

30 Days to Feeling Fit



A 30 day guide to “reboot” your system and give your life a fresh start to a healthier lifestyle.

Purpose and Support

- ▶ 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. The 30 Days to Feeling Fit program helps detoxify and cleanse our bodies from the toxins we consume in our daily diet as well as from our environment. Detoxifying, cleansing and eating whole foods helps us with weight loss or maintaining our optimal weight. This program is simple, easy to follow and fits into any lifestyle. We have a step-by-step system that teaches us how to detoxify, eat whole foods 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!

Whole Foods + Arbonne

Teaching You to Eat Whole Foods

- ▶ Lean Protein
- ▶ Healthy Fats
- ▶ High Fiber Carbs
- ▶ Fruits with Low Glycemic Index
- ▶ Non-Starchy Veggies

Arbonne's Nutrition and Detox Products

- ▶ Protein Shakes
- ▶ Fiber Powder
- ▶ Detox Tea
- ▶ Energy Fizz Tablets
- ▶ Digestion Plus
- ▶ Fit Chews
- ▶ 7-Day Body Cleanse
- ▶ Power Packs (vitamins)
- ▶ Sea Source Bath Soak



Did you know...

- ▶ You can hold 5-25 pounds of waste in your colon.
- ▶ Incorporates the 7-Day cleanse over the 30 day period



Helps cleanse and detoxify the system and support the gastrointestinal (GI) tract. Assists with the gentle elimination of toxins.

Example of Daily Menu

Wake-up

Cup of Detox Tea

Fizz Tab (do this if you need caffeine first thing)

Breakfast

Healthy whole food recipe or

Protein shake with fiber booster

Lunch

Lean protein and greens or protein shake

Protein and salad or protein and veggies.

Between Lunch & Dinner

Fizz tab or Detox Tea

Dinner

Lean protein and greens:

Protein and salad or protein and veggies or protein shake

DO NOT EAT AFTER 7PM – HAVE A CUP OF DETOX TEA AFTER DINNER (ADD UNSWEETENED ALMOND MILK, DASH OF CINNAMON & STEVIA/XYLITOL TO TASTE)

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.

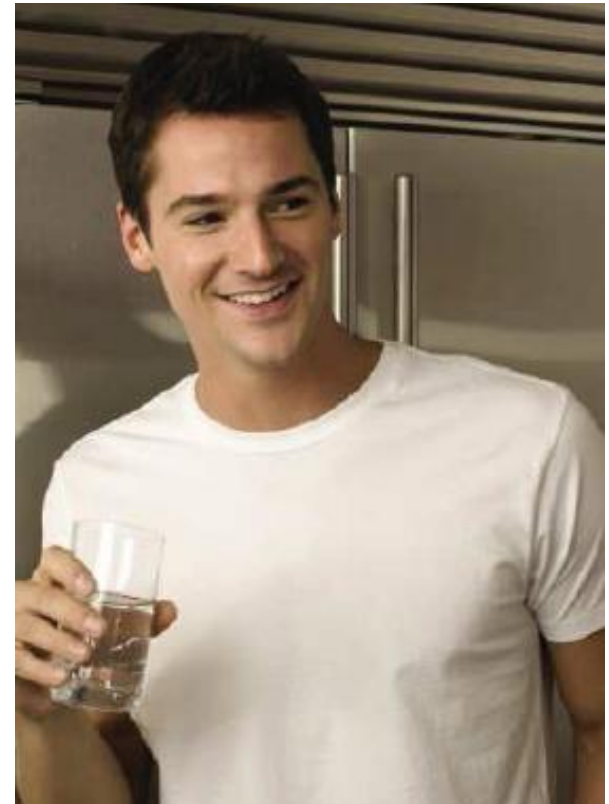
7 Day Detox Cleanse

Start on day 14 of the 30 Day Program

Arbonne Detox and Nutrition
\$11.67 a day - includes up to
two meal replacements a day

How To Get Started and Support

- ▶ **Listen to the Introduction Call**
- ▶ **Print out and Read the 30 Days To Feeling Fit Document**
- ▶ **Choose the order that works best for you**
- ▶ **Have your Arbonne Consultant help you with your order**
- ▶ **Refer to the shopping guide in the 30 Day Document for Trader Joe's, Costco, & Whole Foods**
- ▶ **Recipes included in 30 Day Document**
- ▶ **Daily meal plan**
- ▶ **1 support call each week for 4 weeks**



Benefits

- ▶ If you need to lose weight, you'll lose weight
- ▶ Feel better & healthier
- ▶ More energy
- ▶ Mental clarity
- ▶ Better skin
- ▶ Less moody
- ▶ Get rid of unwanted fat
- ▶ Create healthy habits
- ▶ Give yourself a fresh start & continue to make healthy food choices for a healthier lifestyle



For More Information

- ▶ Contact your Arbonne Independent Consultant
 - ▶ Refer to the 30 Day Feeling Fit Document
- 