

SAMPLE DAY



30 DAYS TO HEALTHY LIVING

WITH GREENSYNERGY ELIXIR™



OR



MORNING



MID-MORNING



OR



MID-DAY



MID-AFTERNOON

EssentialMeal Meal Replacement Protein Shake

Substitute your breakfast or choose a well-balanced meal

EnergyFizz Ginseng Fizz Sticks

Kick-start your day with a natural energy boost*

EssentialMeal Meal Replacement Protein Shake

Substitute your lunch or choose a well-balanced meal

EnergyFizz Ginseng Fizz Sticks

Mid-afternoon energy pick-me-up*



LATE AFTERNOON

GreenSynergy Elixir™

All-in-one gut health greens and skin elixir*



EARLY EVENING

Healthy dinner following the 30 Days to Healthy Living meal planning guidelines



POST-DINNER

Unwind with a cup of caffeine-free CleanTox Herbal Detox Tea to help soothe and calm the stomach*

Visit arbonne.com for more information.

*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.

