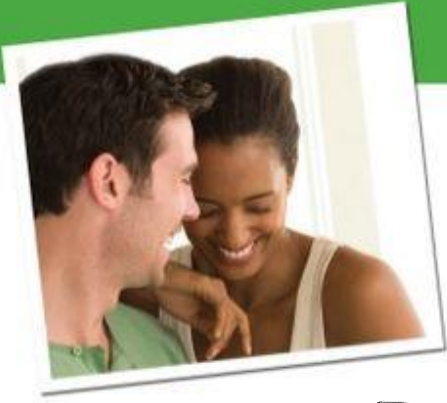


ARBONNE



arbonne

recipès



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Arbonne Recipes - Shakes

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 lose 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!

Not official Arbonne document. Made by Independent Consultants for Independent Consultants.

Arbonne Recipes - Shakes

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 think shake, use more liquid.
- Sticking to low-sugar fruit in you shake is ideal for weight loss (berries or ½ a sour apple).
- To blend your protein shake witch 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 ½ a large
7 oz	Water
6-8	Ice cubes

Blend all ingredients until smooth.

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.

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

May 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.

Arbonne Recipes - Shakes

Tropical Smoothie

Ingredients

- 2 scoops Arbonne Vanilla Protein Powder
- 12 oz Water
- 2-1" thick Pineapple rings
- 1 kiwi
- 5-6 Hulled 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.

Arbonne Recipes - Shakes

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).

Arbonne Recipes - Shakes

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.

Arbonne Recipes - Shakes

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

2 scoops	Arbonne Vanilla Protein Powder
1 scoop	Arbonne Fiber Boost
1 cup	Cooked, chopped carrots
1 tbsp	Walnuts
1 tsp	Pumpkin pie spice or cinnamon
1 cup	Water
1 cup	Almond milk
6-8	Ice cubes

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

Chocolate Spinach Crunch Shake

Ingredients

2 scoops	Arbonne Chocolate Protein Powder
1 scoop	Arbonne Fiber Boost
9 oz	Water
1 ½ - 2 handfuls	Fresh spinach
6-8	Hazelnuts
6-8	Ice cubes

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

Kiwi Lime Shake

Ingredients

2 scoops	Arbonne Vanilla Protein Powder
1 handful	Sliced kiwis
Juice	2 lime wedges (to intensify flavor, add lime zest)
6-8	Ice cubes
¼ cup	Coconut milk, almond milk or vanilla rice dream

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 brocolli 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	Ornage 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 leafs	Kale or Spinach (Large bunch)
1-2 handfuls	Mixed berries
5 scoop	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
- ¼ 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

- 2 cups Arbonne Chocolate or Vanilla Powder – or 1 cup of each
- 1 cup Agave nectar or honey or brown rice syrup
(**DO NOT USE HONEY ON DETOX PLAN, BROWN RICE SYRUP IS LOWEST GLYCEMIC CHOICE**)
- 2 – 3 cups Gluten-Free oatmeal or brown rice crispy cereal
- 1 16 oz jar Natural almond butter or peanut butter (check label to make sure there is no added sugar) – **ONLY ALMOND BUTTER ON DETOX PLAN**

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

- 2 ¼ cups Arbonne Vanilla Protein Powder
- 16 oz jar Organic almond butter with flax seeds or plain almond butter (if using a jar larger than 16 oz be sure to completely stir oil on the top down into the almond butter)
- 1 ¾ cup Agave (or less, Agave is very sweet)
- 1 ¾ cup – 2 cups Gluten free oats (close to 2 cups) based on ability to stir mixture
- 1 ½ cup Finely crushed almonds

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!

Arbonne Recipes – Bar Recipes

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.

Arbonne Recipes – Bar Recipes

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.

Arbonne Recipes – Bar Recipes

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.

Arbonne Recipes – Bar Recipes

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.

Josanne'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.

Arbonne Recipes – Bar Recipes

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!

Arbonne Recipes – Bar Recipes

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.

Arbonne Recipes – Bar Recipes

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.

Arbonne Recipes – Bar Recipes

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.

Arbonne Recipes – Breakfast Recipes

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 Recipes – Breakfast Recipes

Arbonne Protein Pancakes

Ingredients

3 scoops	Arbonne vanilla Protein Powder
3 scoops	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

¼ cup	Arbonne Vanilla Protein Powder
1 can	Pumpkin
½ cup	Applesauce
½ 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.

Arbonne Recipes – Breakfast Recipes

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.

Arbonne Recipes – Snack Recipes

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

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.

Stir in: fiber boost, protein powder, and greens balance. Stir/knead until well mixed. It will be a playdough-like consistency.

Hint: If you want "goeey" 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
1/2 cup	Frozen Berries
1 each	Fizz Stick

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

Arbonne Recipes – Desserts

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 “Peppermint” 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.

Arbonne Recipes – Fruit & Vegetable Glossary

Healthy Food Choices for your recipes

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.

Arbonne Recipes – Fruit & Vegetable Glossary

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 pthalides, 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.

Arbonne Recipes – Fruit & Vegetable Glossary

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.