

## 28 Days to a Healthy Lifestyle with Arbonne Figure 8 and Whole Foods: Meal Plan

---

<p><b>Wake up:</b> (optional) Cup of Detox tea Fizzy tab (do this if you need caffeine 1st thing)</p>
<p><b>30 min before breakfast:</b> Take Going, Going, Gone supplement</p>
<p><b>Breakfast:</b> either Protein shake with fiber booster or 2-3 eggs with spinach or salsa</p>
<p><b>Snack:</b> Fizzy tab, if you need something else, have a chew or a piece of fruit</p>
<p><b>30 min before lunch:</b> Take Going, Going, Gone supplement</p>
<p><b>Lunch:</b> Protein shake with fiber booster (take this at lunch if you had something other than shake) or salad with chicken, turkey or beef (NO bread or cheese!) (I add sliced almonds to my salad and use dressing low in sugar) Cup of Detox tea</p>
<p><b>Snack:</b> Fizzy tab and Piece of fruit or handful of almonds or gluten free rice cake with almond butter Or gluten free rice crackers and salsa</p>
<p><b>30 min before dinner:</b> Take going, going, gone supplement</p>
<p><b>Dinner:</b> Think protein and greens: Chicken, lean beef, fish, etc with veggies--Stay away from big potatoes, french fries, white rice, bread. You can eat brown rice. If you are eating out, eat protein and salad or protein and veggies. NO pasta!! DO NOT eat after 7pm – have a cup of detox tea after dinner-if you must have a piece of fruit.</p>

Follow this for **28 days** and you will see a major cleansing of your system.

**What to take OUT of your diet:**

- No Gluten--NO white flour, wheat, rye, basically ALL breads--no tortillas, no white rice...but you **can** have brown rice and brown rice cakes.
- No Alcohol
- No nitrates, msg, artificial sweeteners, soy, vinegar products (mustard, pickles, etc)
- No Dairy: cheese, cream, milk, sour cream, etc...
- Caffeine--NO coffee, sodas or diet sodas. You CAN have green tea, fizzy tabs & water with lemon!
- No sugar or honey. ONLY use stevia or xilitol!
- No bananas, melons, grapes, red apples, dried fruit etc. ONLY green apples & any berry!
- Use almond butter instead of peanut butter. Raw coconut flakes and nuts - make a great snack! Limit servings of fat.

What Arbonne products do you need?

Protein shake: vanilla or chocolate (1-2x a day)

Fiber booster (1x a day)

Going, Going Gone supplement (3x a day)

Fizzy tabs (2x a day)

Detox tea (2x a day)

Chews (as needed)

Hybirds Vitamins

7 day Seasource cleanse (start 2nd week)

*When eating, just think protein and greens, limit carbs--big leafy salad, steamed veggies and your choice of meat or wild caught fish, 98% fat free red meat chicken, eggs & turkey. (Serving size 3 ½ oz women, 4 oz men)*