

It is time to **BALANCE** your
life & **NOURISH** your soul!

I believe in a holistic approach to beauty.
It begins with focusing on you, as a whole
person, your health, and well-being, to
help you flourish and grow from the inside
out.





30 Day Reset to Radiance

Michelle Phillips
Healthy Living Guide to
Improve Your Mind, Body, and
Your Outer Beauty

Your 30 Day Health Nutrition Guide



My program embraces the connection between a healthier mind, stronger body, and more beautiful skin. The importance of healthy, nutritious food and eating habits for maintaining a lifestyle of wellness is an individual understanding of our body's unique requirements. Your health should be an on-going journey of exploration of learning from many sources and ideas.

A woman with dark, curly hair is shown from the chest up, resting her head on her hands with a weary expression. She is wearing a light green long-sleeved top. In the foreground, there is a green apple, a chocolate-glazed donut with colorful sprinkles, and a croissant. The background is a blurred kitchen setting.

Better sleep. Better Mood. More Energy

EAT RIGHT, BE BRIGHT!

An anti-inflammatory diet, along with exercise, has been a huge part of my weight control, balanced hormones, better sleep, reduced bloat & inflammation, increased energy, less brain fog and youthful looking skin!



Without good health we won't be able to live an active and fulfilling life.

A man and a woman are shown from the chest up, looking towards the right side of the frame. The man, on the left, has short, graying hair and is wearing a dark blue button-down shirt. The woman, on the right, has long, wavy blonde hair and is wearing a white, textured knit sweater. They are both smiling slightly and looking out at a vast, calm ocean under a clear, light blue sky. The lighting suggests it is either early morning or late afternoon, with a soft, warm glow. In the bottom left corner, there is a blurred silhouette of a palm tree.

It's is not a diet, It is a Lifestyle
HEALTHY LIVING

You will learn a healthy lifestyle based on a recommended diet that is whole food-based, eliminates inflammatory foods, and optimizes your body to get the most out of your physical brain.

LOSE The TOXINS. LIVE THE LIFE!

Many people find they lose weight in my program, however most of the feedback is an overall improvement of how they feel. They have their energy back, their mental clarity, and improved mood. In this guide you will find easy to follow steps which include...



Healthy Diet

You will have a list of good foods to incorporate into your daily diet as well as what to illuminate.



Exercise Daily

It's important to exercise daily. You will have access to links for online exercise classes.



Eat Fresh

You will find a grocery shopping list to help you shop for your healthy foods



Supplements

To boost your level of overall success, I have provided a list of supplements for more optimal health

Healthy Living Grocery List

- ✓ **Dairy Replacement:** Cage free Eggs, Almond, Coconut, or Flax Milk, Ghee, (Vegan) Cheese
- ✓ **Organic Meat/Fish/Poultry:** Grass fed meat (90% lean), chicken, turkey, wild caught fish (tuna, salmon, etc.) seafood (shrimp, scallops, etc.)
- ✓ **Organic Veggies:** Broccoli, Spinach, Asparagus, Tomatoes, Green and Red Peppers, Cauliflower, Brussel Sprouts, Zucchini, Butternut Squash, Yellow Squash
- ✓ **Organic Fruits:** Avocado, Berries and Green Apples
- ✓ **Healthy Fats:** Avocado, Olive oil, Grapeseed oil, Coconut oil, Raw Almonds, Almond butter or Natural Nut Butter (no peanut butter), Ghee, Vegan Cheese

- ✓ **Healthy Carbs:** Chickpea Pasta, Brown Rice Pasta, Spaghetti Squash, Zoodles, Cauliflower Rice, Legumes, Sweet Potatoes, Yams, Quinoa, Brown Rice Cakes, SIETE Chips, SIETE Tortillas, Cauliflower Crust, Brown Rice
- ✓ **Condiments:** Apple Cider Vinegar, Habanero Hot Sauce, Coconut Amino, Chosen Foods Lemon Garlic Dressing, Promal Kitchen Dressing
- ✓ **Sweeteners:** Stevia and Xylitol
- ✓ **Drinks:** Herbal Tea and Green Tea



Ingredients and foods to eliminate

- Dairy
- Gluten
- Wheat
- Soy
- Peanuts & Peanut Butter
- Sugar, Honey, Syrup
- Artificial Sweeteners
- Coffee
- Alcohol
- High Glycemic Fruit
- White Potatoes
- Corn
- Nitrates
- MSG
- Vinegar

Suggested Supplements to Achieve Optimal Results



In my opinion, this nutrition kit is a must. My family and I have used these products religiously to help keep our bodies strong, energized and healthy.

To boost your results, I recommend adding the Arbonne nutrient dense shakes (plant based), energy fizz sticks (for energy), Detox tea (to keep you system clean and flush out toxins), Fiber (to keep your system regular and curb hunger, Digestion Plus (to keep your digestive system healthy) and the Body Cleanse (to gently detoxify your body). These supplements support your body with the nutrients and energy you need to remove the toxins and create optimal health.

This special kit is offered at a discount price. Click [HERE](#) to order.

Nutrition Plan Week 1



Replace 1-2 Meals per day with a protein shake with fiber (see recipes for shakes).

Drink half of your body weight in ounces of water per day (add cucumber and lemon for a refreshing taste)

Space meals and snacks out to every two hours. Do not eat past 7pm. If you feel hungry past 7pm, eat some raw fruit, veggies, or have a cup of detox tea.

Wakeup: In place of coffee make a cup of herbal tea.

If you have the Arbonne Bonus Nutrition Pack: Make a cup of Detox Tea and add Arbonne Fizz stick for energy

Make a shot of Digestion Plus dissolved in 4-8 ounces of water, add with a stick of Greens Balance, stir and drink.

Breakfast: Options: 2 eggs and 2 cups of veggies, or Protein Shake, Protein Pancakes (see recipes)

Arbonne Nutritional Bonus Pack: Protein Shake with a scoop of Fiber or Protein Pancakes

Snack: Healthy snack of your choice (see healthy snack list)

Lunch: Lean protein, 2 cups of vegetables, and (option) healthy carb (serving size of lean protein and healthy carb should be the size of the palm of your hand or less) or Protein Shake as a meal replacement

Snack: Healthy snack of your choice (see healthy snack list)

Dinner: Lean protein, 2 cups of vegetables, and (option) healthy carb (serving size of lean protein and healthy carb should be the size of the palm of your hand or less)



Nutrition Plan Week 2

Replace 1-2 Meals per day with a protein shake with fiber (see recipes for shakes).

Drink half of your body weight in ounces of water per day (add cucumber and lemon for a refreshing taste)

Space meals and snacks out to every two hours. Do not eat past 7pm. If you feel hungry past 7pm, eat some raw fruit, veggies, or have a cup of detox tea.

Wakeup: In place of coffee make a cup of herbal tea.

If you have the Arbonne Bonus Nutrition Pack: Make a cup of Detox Tea and add Arbonne Fizz stick for energy

Make a shot of Digestion Plus dissolved in 4-8 ounces of water, add with a stick of Greens Balance, stir and drink.

Breakfast: Options: 2 eggs and 2 cups of veggies, or Protein Shake, Protein Pancakes (see recipes)

Arbonne Nutritional Bonus Pack: Protein Shake with a scoop of Fiber or Protein Pancakes

Snack: Healthy snack of your choice (see healthy snack list)

Lunch: Lean protein, 2 cups of vegetables, and (option) healthy carb (serving size of lean protein and healthy carb should be the size of the palm of your hand or less) or Protein Shake as a meal replacement

Snack: Healthy snack of your choice (see healthy snack list)

Dinner: Lean protein, 2 cups of vegetables, and (option) healthy carb (serving size of lean protein and healthy carb should be the size of the palm of your hand or less)



Nutrition Plan Week 3 + 7 Day Body Cleanse

Step Three: Clear the Drain

7-Day Body Cleanse



IF YOU ARE FOLLOWING THE ARBONNE 30 DAY NUTRITION PLAN, YOU WILL START YOUR 7 DAY GENTLE BODY CLEANSE THIS WEEK. The 7 Day Body Cleanse is included in your Nutrition Pack or you can purchase separately [HERE](#).

YOU WILL CONTINUE EATING JUST AS YOU HAVE BEEN, HOWEVER YOU WILL ADD THE CLEANSE TO YOUR ROUTINE EACH DAY.

Starting Monday of this week, you'll be drinking one packet of the 7 Day Body Cleanse each day. Please find a 32-ounce water bottle and mix ONE packet with 16 ounces of WARM water. Once it's completely dissolved, you add 16 ounces of COLD water. You can add ice if you'd like.

Drink your cleanse GRADUALLY throughout the day and make sure you drink an additional 32 ounces of water, fizzes, and other liquids to keep your system flushing out the toxins.

A good rule of thumb is to drink half of your body weight in ounces of water per day.



7-DAY BODY CLEANSE

Features

- Helps cleanse and detoxify the system while supporting the GI tract[◊]
- Assists with gentle elimination of toxins[◊]
- Contains milk thistle standardized to silymarin to support the liver[◊]
- Helps promote a sense of well-being while preparing the body for a weight management regimen[◊]
- Super Food Antioxidant blend
 - Carrot, blueberry, black currant, lemon, and apple juice powders
 - Elderberry, chokeberry, cherry fruit powders
 - Pumpkin and hibiscus
- Formulated without artificial flavors or colors
- Vegan-certified



Benefits

- Exclusive cleansing blend contains:
 - **Nettle leaf** – Helps support kidney function[◊]
 - **Milk thistle** – Helps support the liver[◊]
 - **Astragalus** – Helps support the immune system[◊]
 - **Senna** – Helps support the gastrointestinal tract[◊]
- Inulin, a prebiotic, supports beneficial microflora that aid the digestive tract[◊]
- Arbonne's exclusive Super Food Antioxidant Blend fights oxidation and free radicals[◊]

[◊]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Nutrition Plan Week 3

Step Three: Clear the Drain

7-Day Body Cleanse



Replace 1-2 Meals per day with a protein shake with fiber (see recipes for shakes).

Drink half of your body weight in ounces of water per day (add cucumber and lemon for a refreshing taste)

Space meals and snacks out to every two hours. Do not eat past 7pm. If you feel hungry past 7pm, eat some raw fruit, veggies, or have a cup of detox tea.

Wakeup: In place of coffee make a cup of herbal tea.

If you have the Arbonne Bonus Nutrition Pack: Make a cup of Detox Tea and add Arbonne Fizz stick for energy
Make a shot of Digestion Plus dissolved in 4-8 ounces of water, add with a stick of Greens Balance, stir and drink.

Breakfast: Options: 2 eggs and 2 cups of veggies, or Protein Shake, Protein Pancakes (see recipes)

Arbonne Nutritional Bonus Pack: Protein Shake with a scoop of Fiber or Protein Pancakes

Snack: Healthy snack of your choice (see healthy snack list)

Lunch: Lean protein, 2 cups of vegetables, and (option) healthy carb (serving size of lean protein and healthy carb should be the size of the palm of your hand or less) or Protein Shake as a meal replacement

Snack: Healthy snack of your choice (see healthy snack list)

Dinner: Lean protein, 2 cups of vegetables, and (option) healthy carb (serving size of lean protein and healthy carb should be the size of the palm of your hand or less)





Nutrition Plan Week 4

Replace 1-2 Meals per day with a protein shake with fiber (see recipes for shakes).

Drink half of your body weight in ounces of water per day (add cucumber and lemon for a refreshing taste)

Space meals and snacks out to every two hours. Do not eat past 7pm. If you feel hungry past 7pm, eat some raw fruit, veggies, or have a cup of detox tea.

Wakeup: In place of coffee make a cup of herbal tea.

If you have the Arbonne Bonus Nutrition Pack: Make a cup of Detox Tea and add Arbonne Fizz stick for energy

Make a shot of Digestion Plus dissolved in 4-8 ounces of water, add with a stick of Greens Balance, stir and drink.

Breakfast: Options: 2 eggs and 2 cups of veggies, or Protein Shake, Protein Pancakes (see recipes)

Arbonne Nutritional Bonus Pack: Protein Shake with a scoop of Fiber or Protein Pancakes

Snack: Healthy snack of your choice (see healthy snack list)

Lunch: Lean protein, 2 cups of vegetables, and (option) healthy carb (serving size of lean protein and healthy carb should be the size of the palm of your hand or less) or Protein Shake as a meal replacement

Snack: Healthy snack of your choice (see healthy snack list)

Dinner: Lean protein, 2 cups of vegetables, and (option) healthy carb (serving size of lean protein and healthy carb should be the size of the palm of your hand or less)



Exercise 30-60 minutes daily.



Recipes

Look for recipe ideas for protein shakes, protein pancakes, smoothies, and more during your first week of your 30 Day Reset to Radiance Program. Look for additional ideas for meal prep, recipes, exercise routines and more on the Reset to Radiance Private Group FB Page.

Arbonne Essentials® Protein Shake Mix Recipes

- Hearty Boosted Protein Shake**
- 2 scoops of Chocolate or Vanilla Protein Shake Mix
 - 1 scoop of Arbonne Essentials Daily Fiber Boost
 - ½ cup of almond milk or rice milk
 - 1 tablespoon of nuts (optional)
 - ½ cup of frozen berries (for color/texture)
 - ½ cup of 1% fat or lower Greek yogurt or kale
 - 9-oz. water or ice as desired
- Recovery Support Shake**
- 2 scoops of Chocolate or Vanilla Protein Shake Mix
 - 1 scoop of Arbonne Essentials Daily Fiber Boost
 - ½ cup of almond milk
 - ½ cup of hot steamed, avocado or mango
 - 9-oz. of water or ice as desired
- Almond Butter Shake**
- 2 scoops Chocolate or Vanilla Protein Shake Mix
 - 1 scoop of Arbonne Essentials Daily Fiber Boost
 - ½ cup, water or rice/almond milk
 - 1-2 tsp. nut butter
 - 1 Tbsp. natural almond butter
 - ½ tsp. or more stevia
- Very Berry Shake**
- 2 scoops Chocolate or Vanilla Protein Shake Mix
 - 1 scoop of Arbonne Essentials Daily Fiber Boost
 - ½ cup, water or rice/almond milk
 - 4-8 ice cubes
 - 1 cup frozen frozen berries (or substitute with 1 cup of your favorite berry)
- Banana & Berry Fruit Shake**
- 2 scoops Chocolate or Vanilla Protein Shake Mix
 - 1 scoop of Arbonne Essentials Daily Fiber Boost
 - 2 oz. water or rice/almond milk
 - 4-8 ice cubes
 - 1 cup frozen berries
 - ½ tsp. or more stevia
- Pumpkin Spice Shake**
- 2 scoops Chocolate or Vanilla Protein Shake Mix
 - 1 scoop of Arbonne Essentials Daily Fiber Boost
 - ½ cup, water or rice/almond milk
 - 4-8 ice cubes
 - ½ tsp pumpkin puree
 - Dry pinch of cinnamon, ginger and nutmeg

Blend ingredients until smooth for all recipes.



Are you ready?

Let's do this!

Our Goal Is to...

- ✓ Eliminate Allergenic, Addictive, and Acidic Foods
- ✓ Refuel Your Body with What it Needs
- ✓ Get Your Body to an Alkaline State So It Functions Properly
- ✓ Get Your Body on a Regular Exercise Routine to Strengthen Your Muscles and Your Heart

