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





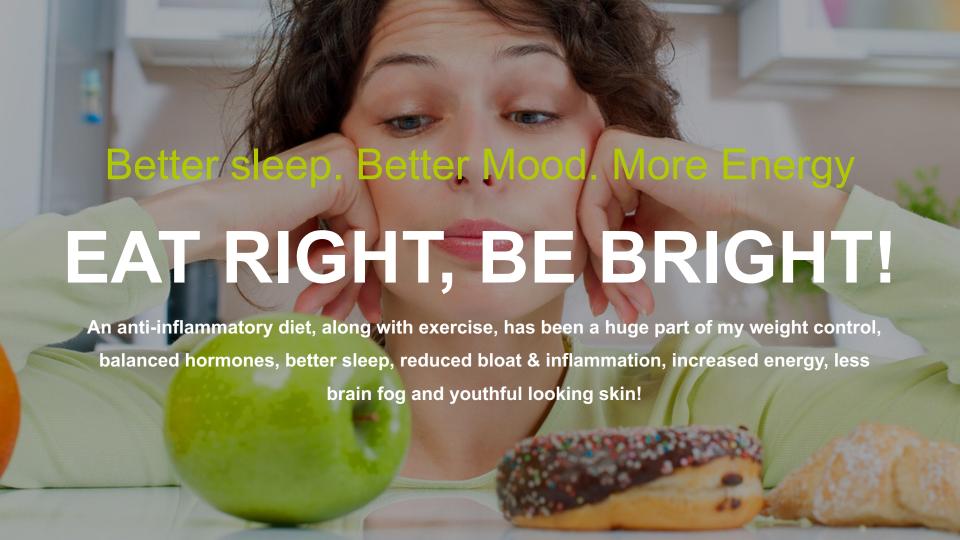
30 Day Reset to Radiance

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

Your 30
Day
Health
Nutrition Guide

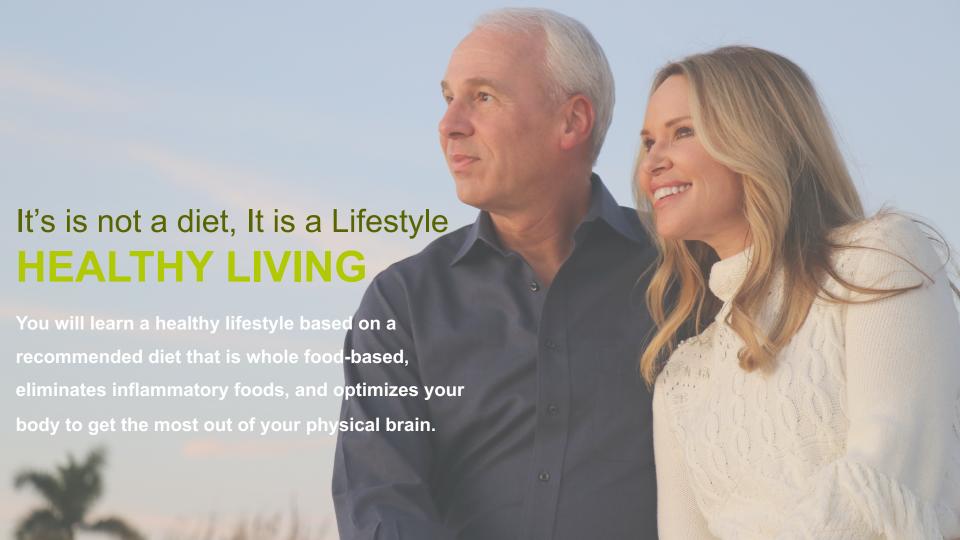


My program embraces the connection between a healthier mind, stronger body, and more beautiful skin. The importance of healthy, nutritious food and eating habits for maintaining a lifestyle of wellness is an individual understanding of our body's unique requirements. Your health should be an on-going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





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



## 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...



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, Brow Rice Cakes, SIETE Chips, SIETE Tortillas, Cauliflower Crust, Brown Rice
- ✓ Condiments: Apple Cinder 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 & PeanutButter
- 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)





### 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)

## Nutrition Plan Week 3 + 7 Day Body Cleanse

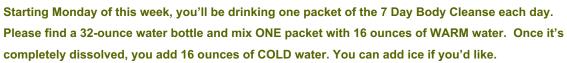
Step Three: Clear the Drain

#### 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.



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<sup>o</sup>
- Assists with gentle elimination of toxins<sup>o</sup>
- Contains milk thistle standardized to silymarin to support the liver<sup>0</sup>
- Helps promote a sense of well-being while preparing the body for a weight management regimen<sup>6</sup>
- 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<sup>()</sup>
  - Milk thistle Helps support the liver
  - Astragalus Helps support the immune system<sup>0</sup>
  - ➤ Senna Helps support the gastrointestinal tract<sup>0</sup>
- Inulin, a prebiotic, supports beneficial microflora that aid the digestive tract<sup>0</sup>
- Arbonne's exclusive Super Food Antioxidant Blend fights oxidation and free radicals<sup>()</sup>

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.



Step Three: Clear the Drain

#### 7-Day Body Cleanse



### **Nutrition Plan Week 3**

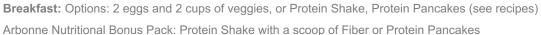
Replace 1-2 Meals per day with a protein shake with fiber (see recipes for shakes).

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.



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)





### **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)









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

- fearty Boosted Protein Shake

  2 scoops of Chocolate or Vanilla Protein Shake 1

  1 scoop of Arbonne Essentials Dally Fiber Boos
- tublespoon of nuts (healthy fats)
   tublespoon of nuts (healthy fats)
   oup of frazen benries (for carbohydrates)
- Recovery Support Shake

  2 scoops of Chocolate or Vanilla Protein Shake Is
- 1 scoop of Arbonne Essentials Daily Fiber Boost
   5 cup almond milk
   15 cup of fruit (barana, pineapple or mango)
   9 on of fruito grante or los as desired.
- Sign of water or ice as desired

  Memond Butter Shake
   Second Chandale or Visulta Presson Shake
- 2 scoops Chocolate or Vanilla Protein Sha 1 scoop of Arbonne Essentials Daily Fiber 7 cc, water or rice/almend milk 4–6 ice cubes
- W fresh or frozen banana
   Wery Berry Shake
   2 scoops Chapoliste or Virsilla Prossir
- 1 scoop of Arbonne Essentials Daily Fiber Boost
   7 oz. water or rice/almond milk
   4-6 ice cubes
- Banana & Berry Fruit Shake
   2 scoops Chocolate or Vanilla Protein Shake
- 2 socops Chocolate or Vanilla Protein Shake
   1 socop of Arbonne Essentials Daily Fiber Bo
   7 oz. water or rice/almond milk
   4-6 loe cubes
- 4-6 ice cubes
   1 cup frozen berries
   16 fresh or frozen berrans
- umpkin Spice Shake 2 scoops Chocolate or Vanilla Protein Sha
- 2 scoops Chocolate or Vanilla Protein Shake Mix
   1 scoop of Arbonne Essentials Daily Fiber Boost
   7 oz. water or rice/almond milk
   4-6 ice cubes
- Tiny pinch of cinnamon, ginger and nume;

Blend ingredients until smooth for all rec



## 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

