



ARBONNE INDEPENDENT CONSULTANT

10 day Lean, Green & Clean Plan



+



+



THE PLAN: Simply replace 2 meals each day with a shake using these three products, eat a Clean Meal and 2 snacks for 10 days!

Protein: 20 grams of easy-to-digest vegan protein, derived from peas, rice and cranberries, per serving.

~Essential amino acids help support muscle repair and protein synthesis.

Greens Balance: Mom always said to eat your veggies.

~Fruits and veggies such as spirulina, kale, , broccoli, spinach, alfalfa, wheat grass , cherry, red coffee bean, tomato, pumpkin, carrot, sweet potato, papaya , mango, blueberry, blackcurrant, purple sweet potato, and elderberry

Fiber: Did you get your fiber today? Get your fiber fix with 12 grams of fiber.

~Supports gastrointestinal health, regularity and healthy glucose levels already within a normal range

Remove These Items:

- ⇒ Gluten (Wheat products)
- ⇒ Sugar/ Artificial Sweeteners
- ⇒ Dairy
- ⇒ Alcohol
- ⇒ Processed foods
- ⇒ Coffee

Include These Items:

- ⇒ Brown Rice, Quinoa, Spaghetti Squash
- ⇒ Almond milk, Coconut milk, rice milk
- ⇒ Hormone free , free range, grass fed meats

