked add thawed, precooked shrimp to warm. Just before serving squeeze juice from one lemon into it. Add fresh, chopped parsley.

**Split pea Soup with Brown Rice**

In a big pot combine, 1 cup washed split peas, grated carrot and potato, chopped celery and onion, water (can use chicken broth) to cover plus an inch, salt. Bring to a boil. Simmer until peas are soft and soup is thick.

**Super Simple Delicious Chicken Soup**

1 hot cooked chicken (roasted chicken pre-cooked at any grocery store!)

1 box gluten free chicken broth (get 2 if you want to make a large pot)

Frozen/canned peas, carrots, and corn (you can substitute for your favorite veggies)

Brown Rice

Spices/Salt/Pepper to taste (garlic sea salt, thyme, pepper). Fresh rosemary, if available.

All the quantities just depend on how chunky you want it and if you want leftovers. Just shred the chicken and put everything into a pot and warm.

**Stir Fry**

Use chicken, shrimp, filet (lean steak)

Small amount of olive oil

Stir Fry FRESH vegetables (mushrooms, bell peppers, broccoli, squash, and bean sprouts)

Use Tamari instead of Soy Sauce

**Turkey Burgers**

Season 1/4 pound of lean turkey meat with salt and pepper (can add chili flakes for a "kick"). Mold into patties and cook in frying pan about 5 minutes on each side. Meanwhile, sauté sliced mushrooms.

Place 2 large ice berg lettuce leaves on plate. Layer patty, mushrooms, sliced red onion, avocado, and tomatoes. Wrap with lettuce and enjoy.

**Turkey Chili**

1 1/2 teaspoons olive oil

1 pound ground turkey

1 onion, chopped

2 cups water

1 (28 ounce) can canned crushed tomatoes

1 (16 ounce) can canned kidney beans - drained, rinsed, and mashed

1 tablespoon garlic, minced

2 tablespoons chili powder

1/2 teaspoon paprika

1/2 teaspoon dried oregano

1/2 teaspoon ground cayenne pepper

1/2 teaspoon ground cumin

1/2 teaspoon salt

1/2 teaspoon ground black pepper

Heat the oil in a large pot over medium heat. Place turkey in the pot, and cook until evenly brown. Stir in onion, and cook until tender.

Pour water into the pot. Mix in tomatoes, kidney beans, and garlic. Season chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper. Bring to a boil. Reduce heat to low, cover, and simmer 30 minutes.

Top with slices of avocado.

**Veggie Chili**

Saute garlic in EVOO. Add organic tomato puree and chicken broth. Use all leftover veggies, add any others like green beans, sweet potato, zucchini.

Add corn and black beans. Season with cumin, chili powder, salt, and pepper. Serve over quinoa or cornbread.