



## #ARBONNE30 DAY CHALLENGE - SNACK OPTIONS

Snacks are optional; however, it is imperative to keep your blood sugar level. If there is more than a 4 hour stretch between meals, or you have a true hunger (not craving), you can choose from one of the snacks options below. Your regular meal should follow within an hour after your snack.

- 1-3 Arbonne Fit Chews
- 1 Arbonne Energy Fizz Stick
- ½ Arbonne Nutrition Bar



- 1oz raw or roasted almonds or cashews (no oil added)
- 1 green apple
- 1 c berries of your choice (strawberries, raspberries, blueberries, blackberries)



- ½ green apple with 1 teaspoon of almond butter



- ½ cup sliced cucumber (or another non-starchy veggie) with 1 tablespoon plain hummus



- 1 hardboiled egg



- 1 protein Arbonne Protein Muffin (see recipes in resource guide)



- 2 small squares Arbonne Chocolate (recipe in resource guide)



- 1 Brown Rice Cake, ½ tbs. Almond butter & small handful raspberries

