

Arbonne Evolution Nutritional Lifestyle Daily Plan

Wake up: Cup Herbal Detox Tea & 16-32oz. water & Fizz Stick
*(add a green tea bag to Detox Tea if you are replacing caffeine)

Breakfast: 1 chocolate or vanilla shake + ½ -1 scoop Daily Fiber + Digestion
Full Control 30 minutes prior meal mix 1 scoop w/ 8 oz of water & drink



Morning Snack: 1-3 chews + 16-32oz. water + Fizz Stick
or partial Arbonne protein bar **or** homemade protein bar **or**
green apple **or** berries **or** 10 almonds (you choose one)

– **Snacks are Optional** – if you are full/satisfied, no snack is needed



Lunch: 1 chocolate or vanilla shake + ½-1 scoop Daily Fiber
or whole food meal (lean protein, veggie, complex carbs & healthy fat)

Full Control 30 minutes prior meal mix 1 scoop w/ 8 oz of water & drink



Afternoon Snack: 1-3 chews + 16-32oz. water + Fizz Stick
or partial Arbonne protein bar **or** homemade protein bar **or**
green apple **or** berries **or** 10 almonds (you choose one)

– **Snacks are Optional** – if you are full/satisfied, no snack is needed



Dinner: A healthy whole food meal (lean protein,
vegetables, complex carbs & small amount healthy fat)
*(if you have a whole food lunch – have a shake for dinner
– add some almond butter, flaxseed, almond milk, etc.)

Full Control 30 minutes prior meal mix 1 scoop w/ 8 oz of water & drink



*Finish the day with cup Herbal Detox Tea

Evolution Addition: ThermoBooster is to be taken at meal time – **Limit ThermoBooster to Twice per day**

Post Workout Recovery: Extra shake w/1 hour+ exercise: Refer to recovery shake information inside your fit plan

INCLUDE

Rice Milk, Almond Milk, Coconut Milk
Brown Rice, Millet, Quinoa, Brown Rice
Tortillas, Brown Rice Pasta
Legumes (beans)
Non-Starchy Vegetables
Organic Green Apples & All Berries
Cage-Free Eggs
Wild Cold-Water Fish (1x per week)
Free-Range Chicken & Turkey
Green & Herbal Tea, Fizz Sticks
Stevia, Xylitol
Almond Butter, Cashew Butter
Avocado, Sweet Potatoes, Yams, Turnips
Olive Oil, Coconut Oil, Grapeseed Oil,
Flaxseed Oil

ELIMINATE

Dairy, Gluten, Soy, GMO's
Refined Sugar, Honey, Artificial Sweeteners
All Bread *(including gluten free)
Peanuts, Peanut Butter
Coffee, Soda, Energy Drinks, Juice
Alcohol
All Fruit EXCEPT *(Green Apples, Berries,
Limes, Lemons)
Non Free-Range Chicken/Turkey
Pork, Veal, Farm Raised Fish, All Beef (other
than Grass Fed 1x per week)
Corn, White Potatoes, White Rice
Nitrates, MSG, Vinegar, Products with Vinegar

DAY IN THE LIFE

Wake up: Cup of Herbal Detox Tea
Fizz Stick *(if needed add a green tea bag to
detox tea for good caffeine)

Breakfast: Arbonne Protein Shake +
1/2-1 scoop Daily Fiber
*(Optional addition - Full Control 30 minutes
prior meal mix 1 scoop with 8 oz of water &
drink)*

Snack: Optional
Fizz Stick *(add a little fiber to your fizz stick)

Lunch: Arbonne Protein Shake +
1/2 -1 scoop Daily Fiber or Whole Food
Meal *(Optional addition - Full Control 30
minutes prior meal mix 1 scoop with 8 oz of
water & drink)*

Snack: Optional
Fizz Stick *(add a little fiber to your fizz stick)

Dinner: Arbonne Protein Shake or
Whole Food Meal *(Optional addition - Full
Control 30 minutes prior meal mix 1 scoop
with 8 oz of water & drink)*

Evening: Cup of Herbal Detox Tea
***if you find you are hungry at night add 1
scoop chocolate protein to cup of hot water or
1/2 shake portion = 1 scoop w/6 oz. water

WHAT'S ON YOUR PLATE

1/2 on plate: Vegetables
Arugula, Asparagus, Bamboo Shoots, Bean
Sprouts, Beet Greens, Bell Peppers, Broccoli,
Brussels Sprouts, Cabbage, Carrots, Cauliflower,
Celery, Chives, Collard Greens, Cucumber, Jicama
(Raw), Jalapeño Peppers, Kale, Kohlrabi, Lettuce,
Mushrooms, Mustard Greens, Onions, Parsley,
Radishes, Eggplant, Endive, Garlic, Green Beans,
Hearts Of Palm, Radicchio, Snap Beans, Snow
Peas, Spinach, Summer Squash, Swiss Chard,
Tomatoes, Turnip Greens, Watercress, Zucchini

1/4 on plate: Lean Proteins
Arbonne Protein Shake, Free-Range Organic
Chicken, Free-Range Turkey, Cold Water Fish,
Salmon, Halibut, Cod, Mackerel, Shellfish, Grass-
Fed, Lean Red Meat (1x Per Week), Lamb, Game,
Cage-Free Eggs, Quinoa

1/6 on plate: Complex Carbs
brown rice, quinoa, hummus, millet, squash (acorn,
Butternut, Winter), Artichokes, Leeks, Lima Beans,
Okra, Pumpkin, Turnips, Legumes, Black Beans,
Lentils, Cow Peas, Chick Peas, French Beans,
Kidney Beans, Lentils, Navy Beans, Pinto Beans,
Split Peas, White Beans, Yellow Beans, Sweet
Potatoes, Yams

1/12 on plate: Healthy Fats
Raw Nuts, Seeds (No Peanuts), Macadamia Nuts,
Freshly Ground Flaxseed, Olive Oil, Olives,
Flaxseed Oil, Cod Liver Oil, Avocado, Coconut Oil,
Almond Butter, Cashew Butter, Sunflower Seed
Butter