

Let's Get Started!!!!

Food Focus

Eliminate

- *Dairy
- *Gluten
- *Soy
- *Peanut Butter
- *Table Sugar, Maple Syrup and Artificial Sweeteners
- *Coffee
- *Alcohol
- *All fruit except limes, lemons green apples, berries
- *White potatoes
- *Corn
- *Pork
 - *Farm raised fish
- *Non Cage Free Eggs
- *Non free range Chicken
- *All beef other than grass fed
- *Canola, Vegetable oils
- *Nitrites or Nitrates
- *MSG
- *Vinegar

Include

- *Rice, Almond and Coconut Milk
- *Carbs made from Brown Rice Millet
- *Raw Almonds
- *Almond Butter
- *Honey (in small amounts) Stevia, Xylitol
- *Green and Herbal Teas
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- *Organic green apples, berries, limes, lemons
- *Sweet Potatoes, Yams, Turnips
- *Non starch vegetables
- *Free range turkey
- *Wild cold water fish (1x per week ie...mercury)
- *Cage Free Eggs
- *Free Range Chicken
- *Grass Fed Beef (1x per week)
- *Olive oil (low and medium temps), Coconut oil, Flaxseed oil, Grapeseed oil
- *Avocado
- *Legumes

What Arbonne products do I need?

- +Protein Shakes: Vanilla or chocolate (1-2x per day)
- +Daily Fiber Boost (1-2x per day)
- +Fizz Sticks: pomegranate or citrus (1-2x per day before 4pm)
- +Herbal Detox Tea (at least 2 per day)
- +Digestion Plus (1 per day)
- +Daily Power pack (1x per day) men or womens
- +7-day Body Cleanse (start day 14)
- +Optional: Fit chews (no more than 4 per day) Chocolate, caramel, lemon, sometimes seasonal
- +Optional: Seasrouce Detox Spa Purifying Soak

Your Arbonne consultant will help you place an order that's individualized to your needs.