



# ARBONNE. essentiäls

IT'S WHAT EVERY BODY NEEDS!

**100% VEGAN CERTIFIED • TASTES GREAT • ALL NATURAL INGREDIENTS**  
**GREAT FOR ON THE GO SCHEDULES • SWISS • 45 DAY MONEYBACK GUARANTEE**  
**NO GLUTEN, SOY, DAIRY, ARTIFICIAL SWEETENERS, COLORS, FLAVORS OR FRUCTOSE**

## **ARBONNE "FIT" ESSENTIALS - PRODUCTS**

**Arbonne Essentials Vegan Protein Shake Mix** – Use as a meal replacement or a Pre or Post work out recovery shake daily while satisfying hunger and boosting energy. Contains more than 20 essential vitamins and minerals and 20 grams of vegetarian protein. Key ingredients include yellow pea protein, cranberry protein, rice protein, flaxseed, stevia, alpha lipoic acid, coenzyme Q10, alfalfa kelp and ginseng. 100% vegan...no dairy, gluten, wheat, soy, sugar or artificial sweeteners.

**Arbonne Essentials Daily Fiber Boost** – Supplements daily fiber intake while assisting with appetite control. A natural blend of soluble fiber (12 grams) derived from fruits and grains. A tasteless and convenient powder, it can be added to any hot or cold beverage or soft food. Add 1 scoop to protein shake daily.

**Arbonne Essentials Daily Power Pack for Women or Men** – Daily vitamins that are easily soluble while assisting with daily nutrition needs, digestion & boosting energy. Take one pack during AM hours...with food.

**Arbonne Essentials Digestion Plus** - Prebiotics, Probiotics and Enzymes to help support optimal digestive health. Take one pack a day with any cold or room temperature liquid within 20 minutes of dissolving.

**Arbonne Essentials Herbal Detox Tea** – Supports overall health and aids in liver, kidney, and blood detoxification. Key ingredients include milk thistle, couch grass root, sarsaparilla root and burdock root.

**Arbonne Essentials Fizz Sticks** – Delicious & refreshing natural energy drink without any refined sugars or feeling of the jitters. Boosts energy, helps alkaline the body and increases metabolism. Key ingredients include chromium, green tea and guarana. Available in either pomegranate or citrus flavor. Instant dissolving formula.

**Arbonne Essentials Fit Chews** – Assists with appetite control while delivering energy boosts between meals. Satisfy your sweet craving right after a meal in place of dessert. Available in Chocolate and seasonal flavors.

**7 Day Body Cleanse** - Marine botanicals and herbs assist with gentle elimination of toxins and flush out excess fluids through detoxification and supporting the gastrointestinal (GI) track. Add one serving of concentrate to 32 ounces of water and sip over 6 hour day. Use one bottle a day for seven consecutive days. Can add fresh lemon juice or a Fizzy Tabs & ice for taste.

## **ARBONNE ESSENTIALS PROTEIN BAR RECIPE**

- 1 16 oz.** organic raw, unsalted almond butter (crunchy or creamy)
- 1 cup** honey or agave nectar (+/- for preference on sweetness & moisture)
- 2 cups** of Arbonne Chocolate or Vanilla Protein Powder
- 1/4 cup** Arbonne Fiber Booster
- 1-3 cups** dry uncooked oatmeal, or can substitute with any gluten free cereal mix, dried fruit, nuts etc
- 2 Tb.** Water

Recipe yields 24 bars servings. Calories 240, Fat 9 grams, Protein 13 grams, Carbs 24 grams, Sodium 98 mg., Fiber 12 grams, Sugar 15 grams.

No baking required. 5-10 minute prep and mix time. In a microwave-safe bowl, combine almond butter and honey, heat in microwave for 50-90 seconds, or until it easily stirs. Add protein powder in small portions and stir, then small portions of oatmeal and water and mix

## ARBONNE ESSENTIALS PROTEIN SHAKES RECIPES:

Protein Powder is designed to add to 9 oz cold water, shake and Go! The recipes below are additional meal options for variety.

ALMOND CRUNCH	2 scoop of Arbonne protein powder + 1/2 scoop of Arbonne Fiber 1 cup unsweetened almond or rice milk, may add ice & water 1-2 tsp xylitol or a few drops of stevia (optional) 1 Tbsp slivered or sliced raw almonds
CHOCOLATE	2 scoop of Arbonne chocolate protein powder + 1/2 scoop of Arbonne Fiber 1 cup unsweetened chocolate almond milk or rice milk, may add ice and water 3/4 tsp flax oil 1 tsp xylitol (optional) Pinch Cocoa nibs (unsweetened) 1 tsp unsweetened cocoa powder
NUTTY APPLE CINNAMON	2 scoop of Arbonne protein powder + 1/2 scoop of Arbonne Fiber 1 cup unsweetened almond milk or rice milk, may add ice and water 1/4 cup unsweetened apple sauce or 1/2 sour green apple, sliced Cinnamon to taste 1 Tbsp raw pecans, slivered or sliced raw almonds
SWEET VERRY BERRY	2 scoop of Arbonne protein powder + 1/2 scoop of Arbonne Fiber 1/4 cup organic coconut milk + 1/2 cup unsweetened almond or rice milk, may add ice & water 1 tbsp of almond butter 1/4 cup frozen or fresh berries Some coconut shaves unsweetened
MOCHA SHAKE	2 scoop of Arbonne chocolate protein powder + 1/2 scoop of Arbonne Fiber 1/2 cup unsweetened almond milk or rice milk, may add ice and water 1 tbsp of almond butter 1 teaspoon instant coffee crystals
BLACKBERRY TANG	2 scoop of Arbonne protein powder + 1/2 scoop of Arbonne Fiber 1/4 cup organic coconut milk + 1/2 cup unsweetened almond or rice milk, may add ice & water 1 tbsp of almond butter 1 pomegranate Arbonne fizzy tab, dissolved in 1/2 cup water 1/4 to 1/2 cup of fresh/frozen unsweetened blackberries
LEMON/LIME FRESH	2 scoop of Arbonne protein powder + 1/2 scoop of Arbonne Fiber 1/4 cup organic coconut milk or unsweetened almond milk or rice milk, may add ice and water 1/2 cup of water and 1-2 tsp xylitol or drops of stevia 1/2 a lemon/lime (peeled and sliced). may add a few rind shavings for health and taste or use 1-2 Tbsp lemon/lime juice or to taste
BANANA/ALMOND BUTTER	2 scoop of Arbonne vanilla protein powder + 1/2 scoop of Arbonne Fiber 1/2 cup unsweetened almond milk or rice milk, may add ice and water 1 tbsp of natural almond butter 1/2 banana
PUMPKIN SPICE	2 scoop of Arbonne protein powder + 1/2 scoop of Arbonne Fiber 3/4 cup unsweetened chocolate almond milk or rice milk, may add ice and or water 1/4 cup pumpkin puree (minimize if weight loss is a goal) 1 Tbsp pecans Pumpkin pie spice to taste

### Tips on Protein Shakes:

- You may use as much liquid as you want. If you want a thicker shake, use more ice. If you want a thin shake, use more liquid.
- You can add handful of fresh spinach salad, or 1/2 cup steamed squash or cauliflower to the shake for more bulk and alkalinity.
- If concentrating on weight loss, stick to low sugar fruits: 1/4 Cup berries or 1/2 a green sour apple in your shake.

### Tips for Athletes:

- If you workout in a way that produces muscle fatigue or oxygen debt (interval training, weight lifting, long endurance training), then you qualify for a "Pre/Post workout shake." This is a bonus recovery shake and is not counted as one of your meals.
- Consume your Workout Recovery Shake within 30 minutes of your workout. (right before or right after workout). In this shake only, you may add a higher sugar fruit (e.g., 1/2 banana, a few chunks of mango or pineapple, etc.) because it will actually help your muscles recover faster.
- This Workout Recovery Shake is not a meal. Your muscles will use it almost immediately. Consume your meal as soon as you get hungry after your recover shake (that could be immediately after your shake or even 4 hours later).