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Build a Balanced Shake

Incorporating Arbonne Protein Shakes into your busy lifestyle is easy! You’ll be getting great nutrition, giving you energy and focus. Perfect for breakfast and lunch, or whenever you are on the go! Here’s how to build a balanced shake to keep you full for 4-5 hours. The combinations are endless! Just add your favorite ingredients and blend up!

1. 2 scoops of protein, vanilla or chocolate. It’s vegan, soy-free, dairy-free, gmo-free, gluten-free and no artificial anything!

2. 1/2 to 1 scoop of fiber boost. This helps keep you full for hours.

3. 1/3 cup of veggies, such as spinach, kale, micro-greens or pumpkin

4. 1/4 cup of low-glycemic fruits, such as dark berries

5. 1 Tablespoon of a healthy fat such as coconut cream, almond butter, pecans or half an avocado

6. 6-8 oz. of liquids, such as purified water, almond milk, coconut milk, rice milk

7. Boost nutrition with chia seeds, flax seeds, coconut flakes

Other hints: Stick to organic, non-GMO ingredients to reduce your toxic load. Also avoid adding dairy (no milk or yogurt), as dairy is an inflammatory & allergenic food. If you are trying to loose a few pounds, then be aware of overall calorie intake by using only low-sugar fruits, boosting the veggies and using only water. Work out? Then you get to treat yourself to 3rd protein shake and can include a banana to aid with muscle repair. Once you start experimenting with flavors, you’ll find your favorites! Ask about the 30 Days to Feeling Fit program!

Chocolate Cherry Almond Torte - Shake

Ingredients

2 scoops    Arbonne Chocolate Protein Powder
1/2 cup     Frozen pitted cherries
1 cup       Unsweetened Original Almond Milk
1 scoop     Arbonne Fiber Boost

Blend all ingredients until smooth.

Tips on Shakes

• You may use as much liquid as you want. If you want a thick shake, use more ice and less liquid. If you want a thin shake, use more liquid.
• Sticking to low-sugar fruit in your shake is ideal for weight loss (berries or 1/2 a sour apple).
• To blend your protein shake with ice you may use a blender or Ninja.
• A shaker cup may be used for quick basic shake.
• We recommend NOT using cow’s milk, and instead use almond, rice or coconut milk.
• If you have not supplemented with fiber before, start out using half the amount called for in the recipe to gradually get your system used to it.
• Organic ingredients are always recommended when you can find them.

Chunky Monkey Shake

Ingredients

2 scoops    Arbonne Vanilla or Chocolate Protein Powder
2 tbsp      Powdered Peanut butter (less calories & fat) or 1-2 tbsp of natural peanut or almond butter
1           Small banana or 1/2 a large
7 oz        Water
6-8         Ice cubes

Blend all ingredients until smooth.

Arbonne Recipes - Shakes
Arbonne Recipes - Shakes

**Almond Crunch Smoothie**
*Ingredients*
- 2 scoops Arbonne Vanilla Protein Powder
- 1 scoop Arbonne Fiber boost
- 1 cup Unsweetened almond or rice milk
- 1 tbsp Slivered or sliced raw almonds

Add ice and water.

**Breakfast Smoothie**
*Ingredients*
- 2 scoops Arbonne Vanilla Protein Powder
- 1 Banana
- 1 cup Frozen mixed berries
- 3 oz Greek Yogurt

Arbonne Fiber Boost optional
Add Water to blend until smooth.

**The Green Goddess Smoothie**
*Ingredients*
- 2 scoops Arbonne Vanilla Protein Powder
- 9 oz Almond Milk
- 1 scoop Arbonne Fiber boost
- 1 handful Baby Spinach
- ½ cup Honeydew melon

Blend all ingredients until smooth.
Arbonne Recipes - Shakes

**Pumpkin Spice Protein - Shake**

*Ingredients*
- 2 scoops Arbonne Vanilla Protein Powder
- 1 Scoop Arbonne Fiber Boost (optional)
- 3/4 cup Unsweetened Chocolate Almond or Coconut Milk
- 1/4 cup Pumpkin puree (minimize if weight loss is a goal)
- 1 tbsp Pecans
- To taste Pumpkin Pie Spice

There is an art to making shakes – use a blender with some water and ice, then add your Arbonne protein, your fruit and top off with just a little more water. Generally makes a 16 ounce shake, for a meal replacement or a recovery shake after a hard workout.

**Cherry Berry Shake**

*Ingredients*
- 2 scoops Arbonne Vanilla Protein Powder
- 1 tbsp All natural 100% tart cherry concentrate from Cherry Bay Orchards
- 1 scoop Arbonne Fiber Boost
- ¾ cup Frozen blueberries
- Water & Ice

**Frozen Peach Shake**

*Ingredients*
- 2 scoops Arbonne Vanilla Protein Powder
- 4 oz Almond Milk
- Frozen Peaches

Blend in blender until smooth.
**Tropical Smoothie**

*Ingredients*

- 2 scoops Arbonne Vanilla Protein Powder
- 12 oz Water
- 2-1” thick Pineapple rings
- 1 kiwi
- 5-6 Hullled strawberries

Blend in blender until smooth.

**Cinnamon Bun Shake**

*Ingredients*

- 1 scoops Arbonne Vanilla Protein Powder
- ¼ tsp Vanilla extract
- ¼ tsp Cinnamon
- ¼ tsp Nutmeg
- 1 cup Almond Milk
- 3 Ice cubes

Blend in blender until smooth.

**Grasshopper Pie Shake**

*Ingredients*

- 2 scoops Arbonne Vanilla Protein Powder
- 8-9 oz Water or Almond, Rice or Coconut Milk. Do NOT use cow’s milk
- ½ to 1 scoop Arbonne Fiber Boost
- 1 handful Organic baby spinach
- 1 tsp Organic peppermint extract

Add approximately 6 ice cubes and blend

Drink and enjoy! Tip – this makes a great healthy “dessert.” Serve in dessert glasses and sprinkle with shaved organic 90% cocoa chocolate bar.
Arbonne Recipes - Shakes

**Egg Nog Shake**

**Ingredients**
- 2 scoops Arbonne Vanilla Protein Powder
- Arbonne Fiber Boost
- ½ cup Vanilla unsweetened almond milk (or more to taste)
- ¼ tsp Vanilla extract (alcohol-free if available)
- ¼ tsp Rum extract
- ¼ tsp Allspice
- ¼ tsp Nutmeg
- ¼ tsp Clove
- ½ tsp Cinnamon

Blend all ingredients until smooth. Optional: 2 tbsp roasted spaghetti squash or ¼ avocado to thicken the shake.

**Pretty in Pink Shake**

**Ingredients**
- 2 scoops Arbonne Vanilla Protein Powder
- ½ - 1 scop Arbonne Fiber Powder (optional)
- Splash Pure cranberry juice
- 1 Handful Strawberries and raspberries (fresh or frozen)
- 8-10 Ice cubes
- 6-8 oz Of one of the following: vanilla almond milk, plain almond milk, rice milk or water to desired consistency

Blend in blender until smooth.
Arbonne Recipes - Shakes

**Cinnamon Dreamsicle Shake**

**Ingredients**
- 2 scoops Arbonne Vanilla Protein Powder
- ½ to 1 scoop Arbonne Fiber Boost
- ½ each Banana
- Juice from one orange
- 1 tsp Cinnamon
- 6-7 oz Water
- Ice

Blend all ingredients until smooth.

Additional Options:
- Add ¼ cup liquid egg whites (the pasturized kind in the carton) to boost protein.
- Add 1 cup baby spinach. You will not taste it and it’s another serving of vegetables.

**Extra Chocolate Shake**

**Ingredients**
- 2 scoops Arbonne Chocolate Protein Powder
- 1 scoop Arbonne Fiber Boost
- 1 cup Unsweetened chocolate almond milk or rice milk
- ¾ tsp Flax oil
- Pinch Cocoa nibs (unsweetened)
- 1 tsp Unsweetened cocoa powder

Blend all ingredients until smooth. May add ice and water.
Arbonne Recipes - Shakes

**Nutty Apple Cinnamon Shake**

**Ingredients**
- 2 scoops Arbonne Vanilla Protein Powder
- 1 scoop Arbonne Fiber Boost
- 1 cup Unsweetened almond or rice milk
- ¼ cup Unsweetened apple sauce or ½ cup sour green apple sliced
- Cinnamon to taste
- 1 tbsp Raw pecans, slivered almonds or raw almonds

Blend all ingredients until smooth. May add ice and water.

**Sweet Very Berry Shake**

**Ingredients**
- 2 scoops Arbonne Vanilla Protein Powder
- 1 scoop Arbonne Fiber Boost
- ¼ cup Organic coconut milk
- ½ cup Unsweetened almond or rice milk
- 1 tbsp Almond butter
- ¼ cup Frozen or fresh berries
- Some unsweetened coconut shaves

Blend all ingredients until smooth. May add ice and water.

**Mocha Shake**

**Ingredients**
- 2 scoops Arbonne Chocolate Protein Powder
- 1 scoop Arbonne Fiber Boost
- ½ cup Unsweetened almond or rice milk
- 1 tbsp Almond butter
- 1 tsp Instant coffee crystals

Blend all ingredients until smooth. May add ice and water.
Blackberry Tang Shake

Ingredients
2 scoops  Arbonne Vanilla Protein Powder
1 scoop  Arbonne Fiber Boost
¼ cup  Organic coconut milk
½ cup  Unsweetened almond or rice milk
1 tbsp  Almond butter
1  Pomegranate Fizz Stick desolved in ½ cup water
¼ - ½ cup  Fresh or frozen unsweetened blackberries

Blend all ingredients until smooth. May add ice and water.

Lemon/Lime Fresh Shake

Ingredients
2 scoops  Arbonne Vanilla Protein Powder
1 scoop  Arbonne Fiber Boost
¼ cup  Organic coconut or unsweetened almond or rice milk
½ cup  Water
½ each  Lemon or lime – peeled and sliced. May add a few rind shavings for health and taste or use 1-2 tbsp lemon or lime juice to taste.

Blend all ingredients until smooth. May add ice and water. Can add 1-2 tsp of stevia.

Pumpkin Pie Spice Shake

Ingredients
2 scoops  Arbonne Vanilla Protein Powder
4 oz  Pumpkin puree
1 cup  Almond milk
To taste  Pumpkin pie spice or nutmeg & cinnamon
1 tbsp  Pecans
½ scoop  Arbonne Fiber Boost

Blend all ingredients until smooth. Add Ice to desired thickness.
Arbonne Recipes - Shakes

The Mint Cookie Shake

Ingredients
2 scoops Arbonne Chocolate Protein Powder
1 cup Unsweetened almond milk or water
¼ tsp Natural mint extract
7-10 Ice cubes
1 scoop Arbonne Fiber Boost

Crushed almonds (optional)
Blend all ingredients until smooth. May add ice and water.

Papaya Peach Smoothie

Ingredients
2 scoops Arbonne Vanilla Protein Powder
1 scoop Arbonne Fiber Boost
1 handful Peeled fresh papaya, chopped
3 slices Frozen organic peaches (in summer use fresh)
Juice Of 1 lemon
4-6 Ice cubes
Dash Cinnamon

Coconut milk to desired consistency. Blend until smooth.

Welcome to Paradise Shake

Ingredients
2 scoops Arbonne Vanilla Protein Powder
9 oz Water
1 cup Frozen pineapple
1 Banana

Top with ice and blend (umbrella optional).
Almond Joy Shake

Ingredients
2 scoops    Arbonne Chocolate Protein Powder
8 oz       Almond Milk
1 scoop    Arbonne Fiber Boost
1 tbsp     Almond butter
½ tbsp     Coconut extract

Blend all ingredients until smooth. Add ice to achieve desired consistency.

Chocolate Mocha “Arbucks” Shake

Ingredients
1 scoop    Arbonne Vanilla Protein Powder
1 scoop    Arbonne Chocolate Protein Powder
1 scoop    Arbonne Fiber Boost
4 oz       Coffee
1 cup      Ice

Increase ice to thicken; increase coffee to make thinner.

Enchanting Chocolate Cherry Shake

Ingredients
2 scoops    Arbonne Chocolate Protein Powder
½ - 1 cup   Cherries (fresh or frozen)
6-7 oz      Water
Ice cubes

Blend all ingredients until smooth.
Arbonne Recipes - Shakes

**Velvet Elvis Shake**

**Ingredients**
- 2 scoops Arbonne Vanilla Protein Powder
- ½ each Banana
- 2 tbsp Natural peanut butter or powdered peanut butter (bellplantation.com)
- 6-8 oz ONE of the following: vanilla almond milk, plain almond milk, rice milk or water

Blend with ice.

**The Grinch Shake**

**Ingredients**
- 1 scoop Arbonne Vanilla Protein Powder
- ½ cup Chopped spinach
- 1 packet Wheat grass powder
- 9 oz Vanilla almond milk
- 1 packet Digestive enzymes

Blend with ice. Sweet and delicious. You cannot taste the greens!

**Gingerbread Cookie Shake**

**Ingredients**
- 2 scoops Arbonne Vanilla Protein Powder
- 1 scoop Arbonne Fiber Boost
- ½ tsp Cinnamon
- ½ tsp Ginger
- 1 sprinkle Ground cloves
- 1 – 6 oz cup Vanilla greek yogurt
- 1 cup Unsweetened vanilla almond milk

Blend with ice.
## Dreamsicle Shake

**Ingredients**
- 2 scoops Arbonne Vanilla Protein Powder
- 8 oz Freshly squeezed orange juice
- 2 oz Coconut milk
- 1 scoop Arbonne Fiber Boost

Blend with crushed ice, the more the better.

## Berry Power Shake

**Ingredients**
- 2 scoops Arbonne Vanilla Protein Powder
- 1 scoop Arbonne Fiber Boost
- ½ cup Blueberries
- ¼ cup Strawberries
- ½ cup blackberries
- 1 medium Carrot
- 1 cup Almond milk
- 1 – 2 cups ice
- Splash of cranberry juice

Blend in blender until smooth. Add more ice as needed.

## “Pistachio” Dream Shake

**Ingredients**
- 2 scoops Arbonne Vanilla Protein Powder
- ½ cup Water
- ½ cup Coconut milk
- 1 scoop Arbonne Fiber Boost
- 6-8 Ice cubes

Blend in blender until smooth.
Arbonne Recipes - Shakes

**Carrot Cake Shake**

*Ingredients*

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 scoops</td>
<td>Arbonne Vanilla Protein Powder</td>
</tr>
<tr>
<td>1 scoop</td>
<td>Arbonne Fiber Boost</td>
</tr>
<tr>
<td>1 cup</td>
<td>Cooked, chopped carrots</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>Walnuts</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Pumpkin pie spice or cinnamon</td>
</tr>
<tr>
<td>1 cup</td>
<td>Water</td>
</tr>
<tr>
<td>1 cup</td>
<td>Almond milk</td>
</tr>
<tr>
<td>6-8</td>
<td>Ice cubes</td>
</tr>
</tbody>
</table>

Blend in blender until smooth. Add more ice as needed.

**Chocolate Spinach Crunch Shake**

*Ingredients*

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 scoops</td>
<td>Arbonne Chocolate Protein Powder</td>
</tr>
<tr>
<td>1 scoop</td>
<td>Arbonne Fiber Boost</td>
</tr>
<tr>
<td>9 oz</td>
<td>Water</td>
</tr>
<tr>
<td>1 ½ - 2 handfuls</td>
<td>Fresh spinach</td>
</tr>
<tr>
<td>6-8</td>
<td>Hazelnuts</td>
</tr>
<tr>
<td>6-8</td>
<td>Ice cubes</td>
</tr>
</tbody>
</table>

Blend in blender until smooth. Add more ice as needed.

**Kiwi Lime Shake**

*Ingredients*

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 scoops</td>
<td>Arbonne Vanilla Protein Powder</td>
</tr>
<tr>
<td>1 handful</td>
<td>Sliced kiwis</td>
</tr>
<tr>
<td>Juice</td>
<td>2 lime wedges (to intensify flavor, add lime zest)</td>
</tr>
<tr>
<td>6-8</td>
<td>Ice cubes</td>
</tr>
<tr>
<td>¼ cup</td>
<td>Coconut milk, almond milk or vanilla rice dream</td>
</tr>
</tbody>
</table>

Blend in blender until smooth. Add more ice as needed.
Arbonne Recipes - Shakes

**Banana/Peanut Butter Shake**

*Ingredients*
- 2 scoops Arbonne Vanilla Protein Powder
- 1 scoop Arbonne Fiber Boost
- ½ cup Unsweetened almond or rice milk
- 1 tbsp Natural peanut butter
- ½ Medium banana
- 6-8 Ice cubes
- Splash of cranberry juice

Blend in blender until smooth. Add more ice as needed.

**Bay Cooler**

*Ingredients*
- 2 scoops Arbonne Vanilla Protein Powder
- 1 scoop Arbonne Fiber Boost
- 4 oz Water
- 6 Cherries
- ¼ cup Fresh pineapple chunks
- 6-8 Ice cubes

Extra ideas: add 1-2 tbsp ground flax seed and a handful of fresh spinach...the flax gives you a dose of Omega 3 and you can’t taste the spinach.

Blend in blender until smooth. Add more ice as needed.

**Veggie Max Shake**

*Ingredients*
- 2 scoops Arbonne Vanilla Protein Powder
- 1 scoop Arbonne Fiber Boost
- Lightly steamed: ½ carrot, 2 broccoli florets, 1 handful of spinach
- ½ Apple sliced & small orange peeled
- 8 oz Water
- 6-8 Ice cubes

Blend in blender until smooth. Add more ice as needed.
Arbonne Recipes - Shakes

**Black Forrest Shake**

**Ingredients**

- 2 scoops Arbonne Chocolate Protein Powder
- 1 scoop Arbonne Fiber Boost
- 1 cup Unsweetened chocolate almond milk or rice milk
- Pinch Unsweetened cocoa nibs
- 1 tsp Unsweetened cocoa powder
- 1/3 cup Dark cherries (not maraschino!)
- 8 oz Water
- 6-8 Ice cubes

Blend in blender until smooth. Add more ice as needed.

**Almond Butter Shake**

**Ingredients**

- 2 scoops Arbonne Chocolate Protein Powder
- 1 scoop Arbonne Fiber Boost
- ½ Medium banana
- 1 tbsp Almond butter
- 1 tsp Ground flax seed
- 8 oz Water
- 6-8 Ice cubes

Blend in blender until smooth. Add more ice as needed.

**Orange Pear Shake**

**Ingredients**

- 2 scoops Arbonne Vanilla Protein Powder
- 1 scoop Arbonne Fiber Boost
- ½ Cooked sweet potatoe
- ½ Pear
- Pinch Orange zest
- 8 oz Water
- 6-8 Ice cubes

Blend in blender until smooth. Add more ice as needed.
Arbonne Recipes - Shakes

**Oranges and Cream Shake**

**Ingredients**
- 2 scoops Arbonne Vanilla Protein Powder
- 1 scoop Arbonne Fiber Boost
- 4 oz Fresh orange juice
- 4 oz Water
- 6-8 Ice cubes

Blend in blender until smooth. Add more ice as needed.

**Fuzzy Peach Shake**

**Ingredients**
- 2 scoops Arbonne Vanilla Protein Powder
- 1 scoop Arbonne Fiber Boost
- 2 oz Coconut milk
- 4 oz Water
- 6-8 Ice cubes
- ½ cup Frozen peaches

Blend in blender until smooth. Add more ice as needed.

**Triple Tropic Shake**

**Ingredients**
- 2 scoops Arbonne Vanilla Protein Powder
- 1 scoop Arbonne Fiber Boost
- ½ Peeled kiwi
- ½ Peeled mango
- ½ cup Fresh pineapple chunks
- 4 oz Water
- 6-8 Ice cubes

Blend in blender until smooth. Add more ice as needed.
Arbonne Recipes - Shakes

**Papaya Lime Shake**

**Ingredients**
- 2 scoops Arbonne Vanilla Protein Powder
- 1 scoop Arbonne Fiber Boost
- ½ each Lime
- ½ each Papaya chunks
- ½ each Golden passion fruit
- 8 oz Water
- 6-8 Ice cubes

Blend in blender until smooth. Add more ice as needed.

**Chocolate Berry Delight Shake**

**Ingredients**
- 2 scoops Arbonne Chocolate Protein Powder
- 1 scoop Arbonne Fiber Boost
- ½ cup Coconut milk
- 1/2 cup Frozen mixed berries
- 6-8 Ice cubes

Blend in blender until smooth. Add more ice as needed.

**Italian Melon Shake**

**Ingredients**
- 2 scoops Arbonne Vanilla Protein Powder
- 1 scoop Arbonne Fiber Boost
- 1 each Small orange
- ½ cup Cubed cantalope
- 3 Basil leaves
- 8 oz Water
- 6-8 Ice cubes

Blend in blender until smooth. Add more ice as needed.
Arbonne Recipes - Shakes

Island Lime Shake
Ingredients
2 scoops Arbonne Vanilla Protein Powder
1 scoop Arbonne Fiber Boost
½ each Peeled lime
½ each Banana
1 bunch Spinach
8 oz Water
6-8 Ice cubes
Blend in blender until smooth. Add more ice as needed.

Pina Colada Shake
Ingredients
2 scoops Arbonne Vanilla Protein Powder
1 scoop Arbonne Fiber Boost
½ cup Coconut milk
⅓ cup Fresh pineapple chunks
1 tsp Coconut extract
4 oz Water
6-8 Ice cubes
Blend in blender until smooth. Add more ice as needed.
Arbonne Recipes - Shakes

Dr. J’s Fruit & Green Smoothie – serves 2

Ingredients
1 ½ cups Coconut milk or water
1 ½ cup Distilled Water
Handful Goji berries
Large Slice Beet
½ each Apple with seeds
½ each Lime with fuzz
1/3 each Cucumber
To Taste Cilantro & Ginger
2 leaves Kale or Spinach (Large bunch)
1-2 handfuls Mixed berries
5 scoops Arbonne Vanilla Protein Powder
1 cup Ice
Add seasonally: pineapple with stem, Strawberries with stem
Blend well.

Dr. J’s Chocolate Smoothie

Ingredients
5 scoops Arbonne Vanilla Protein Powder
1 ½ cup Coconut milk or water
1 ½ cup Distilled Water
2 tsp Cacao
1 tbsp Almond butter (heaping)
Handful Goji berries
Large slice Beet
Large handful Spinach
1 cup Ice
Optional ¼ to ½ tsp of espresso
Blend and drink. Do not save for later.
Arbonne Recipes - Beverages

**Frozen Fizz Slushy**

**Ingredients**

1 each  Arbonne energy fizz stick  
½ - 1 cup  Frozen berries  
1 cup  Water – add more as needed

Put all ingredients in the blender and mix on “Ice crush” setting until it reaches a “slushy” consistency.

**Holiday Hot Chocolate**

**Ingredients**

½ scoop  Arbonne Chocolate Protein Powder  
1 cup  Unsweetened vanilla almond milk  
1 tbsp  Natural unsweetened cocoa powder  
1 packet  Truvia natural sweetener or other sweetener to taste

Blend all ingredients until smooth. Heat gently in the microwave or on the stove top until hot.

**Hot Mint Chocolate**

**Ingredients**

1 scoop  Arbonne Chocolate Protein Powder  
1 cup  Unsweetened vanilla almond milk  
½ cup  Prepared/steeped peppermint tea or 1 drop essential peppermint oil

Mix all of the ingredients in a shaker bottle first before warming it up then heat on low on the stove and enjoy!
Arbonne Recipes – Bar Recipes

Basic Protein Bars

Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Measurement</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>2 ¼ cups</td>
<td>Arbonne Chocolate or Vanilla Powder – or 1 cup of each</td>
</tr>
<tr>
<td>1 cup</td>
<td>1 cup</td>
<td>Agave nectar or honey or brown rice syrup</td>
</tr>
<tr>
<td>2 – 3 cups</td>
<td>2 – 3 cups</td>
<td>Organic almond butter with flax seeds or plain almond butter (if using a jar</td>
</tr>
<tr>
<td>1 16 oz jar</td>
<td>1 16 oz jar</td>
<td>larger than 16 oz be sure to completely stir oil on the top down into the</td>
</tr>
<tr>
<td></td>
<td></td>
<td>almond butter)</td>
</tr>
</tbody>
</table>

(Do not use honey on detox plan, brown rice syrup is lowest glycemic choice)

Mix protein and oatmeal together in a bowl then stir in the peanut butter and agave. Press in a pan and then cover the pan with foil and put in the fridge. Cut into bars after 1 – 2 hours. Another option is to roll the mixture into balls the put in a plastic bag or plastic container and store in the fridge.

Vanilla Almond Crunch Protein Bars

Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Measurement</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 ¼ cups</td>
<td>2 ¼ cups</td>
<td>Arbonne Vanilla Protein Powder</td>
</tr>
<tr>
<td>16 oz jar</td>
<td>16 oz jar</td>
<td>Organic almond butter with flax seeds or plain almond butter (if using a jar</td>
</tr>
<tr>
<td></td>
<td></td>
<td>larger than 16 oz be sure to completely stir oil on the top down into the</td>
</tr>
<tr>
<td>¾ cup</td>
<td>1 ¾ cup</td>
<td>gluten-free oats (close to 2 cups) based on ability to stir mixture</td>
</tr>
<tr>
<td>½ cup</td>
<td>1 ½ cup</td>
<td>Finely crushed almonds</td>
</tr>
</tbody>
</table>

Combine wet ingredients together. Add oats, protein powder and crushed almonds. Stir all ingredients together.

Press into a 9 X 13 pan and put into fridge or freezer to harden before cutting. Cut into individual bars (or roll them into little balls) then wrap and store in the fridge or freezer for a snack on the go. These bars are totally addictive so don’t say I didn’t warn you!
**Chocolate Peanut Butter Bars**

**Ingredients**
- 1 cups Arbonne Chocolate Protein Powder
- 1 cup Oats
- 1 cup Fat-free dry milk
- ½ cup Natural peanut butter
- ½ cup honey
- 1 tbsp water

Mix well with hands. Spread evenly into 8 X 8 pan and freeze. After ½ hour of freezing, cut into 8 sections then put back into the freezer to store.

**Trail Mix Protein Bars – OMIT RAISINS AND CRAISINS WHILE ON DETOX PLAN**

**Ingredients**
- 1 cup Almond butter
- 1 cup Agave or brown rice syrup
- 6 scoops Arbonne Vanilla Protein Powder
- 2 cups Gluten free oats
- ½ cups Craisins
- ½ cups Raisins
- ½ cups Walnuts
- ½ cups Sliced almonds

Melt Butter to make easier blending. Combine all ingredients and mix with a beater. Spread with a 9x13 pan and refrigerate.
Maple Protein Bars

Ingredients

| 1 scoop          | Arbonne Vanilla Protein Powder |
| 2 cups           | Oats                            |
| ½ cup            | Maple syrup                    |
| 2 tbsp           | Cocoa                          |
| 2 tbsp           | Water                          |
| 2 tbsp           | Dry milk                       |
| 1 cup            | Natural peanut butter          |
| ⅓ cup            | Ground dry roasted peanuts     |

Blend with mixer and press into 8 X 8 pan.

I’m Nuts About You Bars

Ingredients

| 2 ¼ cups          | Arbonne Vanilla Protein Powder |
| 2 cups            | Arbonne Fiber Boost           |
| 2 cups            | Crunch peanut butter          |
| 2 cup             | Honey                          |
| 1 cup             | Oats                           |
| 2 cups            | Shredded or sweetened coconut |

Melt honey and peanut butter for about 1 minute so it will be easy to mix. Add rest of ingredients (you can put the coconut and oats in blender first to make them less chunky if you prefer).

Pat into 11 X 13 pan and refrigerate or freeze. Can be cut and stored in the refrigerator or freezer.
Vanilla Almond Cherry Protein Bars

**Ingredients**

- 2 ¼ cups Arbonne Vanilla Protein Powder
- 3 cups Rolled/old fashioned oats
- Handful Chopped toasted almonds
- Handful Coarsely chopped dried cherries
- Handful Unsweetened toasted coconut flakes
- 2 tsp Cinnamon
- 1 cup Sweetener Agave or Maple syrup (or more to taste)
- 2 cup Nut butter (almond, peanut, sunflower, etc.)

Put dry ingredients in a large bowl and combine well. Heat sweetener & nut butter, stirring occasionally until combined and very smooth. Pour heated sweetener/nut butter mixture into dry ingredients and combine (use hands to get best results). Spread evenly into flat, rimmed baking sheet and chill until firm. Cut into 2-inch squares. Store in refrigerator or freezer.

Chocolate Christmas Joys Bar

**Ingredients**

- 2 cups Arbonne Chocolate Protein Powder
- 1 ¾ cup Peanut butter
- 1 ½ cup Honey
- 2 cups Oatmeal
- 1 ½ cup Coconut flakes

Warm peanut butter and honey in the microwave at 50% power. Add oatmeal and blend well. Add coconut flakes. Make small balls and roll in additional coconut flakes. Refrigerate to set.
Crunchy Protein Bars

Ingredients
2 ½ cups Arbonne Vanilla Protein Powder
1 16 oz Jar organic crunchy peanut butter
1 ½ cups Honey or agave nectar
2 ½ cups Multigrain oatmeal

Place peanut butter and honey in microwave for 90 seconds on high power. Add oatmeal and protein and mix well. Pour into a 9 X 13 dish (for thinner bars use 11 X 17) spread evenly and cover with wax paper. Cool for 1 hour and cut into bars.

Josannne’s Energy Bars

Ingredients
1 cup Honey
¼ lb Butter
1 cup Natural peanut butter

Put top 3 ingredients in a heavy pot over low heat and stir until well blended!

Stir in…..

1 cup Arbonne Vanilla Protein Powder
1 cup Chopped fresh walnuts
1 cup Unsalted sunflower seeds
1 cup Sesame seeds
2 cups Dark raisins
2 cups Oatmeal

Mix well and put in a large (9 X 13) pan or 2 smaller ones. Press firmly and smooth out top with a spoon!

Refrigerate or freeze.
**Pistachio-Cherry Protein Bars**

**Ingredients**
- 2 ¼ cups Arbonne Vanilla Protein Powder
- ½ cup Arbonne Fiber Boost
- 16 oz Almond butter
- 1 ¼ cup Agave nectar light
- 3 cups Toasted brown rice cereal
- 1 ½ cup Natural unsalted pistachio nuts
- 1 cup Chopped dried cherries (not maraschino!)

Combine dry ingredients in a bowl. In a large bowl, microwave almond butter and agave for 70 seconds. Add dry ingredients and mix well. Press into 9 X 13 pan. Refrigerate until set.

**Judy’s Crunchy Gluten-Free Protein Bars**

**Ingredients**
- 6 scoops Arbonne Vanilla Protein Powder (can use ½ chocolate and ½ vanilla)
- 1 scoop Arbonne Fiber Boost
- 2 cups Organic peanut butter (or 1 cup each of peanut and almond butters)
- ¾ cup Honey
- 1 ½ cup Chopped pecans
- 2/3 cup Chopped walnuts
- 1 tbsp Raw cacao (can omit if using chocolate Protein Powder)
- ½ cup Gluten free, dairy free & soy free chocolate chips
- ½ - 2/3 cup Rice Chex® Cereal

Microwave peanut butter & honey for 90 seconds. Mix well and add the protein powder and fiber powder. Add Cacao at this point if using it. Add nuts & oatmeal, mix well. Finally fold in the Rice Chex® cereal. Put mixture into a 9 X 13 pan and press firmly with your hands. Sprinkle chocolate chips on top and press in firmly. Refrigerate for 2 hours before serving.

TIP: I like to cut my bars before refrigerating so the kids can help themselves to them. All four of my kids love these! ENJOY!
Berry Breakfast Bars

Ingredients

Bars:
- 2 cups Quick oats
- ¾ cup Whey protein, vanilla (TO OMIT PROTEIN, ADD 2/3 CUP – ¾ CUP OATS)
- 1/3 cup Stevia baking formula (or 12-13 packets)
- ½ cup Peanut butter
- ¼ cup Unsweetened coconut
- ½ cup Water (may need an extra 1 tbsp)

Topping:
- ¾ cup Blueberries (1 if frozen)
- ¾ cup Raspberries (1 if frozen)
- 6 packets Stevia
- Pinch cinnamon
- ½ - 1 tsp Cornstarch (MIX WITH 1-2 TBSP WATER FOR NO-BAKE VERSION, COAT BERRIES WITH THE CORNSTARCH FOR THE BAKE VERSION)

To Make No-Bake

Mix together all the ingredients in the bars, and press into a greased (or sprayed) 9×9 pan. On the stove over medium heat, combine all the topping ingredients and simmer together until thickened (add extra cornstarch until its fairly thick). Pour the topping over the base and place in the fridge until set and cooled. Cut into 12 squares. Keep covered in the fridge.

To Make Baked Version

Preheat your oven to 350 degrees. Mix together all the ingredients in the bars and press into a greased (or sprayed) 9×9 oven proof pan. The next step you could do 2 ways.

1) Sprinkle the topping over the base and bake. After 10 minutes you’ll need to place your oven on broil “HIGH” for an additional 10 minutes until the berries reduce down and thicken.

OR

2) On the stove over medium heat, combine all the topping ingredients and simmer together until thickened (add extra cornstarch until its fairly thick). Pour the topping over the base and place in the oven for 10-12 minutes.

Cool and cut into 12 squares. Store in sealed container in the fridge.
Ann’s Gluten Free and Dairy Free Protein Bars

Ingredients

2 cups Organic sunflower butter
1 ½ cups Brown rice syrup
1 ¾ cups Arbonne Vanilla Protein Powder
1 scoop Arbonne Fiber Boost
3 cups Chopped walnuts and pecans
1/3 cup Gluten free, dairy free chocolate chips (Enjoy Life brand)

Heat and mix nut butter and brown rice syrup on stove (or microwave 90 seconds) until mixed well together.

Add Protein Powder & Fiber Booster and mix well.

Add walnuts and pecans and mix gently.

I add the dairy free and gluten free chocolate chips at the very end and stir them in.

Use melon ball scoop to make balls.

Freeze or refrigerate 1 hour.
Pumpkin Carrot Almond Bars

Ingredients
6 scoops  Arbonne Vanilla Protein Powder
1 cup  Almond butter
½ cup  Agave syrup
1 ½ cup  Canned pumpkin
¾ cup  Shredded carrot (1 put in the food processor)
1 tsp  Cinnamon
½ tsp  nutmeg
⅓ cup  Arbonne Fiber Booster
½ cup  Slivered almonds
2 cups  Oats

In a large bowl, blend together almond butter & agave. Add pumpkin, carrot, and spices. Blend well and continue to incorporate the rest of the ingredients one at a time. Press into pan, chill, and cut. Makes thick bars in 5 X 9 inch pan. Sprinkle a few extra nuts on top and a dusting of cinnamon. Yum!

Pistachio-Cherry Bars

Ingredients
2 ¼ cups  Arbonne Vanilla Protein Powder
½ cup  Arbonne Fiber Boost
16 oz  Almond butter
1 ¼ cups  Agave Nectar, light
3 cups  Toasted brown rice cereal
1 ½ cups  Natural unsalted pistachio nuts

Combine dry ingredients in a bowl. In a large bowl, microwave almond butter and agave for 70 seconds. Add dry ingredients and mix well. Press into a 9 X 13 pan. Refrigerate until set.
Baked Oatmeal with Apple Pumpkin

Ingredients
2 cups Unsweetened vanilla almond milk
1 scoop Arbonne Vanilla Shake
1 tbsp Ground cinnamon
8 each Eggs or 1 cup egg white
3 each Large chopped and peeled apples
4 cups Gluten free oats
1 can Organic pumpkin pie mix
1 ½ tsp GF vanilla

Preheat oven to 350. Wisk together milk, protein powder and cinnamon. In another bowl beat eggs until frothy, add to milk mixture and stir to combine thoroughly. Add oatmeal and toss well. Fold in diced apple and pumpkin mixture. Pour into a non-stick or lightly oiled 9X13” baking dish. Bake for 45-50 minutes. Serve cold, room temp or warm. Freezes well.

I’ve used frozen peaches and blueberries (4 cups) as an option as well….get creative and enjoy! The kids will love it!

Power Oats

Ingredients
1 scoop Arbonne Vanilla Protein Powder
1 cup Steel cooked oats
1 tsp Almond butter
1 tbsp Flax seed or oil

Cinnamon, berries & almond milk - optional

Mix all together and top off with cinnamon, berries and almond milk
Arbonne Protein Pancakes

Ingredients

- 3 scoops Arbonne vanilla Protein Powder
- Brown rice flour (use same scoop from Protein Powder)
- 1 tsp Aluminum free baking powder
- 2 scoops Gluten free organic oats (use the same scoop from Protein Powder)
- 1 each Egg
- 1 cup Water
- 1 scoop Arbonne Fiber Boost

Mix together all ingredients and cook like regular pancakes.

Holiday Protein Muffins

Ingredients

- ¹⁄₄ cup Arbonne Vanilla Protein Powder
- 1 can Pumpkin
- ¹⁄₂ cup Applesauce
- ¹⁄₂ cup Plain greek yogurt
- 1 1/3 cup Oats
- 2 tbsp Stevia
- 1 tsp Baking soda
- 2 tsp Baking powder
- 1 tsp Vanilla extract
- 1 ½ tsp Ground cinnamon
- ¹⁄₈ tsp Ground nutmeg

Mix in blender. Add nuts if desired. Add some cranberries for Christmas! Spray muffin tins with organic non-stick spray.

Bake at 350 degrees for 15 minutes or until they are golden brown on top. Cool before you remove.
**Zucchini Muffins with a protein punch (gluten free)**

**Ingredients**

- 1 ½ cups Oat flour
- 3 each Egg whites
- ½ cup Arbonne Vanilla Protein Powder
- ½ cup Honey
- 1 ¾ tsp Baking soda
- ¾ cup Stevia in the Raw
- ¾ tsp Nutmeg
- ¾ cup Unsweetened applesauce
- 1 ½ tsp Cinnamon
- 1 cup Grated zucchini
- ¼ tsp Sea salt

Preheat oven to 325 degrees. Lightly mist mini muffin tin with cooking spray.

In a medium bowl, combine oat flour, protein powder, baking soda, sea salt, nutmeg and cinnamon.

In a separate bowl, combine egg whites, honey, stevia and applesauce, stirring well until combined, but do not over mix. Fold in the zucchini. Drop batter into prepared muffin tin, filling each about ¾ full.

Bake for 20 minutes or until a toothpick inserted in the center comes out clean. Cool in pan on a wire rack for about 10 minutes; remove from pan and cool completely.

Note: to make oat flour, purchase gluten free oats and grind in a blender or food processor until it reaches the consistency of flour. About 1.25 cups of oats equals 1 cup of oat flour.

Makes approximately 32-34 mini muffins. Options: make a loaf of zucchini bread in a bread pan, cook for about 40-45 minutes or until toothpick comes out clean.
Protein Packed Yogurt Parfait (Gluten Free)

Ingredients
24 oz Plain non fat Greek yogurt
2 scoops Arbonne Vanilla protein powder
1 scoop Arbonne Fiber Boost
2 cups Blueberries
1 cups Raspberries
Optional: Mint for garnish

In a bowl, combine yogurt, protein powder and fiber boost.
Set out 4 glasses, parfait bowls or other glassware of choice (be creative, champagne glasses, mason jars, etc.) Layer equal parts of yogurt, blueberries, yogurt and raspberries among the four glasses. Top with fresh mint leaves as a garnish.

Arbonne Chocolate or Vanilla Pudding

Ingredients
1 tsp Nut butter
2 scoops Arbonne Vanilla or Chocolate Protein Powder
1 tbsp Greek yogurt

Enough water to make a pudding consistency
Mix all the ingredients in a bowl. Add just enough water to make it into pudding consistency. Chill.
Freeze it and it becomes a version of ice cream!
This is very yummy in the afternoon.
Arbonne Recipes – Desserts

**Arbonne Protein Brownies**

*Ingredients*
- 4 scoops  Arbonne Chocolate Protein Powder (heaping scoops)
- ½ cup  Gluten free baking mix
- ½ cup  Fresh organic coconut
- 1 tsp  Natural almond flavoring
- 1 ¼ cup  Water
- 2 each  Eggs

Use a 9 x 12 glass pan greased with natural butter, bake at 350 10-12 mins or until middle is done. Serve warm. ♥YUM!!!

**Detox “Pralines”**

*Ingredients*
- Handful  Pecans
- 2  Carmel Fit Chews

1. Lightly grease the bottom of a small bowl with coconut oil.
2. Cover the bottom of your bowl with chopped pecans.
3. Top with 2 Arbonne Caramel Fit Chews.
4. Melt in microwave - I used 1 min on Defrost Setting.
5. Using a spoon mush the melted chew into your pecans.
6. Let cool to the touch - Bon appétit.
Arbonne Recipes – Desserts

**Arbonne Protein “Truffles”**

*Ingredients*

- $\frac{1}{3}$ cup Agave
- 6 oz Crunchy Almond Butter
- 1 scoop Arbonne Fiber Boost
- 4 scoops Arbonne Vanilla Protein Powder (heaping)
- 1 scoop Arbonne GREENS Balance (heaping)
- Handful each Dark chocolate chips, dried cranberries and slivered almonds
- Optional: Unsweetened coconut strands, Natural pumpkin seeds or Papitas

In a large bowl, combine: agave and crunchy almond butter. Stir until mixed well.

Tip: heat almond butter for 30 seconds in microwave for easier stirring.


It will be a playdough-like consistency.

Hint: If you want "gooey" balls, add a little more Agave...maybe 1 Tsp full.

Add in dark chocolate chips, dried cranberries and slivered almonds.

Roll into balls. Place in mini-muffin baking cups.

Refrigerate until time to serve. ENJOY!!!

Other ideas for holidays or special occasion desserts:

- Roll balls in melted dark chocolate or white chocolate.
- Drizzle melted dark or white chocolate onto balls.
- Dust balls with Vanilla or Chocolate Protein Powder mix.

Hint: Adding the dark chocolate chips while the peanut butter is still a little warm will give it a "swirl" affect.

**Arbonne Fizz Pop**

*Ingredients*

- 7 oz Water
- $\frac{1}{2}$ cup Frozen Berries
- 1 each Fizz Stick

Mix in the blender then pour into popsicle molds and freeze.
Apple Pecan Cookies

Ingredients

2 scoops  Arbonne Vanilla Protein Powder
2 cups  Blanched almond flour
1 scoop  Arbonne Fiber Boost
½ tsp  Sea salt
½ tsp  Baking soda
½ tsp  Cinnamon
½ cup  Grapeseed oil
½ cup  Agave nectar
1 tbsp  Vanilla extract
1 cup  Dehydrated apples, chopped
1 cup  Chopped pecans

Combine dry ingredients in a bowl. Add liquid ingredients to dry and stir with a fork. Add apples and nuts.

Bake on a greased cookie sheet for 7 to 10 minutes at 350 degrees. Cool before removing from cookie sheet.

Protein “Pampermint” Bark

Ingredients

2 ½ cups  Arbonne Chocolate Protein Powder
26 oz  Nutella
2 cups  Gluten Free oats
1 tsp  Peppermint extract
Optional:  Crushed Peppermint

Heat Nutella to soften in microwave on 50% power. Stir in peppermint extract. Add protein powder and oats. Crush peppermint candy and add to mixture. Press into a 9x13 dish and refrigerate to set.
Acerola Cherries - They are a rich, natural source of Vitamin C. They are great for the immune system, have anti-fungal properties, and prevent age related diseases such as heart disease and cancer.

Apples (Organic) – The seeds and skin contain the 385 different kinds of phytochemicals that are inside of each apple. Apple seeds contain a healthy dose of special cyanide that does not hurt you but kills cancer cells in your body. Apple pectin is a soluble fiber that is good for artery cleansing. It is also great for cleansing the colon. Crispy, organic apples are the best choice.

Almond milk – A very delicious, dairy free milk alternative that is high in calcium and manganese. Almonds – Raw almonds are recommended for people with emphysema, asthma, lung cancer or weak lungs. Almonds are high in vitamin E, making them good for your skin.

Avocado – great for people who want to lose weight. They are one of the best foods for providing Glutathione, which is great for lowering cholesterol. But, don’t discard the seed. It provides the greatest heart healing power and contains the most soluble fiber of any food.

Apricot seeds - Vitamin B-17, cancer fighter

Blueberries - They have the highest antioxidant rank of all fruits. They boost the immune system and prevent infection.

Broccoli – Is from the cruciferous family and contains a class of phytochemicals known as Indol-3-Carbinol, or I3C. I3C changes the way estrogen is metabolized and is good for protecting from or fighting all estrogen driven cancers. Broccoli also contains Sulforaphane, which inhibits the growth of cancer cells. Don’t discard the stem; it houses the majority of the phytochemicals.

Cacao Powder: one of the highest sources of Magnesium, which most of us are deficient in. Benefits heart and entire cardiovascular system. Also full of Zinc, fiber and is good for alkalinity.

Camu Berries - These berries have more vitamin C than any other food. They are very good food for asthma, eye diseases, gum diseases, hepatitis, depression, migraines, Parkinson’s and reduction of inflammation.

Carob - Carob is a legume. It can be substituted equally for cacao in a recipe but requires less sweetener as it is more naturally sweet. It is low fat and caffeine free. It is also good for nausea.

Carrots – Carrots are good for just about everything; preventing lung disorders, heart disease, improving vision, colon health, and cancer prevention. Juicing carrots throws away the fiber, phytochemicals and spikes blood sugar.
Cauliflower – Is from the cruciferous family and contains a class of phytochemicals known as Indol-3-Carbinol, or I3C. I3C changes the way estrogen is metabolized and is good for protecting from or fighting all estrogen driven cancers.

Celery (Organic) – Chinese medicine has used celery to lower blood pressure for thousands of years. Celery contains phthalides, which also helps reduce stress hormones.

Chia Seeds - Good source of Omega 3’s, which are vital fats used to protect against inflammation. They make us feel fuller faster thus helping in weight loss. They help control blood sugar and are easy to digest.

Cilantro – Is known as a metal chelator because it successfully removes mercury and lead from people suffering from heavy metal poisoning. Cilantro is one of the seven primary herbs that should be consumed every day.

Cherries - They are good for heart health and ease arthritis pain. They reduce the risk of cancer and diabetes. They also contain Melatonin that helps regulate sleep patterns and delays aging.

Coconut milk – A creamy, naturally sweet dairy free milk alternative.

Coconut Flour - Gluten free, high fiber and great fat burner

Coconut Water - Also called coconut juice. It is found inside the fresh coconut and contains vitamins and minerals. It is high in potassium, calcium, and magnesium with a modest amount of sodium, sugar and protein. It is very good for digestion and the urinary tract.

Coconut Oil – Increases metabolism. Coconut oil has shown in studies to be beneficial in attacking viruses, bacteria and other pathogens. It is also very easy to digest and good for the digestive track.

Cranberries - They are known for preventing urinary tract infections by blocking the absorption of bacteria in the urinary tract.

Cucumber (Organic) – Cucumbers are great for improving your body’s response to insulin, which is critical for people with Type 2 Diabetes and hypoglycemia. Balancing blood sugar is vital to having energy. The watery flesh of cucumbers is high in silica, which is the mineral for combating Osteoporosis, or any joint and ligament challenges.

Flax Seeds: Full of fiber, Omega 3’s . They reduce the risk of heart disease, cancer, stroke and diabetes.

Fiber - Key to health. It lowers the build up of cholesterol in arteries. It also reduces colon problems by keeping us regular.

Ginger – In one clinical study, osteoarthritis and rheumatoid arthritis patients, physicians found 75% of arthritis experienced relief of pain and swelling after including ginger in their daily diet. There have also been numerous studies on ginger for it’s anti-cancer and immune boosting properties.
Arbonne Recipes – Fruit & Vegetable Glossary

**Goji Berries** – The Most Amazing of ALL Foods. One pound of Goji berries has a beta-carotene content equal to 50 pounds of carrots. Goji berries contain 18 amino acids, 21 minerals, Glyconutrients for cell communication, and more beta-carotene than any other food on earth. They also taste great!

**Hemp Seeds** - One of nature’s most perfect foods. Contains all the essential fatty acids and amino acids necessary for human life.

**Kale** – Steamed/blanched kale provides you with some special cholesterol-lowering benefits, risk lowering benefits for cancer, provides comprehensive support for the body’s detoxification system and combines both antioxidant and anti-inflammatory benefits.

**Kiwi** - High in Vitamin C, even higher than what is found in oranges. Studies show that the high C and phytochemical content in kiwi plays an important role in combating respiratory diseases – like Asthma in children.

**Lemon Peel** - Anti cancer, anti-oxidant, anti-inflammatory

**Lime** – The healing power of the lime is in the white fuzzy edge. Limes have unique phytochemicals and flavonoids called flavonol glycosides, which have been shown to stop cell division in many cancer cells. Limes are also special for their antibiotic effects.

**Maca root powder** – A member of the cruciferous plants, Maca root is known as an endocrine enhancer, which few foods are. Maca is the #2 top superfood and is a strong cancer fighter, good for anemia, depression, libido, stress and memory. It is at the top of the list for “feel good” foods.

**Manuka honey** – Is known as a destroyer of MRSA and H. Pyloria Bacteria. Hospital trials at Waikato Hospital in New Zealand showed that the phytochemicals in this honey could be a very effective treatment for MRSA.

**MSM** – An organic form of sulphur that is absorbed and utilized by the body. Its main use is to relieve pain and inflammation. It also helps with muscle cramps and soreness.

**Pineapple** – It is ALL in the stem! Pineapple is not as potent as papaya for high enzyme content, unless the stem is consumed. If the stem is also consumed, it becomes the richest source of enzymes on the planet.

**Plum** – The seed kernel of a plum is very high in cancer-fighting phytochemicals. A fresh plum provides the life force of a “still living” seed kernel.

**Raspberry** – Raspberries provide the highest source of Ellagic Acid, which is considered to be a cancer inhibitor; this acid causes cancer cells to go through the normal cell death cycle. All of the studies on Ellagic Acid have been done with raspberry.

**Red beet** – Beets contain betaine, which is scientifically proven to help the body cleanse out excess homocysteine. Homocysteine is proven to be a factor in all forms of heart disease. Beets have also been shown to help with cancer and Cirrhosis of the liver. They also help with healing in general by purifying the blood.
Parsley – the root contains calcium, B-complex vitamins, and iron, all of which nourish the glands that help regulate the uptake of calcium. It is a source of both magnesium and calcium, and especially potassium.

Spinach – A friend to your eyes! Spinach contains Lutein, which is a carotenoid compound that protects against eye diseases such as macular degeneration and cataracts. Spinach must be raw and organic.

Strawberry (Organic) – Good for the eyes, brain, amazing heart protective, anti-cancer and anti-inflammatory food. Strawberries must be organic though because they are typically treated with between 300 and 500 pounds of pesticides an acre, in comparison to average crops, which have about 25 pounds of pesticides an acre. No other fruit is sprayed with more pesticides. They lower blood pressure and strengthen the cardiac muscles.

Tomato – Many studies have been done on Lycopene, which is found in tomatoes. It has been shown to be highly protective against heart disease and cancer and helpful with prostate, breast, endometrial, lung and pancreatic cancers. Organic tomatoes have three times the amount of Lycopene as regular ones.

Green Smoothie - Green Powder: Super food. It is full of antioxidants, vitamins, minerals, enzymes etc. It is also very alkalinizing. Provides an extra punch. Good to travel with.