

A SAMPLE DAY ON THE HEALTHY LIVING PROGRAM

Wake-up

Cup of CleanTox Tea
Fizz Stick (if you need caffeine first thing)

Breakfast

Protein shake
Add 1/2 to 1 scoop GutHealth Prebiotic Fiber. Add GutHealth Digestion & Microbiome Support to shake or for best results add to 1oz of liquid.

Snack (optional)

Fizz Stick
If you need something else, have a fit chew, small handful of nuts, seeds or a tsp. of almond butter.

Lunch (4 hours after breakfast)

Protein shake
Or a fist size of lean protein, non-starchy veggies, brown rice or another high fiber carb, and a small amount of healthy fat.

Snack (optional)

See above

Dinner

A fist size of lean protein, non-starchy veggies, brown rice or other high-fiber carb, and a small amount of healthy fat.

TRY NOT TO EAT AFTER 7PM – HAVE A CUP OF
CLEANTOX TEA IF YOU GET HUNGRY

Recovery Shake

If you work out intensely for an hour or more, make sure you have a recovery shake within 30 minutes of completing your workout. Your trainer may advise making the shake with almond or coconut milk, depending on how intense your workout was. Your next meal will be within 4 hours or when you become hungry. The recovery shake is in addition to your healthy meal plan.

ARBONNE
Mind.Body.Skin.