

FRESHSTART

FRESHSTART

4 WEEKS TO A FABULOUS NEW YOU

FRESHSTART

DISCLAIMER

The information contained in this packet (the "Packet") is presented solely for general informational purposes so that you may learn more about the subject.

NOTHING CONTAINED IN THE PACKET IS INTENDED TO CONSTITUTE, NOR SHOULD IT BE CONSIDERED, MEDICAL ADVICE OR TO SERVE AS A SUBSTITUTE FOR THE ADVICE OF A PHYSICIAN OR OTHER QUALIFIED HEALTH CARE PROVIDER. ALWAYS CONSULT YOUR DOCTOR OR PHYSICIAN BEFORE YOU BEGIN ANY DIET OR WEIGHT LOSS PROGRAM.

The information provided in this Packet should not be considered complete, nor should it be relied on to suggest a course of treatment for a particular individual, nor is it intended to refer you to a particular medical professional or health care provider. It should not be used in place of a visit to, consultation with or the advice of a physician or other qualified health care provider.

The material in the Packet is made available with the understanding that we are not engaged in providing professional advice. Information in the Packet is not exhaustive and does not cover all diseases, ailments or physical conditions or their treatment. Should you have any health care related questions, call or see your physician or other qualified health care provider promptly. You should never disregard medical advice or delay in seeking it because of something you have read in the Packet.

Results on this diet assistance program may vary. No promises are being made that the information in the Packet will be error free, nor that it will provide specific results. The Packet is provided "AS-IS" without any warranty, and the use of the Packet is solely at your own risk. Before relying on material in the Packet, users should independently verify the accuracy, the completeness, and the relevance for their purposes, obtaining professional advice when appropriate or applicable as the material in the Packet may include opinions, recommendations, or content from third parties which may not reflect your views.

By accepting and using the Packet and any information contained in the Packet or related to the packet, you understand and acknowledge that your sole and exclusive remedy with respect to any defect in or dissatisfaction with the Packet or the information contained in the Packet is to cease using the Packet. You further understand and acknowledge that everyone that has contributed or prepared this Packet or that has distributed or otherwise shared this Packet disclaims any liability to you, and all such persons are NOT LIABLE for losses or damages which may result through the use of the information, products, and services presented in this Packet or any other materials or information relating to the Packet.

FRESHSTART

4 WEEK JUMPSTART TO HEALTHY LIVING

“Health is not valued until sickness comes.”

-- Dr. Thomas Fuller

Congratulations on committing to Fresh 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 Fresh Start to weight loss and healthy living 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!

Packet Contents

Disclaimer

What are People Saying? Real Testimonials

Fat Toxicity - Why We Need to Detoxify

Attitude for Success

4 Week Fresh Start to Weight Loss and Healthy Living Meal Plan

Meal Plan Overview

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

Whole Food Shopping Overview

Helpful Arbonne Nutritional Products

Whole Food Meal Plans for 4 Weeks

10 Simple Steps to Get Started

FRESHSTART

TESTIMONIALS

Results after 28 days

“One thing that really impressed me with using our products consistently is that these were the last 10 or so lbs I have been working on for a long time... with consistent effort and focus--I did it! I also broke my expensive Starbucks habit!” – Beth Gagliardi of Fresno, CA

START

weight: 143 lbs
belly button: 31 1/2" inches
2 in. below: 35"

FINISH

weight: 132 lbs
belly button: 29"
2 in. below: 32 1/2"

Results after just 8 days

“I am absolutely amazed at how well this detox program works! After just 8 days on the program, I am 8 pounds lighter and I feel AMAZING. I seriously have not felt this good in years!!! I feel like I have been given a gift and want to share it with everybody. I jotted down some of the changes I have experienced after just one week on the detox:

- My energy level is up and my head is clearer. (I am not walking around in a fog)
- My stomach is significantly flatter.
- Less cravings. (I was very addicted to sugar- the 3 chews I get a day are now my dessert at each meal)
- Less hunger. The shakes keep me satisfied.
- I wake up and don't have to have coffee-I feel awake and ready to go right when I wake up, even though I was someone who HAD to have my morning coffee. I now enjoy a warm cup of detox tea and it totally satisfies me.
- I feel stronger in every way.
- My skin is vibrant. (people are saying I have a glow).” – Patty Cummins of Oklahoma City, OK

FRESHSTART

FAT TOXICITY – WHY WE NEED TO DETOXYFY

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, chlorine 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.

FRESHSTART

FAT TOXICITY - WHY WE NEED TO DETOXYFY

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. Any food that is consumed regularly or over consumed should be eliminated while detoxing (except fresh fruits and veggies)!!

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.”

The Fresh Start program provides 4 weeks 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!

Notes on Soy

SOY PROTEIN

Soy (e.g., tofu, tempeh, miso, edamame) is acceptable in many published detox diet books. Those with hypothyroidism should avoid it. It may be consumed in limited amounts.

SOY LECITHIN

The Figure 8 Protein Shake contains soy lecithin. Soy lecithin is different than soy protein and is acceptable on the detox.

FRESHSTART

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!

FRESHSTART

DAILY VIEW OF 4 WEEK HEALTHY LIVING PLAN

Wake-up

CUP OF DETOX TEA
FIZZY TAB (DO THIS IF YOU NEED CAFFEINE FIRST THING)

30 min before breakfast

TAKE GOING, GOING, GONE SUPPLEMENT (OPTIONAL)

Breakfast

PROTEIN SHAKE WITH FIBER BOOSTER OR HEALTHY WHOLE FOOD RECIPE

Snack (OPTIONAL, BUT NOT RECOMMENDED)

FIZZY TAB, IF YOU NEED SOMETHING ELSE, HAVE A CHEW, A PIECE OF LOW SUGAR FRUIT, OR A SMALL HANDFUL OF RAW NUTS OR SEEDS OR SMALL SERVING OF SOME OTHER HEALTHY FAT

30 min before lunch

TAKE GOING, GOING, GONE SUPPLEMENT (OPTIONAL)

Lunch

PROTEIN SHAKE WITH FIBER BOOSTER OR 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 WHEAT PASTA!!**

Snack (OPTIONAL, BUT NOT RECOMMENDED)

FIZZY TAB, IF YOU NEED SOMETHING ELSE, HAVE A CHEW, A PIECE OF LOW SUGAR FRUIT, OR A SMALL HANDFUL OF RAW NUTS OR SEEDS OR SMALL SERVING OF SOME OTHER HEALTHY FAT

30 min before dinner

TAKE GOING, GOING, GONE SUPPLEMENT (OPTIONAL)

Dinner

PROTEIN SHAKE WITH FIBER BOOSTER OR 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 WHEAT PASTA!!**

DO NOT EAT AFTER 7PM – HAVE A CUP OF DETOX TEA AFTER DINNER-IF YOU MUST, HAVE UNSWEETENED HOT COCOA MADE WITH UNSWEETENED ALMOND MILK

Recovery shake

IF YOU WORKOUT INTENSELY FOR AN HOUR OR MORE, MAKE SURE YOU HAVE A RECOVERY SHAKE WITHIN 30 MINUTES OF COMPLETING YOUR WORKOUT. YOUR NEXT MEAL WILL BE WITHIN 4 HOURS OR WHEN YOU BECOME HUNGRY. THE RECOVERY SHAKE IS IN **ADDITION** TO YOUR HEALTHY MEAL PLAN.

FRESHSTART

DO'S + DON'TS OF 4 WEEK HEALTHY LIVING PLAN

What to take OUT of your diet:

AVOID

GLUTEN
WHITE FLOUR
WHEAT
RYE
BARLEY
TORTILLAS
WHITE RICE
BASICALLY ALL BREAD

CAN HAVE

BROWN RICE
BROWN RICE CAKES
BROWN RICE TORTILLAS
BROWN RICE PASTA
BOB'S RED MILL
(GLUTEN FREE) OATMEAL

AVOID

ALCOHOL
NITRATES
MSG
ARTIFICIAL SWEETENERS
SOY
VINEGAR PRODUCTS
(INC. MUSTARD, PICKLES, ETC)

AVOID

DAIRY
CHEESE
CREAM
MILK
SOUR CREAM

AVOID

CAFFEINE
COFFEE
SODAS
DIET SODAS.

CAN HAVE

GREEN TEA
FIZZY TABS
WATER WITH LEMON

AVOID

SUGAR OR HONEY

CAN HAVE

STEVIA
XYLITOL
BLUE AGAVE NECTAR

AVOID

BANANAS, MELONS, GRAPES, RED APPLES, NO DRIED FRUIT

CAN HAVE

GREEN APPLES
BERRIES

USE ALMOND BUTTER INSTEAD OF PEANUT BUTTER.

RAW COCONUT FLAKES AND

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)
HYBRID 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 oz women, 4 oz men)

FRESHSTART

WHOLE FOOD NUTRITION OPTIMAL FOOD CHOICES

LEAN PROTEIN

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, cage free and organic eggs

HEALTHY FATS

Raw nuts + seeds (no peanuts), macadamia nuts, freshly ground flaxseed, olive oil, olives, flaxseed oil, cod liver oil, avocado, coconut milk, almond milk, almond butter

HIGH FIBER CARBS

Squash (acorn, butternut, winter), artichokes, leeks, lima beans, okra, pumpkin, sweet potato or yam, turnips

Legumes- black lentils, adzuki beans, cow peas, chick peas, french beans, kidney beans, lentils, mung beans, navy beans, pinto beans, split peas, white beans, yellow beans, brown rice, quinoa, hummus, millet

FRUIT GLYCEMIC INDEX

Low GI - Blackberries, blueberries, boysenberries, elderberries, raspberries, strawberries, sour green apple

Moderate GI- Cherries, pears, 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, pineapples, grapes, watermelon, mango, papaya

NON-STARCHY VEGETABLES

Arugula, asparagus, bamboo shoots, bean sprouts, beet greens, bell peppers, broad beans, broccoli, brussel 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
+ non-starchy vegetables

Side dishes
Low glycemic index fruits and healthy fats

FRESHSTART

WHOLE FOOD SHOPPING OVERVIEW

The number one thing to remember when shopping for your 4 Week Fresh Start to Weight Loss and Healthy Living 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.

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.

FRESHSTART

WHOLE FOOD SHOPPING OVERVIEW

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, raw nuts and seeds (often sold at a lower price in bulk foods section).

High fiber carbohydrates

FRESH Look for beautiful squash, artichokes, leeks, okra, pumpkin or sweet potato. Enjoy experimenting with new grains, legumes, and vegetables. When shopping always look for the freshest, least processed foods.

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, cooked lentils, grain salads, pesto

FRESHSTART

WHOLE FOOD SHOPPING OVERVIEW

Low glycemic index fruits + 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 + 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)

FRESHSTART

ARBONNE NUTRITIONAL PRODUCTS

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, and does not contain soy protein or 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 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 (optional)

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.

FRESHSTART

ARBONNE NUTRITIONAL PRODUCTS

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.

Bio-Nutria Omega-3 Plus Dietary Supplement

A good source of vegan omega-3 essential fatty acids from plant, grain and fruits. Helps promote concentration and mental acuity for optimal health and wellness, while supporting a healthy cardiovascular system and joint health.

FRESHSTART

4 WEEK TO HEALTHY LIVING SAMPLE MENU

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
B	3 egg omelet with beans, bell peppers, and onions	Huevos Rancheros	Cooked brown rice or whole grain cereal	Breakfast salad	3 egg omelet with beans, bell peppers, and onions	Huevos Rancheros	Brown rice and steamed salad
L	Split peas soup w/ brown rice	Baby greens, pecan, apple, chicken salad	Hummus and raw veggies	Black beans w/ cilantro served with raw veggies	Leftover Moroccan eggplant curry w/ brown rice	Leftover brown rice pasta w/ sauce	Salmon and spinach salad (use leftover salmon)
D	Double roasted chicken w/ baby greens	Chicken and brown rice soup	Turkey chili w/ sliced avocado slices	Moroccan eggplant curry w/ brown rice	Marinara w/ grass-fed organic beef and brown rice pasta	Dill salmon with stir-fried veggies and brown rice	Chicken and brown rice soup
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
B	Veggie and scramble egg stir-fry	Oat groats w/ berries	Breakfast burrito	Cooked brown rice or whole grain cereal	Veggie omelet	Breakfast salad	Veggie and scramble egg stir-fry
L	Black beans w/ cilantro served with raw veggies	Salmon and spinach salad (use salmon from prev. dinner)	Leftover quinoa chicken salad (use chicken from prev. dinner)	Chicken and black bean burrito	Salmon burger w/ tomatoes and hummus	Leftover quinoa chicken salad (use chicken from prev. dinner)	Garbanzo bean salad
D	Baked wild salmon w/ brown rice and baby greens	Stir-fried veggies and chicken over brown rice	Grilled whole chicken, sweet potato fries and green salad	BBQ salmon burger	Brown rice spaghetti w/ grass-fed beef and organic canned tomatoes	Wild ahi tuna, brown rice and cabbage salad	Butternut squash soup (Trader Joe's) hot quinoa and green salas

FRESHSTART

4 WEEK TO HEALTHY LIVING SAMPLE MENU

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
B	Brown rice cereal w/ frozen veggie	Veggie omelet	Amaranth w/ berries	Leftover brown rice stir-fried w/ poached egg	Breakfast burrito	Cooked brown rice or whole grain cereal	Huevos Rancheros
L	Quinoa salad over mixed greens w/ salsa and avocado	Baby greens, pecan and leftover coconut fish	Chicken and black bean burrito	Lettuce wrap with left-over brown rice and veggies	Black beans w/ cilantro served with raw veggies	Mexican salad	Hummus and raw veggies
D	Coconut fish w/ broccoli, brown rice and steamed veggies	Chicken soup and green salad	Fried brown rice, swiss chard, str-fry	Moroccan eggplant curry w/ brown rice	Marinara w/ grass-fed organic beef and brown rice pasta	Dill salmon with stir-fried veggies and brown rice	Chicken and brown rice soup
	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
B	Veggie and scramble egg str-fry	Oat groats w/ berries	Breakfast burrito	Cooked brown rice or whole grain cereal	Veggie omelet	Breakfast salad	Veggie and scramble egg str-fry
L	Black beans w/ cilantro served with raw veggies	Salmon and spinach salad (use salmon from prev. dinner)	Leftover quinoa chicken salad (use chicken from prev. dinner)	Chicken and black bean burrito	Salmon burger w/ tomatos and hummus	Leftover quinoa chicken salad (use chicken from prev. dinner)	Garbanzo bean salad
D	Baked wild salmon w/ brown rice and baby greens	Stir-fried veggies and chicken over brown rice	Grilled whole chicken, sweet potato fries and green salad	BBQ salmon burger	Brown rice spaghetti w/ grass-fed beef and organic canned tomatos	Wild ahi tuna, brown rice and cabbage salad	Butternut squash soup (Trader Joe's) hot quinoa and green salas

FRESHSTART

PERSONALIZED MENU

Meal plan / pick your favorite recipes and plan your meals for the week. Substitute 1-2 protein shakes per day for ANY meal.
Enjoy a variety of green leafy veggies with every meal.

	day 1	day 2	day 3	day 4	day 5	day 6	day 7
B							
L							
D							

Shopping list / refer to whole food shopping overview, optimal food choices diagram, meal plans and recipes.
Use coconut oil for sauteing (remains healthy when heated). Use EVOO for raw food and dressings,

	lean protein	healthy fats	high fiber carbs	healthy fats	non-starchy vegetables	arbonne products

FRESHSTART

4 WEEKS TO HEALTHY LIVING: SHAKES

Section 1: Shake Recipes (alphabetical order)

The Basics of How to Make a Shake

2 Scoops Figure 8 Protein Shake (Chocolate, Vanilla or both)
1/2 to 1 scoop Figure 8 Fiber Booster
Ice (optional)
1/4 up berries (optional)
Mix with your choice of the following liquids:
1 Cup Water
1/4 cup - 1 cup rice milk or unsweetened almond milk

Add one serving of fat:
1 t almond, walnut, flax or coconut oil (no peanut butter)
1/4 cup coconut milk or coconut water
1 T ground flax
1 T nuts
1/4 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 greens to shakes (won't taste it!)

FRESHSTART

4 WEEKS TO HEALTHY LIVING: SHAKES

BERRY & BANANA FRUIT SMOOTHIE

2 scoop Vanilla protein
1 scoop Fiber Booster
1/3 - 1/2 banana (adds calories to your shake)
Add berries to taste (raspberry, blueberry, blackberry, strawberry)
Water and ice

CHOCOLATE ALMOND SHAKE (VER. 1)

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

CHOCOLATE ALMOND BUTTER (VER. 2)

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

CHOCOLATE BANANA

2 Scoop Chocolate Protein Shake
1 Scoop Fiber Booster
1/3 - 1/2 banana
Water
Ice

CHOCOLATE BERRY SHAKE

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

CHOCOLATE SHAKE

2 scoops Chocolate Protein Shake
1 Scoop Fiber Booster
Water
Ice

CHOCOLATE STRAWBERRY SHAKE

2 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 Chocolate and Vanilla Protein Powder, almond milk, pumpkin pie spice.

PUMPKIN PIE SHAKE

2 scoops 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 FRUIT SMOOTHIE

2 scoop Vanilla Protein Shake
1 scoop Fiber Booster
Add Mixed Berry Blend to taste
Fresh Strawberries

FRESHSTART

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.

Cut these foods out of your diet for the next 4 weeks

DAIRY

GLUTEN

WHEAT

PROCESSED FOODS- INCLUDING MINTS AND GUM

SUGAR – YOU CAN USE STEVIA, XYLITOL, AND/OR BLUE AGAVE NECTAR

FOODS THAT PROMOTE YEAST- BREAD, CRACKERS, ALCOHOL, VINEGAR, ETC.

ALCOHOL

CAFFEINE

SOY

VEAL & PORK

FRESHSTART

10 SIMPLE STEPS TO GET STARTED

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!

FRESHSTART

HOW TO USE THE SEASOURCE BODY CLEANSE

Did you know?

You can hold 5-25 pounds of waste in your colon.

How to use the cleanse:

- Begin week two
- Select at least one-two days where you will drink the Sea Source
- Make sure you will have a bathroom in case nature calls.
- Repeat in weeks 3 and 4
- You will experience a gentle elimination
- On your day add on Sea Source bottle to 32 ounces of water.
- Shake to mix
- Drink throughout the day. (DO NOT drink all at once) 6-8 hour period
- Drink 32 ounce of water on top of the Sea Source (shake before each drink)
- May add a Fizzy Tab, lemon, and ice to make it taste better

If you choose you may use the bottles 7 days in a row or spread them out weekly. Listen to your body.

Do not drink more than one Sea Source bottle a day.

FRESHSTART

Q + A

Why do I feel bloated after my shakes?

Remember your shakes are a meal so do not chug them down, take your time and enjoy them.

I am hungry.

Add a serving of fat to your shakes.

Add more carbs to your shakes (berries, flax meal, fiber).

Drink your snacks. Have some water with fiber, fizzy tab, detox tea, vegetable broth.

I am not losing weight.

Record everything you are eating and the time of your meals and talk to your wellness coach.

Be sure you are not loading up calories in your shakes.

Be sure your food portions are reasonable. No second servings.

I am losing weight and don't want to.

Add more calories and fat to your shakes.

Eat any fruit you desire.

Add a starchy carb to your meals (brown rice or quinoa).

Put an extra scoop of protein in your shakes.

I am constipated.

Make sure you are drinking enough water through out the day at least 8-8 oz glasses.

Make sure you are getting enough vegetables.

Add an extra day of the Sea Source.

Add ground flax seed and selium.

Try Arbonne's Bio Nutria Colon Cleanse (NOT on a Sea Source Day).

Should I take Vitamins?

Yes! Make sure you have a good multi vitamin and multi mineral. Try Arbonne's hybrids providing complete vitamin and mineral supplementation. Include Arbonne's omega 3 and supplement as well.

Recovery Secrets: The Importance of Post-Workout Nutrition

April 3, 2009

Written by Lanty O'Connor

Refueling the muscles after a workout is essential for any athlete looking to maximize gains and prepare for the next workout. If your muscles are not receiving the correct macro-nutrients, in the correct amounts, at the correct time, you are losing out on better performance. My experience is that most people don't properly refuel after a workout. Usually one (if not more) of three things happens:

- Nothing is consumed after a workout.
- The wrong things are consumed after a workout.
- The timing of the recovery is incorrect.

So here's what you need to know about post-workout nutrition:

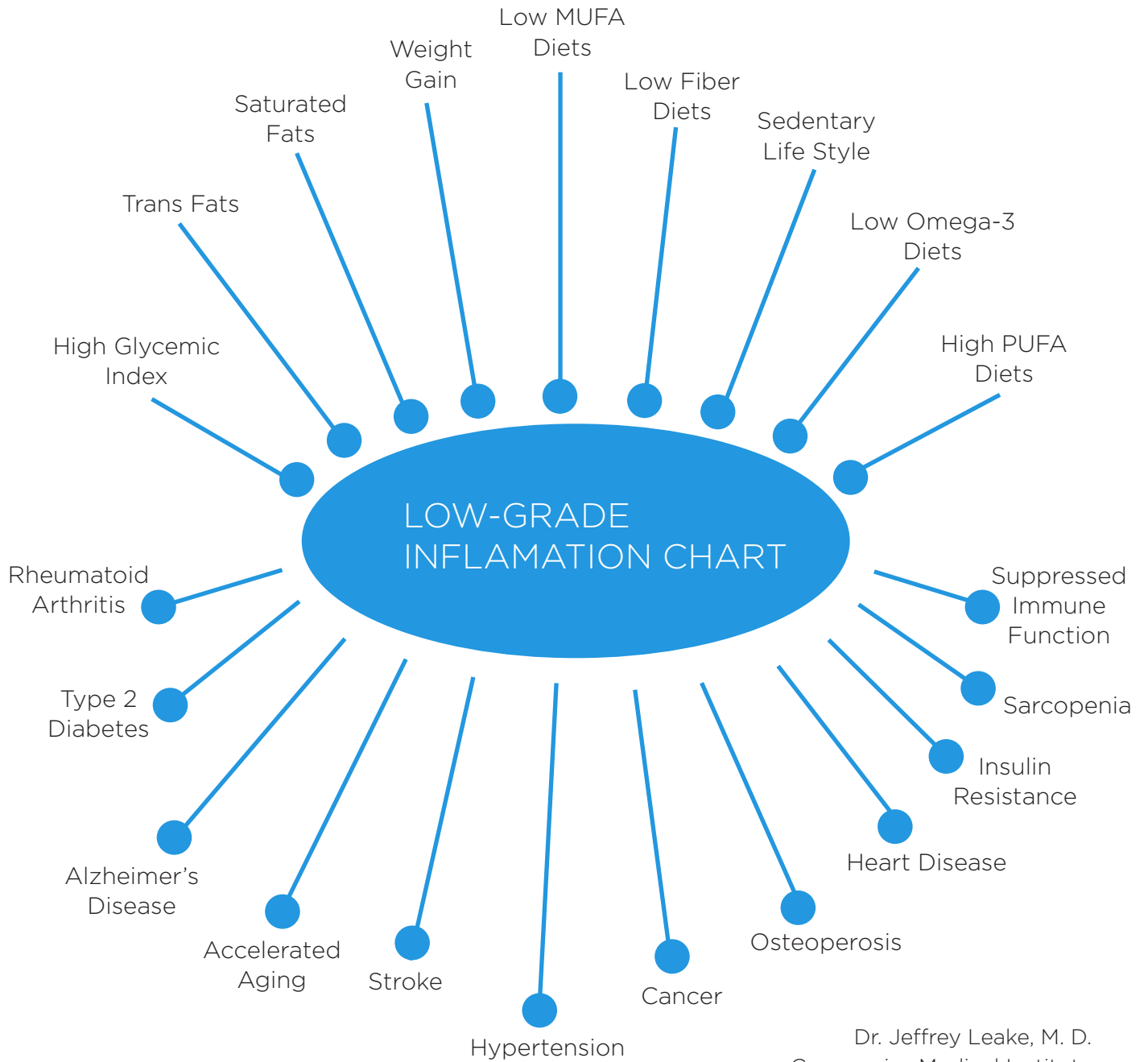
First, let's briefly discuss some exercise physiology. Glycogen is a major fuel source during a workout. Glycogen is stored in the muscles and in the liver. The more highly trained an individual is, the more glycogen that is stored in the muscles. After a workout, the glycogen reserves are highly depleted. Additionally, protein breakdown is also high after a workout. In a 1980 article it was discovered that protein is used for fuel at a much higher rate than is generally assumed. This means that after a workout, the body is in a depleted, catabolic state.

So how do we deal with this state of depletion and catabolism? The answer is insulin. Insulin is the master recovery hormone. High-glycemic index carbohydrates will maximally stimulate insulin to begin the process of refueling the muscles.

The timing of what you consume after a workout is essential. We know that glycogen levels are low and protein breakdown is high after a workout. It has been demonstrated that there is a window of 30 minutes after exercise that is optimal for refueling. During that time period, the body is most able to recover. Ingestion of carbohydrates during the 30 minute window maximally increases insulin levels which promotes glycogen restoration. Additionally, increasing levels of insulin after exercise increases an optimal hormonal environment and can serve as a potent stimulator of protein synthesis pathways.

FRESHSTART

LOW GRADE INFLAMATION CHART



Dr. Jeffrey Leake, M. D.
Cenegenics Medical Institute

FRESHSTART

POST-DETOX: 80/10/10 RULE

After the 28 days

Introduce the restricted foods (i.e. gluten, wheat, dairy) back into your diet one at a time.

Within 30 minutes to an hour you will be able to determine the effect that the various foods have on your body. Some may have no impact, others may make you irritable, disrupt your stomach, make you lethargic, etc.

As you begin to gain an understanding of what the various foods do to your system- through an isolated introduction, you will be able to choose the most optimal food for your fuel.

Adopting a wholefood lifestyle

It is not expected for people to follow the detox permanently. Although focusing on eating whole foods and balanced meals of lean protein, carbs and non-starchy vegetables is highly recommended.

The objective of the program is to get people on the path of a healthy lifestyle and help users understand the impact of the fuel we feed our body.

There is no better description or explanation than the changes people are experiencing in their physical shape, mental clarity, and peace of mind on the program. Once the results and feelings become firsthand experience, people crave whole foods beyond the 28 days.

For fabulous results....follow the 80/10/10 philosophy

Life is too short to axe chocolate forever...or wine...or creme brulee...or whatever your favorites maybe. That is where the 80/10/10 rule comes into play as a successful way to maintain a whole food based diet while enjoying life!!

80% of the time follow the 4 week principles

10% of the time stray slightly (perhaps have a roll at dinner, eat a slice of pizza)

10% of the time FORGET IT (have a glass or two of wine and your favorite dessert...ENJOY!!)

FRESHSTART

SHOPPING GUIDE

Trader Joe's

UNREFRIGERATED PRODUCE

CHERRY TOMATOES
SOUR APPLES
ORGANIC LEMONS
AVOCADOS
ZUCCHINI
GINGER
GARLIC

REFRIGERATED PRODUCE

BAGGED LETTUCES
SLICED MUSHROOMS
STEAMED BEETS
COOKED LENTILS
BROCCOLI SLAW
SHREDDED CABBAGE
SUGAR SNAP PEAS
BUTTERNUT SQUASH
SWEET POTATOES SPEARS (GREAT AS
FRIES WITH OLIVE OIL AND SEA SALT)
CAULIFLOWER
GREEN BEANS
PARSLEY
DILL
CHIVES
VEGGIE CHOP (A BUNCH OF VEGGIES
CHOPPED UP ALREADY) GREAT ON
SALADS AND IN QUINOA

REFRIGERATED MEATS

FREE RANGE WHOLE CHICKEN
FREE RANGE GROUND TURKEY
SMOKED SALMON

FROZEN SECTION

FROZEN ORGANIC BERRIES
FROZEN ORGANIC VEGGIES
FROZEN SHRIMP
FROZEN WILD SALMON, HALIBUT,
TILAPIA, ETC
FROZEN BUFFALO BURGERS
FROZEN BROWN RICE
FROZEN CHILI LIME CHICKEN
BURGERS

DRY GOODS

QUINOA
BROWN RICE
BROWN RICE PASTA
CANNED ORGANIC NO SUGAR
TOMATOES
STEVIA
HERBS AND SPICES
SEA SALT
ALMOND BUTTER WITH ROASTED
FLAXSEEDS
OLIVE OIL

CEREAL ISLE

ROASTED FLAX SEEDS
GROUND FLAX MEAL
SPROUTED BROWN RICE W/
SEAWEED AND SESAME SEED
SEASONING PACKET

MILK ALTERNATIVE SECTION

UNSWEETENED ALMOND MILK

CANNED GOODS

COCONUT MILK
SARDINES
WILD SALMON
OYSTERS
OLIVES
CAPERS
PUMPKIN, SWEET POTATOES OR
SQUASH PUREE

VITAMIN/SUPPLEMENT SECTION

FLAX SEED OIL

OILS

ORGANIC EXTRA VIRGIN OLIVE
OIL

FRESHSTART

SHOPPING GUIDE

Costco

ORGANIC QUINOA
ORGANIC CHICKEN BROTH (8 PK)
ALMOND BUTTER
ORGANIC EGGS
ORGANIC SALAD MIX
SLICED MUSHROOMS
ORGANIC SPINACH
CARROTS
CELERY (GREAT WITH ALMOND BUTTER)
ORGANIC FROZEN STRAWBERRIES
ORGANIC FROZEN BERRY MIX
RAW NUTS (PINE NUTS, CASHEWS, ALMONDS, PE-
CANS, WALNUTS)
ORGANIC CHICKEN BREASTS
ORGANIC GROUND BEEF
GREEN APPLES
MAGIC BULLET BLENDER
FROZEN SHRIMP
FROZEN ORANGE ROUGHY FILLETS
BROWN RICE PASTA
MS. MARY'S CASHEW CRUNCH
CANNED ORGANIC NO SUGAR TOMATOES
STEVIA
HERBS AND SPICES
SEA SALT
OLIVE OIL

Whole Foods

WHOLE FOODS
BRAGGS LIQUID AMINOS
ORGANIC TAMARI (WHEAT FREE, GLUTEN FREE)
EDWARD & SONS BROWN RICE CRACKERS
"FOOD SHOULD TASTE GOOD" SWEET POTATO
CHIPS AND FLAX SEED CHIPS
ORGANIC SALSA (MADE WITHOUT VINEGAR)
ORGANIC HUMMUS
NORI SHEETS (TO MAKE SUSHI OR BURRITOS)
TASTY BITE - PUNJAB EGGPLANT
TASTY BITE - BOMBAY POTATOES
COCONUT OIL
GRAPE SEED OIL
BULK FOODS: DRY BEANS, GRAINS, NUTS, SEEDS,
ETC.
BOB'S RED MILL BROWN RICE FLOUR
BOB'S RED MILL GLUTEN FREE OATMEAL