

SHAKE RECIPES



NEW NRG^{GO} FIZZING BEVERAGE TABLETS

Boost energy. Increase metabolism. Control appetite. *NRG^{GO} Fizzing Beverage Tablets provide an exclusive blend of clinically proven ingredients to help you lose weight, along with an enhanced energy formula to power you through your day.*

NRG^{GO}

1. Super-charged energy formula keeps you on-the-go*
2. Natural ingredients help to control hunger and appetite*
3. Clinically proven ingredients turn up the heat to help increase metabolism*

20 tablets #6461, \$28



NEW "GO FIGURE 8" 30-DAY PROGRAM SET

The weight is over. Now's the time to get in the best shape of your life! Get going with this 30-day supply of the complete Figure 8 weight loss products. 30 days to a new you! Includes:

- (2) Go Easy! Protein Shakes with INNER G-PLEX® — Vanilla
- (1) Go Easy! Protein Shake with INNER G-PLEX — Chocolate
- (1) Go Easy! Protein Shake with INNER G-PLEX — Chal Latte
- (2) Just Go! Orange Fiber Shakes
- (1) Going, Going, Gone! Dietary Supplement
- (1) On the Go! Weight Loss Chews — Chocolate
- (1) On the Go! Weight Loss Chews — Berry Burst
- (2) NRG^{GO} Fizzing Beverage Tablets Packs
- (3) Figure 8 Daily Detox Teas

PLUS ...

- (1) On the Go! Weight Loss Chews — Peanut Butter
- (1) Figure 8 Shaker Cup
- (1) Figure 8 Program Brochure

#1878, \$341.50



NEW WATER RELIEF TREATMENT SERUM

Stimulates the skin's surface, while beautifully firming and toning the appearance of skin. Reduce the appearance of puffy thighs, hips, arms and buttocks with this exclusive blend that nourishes the outer skin — for a smooth, confident finish — and beautifully complements the 2-Step Cellulite System, which in turn compliments you! #6349, \$40



PURCHASE WITH PURCHASE WATER RELIEF TREATMENT SERUM PLUS A CELLULITE MASSAGER

With every Vanishing Act set purchase, enjoy the option to purchase the Figure 8 Vanish Water Relief Treatment Serum,* plus a Cellulite Massager, for only \$18. #6349P



ACCESSORY CELLULITE MASSAGER

Use this hand held massager before and/or after your Figure 8 Vanish regimen for a more stimulating cellulite and water relief treatment. #6340, \$25.00

LIMITED EDITION

ON THE GO! WEIGHT LOSS CHEWS, CREAMY CARAMEL

Savor the sweet taste of weight loss success with limited-edition **On the Go!** Weight Loss Chews in creamy caramel flavor. Satisfy your appetite with the rich, velvety taste of creamy caramel while boosting your energy.* #6462, \$19.50



Available while supplies last.

Prices listed are suggested retail.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Use for 3 days, then call your Arbonne Independent Consultant to shaRE your Results!

Daily Power Packs for Women

A balanced, power-packed combination of multivitamin and multimineral tablets, calcium for bone support, antioxidants and digestive enzymes that work synergistically to address women's specific health concerns, every day.*



Simple, convenient, on-the-go packaging.

Take the guesswork out of knowing how many supplements and when to take them, with the twice-daily Arbonne Smart Nutritional Hybrids™ power packs for women and men. The perforated packs are labeled for morning and evening use. Smart, simple, nutritional packets on-the-go.

Directions: Take the contents of one a.m. packet in the morning with 8 ounces of water. Take the contents of one p.m. packet in the evening with 8 ounces of water.



1 MULTIVITAMIN TABLET

Core vitamins, plus the proprietary Arbonne Women's Gender-Specific Blend™ that combines botanicals known to help support women's health.*



1 MULTIMINERAL TABLET

Core minerals that support vital body functions and help women maintain a healthy immune system.



2 CALCIUM TABLETS

For critical bone support, Arbonne's calcium tablets combine essential minerals with unique herbs and nutrients to help support healthy bone tissue.*



1 SUPERFOOD ANTIOXIDANT TABLET

For antioxidant protection from oxidative & free radical damage, Arbonne's Super ProFood Blend™ combines whole fruit and vegetable concentrates, & extracts that provide beneficial phytonutrients.* This super antioxidant tablet has an ORAC value of 8,000 units per day.



1 DIGESTIVE ENZYME CAPSULE

For optimal digestion, our Essential Enzyme Blend™ is a broad-spectrum blend that supports more extensive digestion of carbohydrates, fats, proteins, lactose and other dietary components.*

Use for 3 days, then call your Arbonne Independent Consultant to shaRE your Results!



Figure 8® Daily Detox Tea assists the natural cleansing process of the liver and kidneys by helping the body to counteract, filter and clear toxins.* It's a gentle way to help the body clean itself by aiding the primary filtering organs: The liver and kidneys.* The Daily Detox Tea Blend cleanses and purifies, working to defend against the effects of less-than perfect dietary habits and environmental stress by providing antioxidant protection from free radical damage.*

RECOMMENDED FOR:

Assisting the natural cleansing and detoxifying process of the liver and kidneys.*

WHEN TO USE:

Daily Detox Tea can be consumed before or during meals, as well as, in between meals.

DIRECTIONS:

Pour 8 ounces freshly boiled water over one tea bag, steep for 3-5 minutes dunking the tea bag in and out a few times, discard the tea bag.

**These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*

CONGRATULATIONS ...

"I began using the Figure 8® Weight Loss Products from the beginning of May until the end of June. During that time, I walked about two miles, four days a week and cut down on my fat and calorie intake. So far, I've lost 21 pounds!



Arbonne has given me a new perspective; I'm more energetic and I'm going to participate in another Figure 8® Weight Loss Challenge, so I can lose another 20 pounds. My goal is to be the size I was when I met my husband 14 years ago."

CONGRATULATIONS ...

"My mom and I had just booked a vacation in February to go to Mexico with my two sons. What better incentive for my mom to lose weight? My mom began the Figure 8® Weight Loss Program in February and as of June 6th — just in time for our Mexico vacation — she had lost 34 pounds! She went from a size 18 to a size 12 and feels wonderful. She combined the Figure 8® products with moderate exercise and lost the weight she had been struggling with for many, many years. I am so very proud of her and wanted to share her story with all of the other 'GO Getters' out there!"



CONGRATULATIONS ...

"I began using the Figure 8® Weight Loss Products in March of 2006. At the time, I was about 30 pounds over my ideal weight.

My daily regimen consisted of a **GO Easy!** Protein Shake in Chocolate or Vanilla each morning, one or two **On the GO!** Weight Loss Chews between meals to curb my appetite and maintain my energy level, the **Going, Going, Gone!** Dietary Supplement before lunch and dinner, along with a **Just GO!** Orange Fiber Shake 30 minutes before dinner. I complemented this plan with a sensible diet and a 30-minute walk three to four times a week.



I'm delighted to report that after four months I have lost 22 pounds and went from a size 10 to a size six. I feel healthier and have more energy. My success has been a true testimony to the quality of the Figure 8® Weight Loss Products."

CONGRATULATIONS ...



"I am blissfully pleased with your Figure 8® Weight Loss Program. It works and it's simple!

I'm a 36-year-old mother of three (ages 5, 3 and 1) who has tried other weight loss programs, though I didn't stick with any of them for long. My usual weight gain with each pregnancy is about 50 pounds, which is hard to get rid of.



When baby number three arrived, I started Figure 8® shortly after. Since I already loved the results of the skin care line, and the nutritional products, I was sure I'd experience the

same with Figure 8®. Adding to the Arbonne Smart Nutritional Hybrids™ supplements, NutriMinC® RE9® RESist Essential Fatty Acid Dietary supplements, Herbal Colon Cleanse and Get Well Soon, I tried my first Go Easy! Protein Shake along with a half-size portion of my meal. I was surprised I felt full! I quickly moved into the system and replaced one of my daily meals with a Go Easy! Protein Shake, then added the On the Go! Weight Loss Chews, Going, Going, Gone! Dietary Supplements, and the Figure 8 Vanish™ Cellulite System, and started to see results!

Thanks, Arbonne, for offering something that I'm able to do with an already active family lifestyle, as well as a home-based business that I plan around my family's schedule. Figure 8® has helped me go from a size 12 down to a 6. I look forward to my daily, tasty shakes and love how I've been able to mesh the Figure 8® Weight Loss Program with my life."

CONGRATULATIONS ...

"I just turned 50 and after dieting my entire life, my weight was like a yo-yo and I found myself at 180 pounds! I complained to my friend and she asked me if I was ready to get healthy and she introduced me to the Figure 8® Weight Loss Program ... and a new way of life starting with the Figure 8® Daily Detox Tea. Once I started the Figure 8® Weight Loss Program, I ate more whole foods. My "before" picture was taken in April at 170 pounds and my "after" picture was taken at 145 pounds at the beginning of September — right before my 51st birthday.

I lost 25 pounds in five months and went from a size 18 to a size 10!

I want to thank my friend and sponsor, and Arbonne, for giving me the best birthday present: My energy, health and self-esteem! The Figure 8® Weight Loss products are now a part of my weight maintenance for life."

— Jodi Riley from Anchorage, AK



Orange Banana Shake

1 scoop Just Go! Orange Fiber Shake
1 cup nonfat plain yogurt
1 banana
4-6 ice cubes, blend until smooth

Blueberry Shake

1 scoop Just Go! Orange Fiber Shake or
Vanilla Go Easy!
Protein Shake with INNER G-PLEX
1/2 cup blueberries
1/2 cup water
1/2 banana
4-6 ice cubes, blend until smooth

Orange Cappuccino Dessert Shake

1 scoop Just Go! Orange Fiber Shake
2/3 cup water
1 tablespoon instant espresso powder
3 tablespoon unsweet. cocoa powder
scoop lowfat vanilla ice cream
Blend and serve immediately

Power Shake

1 scoop Just Go! Orange Fiber Shake
2/3 cup water
1/4 cup nonfat yogurt
1/4 cup applesauce
4-6 ice cubes, blend until smooth

Quick Dreamsicle Drink

1 scoop Just Go! Orange Fiber Shake
1/4 cup water
1/2 cup skim milk
4-6 ice cubes, blend until smooth

Orange Buttermilk Drink

1 scoop Just Go! Orange Fiber Shake
1 cup buttermilk
1/4 teaspoon ground ginger optional
4-6 ice cubes, blend until smooth

Chocolate Buttermilk Drink

1 scoop Chocolate Go Easy! Protein Shake with
INNER G-PLEX
1 cup buttermilk
4-6 ice cubes, blend until smooth

Chocolate Peanut Shake

1 scoop Chocolate Go Easy! Protein Shake with
INNER G-PLEX
2/3 cup water
1 tablespoon natural peanut butter
1 scoop lowfat ice cream
blend until smooth

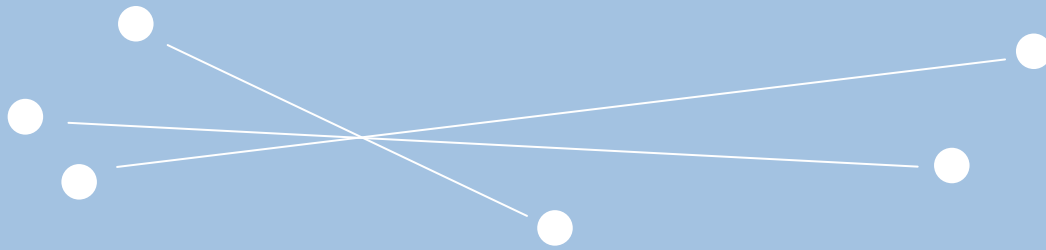


Heavenly Chocolate Shake

1 scoop Chocolate Go Easy! Protein Shake with
INNER G-PLEX
2/3 cup water
3/4 teaspoon ground cinnamon
4-6 ice cubes, blend until smooth

Mocha Shake

1 scoop Chocolate Go Easy! Protein Shake with
INNER G-PLEX
2/3 cup water
1 teaspoon instant coffee crystals
4-6 ice cubes, blend until smooth



Banana Peanut Butter Shake

1 scoop Vanilla Go Easy! Protein Shake with INNER G-PLEX
2/3 cup water
1 banana
1 tablespoon natural peanut butter
1 tablespoon sunflower kernels optional
4-6 ice cubes, blend until smooth

Vanilla Shake

1 scoop Vanilla Go Easy! Protein Shake with INNER G-PLEX
2/3 cup water
1/2 cup strawberries or substitute 1/2 cup strawberry yogurt and cut down to 1/2 cup water
4-6 ice cubes, blend until smooth

Peach Shake

1 scoop Vanilla Go Easy! Protein Shake with INNER G-PLEX
2/3 cup water
1/2 cup frozen unsweet. Peaches
1/8 teaspoon cinnamon
4-6 ice cubes, blend until smooth

Peaches and Cream Shake

1 scoop Vanilla Go Easy! Protein Shake with INNER G-PLEX
1/2 cup water
1/2 cup unsweet. peaches
1 ripe banana
1/2 cup nonfat plain yogurt
4-6 ice cubes, blend until smooth

Eggnog Shake

1 scoop Vanilla Go Easy! Protein Shake with INNER G-PLEX
2/3 cup water
1/2 teaspoon nutmeg
4-6 ice cubes, blend until smooth

Strawberry Banana Shake

1 scoop Vanilla Go Easy! Protein Shake with INNER G-PLEX
2/3 cup water
1/2 cup strawberries
1/2 banana
4-6 ice cubes, blend until smooth

Raspberry-Peach Shake

1 scoop Vanilla Go Easy! Protein Shake with INNER G-PLEX
1/2 cup raspberries
1/2 cup peaches
1/2 cup buttermilk
4-6 ice cubes, blend until smooth

Cappuccino Shake

1 scoop Vanilla Go Easy! Protein Shake with INNER G-PLEX
2/3 cup water
1 1/2 teaspoon instant coffee
2 drop brand or rum extract
dash cinnamon
4-6 ice cubes, blend until smooth



Peachy Dream Yogurt Shake

1 scoop Vanilla Go Easy! Protein Shake with INNER G-PLEX
1/2 cup water
1/2 cup peaches
1/2 banana
1 cup nonfat yogurt
1/4 teaspoon almond extract
4-6 ice cubes, blend until smooth

Double Strawberry Shake

1 scoop Vanilla Go Easy! Protein Shake with INNER G-PLEX
2/3 cup water
1/2 cup strawberries
1/2 cup lowfat strawberry yogurt
4-6 ice cubes, blend until smooth

Pina Colada Shake

1 scoop Vanilla Go Easy! Protein Shake with INNER G-PLEX
2/3 cup water
2 tablespoon rum extract
2 tablespoon unsweet. pineapple juice
1 tablespoon cream of coconut
4-6 ice cubes, blend until smooth

Pina Colada Dessert Shake

1 scoop Vanilla Go Easy! Protein Shake with INNER G-PLEX
2/3 cup water
1/2 cup crushed pineapple
1/2 cup frozen nonfat vanilla ice cream
1 teaspoon rum extract
1 teaspoon coconut extract
4-6 ice cubes, blend until smooth

Banana Milkshake

1 scoop Vanilla or Chocolate Go Easy! Protein Shake with INNER G-PLEX
2/3 cup water
1/2 banana
4-6 ice cubes, blend until smooth

Raspberry Shake

1 scoop Vanilla Go Easy! Protein Shake with INNER G-PLEX
2/3 cup water
1/2 cup raspberries
4-6 ice cubes, blend until smooth



Yogurt Cooler

1 scoop Vanilla Go Easy! Protein Shake with INNER G-PLEX
1/4 cup water
1/2 cup nonfat plain yogurt
1/4 cup white grape juice
1/2 cup honeydew or cantaloupe
4-6 ice cubes, blend until smooth

"I LIKE IT!" Fiber Shake

Submitted by Stephanie Butenhof
Independent Consultant

7 oz Simply Orange Pulp-Free Fresh Squeezed Orange Juice
1 scoop Just Go! Orange Fiber Shake

Shake in shaker cup and drink...it sweetens up the orange juice, and gives the fiber shake a kick!!! :) This is only half the recommended amount of the fiber shake, so I do this twice a

"Thin Mint " shake

1 scoop Chocolate Go Easy! Protein Shake with INNER G-PLEX
7-8 ozs. Pampermint tea prepared
Shake and enjoy !
(It's better if enjoyed hot)

Chocolate Orange Soy Shake

4 oz. light chocolate soy milk
8 oz. cold water
1 scoop Just Go! Orange Fiber Shake
1 scoop Go Easy! Protein Shake with INNER G-PLEX Chocolate
Ice
Add ingredients in order as above and blend well.

Chai Latte Chocolate Shake

4 oz. light chocolate soy milk
8 oz. cold water
1 scoop Go Easy! Protein Shake with INNER G-PLEX Chai Latte
Ice
Add ingredients in order as above and blend well.

Orange Vanilla Soy Shake

4 oz. light vanilla soy milk
8 oz. cold water
1 scoop Just Go! Orange Fiber Shake
1 scoop Go Easy! Protein Shake with INNER G-PLEX Vanilla
Ice
Add ingredients in order as above and blend well.

Chocolate Chai Latte Orange

4 oz. light chocolate soy milk
8 oz. water
1 scoop Just Go! Orange Fiber Shake
1 scoop Go Easy! Protein Shake with INNER G-PLEX Chai Latte
Ice
Add ingredients in order as above and blend well.

Chocolate Milk Shake

4 oz. light Chocolate soy milk
8 oz. water
1 scoop Go Easy! Protein Shake with INNER G-PLEX Vanilla
Ice
Blend until smooth.

Apple Pie Pre-Workout Smoothie

1/2 cup cold, cooked oatmeal
1/2 apple, cut in large chunks
1/2 tsp cinnamon
1 scoop Vanilla Go Easy! Protein Shake with INNER G-PLEX
1-2 pkts Splenda or Steevia (depends on how sweet you like your drinks)
2/3 - 1 cup of water or vanilla soymilk

Add ingredients to blender and process until smooth.



Apple Spice Shake

1 scoop Go Easy! Protein Shake with INNER G-
PLEX® - Vanilla
1 apple, cored and sliced
1 banana
1 tsp vanilla extract
1 tsp cinnamon
3 ice cubes
6 oz. water

Add all ingredients to a blender. Blend until smooth.

Apple-Cherry-Berry Smoothie

Submitted by GINA MORLEY
Independent Consultant
1 cup apple-cherry-berry juice
1 banana
1 apple (cored) leave skin on
1 scoop Go Easy! Protein Shake with IN-
NER G-PLEX
4-6 ice cubes
(depending on how thick you like your
smoothie)
Blend until smooth.
You can also add plain yogurt too!

Awaken

8 to 12 oz. orange juice (fresh squeezed)
1 banana
1 scoop of Just Go! Orange Fiber Shake
1 scoop Go Easy! Protein Shake with INNER G-
PLEX® - Vanilla
2/3 cup vanilla low-fat yogurt
Put this in the blender and blend!

Bahama Mama

Submitted by Dawn Richards Wagner
District Manager
1 cup pineapple juice
1 scoop Vanilla Go Easy! Protein Shake with IN-
NER G-PLEX
1/4 crushed pineapple
1/2 ripe mango
1 tablespoon honey
1/4 cup crushed ice

Blend until frothy, about 30 seconds.
If you don't have Pineapple juice, you can sub-
stitute the juice from the crushed pineapple's
can.
358 calories.



Banana Bread Shake

Submitted by Chris Robinson
Executive Regional Vice President
1 scoop Go Easy! Protein Shake with INNER G-
PLEX Vanilla
1 ripened banana
1 tsp. of pure Vanilla / Vanilla extract
1/4 tsp. cinnamon
7 oz. skim milk or soy milk
1/2 c. crushed ice

Blend and Enjoy!

Banana Choco-nut shake

Submitted by Sara Magnotta
Independent Consultant
1 cup of milk
1 scoop of Go Easy! Protein Shake with INNER G-PLEX® Chocolate
1/4 scoop of Go Easy! Protein Shake with INNER G-PLEX® Vanilla (can be omitted)
1 frozen banana
1-2 tablespoons of peanut butter (blend with one first and do a taste test)

Procedures: Put ingredients in the blender in the order listed above and liquify. Should be the consistency of a nice thick shake! Serves 1 to 2.

Banana Grapefruit Smoothie

Submitted by Mary Putnam
Independent Consultant
Fill blender with ice cubes up to the 2 cup mark
Add water to the 1 cup mark
1 banana
1/4 of a grapefruit
1 scoop Vanilla Go Easy! Protein Shake with INNER G-PLEX

Blend until smooth.

Banana-Strawberry

Submitted by Vicki Smith
Arbonne Client
1 scoop vanilla Go Easy! Protein Shake with Inner G-Plex
1/2 cup water
1 container strawberry yogurt
1/2 banana
6 ice cubes

Blend in a blender.

Banana Split Shake

Submitted by Christine Elm
Arbonne Client
1 small frozen banana
4-5 strawberries
1 tablespoon crushed pineapple
1 scoop Go Easy! Protein Shake with INNER G-PLEX - Chocolate
7 Oz. skim milk
1/4 c. fat-free vanilla yogurt
5-6 ice cubes

Blend in blender. Makes a plentiful serving.

Banana-Strawberry

Submitted by Vicki Smith
Arbonne Client
1 scoop vanilla Go Easy! Protein Shake with Inner G-Plex
1/2 cup water
1 container strawberry yogurt
1/2 banana
6 ice cubes

Blend in a blender.

Banilla Sherbet Delight

Submitted by Blanca
Area Manager
1 scoop of non fat raspberry sherbet
2 bananas
2% milk

Frozen Strawberries
A small pinch of wheat germ
1 scoop of the Go Easy! Protein Shake with INNER G-PLEX



Berry Blend

Submitted by Patti Williamson
Independent Consultant
Vanilla Go Easy! Protein Shake with INNER G-
PLEX
1 cup frozen red raspberries
1/2 cup fresh strawberries
1 small container raspberry fat free yogurt
1/3 cup light cranberry grape juice

Mix in blender until smooth. This is thick and rich...eat it with a spoon and savor the flavor...plus lots of fiber!

berrydelicious shake

Submitted by kristi clinton
Independent Consultant
1 scoop chocolate Go Easy! Proein Shake with
INNER G-PLEX
1 banana
4 strawberries
8 oz. milk

Blend of two

Submitted by Bernice Davis
District Manager
1 cup 2% milk
2 heaping tablespoons plain nonfat yogurt
1/2 to 1 frozen sliced bannanas
1 heaping scoop Just Go! Orange Fiber Shake
1/2 scoop Vanilla Go Easy! Protein Shake with
INNER G-PLEX
1/2 scoop of Chocolate Go Easy! Protein Shake
with INNER G-PLEX

In a large glass of crushed ice.
Blend all until smooth and creamy.

Blue-Cran Shake

Submitted by Carolin I. Catalano
District Manager
1/2-3/4 cup frozen blueberries
2-3oz. unsweetened cranberry juice
5 oz. water
1 scoop Vanilla Go Easy! Protein Shake with IN-
NER G-PLEX
1 scoop Just Go! Orange Fiber Shake

Put into blender. Blend short time at high speed.
Pour into glass.
You can mix in 1 tablespoon flaxseed oil with a
spoon.

Blueberry Bonanza Smoothie

Submitted by Sara Magnotta
Independent Consultant
3/4 cup of milk
1/3 scoop of the Just Go! Orange Fiber Shake
1/3 scoop of the Go Easy! Protein Shake with
INNER G-PLEX® Vanilla
2-3 tablespoons of plain whole milk yogurt
(dairy fat)
1/4-1/2 cup of frozen blueberries
4-5 wedges of frozen peaches
small frozen banana

Procedure: Put ingredients
into a blender in the order
listed and liquify. May need
to stir if you do not have a
high powered blender, but
my cheapo one works fine
with a bit of stirring! Serves
about 1-2.



Blueberry Breakfast Shake

Submitted by Ashley Roberts
Executive District Manager
1 scoop Go Easy! Protein Shake with INNER G-
PLEX® - Vanilla
1 cup frozen blueberries
1/2 cup frozen pineapple
1 1/2 cup water

Blend until smooth!
I drink this one for breakfast all the time!

Blueberry Energy Yogurt Shake

Submitted by Marie
Independent Consultant
In a blender:
1 small fat free yogurt
with blueberries
1/2 cup of added extra
blueberries
1 ginseng caplet, take
powder out and add
6 oz of cold water
1 scoop of Vanilla Go
Easy! Protein Shake with
INNER G-PLEX



Powder Ginseng is difficult to find, but you can take the caplet apart and place the powder in your shake.

Blueberry Strawberry Banana Mania!

Submitted by Melissa VanArsdale
Arbonne Client
3/4 cup skim milk
1 scoop Vanilla Go Easy! Protein Shake with
INNER G-PLEX
1 scoop Just Go! Orange Fiber Shake
1/2 banana
1/2 cup blueberries
3 large strawberries

Body Makeover Meal Replacement

Submitted by Teri Lyn Baskettt
District Manager
1 scoop Chocolate Go Easy! Protein Shake with
INNER G-PLEX
1 tbsp sugar-free coconut syrup
1 tbsp sugar-free chocolate syrup
1/2 banana
1/4 cup water
Ice
Process in blender until smooth.

Cafe Mocha Latte Shake

Submitted by Rob Merrick
Independent Consultant
1 scoop Chocolate or Vanilla Go Easy! Protein
Shake with INNER G-PLEX
8 oz of Coffee
a Touch of flavored low-fat creamer
several ice cubes
Blend for 45 seconds to a minute.

Cake Batter Shake

Submitted by Amber LeClaire
Arbonne Client
3-4 cubes ice
3/4 cup low fat chocolate milk
1/4 cup skim/low fat milk
1 scoop vanilla Go Easy! Protein Shake with IN-
NER G-PLEX
1 frozen banana

This tastes JUST LIKE licking the beaters after you've made your favorite cake recipe!



Cappuccino Protein Shake

Submitted by Courtney Christensen
Independent Consultant
7 oz cold water
Ice cubes
1 tablespoon of coffee flavored syrup
Blend

After smooth...
1 scoop Vanilla or Chocolate Go Easy! Protein Shake with INNER G-PLEX (whichever you prefer)

It makes a great cappuccino taste, and the syrup I found only adds 40 calories and 10 grams of sugar (so may not be an option for carb-counters).

Cappuchocolate

Submitted by Karen Parker
Independent Consultant
Mix in a blender:
7 oz. of hazelnut decaf coffee
1 scoop Chocolate Go Easy! Protein Shake with INNER G-PLEX
a touch of skim milk
a couple shakes of cinnamon
If using hot coffee - add ice.

Caramel Frappe with POWER

Submitted by Gina M. Shanhouse
Independent Consultant
Mix in a Blender:
16 oz. cup of ice
4 oz. of low or non-fat milk
1 shot (1.5 oz.) of espresso (regular or decaf)
1 Scoop VanillaGo Easy! Protein Shake with INNER G-PLEX
2 oz of sugar-free caramel syrup (sold in coffee houses)

Blend until smooth (still thick) and serve.

Carb info for Shakes

Submitted by Susanne (via message boards)
Independent Consultant
I'm a Type 1 diabetic and watch my carbs very closely - I am loving the shakes and here are some of the ingredients I use to make them interesting. Hope this is helpful.

Things to add to ?Go Easy and Just Go? shakes?

Net Digestible Carbs (carbs that easily convert to sugar)

½ c Buttermilk 6.5 g
1 oz ½ & ½ 3.0
1oz Heavy Cream 2.4

½ C 2% Milk 5.8
3T Sour Cream 1.8
½ C Whole Milk Plain Yogurt 5.7
½ C Dannon Lite 85
Vanilla Cream Yogurt
Made w Splenda 5.0
½ C Soy Milk 1.0
¼ C Whole Milk
Ricotta Cheese 1.9
½ C 4% Milk Fat
Cottage Cheese 2.8

2T Natural No Sugar Added
Peanut Butter 4.8

No Carb Ideas
Make your 7 oz of liquid from:
Espresso Shots
Cold Coffee
Flavored teas - such as the Pampermint or Awaken
Sugar Free Chrystal Lite or Kool Aid
Sugar Free Rootbeer

Low Carb Fruits - No Sugar Added
½ C Frozen Blackberries 5.4
½ C Frozen Blueberries 8.2
½ C Canteloupe 6.0
½ C Honeydew 7.2
Lemon Juice free
½ C Tomato Juice 4.7
¼ C Mango 6.3
½ C Papaya 5.6
¼ C Pineapple 4.3
½ C Raspberries 3.0
½ C Strawberries 3.6
½ C Pumpkin 6.3

Celer-berry Lunch Shake

Submitted by Ashley Roberts
Executive District Manager

1 scoop Go Easy! Protein Shake with INNER G-
PLEX® - Vanilla or Chocolate
1 cup frozen Blueberries
1 cup Celery
1 1/2-2 cup water

Blend until smooth!

Celery may seem a little crazy to drink, but I
have found blending my veggies is a lot easier
than chomping on them all day!

Celery has a very sweet and bright flavor you
can add to many different shakes!

I find myself using 2 bags of celery every
week---just from blending them into my
shakes! I'm hooked!

Chai Latte & Banana

Submitted by Sherry Pratt
Area Manager
Mix

1 scoop Chai Latte Go Easy! Protein Shake
with INNER G-PLEXmix
7 ounces of fat free organic milk
3 ice cubes
1/2 banana

1 teaspoon of wheat germ
Until well blended and creamy. What a treat
for breakfast. I love it!

Chai Latte Coffee Shake

Submitted by Kari Johnson
Executive District Manager
Mix in a Blender:

7 oz. water
1 scoop Chai Latte Go Easy! Protein Shake
with INNER G-PLEX
8-12 oz. of coffee with ice(to cool it down)
more ice
blend.

It is awesome!!!! Even sprinkle in some cinna-
mon and a dash of stevia!!! It lasts for several
hours!!! It makes me feel like I am adding vi-
tamins to my morning coffee.

Chai Latte Smoothie

Submitted by Christine Elm
Independent Consultant

3 T. vanilla yogurt
1 T. chunky peanut butter
6-7 ice cubes
1 T. oatmeal
1 T. sugar-free carmel coffee syrup
1 T. sugar-free hazelnut coffee syrup
1 scoop Chai Latte Go Easy! Protein Shake with
INNER G-PLEX
6 oz skim milk

Place all ingredients in blender & frappe.
Makes a gracious serving & is very filling.

Cherry shake

Submitted by Kerry McCusker
Independent Consultant

3/4 cup rice milk
1 cup frozen cherries
1 scoop of Chocolate or Vanilla Go Easy! Protein
Shake with INNER G-PLEX
Blend in Blender.



Choco-Banana Milkshake

Submitted by Shannon Berretta
District Manager

7oz low fat milk
1 scoop Chocolate Go Easy! Protein Shake with
INNER G-PLEX
1-2 1 inch pieces of frozen banana

Blend together in the blender for a great milk-
shake!

Choco-banana-nut supreme!

Submitted by Kimberly DuBrul
District Manager
1/2 cup water
3/4 cup vanilla or plain soy milk
1 scoop Chocolate Go Easy! Protein Shake
with INNER G-PLEX
1 whole banana
3/4 tbs. low sugar peanut butter
5 or so ice cubes

blend in blender or smoothie maker. I also add spirulina for "greens".
Yummy! Especially for those using the products to build lean muscle mass.

Choco-Berry-Banana Split Lift

Submitted by Lori Glass
Independent Consultant
1 scoop Chocolate Go Easy! Protein Shake
with INNER G-PLEX
1 cup Low Carb Raspberry Creme or Strawberry Creme yogurt
1 banana
4-6 ice cubes

Blend until smooth

I could not believe how much this tasted like a banana split!! It will definitely give you a lift if you have a chocolate craving!

Chocofrozen Banana Shake

Submitted by Marianne McFarland
District Manager
1 frozen banana
1 scoop Go Easy! Protein Shake with INNER G-PLEX Vanilla
7 oz. 2% chocolate milk

Blend in blender and serve with straw.

Chocolate "Dessert" Shake

Submitted by Pepper Flanagan
Independent Consultant
1 scoop Go Easy! Protein Shake with INNER G-PLEX Chocolate
1/2 cup Chocolate non-fat ice cream
3/4 cup low-fat or non-fat organic milk
2 strawberries or 1/2 a peach

Blend all together and Enjoy!!!

Chocolate & Fruit Shake

Submitted by Avi
Independent Consultant
7 oz. of water
5 or 6 ice cubes
1 scoop of Go Easy! Protein Shake with INNER G-PLEX® Chocolate
a handful of mixed berries (strawberry, blueberry, and raspberry)

Blend and enjoy!

Chocolate Banana Peanut Butter Shake

Submitted by Stephanie Atkins
Independent Consultant
Mix:
7 ounces of fat free skim milk
3-4 ice cubes
1 scoop of the Chocolate Go Easy! Protein Shake with INNER G-PLEX
1 chopped banana
2 tablespoons of peanut butter

Blend.



Chocolate Orange Banana Shake

Submitted by Elizabeth Jablonski
Executive District Manager

Blend:

1 scoop Chocolate Go Easy! Protein Shake with INNER G-PLEX
1 scoop Just Go! Orange Fiber Shake
1 frozen banana 4 oz water
4 oz orange juice
Several ice cubes

I had a hard time with the taste of the protein shakes until I tried this. Tastes kind of like the chocolate oranges at holiday time.

V-8 strawberry/banana shake

Submitted by Alicia Gordon
Independent Consultant
in blender:

1 banana
5-6 strawberries
1 scoop vanilla Go Easy! Protein Shake with INNER G-PLEX
5-7 oz V8 v-fusion strawberry banana juice
5-6 ice cubes

Superfood Antioxidant Smoothie

Submitted by Melanie Padron
District Manager

1 scoop Vanilla Go Easy! Protein Shake with INNER G-PLEX
1 scoop Just Go! Orange Fiber Shake
1 scoop green powder of your choice (I use Miracle Greens)
3/4 cup of plain yogurt
3/4 cup of frozen blueberries
3/4 cup of frozen strawberries
1 ripe banana
3/4 cup of Pomegranate juice
A few ice cubes

This tastes as good as it is for you and is an amazingly healthy way to start your day!

Passion Mango Shake

Submitted by Trisha Goodale
District Manager

7 oz pineapple juice
1 scoop Vanilla Go Easy! Protein Shake with INNER G-PLEX
handful of frozen mango
4 fresh strawberries
1/2 banana
handful of ice cubes

Blend until smooth!



Lemon Mace Vanilla Protein Shake

Submitted by Erin Sheldon
Independent Consultant

This recipe was inspired by a cookie recipe!

8 oz skim milk
1 scoop Vanilla Go Easy! Protein Shake with INNER G-PLEX
1 tblsp honey
1-2 tblsp lemon juice (to taste)
1 tsp mace
3-4 ice cubes

Blend thoroughly!

Peachy Pineapple Smoothie

Submitted by Vicky Church
District Manager

2 scoops Just Go! Orange Fiber Shake
1 scoop Vanilla Go Easy! Protein Shake with INNER G-PLEX
7 oz Skim Milk
7 oz unsweetened Pineapple Juice
1 serving frozen Peaches
1/2 tsp almond extract (optional)
4-5 ice cubes (optional)

Blend in full sized blender until smooth for best results.

Tangy Orange Fiber Shake

Submitted by Camilla Gronstedt
Arbonne Client

1c extra-pulp orange juice
2 scoops Just Go! Orange Fiber Shake
3 or 4 drops lemon juice concentrate

Snickers/White Snickers Shake

Submitted by Julie Hepper
Independent Consultant
Snickers:

7 oz. water
1 scoop Chocolate Go Easy! Protein Shake with Inner G-Plex
1 T. sugar-free carmel coffee syrup
1 T. sugar-free hazlenut syrup
ice cubes...blend!

White Snickers:

7 oz. water
1 scoop vanilla Go Easy! Go Easy! Protein Shake with Inner G-Plex
1 T. sugar-free carmel coffee syrup
1 T. sugar-free hazlenut syrup
Splash of sugar-free white choc. syrup
ice cubes...blend!

Coffee Lovers Breakfast

Submitted by Sandi Allen
Arbonne Client
1/2 banana
1 tsp instant coffee crystals
1 cup skim milk
1 scoop chocolate Go Easy! Protein Shake with INNER G-PLEX
5-6 ice cubes

In blender pour milk over ice cubes add banana - let sit for 30 seconds to really chill milk, blend, add protein shake and coffee crystals (while mixing if possible to avoid clumping) continue blending until smooth. Fills you up and takes care of the caffeine need!

Fizzy Orange Shake

Submitted by Kirstin
Independent Consultant

Yummy Idea: Use mineral water or club soda for mixing with your Just Go! Orange Fiber Shake.

Hot Chocolate with Whipped Cream

Submitted by Charmaine Reaves
Area Manager

I have a sweet tooth and this Hot Chocolate with Whipped Cream helps to satisfy my craving for dessert at nights before bedtime.

Combine Go Easy! Protein Shake with INNER G-PLEX Vanilla Chocolate with 2% warm milk
Top off with Light Whipping Cream

Fiberlicious Greens

Submitted by Anya Carter
District Manager

milk
1-2 scoops Just Go! Orange Fiber Shake
1 big handful of bagged salad spinach
1 banana
ice to thicken

Peanut Butter Fiber Shake

Submitted by Lisa Welborn
Area Manager

1 cup milk
1 scoop Go Easy! Protein Shake with INNER G-PLEX® - Vanilla
2 scoops Just Go! Orange Fiber Shake
1 tsp. regular peanut butter
Ice cubes (to your liking)

Put in blender and blend until smooth.

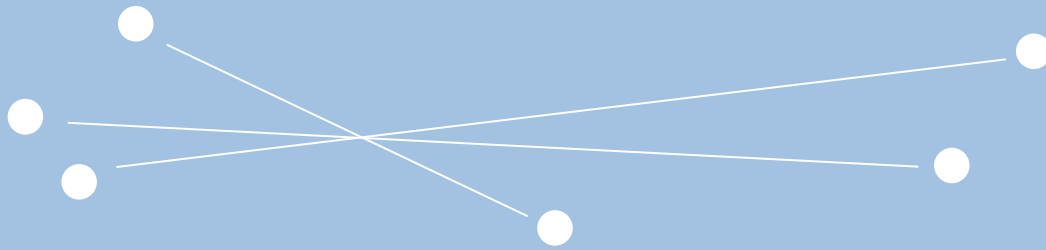


MENU PLANS & RECIPES



Example of Meal Plans

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Minutes Before Breakfast	1 Going, Going, Gone Supplement and 1 NRG GO ³ ! Fizzing Beverage Tablet	1 Going, Going, Gone Supplement and 1 NRG GO ³ ! Fizzing Beverage Tablet	1 Going, Going, Gone Supplement and 1 NRG GO ³ ! Fizzing Beverage Tablet	1 Going, Going, Gone Supplement and 1 NRG GO ³ ! Fizzing Beverage Tablet	1 Going, Going, Gone Supplement and 1 NRG GO ³ ! Fizzing Beverage Tablet	1 Going, Going, Gone Supplement and 1 NRG GO ³ ! Fizzing Beverage Tablet	1 Going, Going, Gone Supplement and 1 NRG GO ³ ! Fizzing Beverage Tablet
	Daily Detox Tea	Daily Detox Tea	Daily Detox Tea	Daily Detox Tea	Daily Detox Tea	Daily Detox Tea	Daily Detox Tea
	Go Easy! Protein Shake	2 eggs	Go Easy! Protein Shake	1/2 whole wheat bagel	Just Go! Fiber Shake	2 slices of rye toast	Go Easy! Protein Shake
	1 piece of fruit	1 slice whole wheat toast	1 piece of fruit	2 tbsp light cream cheese	1 piece of fruit	2 oz of low fat cheddar cheese	Just Go! Fiber Shake
		1 piece of fruit		1 piece of fruit	1/2 cup skim milk	1/2 cup skim milk	1 piece of fruit
						1 piece of fruit	
Breakfast							
Calories	160	270	160	200	255	370	280



	Daily Detox Tea and/or 1 ^{NRG} GO ^{3!} Fizzing Beverage Tablet	Daily De-tox Tea and/or 1 ^{NRG} GO ^{3!} Fizzing Beverage Tablet	Daily De-tox Tea and/or 1 ^{NRG} GO ^{3!} Fizzing Beverage Tablet	Daily De-tox Tea and/or 1 ^{NRG} GO ^{3!} Fizzing Beverage Tablet	Daily De-tox Tea and/or 1 ^{NRG} GO ^{3!} Fizzing Beverage Tablet	Daily De-tox Tea and/or 1 ^{NRG} GO ^{3!} Fizzing Beverage Tablet	Daily Detox Tea and/or 1 ^{NRG} GO ^{3!} Fizzing Beverage Tab-
Snack	Just Go! Fiber Shake	2 oz cheese	1 piece of fruit	1/2 cup raw vegetables	4 whole wheat crackers	Just Go! Fiber Shake	1 low fat granola bar
Calories	120	100	170	80	75	200	150
30 Minutes Before Lunch	1 Going, Going, Gone Supplement	1 Going, Going, Gone Supplement	1 Going, Going, Gone Supplement	1 Going, Going, Gone Supplement	1 Going, Going, Gone Supplement	1 Going, Going, Gone Supplement	1 Going, Going, Gone Supplement
Lunch	3 oz. turkey or veggie patty	Go Easy! Protein Shake	1 cup tomato soup	Go Easy! Protein Shake	2 slices of whole wheat bread	Go Easy! Protein Shake	1/4 cup brown rice
	2 slices whole grain bread	Just Go! Fiber Shake	3 cups mixed greens with 2 TBSP olive oil based dressing	Just Go! Fiber Shake	3 oz lean ham or veggie patty	Just Go! Fiber Shake	3 oz shredded chicken or black beans
	2 tbsp light cream cheese	1 piece of fruit	1/2 cup low fat cottage cheese	1 piece of fruit	1 oz low fat Swiss cheese	1 piece of fruit	1/2 cup stewed tomatoes



Vegetable Stew Medley

2 onions
2 carrots
2 red peppers
2 ribs celery
1 cup mushrooms
2 zucchinis
2 tomatoes
2-4 tablespoons salsa
1 cup tomato paste
1 cup water
1 tablespoon sugar
1/4 teaspoon salt

Yields 4 servings

1. Cut onions, carrots, red peppers, celery, mushrooms and zucchini into bite-size pieces.
2. Sauté in veggie broth for five minutes until still slightly crunchy.
3. Cut tomatoes into bite-size pieces and add the rest of the ingredients.
4. Cover and cook for 20 minutes on simmer.



Corn "Chow Down" Chowder

2/3-cup low-fat milk
1 1/2 tablespoons cornstarch
1 16-oz. bag frozen combination broccoli, corn and red peppers (cut up any large pieces)
1 15-oz. can cream-style corn
1/2 cup thinly sliced scallions
1 cup canned chicken broth
1/2-teaspoon cumin
1/4-teaspoon pepper

Yields 4 servings

1. In a large saucepan, dissolve cornstarch in milk.
2. Add all vegetables, broth and cumin.
3. Bring to boil, stirring often.
4. Reduce heat to medium-low.
5. Simmer until vegetables are tender, 10 minutes.
6. Add pepper and serve.



Stuffed Summer Tomatoes

2 cups cucumber, diced and peeled
1/3 cup red onion, finely chopped
3 tablespoons fresh basil, chopped
1 19-ounce can white beans, rinsed and drained
2 tablespoons white wine vinegar
1 tablespoon extra-virgin olive oil
1/4 teaspoon salt
1/8 teaspoon pepper
1 garlic clove, crushed
4 large tomatoes (about 2 pounds)

Yields 4 servings

1. Combine first four ingredients in a large bowl, and toss gently.
2. Combine vinegar, oil, salt, pepper, and garlic in a small bowl, and whisk together.
3. Drizzle vinegar mixture over cucumber mixture, and toss gently to coat.
4. Core each tomato and cut into six wedges, cutting to, but not through, bottom of tomato.
5. Spread wedges slightly apart. Spoon 3/4 cup mixture into the center of each tomato and serve.



Crunchy Chicken Salad

2 cups cooked chicken breast, cubed
1 cup green apple, diced
1/2 cup celery, diced
2 tablespoons green onions, chopped
1/3 cup low-fat mayonnaise
1 tablespoon reduced-fat sour cream
1 teaspoon fresh lemon juice
1/4 teaspoon salt
1/4 teaspoon fresh pepper, ground
1/8 teaspoon cinnamon, ground

Yields 4 servings

1. Combine first five ingredients in a large bowl.
2. In a separate bowl, combine mayonnaise and remaining ingredients and stir well with a whisk.
3. Add mayonnaise mixture to chicken mixture and toss well to coat.