



ARBONNE  
**essenti**äls®  
7-Day Meal Plan



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# Introduction

At Arbonne, we're always trying to find ways to help you reach your peak of health. We created these 7-Day Meal Plans for those looking to achieve weight loss, or those simply wanting weight management and healthy nutrition.

The meal plan is designed around a North American diet for the person who works a typical 9 a.m. to 5 p.m. job. You can follow each day's plan in any order you wish.

- The Protein Shake meal replacement has been set up as a replacement for breakfast and/or lunch. Depending on your schedule, you may wish to replace one of your other meals during the day.
- You may feel full on this 2,000-calorie diet, as you will be eating every two to four hours, for a total of six meals and snacks per day. This is normal — please allow your body a week or two to adjust.
- Refer to the Appendix section for additional nutritional information to help customize your meal plan based on your lifestyle and food preferences.
- The 2,000-calorie limit is a guideline, which may vary based on body type and level of activity. You may want to consult a physician prior to starting a new meal plan.



Each day is divided into breakfast, lunch, dinner and snacks. Individual foods are listed with their caloric value as well as the totalling macronutrient (protein, carbohydrates, fats) and caloric value. The information will help you customize the plan. You can refer to the Food Exchanges table to swap in foods you want at the appropriate serving size.

## Important Notes

- If you have a medical condition, please consult with your doctor before following this meal plan.
- According to the American Heart Association, you should drink ten 8 oz. glasses of water per day for optimal health.
- Any suggested nutritional supplements are not intended to replace the nutritional equivalence of real food items and are not necessarily recommended by any designing registered dietitian, software publisher and/or any related parties.

# Directions

## Meal and Snack Replacement

**For weight management and healthy nutrition:** Enjoy an Arbonne Essentials® Protein Shake as a meal replacement. Eat two nutritious meals in conjunction with other Arbonne Essentials products.

**For weight loss:** Replace two meals daily with an Arbonne Essentials Protein Shake. Eat one nutritious meal in conjunction with other Arbonne Essentials products.

## PROTEIN SHAKE MIX MEAL REPLACEMENT – VANILLA OR CHOCOLATE

- 20 grams of protein from pea and rice
- 22 essential vitamins and minerals
- Good source of fibre
- Provides energy to keep you feeling fuller longer
- No trans fat or cholesterol
- No artificial sweeteners, flavours or colours



## NUTRITIONAL SUPPLEMENT BAR – FRUIT OR CHOCOLATE

Substitute for chewy granola bar in the 7-Day Meal Plan.

- 9 grams of protein from pea and rice
- Balance of protein, fibre, vitamins and minerals
- No artificial sweeteners, flavours or colours
- No preservatives



## Energy Boost

Whenever you need a boost throughout the day, Energy Fizz Tabs are a healthy alternative compared to other energy drinks on the market. Just dissolve one tablet in water to create a refreshing, fizzy drink.

## ENERGY FIZZ TABS – CITRUS OR POMEGRANATE

- Helps increase alertness and performance
- Helps the body metabolize fats, carbohydrates and proteins
- Contains a blend of B vitamins and chromium for an energy boost
- Made with green tea, ginseng, guarana and taurine



# DAY 1

In this 7-Day Meal Plan, replace **one meal per day** with an Arbonne Essentials Protein Shake Meal Replacement.

Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories	
<b>Breakfast — Shake</b>						
3 scoops	Arbonne Essentials. Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00	
255 mL (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00	
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>	
<b>AM Snack — Fruit &amp; Yogurt, Rice Cakes</b>						
1 cup	Raspberries — raw	1.48	14.69	0.80	63.96	
3	Rice cakes — plain	2.40	21.30	0.90	105.00	
1 cup	Yogurt — plain, low fat	12.86	17.25	3.80	154.35	
<b>Totals:</b>		<b>16.74</b>	<b>53.24</b>	<b>5.50</b>	<b>323.31</b>	
<b>Lunch — Chicken Salad</b>						
3 oz.	Chicken breast (white meat)	19.50	0.00	1.20	93.00	
¼ cup	Croutons — plain	0.90	5.50	0.50	30.50	
1	Salad — large garden with tomato, onion	2.60	19.00	0.80	98.00	
1 tablespoon	Salad dressing (suggested: extra-virgin olive oil sun-dried tomato dressing)	0.00	2.00	3.00	30.00	
<b>Totals:</b>		<b>23.00</b>	<b>26.50</b>	<b>5.50</b>	<b>251.50</b>	
<b>Afternoon Snack — Fruit &amp; Cheese Plate</b>						
1	Banana — medium 8"	1.20	26.70	0.60	105.00	
1 oz.	Cheese — mozzarella, part skim milk	6.79	0.78	4.46	71.12	
10	Crackers — whole wheat, low salt	3.52	27.44	6.88	177.20	
1 cup	Milk — 1%	8.00	11.70	2.60	102.00	
<b>Totals:</b>		<b>19.51</b>	<b>66.62</b>	<b>14.54</b>	<b>455.32</b>	
<b>Dinner — Salmon, Veggies &amp; Rice</b>						
1 each	Winter squash — medium with peel	1.82	18.14	0.72	76.00	
8 florets	Broccoli — boiled, drained	1.23	6.01	0.23	27.30	
1 cup	Rice — brown, long grain, cooked	5.03	44.77	1.76	216.45	
3 oz.	Salmon — broiled	18.81	0.00	10.50	174.00	
<b>Totals:</b>		<b>26.89</b>	<b>68.92</b>	<b>13.21</b>	<b>493.75</b>	
<b>Evening Snack: Veggie Egg Scramble &amp; Toast</b>						
2 slices, large	Bread, mixed grain, toasted (includes whole grain, 7 grain)	6.32	29.23	2.38	157.76	
3 each	Egg whites — scrambled/boiled	10.50	0.90	0.00	51.00	
1 large	Egg — whole, scrambled	6.76	1.34	7.45	101.26	
3 sprays, about ⅓ second	Oil — cooking spray, original	0.00	0.19	0.71	7.13	
1 tablespoon	Onions — raw, chopped	0.09	1.01	0.01	4.20	
1 tablespoon	Peppers — sweet, red, raw	0.09	0.54	0.03	2.34	
<b>Totals:</b>		<b>23.76</b>	<b>33.21</b>	<b>10.50</b>	<b>323.69</b>	
<b>DAY 1</b>		<b>Actual Totals for Day 1</b>	<b>129.90</b>	<b>277.49</b>	<b>54.25</b>	<b>2,077.57</b>
<b>DAY 1</b>		<b>Actual % of Total Calories</b>	<b>25.01</b>	<b>53.43</b>	<b>23.50</b>	

## DAY 2

## One Arbonne Essentials Protein Shake Meal Replacement

Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories
<b>Breakfast — Shake</b>					
3 scoops	Arbonne Essentials. Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00
255 mL (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00

**Totals:** **20.00** **29.00** **5.00** **230.00**

<b>Morning Snack — Fruit &amp; Almond Butter</b>					
1 tablespoon	Almond butter — smooth	2.00	3.00	9.00	101.00
1	Apple — medium with peel	0.30	21.00	0.50	81.00
1	Chewy granola bar, cherry dark chocolate (35 g)	5.00	24.00	2.00	130.00

**Totals:** **7.30** **48.00** **11.50** **312.00**

<b>Lunch — Turkey Pasta &amp; Sauce</b>					
50 g	Pasta — whole-wheat broad noodles (egg white)	7.65	35.88	1.18	182.35
¼ cup	Sauce — pasta, marinara, ready-to-serve	1.22	7.04	1.49	46.25
3 oz.	Turkey breast (white meat)	25.50	0.00	0.60	114.00

**Totals:** **34.37** **42.92** **3.27** **342.60**

<b>Afternoon Snack — Fruit, Carrots &amp; Cottage Cheese</b>					
6 medium	Carrots — baby, raw	0.38	4.94	0.08	21.00
1 cup	Cottage cheese — 1% fat	28.00	6.20	2.30	164.00
2	Graham crackers	0.97	10.75	1.41	59.00
½ cup	Grapes — red or green	0.54	13.67	0.12	52.10

**Totals:** **29.89** **35.56** **3.91** **296.10**

<b>Dinner — Chicken Pita Sandwich &amp; Fruit</b>					
⅓ cup	Avocados — raw, sliced, all varieties	0.96	4.11	7.06	77.09
1 large	Bread — pita, whole wheat (6½" diameter)	6.27	35.20	1.66	170.24
1 cubic inch	Cheese — Swiss, low fat	4.59	0.77	0.92	30.60
3 oz.	Chicken breast (white meat)	19.50	0.00	1.20	93.00
1 teaspoon	Dijon mustard	0.40	0.00	0.40	10.00
½ cup	Lettuce — romaine, raw, shredded	0.29	0.77	0.07	4.00
1	Orange — medium	1.20	15.40	0.20	62.00
1	Pickle — dill, low sodium	0.20	1.20	0.10	5.00
2 slices, medium	Tomatoes — red, ripe, raw, year round average (¼" thick)	0.35	1.57	0.08	7.20

**Totals:** **33.76** **59.02** **11.69** **459.13**

<b>Evening Snack — Fruit &amp; Cereal</b>					
⅓ cup	Blueberries — raw	0.35	6.93	0.16	27.27
1 cup	High-protein oat cluster cereal	10.00	40.00	3.00	230.00
1 cup	Milk — 1%	8.00	11.70	2.60	102.00

**Totals:** **18.35** **58.63** **5.76** **359.27**

## DAY 2

<b>Actual Totals for Day 2</b>	<b>143.67</b>	<b>273.13</b>	<b>41.13</b>	<b>1,999.10</b>
<b>Actual % of Total Calories</b>	<b>28.75</b>	<b>54.65</b>	<b>18.52</b>	

## DAY 3

## One Arbonne Essentials Protein Shake Meal Replacement

Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories
<b>Breakfast — Shake</b>					
3 scoops	Arbonne Essentials. Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00
255 mL (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00

**Totals:** **20.00** **29.00** **5.00** **230.00**

<b>Morning Snack — Nuts &amp; Yogurt</b>					
1/3 oz. (4.5 halves)	Nuts — walnuts, English	1.42	1.28	6.10	61.18
2 slices	Pineapple — fresh, slice approx 3 1/2"	0.60	20.80	0.80	82.00
2	Rice cakes — plain	1.60	14.20	0.60	70.00
3/4 cup	Yogurt — plain, low-fat	9.65	12.94	2.85	115.76

**Totals:** **13.27** **49.22** **10.35** **328.94**

<b>Lunch — Quinoa, Beans &amp; Veggies</b>					
1/2 cup	Beans — black, boiled, no salt	7.62	20.39	0.46	113.52
1 clove	Garlic — raw	0.19	0.99	0.02	4.47
1 tablespoon	Onions — raw, chopped	0.09	1.01	0.01	4.20
10 strips	Peppers — sweet, yellow, raw	0.52	3.29	0.11	14.04
1/4 cup	Quinoa	5.57	29.28	2.47	158.95

**Totals:** **13.99** **54.96** **3.07** **295.18**

<b>Afternoon Snack — Fruit &amp; Cheese Plate</b>					
1/2	Banana — medium 8"	0.60	13.35	0.30	52.50
1 oz.	Cheese — mozzarella, part skim milk	6.79	0.78	4.46	71.12
10	Crackers — whole wheat, low salt	3.52	27.44	6.88	177.20
1 cup	Milk — 1%	8.00	11.70	2.60	102.00

**Totals:** **18.91** **53.27** **14.24** **402.82**

<b>Dinner — Steak, Broccoli &amp; Sweet Potatoes</b>					
3 oz., 0" trim	Beef tenderloin — lean only, all grades, broiled	24.23	0.00	6.68	164.05
1/2 cup	Broccoli — boiled, drained, no salt, chopped	1.86	5.60	0.32	27.30
1/2 tablespoon	Chives — raw, chopped	0.05	0.07	0.01	0.45
2 (2 1/2" dia, sphere)	Sweet potatoes — boiled, cooked in skin, flesh, no salt	5.09	54.75	0.27	236.64
1 tablespoon	Sour cream — low fat (3%)	0.50	1.50	0.50	12.50

**Totals:** **31.73** **61.92** **7.78** **440.94**

<b>Evening Snack — Egg White Veggie Scramble &amp; Toast</b>					
2 slices, large	Bread — mixed grain, toasted (includes whole grain, 7 grain)	6.32	29.23	2.38	157.76
1 cubic inch	Cheese — Swiss, low fat	4.59	0.77	0.92	30.60
3	Egg whites — scrambled/boiled	10.50	0.90	0.00	51.00
3 sprays, about 1/3 second	Oil — cooking spray, original	0.00	0.19	0.71	7.13
2 tablespoons	Peppers — sweet, red, raw	0.18	1.09	0.05	4.68
1/2 cup	Orange juice — 100% pure	0.00	12.45	0.00	56.00

**Totals:** **21.59** **44.63** **4.06** **307.17**

<b>DAY 3</b>	<b>Actual Totals for Day 3</b>	<b>119.49</b>	<b>293.00</b>	<b>44.50</b>	<b>2,005.05</b>
	<b>Actual % of Total Calories</b>	<b>23.84</b>	<b>58.45</b>	<b>19.97</b>	

## DAY 4

## One Arbonne Essentials Protein Shake Meal Replacement

Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories
<b>Breakfast — Shake</b>					
3 scoops	Arbonne Essentials, Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00
255 mL (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>
<b>Morning Snack — Pear With Almond Butter &amp; Bar</b>					
1½ tablespoons	Almond butter — smooth	3.00	4.50	13.50	151.50
1	Chewy granola bar, cherry dark chocolate (35 g)	5.00	24.00	2.00	130.00
1	Pear — medium with peel	0.70	25.10	0.00	98.00
<b>Totals:</b>		<b>8.70</b>	<b>53.60</b>	<b>15.50</b>	<b>379.50</b>
<b>Lunch — Barbecue Chicken &amp; Sweet Potato</b>					
1 tablespoon	Barbecue sauce	0.03	5.70	0.02	25.00
3 oz.	Chicken breast (white meat)	19.50	0.00	1.20	93.00
½ tablespoon	Chives — raw, chopped	0.05	0.07	0.01	0.45
2 tablespoons	Sour cream — low fat (3%)	1.00	3.00	1.00	25.00
1 medium	Sweet potato — baked in skin, no salt (2" dia, 5" long)	2.29	23.61	0.17	102.60
<b>Totals:</b>		<b>22.87</b>	<b>32.38</b>	<b>2.40</b>	<b>246.05</b>
<b>Afternoon Snack — Fruit, Carrots &amp; Cottage Cheese</b>					
8 medium	Carrots — baby, raw	0.51	6.59	0.10	28.00
1 cup	Cottage cheese — 1% fat	28.00	6.20	2.30	164.00
4 each	Graham crackers	1.93	21.50	2.83	118.00
½ cup	Grapes — red or green	0.54	13.67	0.12	52.10
<b>Totals:</b>		<b>30.98</b>	<b>47.96</b>	<b>5.35</b>	<b>362.10</b>
<b>Dinner — Halibut With Veggies &amp; Rice</b>					
¾ cup	Beans — snap, green, boiled, drained, no salt	1.77	7.39	0.26	32.81
3 oz.	Halibut — broiled	22.50	0.00	3.00	120.00
½ tablespoon	Lemon juice	0.05	0.65	0.00	2.00
1 teaspoon	Oil — olive, salad or cooking	0.00	0.00	4.50	39.78
1 cup	Rice — brown, long grain, cooked	5.03	44.77	1.76	216.45
<b>Totals:</b>		<b>29.35</b>	<b>52.81</b>	<b>9.52</b>	<b>411.04</b>
<b>Evening Snack — Apple Cinnamon Oatmeal</b>					
½	Apple — medium with peel	0.15	10.50	0.25	40.50
½ teaspoon	Cinnamon	0.15	2.70	0.10	9.00
½ teaspoon	Honey	0.05	8.65	0.00	32.00
1 cup	Milk — 1%	8.00	11.70	2.60	102.00
½ cup	Oatmeal — quick, measure uncooked	6.60	27.90	3.00	148.50
<b>Totals:</b>		<b>14.95</b>	<b>61.45</b>	<b>5.95</b>	<b>332.00</b>
<b>DAY 4</b>	<b>Actual Totals for Day 4</b>	<b>126.86</b>	<b>277.19</b>	<b>43.72</b>	<b>1,960.69</b>
	<b>Actual % of Total Calories</b>	<b>25.25</b>	<b>55.17</b>	<b>19.58</b>	



## DAY 5

## One Arbonne Essentials Protein Shake Meal Replacement

Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories
<b>Breakfast — Shake</b>					
3 scoops	Arbonne Essentials, Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00
255 mL (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>
<b>Morning Snack — Fruit &amp; Yogurt</b>					
1 cup	Raspberries — raw	1.48	14.69	0.80	63.96
3	Rice cakes — plain	2.40	21.30	0.90	105.00
¾ cup	Yogurt — plain, low fat	9.65	12.94	2.85	115.76
<b>Totals:</b>		<b>13.53</b>	<b>48.93</b>	<b>4.55</b>	<b>284.72</b>
<b>Lunch — Shrimp Stir Fry</b>					
1 clove	Garlic — raw	0.19	0.99	0.02	4.47
½ cup pieces	Mushrooms — raw	1.08	1.15	0.12	7.70
1 teaspoon	Oil — olive, salad or cooking	0.00	0.00	4.50	39.78
10 strips	Peppers — sweet, yellow, raw	0.52	3.29	0.11	14.04
½ cup	Rice — brown, long grain, cooked	2.52	22.39	0.88	108.23
¼ cup	Sauce — sweet and sour, dehydrated, dry	0.10	9.13	0.01	36.96
3 oz.	Shrimp — boiled or steamed	17.76	0.00	0.90	84.00
<b>Totals:</b>		<b>22.17</b>	<b>36.95</b>	<b>6.54</b>	<b>295.18</b>
<b>Afternoon Snack — Fruit &amp; Cheese Plate</b>					
1	Banana — medium 8"	1.20	26.70	0.60	105.00
1 cubic inch	Cheese — cheddar	4.23	0.22	5.63	68.51
10	Crackers — whole wheat, low salt	3.52	27.44	6.88	177.20
1 cup	Milk — 1%	8.00	11.70	2.60	102.00
<b>Totals:</b>		<b>16.95</b>	<b>66.06</b>	<b>15.71</b>	<b>452.71</b>
<b>Dinner — Chicken Pasta &amp; Salad</b>					
3 oz.	Chicken breast (white meat)	19.50	0.00	1.20	93.00
65 g	Pasta — whole-wheat broad noodles (egg white)	9.94	46.65	1.53	237.06
1	Salad — carrot and romaine with tomato, onion	1.30	9.50	0.40	49.00
1 tablespoon	Salad dressing (suggested: extra-virgin olive oil sun-dried tomato dressing)	0.00	2.00	3.00	30.00
¼ cup	Sauce — marinara, ready-to-serve	1.22	7.04	1.49	46.25
<b>Totals:</b>		<b>31.96</b>	<b>65.19</b>	<b>7.62</b>	<b>455.31</b>
<b>Evening Snack — Egg White Scramble</b>					
2 slices, large	Bread — mixed grain, toasted (includes whole grain, 7 grain)	6.32	29.23	2.38	157.76
4	Egg whites — scrambled/boiled	14.00	1.20	0.00	68.00
3 sprays, about ⅓ second	Oil — cooking spray, original	0.00	0.19	0.71	7.13
½ cup	Orange juice — 100% pure	0.00	12.45	0.00	56.00
<b>Totals:</b>		<b>20.32</b>	<b>43.07</b>	<b>3.09</b>	<b>288.89</b>
<b>DAY 5</b>	<b>Actual Totals for Day 5</b>	<b>124.92</b>	<b>289.18</b>	<b>42.49</b>	<b>2,006.81</b>
	<b>Actual % of Total Calories</b>	<b>24.51</b>	<b>56.73</b>	<b>18.76</b>	

## DAY 6

## One Arbonne Essentials Protein Shake Meal Replacement

Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories
<b>Breakfast — Shake</b>					
3 scoops	Arbonne Essentials. Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00
255 mL (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>
<b>Morning Snack — Fruit With Almond Butter &amp; Bar</b>					
1½ tablespoons	Almond butter — smooth	3.00	4.50	13.50	151.50
1	Apple — medium with peel	0.30	21.00	0.50	81.00
1	Chewy granola bar, cherry dark chocolate (35 g)	5.00	24.00	2.00	130.00
<b>Totals:</b>		<b>8.30</b>	<b>49.50</b>	<b>16.00</b>	<b>362.50</b>
<b>Lunch — Haddock, Spinach &amp; Rice</b>					
1 clove	Garlic — raw	0.19	0.99	0.02	4.47
3 oz.	Haddock — baked or broiled	20.61	0.00	0.84	96.00
½ tablespoon	Lemon juice	0.05	0.65	0.00	2.00
½ cup	Rice — brown, long grain, cooked	2.52	22.39	0.88	108.23
1 cup	Spinach — boiled, drained	5.40	6.80	0.40	42.00
<b>Totals:</b>		<b>28.77</b>	<b>30.83</b>	<b>2.14</b>	<b>252.70</b>
<b>Afternoon Snack — Fruit, Carrots &amp; Cottage Cheese</b>					
8 medium	Carrots — baby, raw	0.51	6.59	0.10	28.00
¾ cup	Cottage cheese — 1% fat	21.00	4.65	1.73	123.00
2	Graham crackers	0.97	10.75	1.41	59.00
1 cup	Grapes — red or green	1.09	27.33	0.24	104.19
<b>Totals:</b>		<b>23.57</b>	<b>49.32</b>	<b>3.48</b>	<b>314.19</b>
<b>Dinner — Turkey &amp; Swiss Pita Sandwich</b>					
½ cup, sliced	Avocados — raw, all varieties	0.96	4.11	7.06	77.09
1 pita, large	Bread — pita, whole wheat (6½" dia)	6.27	35.20	1.66	170.24
1 cubic inch	Cheese — Swiss, low fat	4.59	0.77	0.92	30.60
½ cup, shredded	Lettuce — romaine, raw	0.29	0.77	0.07	4.00
1 teaspoon	Mustard — prepared, yellow	0.20	0.39	0.16	3.30
1	Orange — medium	1.20	15.40	0.20	62.00
2 slices, medium (¼" thick)	Tomatoes — red, ripe, raw, year-round average	0.35	1.57	0.08	7.20
3 oz.	Turkey breast (white meat)	25.50	0.00	0.60	114.00
<b>Totals:</b>		<b>39.36</b>	<b>58.21</b>	<b>10.75</b>	<b>468.43</b>
<b>Evening Snack — Fruit &amp; Cereal</b>					
½ cup	Blueberries — raw	0.35	6.93	0.16	27.27
1 cup	High-protein oat cluster cereal	10.00	40.00	3.00	230.00
1 cup	Milk — 1%	8.00	11.70	2.60	102.00
<b>Totals:</b>		<b>18.35</b>	<b>58.63</b>	<b>5.76</b>	<b>359.27</b>
<b>DAY 6</b>	<b>Actual Totals for Day 6</b>	<b>138.35</b>	<b>275.50</b>	<b>43.13</b>	<b>1,987.09</b>
	<b>Actual % of Total Calories</b>	<b>27.08</b>	<b>53.93</b>	<b>18.99</b>	

## DAY 7

## One Arbonne Essentials Protein Shake Meal Replacement

Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories
<b>Breakfast — Shake</b>					
3 scoops	Arbonne Essentials. Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00
255 mL (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>
<b>Morning Snack — Fruit &amp; Yogurt</b>					
1	Pear — medium with peel	0.70	25.10	0.00	98.00
2	Rice cakes — plain	1.60	14.20	0.60	70.00
¾ cup (6 oz.)	Yogurt — plain, low fat	9.65	12.94	2.85	115.76
<b>Totals:</b>		<b>11.95</b>	<b>52.24</b>	<b>3.45</b>	<b>283.76</b>
<b>Lunch — Steak &amp; Green Beans</b>					
½ cup	Beans — snap, green, boiled, drained, no salt	1.18	4.93	0.18	21.88
3 oz.	Beef tenderloin — lean only, 0" trim, all grades, broiled	24.23	0.00	6.68	164.05
1 medium	Sweet potato — baked in skin, no salt (2" dia, 5" long)	2.29	23.61	0.17	102.60
<b>Totals:</b>		<b>27.71</b>	<b>28.54</b>	<b>7.03</b>	<b>288.53</b>
<b>Afternoon Snack — Tuna Salad &amp; Crackers</b>					
8	Crackers — whole wheat, low salt	2.82	21.95	5.50	141.76
5 sprigs	Dill weed — fresh	0.03	0.07	0.01	0.43
1 tablespoon	Mayonnaise, reduced-calorie or diet, cholesterol-free	0.13	0.98	4.86	48.62
1 tablespoon	Onions — raw, chopped	0.09	1.01	0.01	4.20
1 medium	Salad — medium garden with tomato, onion	1.95	14.25	0.60	74.00
1 tablespoon	Salad dressing (suggested: extra-virgin olive oil sun-dried tomato dressing)	0.00	2.00	3.00	30.00
⅓ cup	Tuna — solid white in water	19.80	0.00	1.32	92.40
<b>Totals:</b>		<b>24.82</b>	<b>40.26</b>	<b>15.30</b>	<b>391.41</b>
<b>Dinner — Chicken Stir Fry &amp; Rice</b>					
¼ cup	Broccoli — raw, chopped	0.62	1.46	0.08	7.48
¼ cup	Carrots — raw, chopped	0.30	3.07	0.08	13.12
¼ cup	Cauliflower — raw	0.50	1.33	0.03	6.25
3 oz.	Chicken breast (white meat)	19.50	0.00	1.20	93.00
¼ cup	Corn — sweet, yellow, raw	1.24	7.32	0.45	33.11
1 cup	Rice — brown, long-grain, cooked	5.03	44.77	1.76	216.45
1 teaspoon	Soy sauce made from hydrolyzed vegetable protein	0.15	0.46	0.00	2.40
<b>Totals:</b>		<b>27.34</b>	<b>58.41</b>	<b>3.60</b>	<b>371.81</b>
<b>Evening Snack — Oatmeal, Nuts &amp; Fruit</b>					
½	Banana — medium 8"	0.60	13.35	0.30	52.50
½ tablespoon	Honey	0.05	8.65	0.00	32.00
1 cup	Milk — 1%	8.00	11.70	2.60	102.00
½ oz. (7 halves)	Nuts — walnuts, English	2.16	1.94	9.24	92.70
½ cup	Oatmeal — quick, measure uncooked	6.60	27.90	3.00	148.50
<b>Totals:</b>		<b>17.41</b>	<b>63.54</b>	<b>15.14</b>	<b>427.70</b>
<b>DAY 7</b>	<b>Actual Totals for Day 7</b>	<b>129.22</b>	<b>271.99</b>	<b>49.52</b>	<b>1,993.21</b>
	<b>Actual % of Total Calories</b>	<b>25.21</b>	<b>53.06</b>	<b>21.74</b>	

# Ingredient List

## Individual Foods

One Arbonne Essentials Protein Shake Meal Replacement Plan

Food	Quantity	Measure
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### Proteins

Shrimp — boiled or steamed	3	oz.
Haddock — baked or broiled	3	oz.
Salmon — broiled	3	oz.
Halibut — broiled	3	oz.
Tuna — solid white in water	1/3	cup
Egg whites — scrambled/boiled	11	each
Turkey breast (white meat)	6	oz.
Chicken breast (white meat)	15	oz.

### Starchy Carbohydrates

Pasta, whole wheat broad noodles (egg white)	115	g
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### Fibrous Carbohydrates

Salad — large garden with tomato, onion	1	large
Salad — medium garden with tomato, onion	1	medium
Salad — small garden with tomato, onion	1	small

### Dairy

Sour cream, low fat (3%)	3	tablespoons
Milk — 1%	7	cups
Cheese — cheddar	1	cubic inch
Cheese — mozzarella, part skim milk	2	oz.
Yogurt — plain, low fat	3/4	cups
Cheese — Swiss, low fat	3	cubic inches
Cottage cheese — 1% fat	2 3/4	cups

### Fats & Oils

Oil — olive, salad or cooking	2	teaspoons
Oil — cooking spray, original	9	sprays, about 1/3 second
Mayonnaise — reduced-calorie or diet, cholesterol-free	1	tablespoon

Food	Quantity	Measure
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### Fruits & Fruit Juices

Pineapple — fresh, slice approx 3 1/2"	2	slices
Banana — medium 8"	3	each
Pear — medium with peel	2	each
Avocados — raw, all varieties	2/3	cup, sliced
Blueberries — raw	2/3	cup
Grapes — red or green	2	cups
Raspberries — raw	2	cups
Orange juice — 100% pure	1	cup
Lemon juice	1	tablespoon

### Cereals

High-protein oat cluster cereal	2	cups
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### Breads & Baked Goods

Bread — mixed grain, toasted (includes whole grain, 7-grain)	6	slices, large
Bread — pita, whole wheat (6 1/2" dia)	2	pitass, large
Crackers — whole wheat, low salt	38	crackers

### Carb Snack Foods

Chewy granola bar — cherry dark chocolate (35 g)	3	each
Graham crackers	8	each
Rice cake — plain	10	each

### Performance Carbohydrates

Apple — medium with peel	3 1/2	each
Oatmeal — quick, measure uncooked	1	cup
Orange — medium	2	each

### Nuts & Seeds

Almond butter — smooth	4	tablespoons
Nuts — walnuts, English	.83	oz.

Food	Quantity	Measure
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### Vegetables

Spinach — boiled, drained	1	cup
Beans — snap, green, boiled, drained, no salt	1¼	cups
Broccoli — raw	¼	cup, chopped
Broccoli — boiled, drained, no salt	½	cup, chopped
Carrots — raw	¼	cup, chopped
Cauliflower — raw	¼	cup
Chives — raw	1	tablespoon, chopped
Corn — sweet, yellow, raw	¼	cup
Garlic — raw	3	cloves
Lettuce — cos or romaine, raw	1	cup, shredded
Mushrooms — raw	½	cup pieces
Onions — raw	3	tablespoons, chopped
Potatoes — boiled, cooked in skin, flesh, no salt	2	potatoes (2½" diameter, sphere)
Sweet potato — baked in skin, no salt	2	medium (2" dia, 5" long, raw)
Tomatoes — red, ripe, raw, year-round average	4	slices, medium (¼" thick)
Peppers — sweet, red, raw	3	tablespoons
Peppers — sweet, yellow, raw	20	strips
Carrots — baby, raw	22	medium

### Red Meats

Beef tenderloin — lean only, 0" trim, all grades, broiled	6	oz.
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### Sauces

Barbecue sauce	1	tablespoon
Sweet and sour sauce — dehydrated, dry	.13	cup
Pasta sauce — marinara, ready-to-serve	½	cup

### Beverages

Water — tap, drinking	7	cups
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Food	Quantity	Measure
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### Dressings

Salad dressing (suggested: extra-virgin olive oil sun-dried tomato dressing)	3	tablespoons
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### Rice, Grains & Flour

Quinoa	¼	cup
Rice — brown, long grain, cooked	4	cups

### Beans & Lentils

Beans — black, boiled, no salt	½	cup
Soy sauce made from hydrolyzed vegetable protein	1	teaspoon

### Toppings

Croutons — plain	¼	cup
Cinnamon	½	teaspoon
Honey	1	tablespoon

### Seasonings

Dill weed — fresh	5	sprigs
Mustard — prepared, yellow	1	teaspoon
Dijon mustard	1	teaspoon

### Miscellaneous

Pickle — dill, low sodium	1	each
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# For weight loss:

Replace two meals daily  
with an Arbonne Essentials®  
Protein Shake



# DAY 1

In this 7-Day Meal Plan, replace **two meals per day** with an Arbonne Essentials Protein Shake Meal Replacement.

Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories
<b>Breakfast — Shake</b>					
3 scoops	Arbonne Essentials® Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00
255 mL (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>
<b>Morning Snack — Fruit &amp; Yogurt, Rice Cakes</b>					
1 cup	Raspberries, raw	1.48	14.69	0.80	63.96
3 each	Rice cake — plain	2.40	21.30	0.90	105.00
1 cup (8 fl. oz.)	Yogurt — plain, low fat	12.86	17.25	3.80	154.35
<b>Totals:</b>		<b>16.74</b>	<b>53.24</b>	<b>5.50</b>	<b>323.31</b>
<b>Lunch — Shake</b>					
3 scoops	Arbonne Essentials Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00
255 mL (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>
<b>Afternoon Snack — Fruit &amp; Cheese Plate</b>					
1	Banana — medium 8"	1.20	26.70	0.60	105.00
1 oz.	Cheese — mozzarella, part skim milk	6.79	0.78	4.46	71.12
10	Crackers — whole wheat, low salt	3.52	27.44	6.88	177.20
1 cup	Milk — 1%	8.00	11.70	2.60	102.00
<b>Totals:</b>		<b>19.51</b>	<b>66.62</b>	<b>14.54</b>	<b>455.32</b>
<b>Dinner — Salmon, Veggies &amp; Rice</b>					
1 each	Apple — medium with peel	0.30	21.00	0.50	81.00
½ cup	Broccoli and carrots, boiled, drained	1.23	6.01	0.23	27.30
¾ cup	Rice — brown, long grain, cooked	3.77	33.58	1.32	162.34
3 oz.	Salmon — broiled	18.81	0.00	10.50	174.00
<b>Totals:</b>		<b>24.11</b>	<b>60.59</b>	<b>12.55</b>	<b>444.64</b>
<b>Evening Snack — Veggie Egg Scramble &amp; Toast</b>					
2 slices, large	Bread — mixed grain, toasted (includes whole grain, 7 grain)	6.32	29.23	2.38	157.76
3 each	Egg whites — scrambled/boiled	10.50	0.90	0.00	51.00
1 large	Egg — whole, scrambled	6.76	1.34	7.45	101.26
3 sprays, about ½ second	Oil — cooking spray, original	0.00	0.19	0.71	7.13
1 tablespoon	Onions — raw, chopped	0.09	1.01	0.01	4.20
1 tablespoon	Peppers — sweet, red, raw	0.09	0.54	0.03	2.34
<b>Totals:</b>		<b>23.76</b>	<b>33.21</b>	<b>10.58</b>	<b>323.69</b>
<b>DAY 1</b>	<b>Actual Totals for Day 1</b>	<b>124.12</b>	<b>271.66</b>	<b>53.17</b>	<b>2,006.96</b>
	<b>Actual % of Total Calories</b>	<b>24.38</b>	<b>52.43</b>	<b>23.19</b>	

## DAY 2

## Two Arbonne Essentials Protein Shake Meal Replacements

Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories
<b>Breakfast — Shake</b>					
3 scoops	Arbonne Essentials, Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00
255 mL (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00

**Totals:** **20.00** **29.00** **5.00** **230.00**

<b>Morning Snack — Fruit With Almond Butter &amp; Bar</b>					
1 tablespoon	Almond butter, smooth	2.00	3.00	9.00	101.00
1	Apple — medium with peel	0.30	21.00	0.50	81.00
1	Chewy granola bar — cherry dark chocolate (35 g)	5.00	24.00	2.00	130.00

**Totals:** **7.30** **48.00** **11.50** **312.00**

<b>Lunch — Shake</b>					
3 scoops	Arbonne Essentials Protein Shake Mix Meal Replacement — Vanilla or Chocolate	20.00	29.00	5.00	230.00
255 mL (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00

**Totals:** **20.00** **29.00** **5.00** **230.00**

<b>Afternoon Snack — Cottage Cheese &amp; Fruit</b>					
5 medium	Carrots — baby, raw	0.32	4.12	0.07	17.50
1 cup	Cottage cheese — 1% fat	28.00	6.20	2.30	164.00
4 each	Graham crackers	1.93	21.50	2.83	118.00
1 cup	Grapes — red or green	1.09	27.33	0.24	104.19

**Totals:** **31.34** **59.15** **5.44** **403.69**

<b>Dinner — Chicken Pita Sandwich &amp; Fruit</b>					
½ cup, sliced	Avocados, raw, all varieties	0.96	4.11	7.06	77.09
1 large	Pita bread — whole wheat (6½" diameter)	6.27	35.20	1.66	170.24
1 cubic inch	Cheese — Swiss, low fat	4.59	0.77	0.92	30.60
3 oz.	Chicken breast (white meat)	19.50	0.00	1.20	93.00
1 teaspoon	Dijon mustard	0.40	0.00	0.40	10.00
½ cup	Lettuce — romaine, raw, shredded	0.29	0.77	0.07	4.00
1	Orange — medium	1.20	15.40	0.20	62.00
1	Pickle — dill, low sodium	0.20	1.20	0.10	5.00
2 slices, medium (¼" thick)	Tomatoes — red, ripe, raw, year-round average	0.35	1.57	0.08	7.20

**Totals:** **33.76** **59.02** **11.69** **459.13**

<b>Evening Snack — Fruit &amp; Cereal</b>					
½ cup	Blueberries — raw	0.35	6.93	0.16	27.27
1 cup	High-protein oat cluster cereal	10.00	40.00	3.00	230.00
1 cup	Milk — 1%	8.00	11.70	2.60	102.00

**Totals:** **18.35** **58.63** **5.76** **359.27**

<b>DAY 2</b>	<b>Actual Totals for Day 2</b>	<b>130.76</b>	<b>282.80</b>	<b>44.39</b>	<b>1,994.09</b>
	<b>Actual % of Total Calories</b>	<b>25.47</b>	<b>55.08</b>	<b>19.45</b>	



## DAY 3

## Two Arbonne Essentials Protein Shake Meal Replacements

Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories
<b>Breakfast — Shake</b>					
3 scoops	Arbonne Essentials, Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00
255 mL (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>
<b>Morning Snack — Nuts &amp; Yogurt</b>					
½ oz. (4.5 halves)	Nuts — walnuts, English	1.42	1.28	6.10	61.18
2 slices	Pineapple — fresh, slice approx 3½"	0.60	20.80	0.80	82.00
2	Rice cakes — plain	1.60	14.20	0.60	70.00
¾ cup	Yogurt — plain, low fat	9.65	12.94	2.85	115.76
<b>Totals:</b>		<b>13.27</b>	<b>49.22</b>	<b>10.35</b>	<b>328.94</b>
<b>Lunch — Shake</b>					
3 scoops	Arbonne Essentials Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00
255 mL (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00
<b>Totals:</b>		<b>20.00</b>	<b>29.00</b>	<b>5.00</b>	<b>230.00</b>
<b>Afternoon Snack — Fruit, Cheese &amp; Crackers</b>					
1	Banana — medium 8"	1.20	26.70	0.60	105.00
1 oz.	Cheese — mozzarella, part skim milk	6.79	0.78	4.46	71.12
10	Crackers, whole wheat, low salt	3.52	27.44	6.88	177.20
1 cup	Milk — 1%	8.00	11.70	2.60	102.00
<b>Totals:</b>		<b>19.51</b>	<b>66.62</b>	<b>14.54</b>	<b>455.32</b>
<b>Dinner — Steak, Broccoli &amp; Sweet Potatoes</b>					
3 oz.	Beef tenderloin — lean only, 0" trim, all grades, broiled	24.23	0.00	6.68	164.05
½ cup	Broccoli — boiled, drained, no salt, chopped	1.86	5.60	0.32	27.30
1/2 tablespoon	Chives — raw, chopped	0.05	0.07	0.01	0.45
2 (2½" dia, sphere)	Sweet potatoes — boiled, cooked in skin, flesh, no salt	5.09	54.75	0.27	236.64
1 tablespoon	Sour cream — low fat (3%)	0.50	1.50	0.50	12.50
<b>Totals:</b>		<b>31.73</b>	<b>61.92</b>	<b>7.78</b>	<b>440.94</b>
<b>Evening Snack — Egg White Veggie Scramble &amp; Toast</b>					
2 slices, large	Bread — mixed grain, toasted (includes whole grain, 7 grain)	6.32	29.23	2.38	157.76
1 cubic inch	Cheese — Swiss, low fat	4.59	0.77	0.92	30.60
3	Egg whites — scrambled/boiled	10.50	0.90	0.00	51.00
3 sprays, about ⅓ second	Oil — cooking spray, original	0.00	0.19	0.71	7.13
2 tablespoons	Peppers — sweet, red, raw	0.18	1.09	0.05	4.68
½ cup	Orange juice — 100% pure	0.00	12.45	0.00	56.00
<b>Totals:</b>		<b>21.59</b>	<b>44.63</b>	<b>4.06</b>	<b>307.17</b>
<b>DAY 3</b>	<b>Actual Totals for Day 3</b>	<b>126.10</b>	<b>280.39</b>	<b>46.73</b>	<b>1,992.37</b>
	<b>Actual % of Total Calories</b>	<b>24.65</b>	<b>54.80</b>	<b>20.55</b>	

## DAY 4

## Two Arbonne Essentials Protein Shake Meal Replacements

Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories
<b>Breakfast — Shake</b>					
3 scoops	Arbonne Essentials, Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00
255 mL (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00

**Totals:** **20.00** **29.00** **5.00** **230.00**

<b>Morning Snack — Pear With Almond Butter &amp; Bar</b>					
1½ tablespoons	Almond butter, smooth	3.00	4.50	13.50	151.50
1	Chewy granola bar, cherry dark chocolate (35 g)	5.00	24.00	2.00	130.00
1	Pear — medium with peel	0.70	25.10	0.00	98.00

**Totals:** **8.70** **53.60** **15.50** **379.50**

<b>Lunch — Shake</b>					
3 scoops	Arbonne Essentials Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00
255 mL (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00

**Totals:** **20.00** **29.00** **5.00** **230.00**

<b>Afternoon Snack — Fruit, Carrots &amp; Cottage Cheese</b>					
8	Carrots — baby, raw	0.51	6.59	0.10	28.00
1 cup	Cottage cheese — 1% fat	28.00	6.20	2.30	164.00
4	Graham crackers	1.93	21.50	2.83	118.00
1 cup	Grapes — red or green	1.09	27.33	0.24	104.19

**Totals:** **31.53** **61.62** **5.47** **414.19**

<b>Dinner — Halibut With Veggies &amp; Rice</b>					
¾ cup	Beans — snap, green, boiled, drained, no salt	1.77	7.39	0.26	32.81
3 oz.	Halibut — broiled	22.50	0.00	3.00	120.00
½ teaspoon	Lemon juice	0.05	0.65	0.00	2.00
1 teaspoon	Oil — olive, salad or cooking	0.00	0.00	4.50	39.78
1 cup	Rice — brown, long grain, cooked	5.03	44.77	1.76	216.45

**Totals:** **29.35** **52.81** **9.52** **411.04**

<b>Evening Snack — Apple Cinnamon Oatmeal</b>					
½	Apple — medium with peel	0.15	10.50	0.25	40.50
½ teaspoon	Cinnamon	0.15	2.70	0.10	9.00
½ teaspoon	Honey	0.05	8.65	0.00	32.00
1 cup	Milk — 1%	8.00	11.70	2.60	102.00
½ cup	Oatmeal — quick, measure uncooked	6.60	27.90	3.00	148.50

**Totals:** **14.95** **61.45** **5.95** **332.00**

<b>DAY 4</b>	<b>Actual Totals for Day 4</b>	<b>124.53</b>	<b>287.48</b>	<b>46.44</b>	<b>1,996.73</b>
	<b>Actual % of Total Calories</b>	<b>24.11</b>	<b>55.66</b>	<b>20.23</b>	

## DAY 5

## Two Arbonne Essentials Protein Shake Meal Replacements

Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories
<b>Breakfast — Shake</b>					
3 scoops	Arbonne Essentials, Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00
255 mL (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00

**Totals:** **20.00** **29.00** **5.00** **230.00**

<b>Morning Snack — Fruit &amp; Yogurt</b>					
1 cup	Raspberries — raw	1.48	14.69	0.80	63.96
3	Rice cakes — plain	2.40	21.30	0.90	105.00
¾ cup	Yogurt — plain, low fat	9.65	12.94	2.85	115.76

**Totals:** **13.53** **48.93** **4.55** **284.72**

<b>Lunch — Shake</b>					
3 scoops	Arbonne Essentials Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00
255 mL (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00

**Totals:** **20.00** **29.00** **5.00** **230.00**

<b>Afternoon Snack — Fruit &amp; Cheese Plate</b>					
1	Banana — medium 8"	1.20	26.70	0.60	105.00
1 cubic inch	Cheese — cheddar	4.23	0.22	5.63	68.51
10	Crackers — whole wheat, low salt	3.52	27.44	6.88	177.20
1 cup	Milk — 1%	8.00	11.70	2.60	102.00

**Totals:** **16.95** **66.06** **15.71** **452.71**

<b>Dinner — Chicken Pasta &amp; Salad</b>					
3 oz.	Chicken breast (white meat)	19.50	0.00	1.20	93.00
65 gram(s)	Pasta, whole-wheat broad noodles (egg white)	9.94	46.65	1.53	237.06
1	Salad — carrot and romaine with tomato, onion	1.30	9.50	0.40	49.00
1 tablespoon	Salad dressing (suggested: extra-virgin olive oil sun-dried tomato dressing)	0.00	2.00	3.00	30.00
¼ cup	Sauce — marinara, ready-to-serve	1.22	7.04	1.49	46.25

**Totals:** **31.96** **65.19** **7.62** **455.31**

<b>Evening Snack — Egg White Scramble</b>					
2 slices, large	Bread, mixed grain, toasted (includes whole grain, 7 grain)	6.32	29.23	2.38	157.76
2	Egg whites — scrambled/boiled	7.00	0.60	0.00	34.00
1 large	Egg — whole, scrambled	6.76	1.34	7.45	101.26
3 sprays, about ⅓ second	Oil — cooking spray, original	0.00	0.19	0.71	7.13
½ cup	Orange juice — 100% pure	0.00	12.45	0.00	56.00

**Totals:** **20.08** **43.81** **10.54** **356.15**

<b>DAY 5</b>	<b>Actual Totals for Day 5</b>	<b>122.52</b>	<b>281.99</b>	<b>48.42</b>	<b>2,008.89</b>
	<b>Actual % of Total Calories</b>	<b>23.86</b>	<b>54.92</b>	<b>21.22</b>	

## DAY 6

## Two Arbonne Essentials Protein Shake Meal Replacements

Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories
<b>Breakfast — Shake</b>					
3 scoops	Arbonne Essentials, Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00
255 mL (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00

**Totals:** **20.00** **29.00** **5.00** **230.00**

<b>Morning Snack — Fruit With Almond Butter &amp; Bar</b>					
1½ tablespoons	Almond butter — smooth	3.00	4.50	13.50	151.50
1	Apple — medium with peel	0.30	21.00	0.50	81.00
1	Chewy granola bar, cherry dark chocolate (35 g)	5.00	24.00	2.00	130.00

**Totals:** **8.30** **49.50** **16.00** **362.50**

<b>Lunch — Shake</b>					
3 scoops	Arbonne Essentials Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00
255 mL (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00

**Totals:** **20.00** **29.00** **5.00** **230.00**

<b>Afternoon Snack — Fruit, Carrots &amp; Cottage Cheese</b>					
5 medium	Carrots — baby, raw	0.32	4.12	0.07	17.50
¾ cup	Cottage cheese — 1% fat	21.00	4.65	1.73	123.00
4	Graham crackers	1.93	21.50	2.83	118.00
1 cup	Grapes — red or green	1.09	27.33	0.24	104.19

**Totals:** **24.34** **57.60** **4.87** **362.69**

<b>Dinner — Turkey &amp; Swiss Pita Sandwich</b>					
½ cup	Avocados — raw, sliced, all varieties	0.96	4.11	7.06	77.09
1 large	Pita bread — whole wheat (6½" dia)	6.27	35.20	1.66	170.24
1 cubic inch	Cheese — Swiss, low fat	4.59	0.77	0.92	30.60
½ cup	Shredded Lettuce — romaine, raw	0.29	0.77	0.07	4.00
1 teaspoon	Mustard — prepared, yellow	0.20	0.39	0.16	3.30
1	Orange — medium	1.20	15.40	0.20	62.00
2 slices, medium (¼" thick)	Tomatoes — red, ripe, raw, year-round average	0.35	1.57	0.08	7.20
3 oz.	Turkey breast (white meat)	25.50	0.00	0.60	114.00

**Totals:** **39.36** **58.21** **10.75** **468.43**

<b>Evening Snack — Fruit &amp; Cereal</b>					
½ cup	Blueberries — raw	0.35	6.93	0.16	27.27
1 cup	High-protein oat cluster cereal	10.00	40.00	3.00	230.00
1 cup	Milk — 1%	8.00	11.70	2.60	102.00

**Totals:** **18.35** **58.63** **5.76** **359.27**

## DAY 6

<b>Actual Totals for Day 6</b>	<b>130.35</b>	<b>281.94</b>	<b>47.38</b>	<b>2,012.89</b>
<b>Actual % of Total Calories</b>	<b>25.12</b>	<b>54.34</b>	<b>20.54</b>	

## DAY 7

## Two Arbonne Essentials Protein Shake Meal Replacements

Amount	Description	Protein (g)	Carbs (g)	Fats (g)	Calories
<b>Breakfast — Shake</b>					
3 scoops	Arbonne Essentials, Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00
255 mL (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00

**Totals:** **20.00** **29.00** **5.00** **230.00**

<b>Morning Snack — Fruit &amp; Yogurt</b>					
1	Pear — medium with peel	0.70	25.10	0.00	98.00
2	Rice cakes — plain	1.60	14.20	0.60	70.00
¾ cup (6 oz.)	Yogurt — plain, low fat	9.65	12.94	2.85	115.76

**Totals:** **11.95** **52.24** **3.45** **283.76**

<b>Lunch — Shake</b>					
3 scoops	Arbonne Essentials Protein Shake Mix Meal Replacement, Vanilla or Chocolate	20.00	29.00	5.00	230.00
255 mL (9 fl. oz.)	Water — tap, drinking	0.00	0.00	0.00	0.00

**Totals:** **20.00** **29.00** **5.00** **230.00**

<b>Afternoon Snack — Tuna Salad &amp; Crackers</b>					
10	Crackers — whole wheat, low salt	3.52	27.44	6.88	177.20
5 sprigs	Dill weed — fresh	0.03	0.07	0.01	0.43
1 tablespoon	Mayonnaise — reduced calorie or diet, cholesterol-free	0.13	0.98	4.86	48.62
1 tablespoon	Onions — raw, chopped	0.09	1.01	0.01	4.20
1 medium	Salad — medium garden with tomato, onion	1.95	14.25	0.60	74.00
1 tablespoon	Salad dressing (suggested: extra-virgin olive oil sun-dried tomato dressing)	0.00	2.00	3.00	30.00
½ cup	Tuna — solid white in water	19.80	0.00	1.32	92.40

**Totals:** **25.52** **45.75** **16.68** **426.85**

<b>Dinner — Chicken Stir Fry With Rice</b>					
¼ cup	Broccoli — raw, chopped	0.62	1.46	0.08	7.48
¼ cup	Carrots — raw, chopped	0.30	3.07	0.08	13.12
¼ cup	Cauliflower — raw	0.50	1.33	0.03	6.25
4 oz.	Chicken breast (white meat)	26.00	0.00	1.60	124.00
¼ cup	Corn — sweet, yellow, raw	1.24	7.32	0.45	33.11
1 cup	Rice — brown, long grain, cooked	5.03	44.77	1.76	216.45
1 teaspoon	Soy sauce made from hydrolyzed vegetable protein	0.15	0.46	0.00	2.40

**Totals:** **33.84** **58.41** **4.00** **402.81**

<b>Evening Snack — Oatmeal, Nuts &amp; Fruit</b>					
½	Banana — medium 8"	0.60	13.35	0.30	52.50
½ tablespoon	Honey	0.05	8.65	0.00	32.00
1 cup	Milk — 1%	8.00	11.70	2.60	102.00
½ oz. (7 halves)	Nuts — walnuts, English	2.16	1.94	9.24	92.70
½ cup	Oatmeal — quick, measure uncooked	6.60	27.90	3.00	148.50

**Totals:** **17.41** **63.54** **15.14** **427.70**

<b>DAY 7</b>	<b>Actual Totals for Day 7</b>	<b>128.72</b>	<b>277.94</b>	<b>49.27</b>	<b>2,001.12</b>
	<b>Actual % of Total Calories</b>	<b>24.87</b>	<b>53.71</b>	<b>21.42</b>	

# Ingredient List

## Individual Foods

### Two Arbonne Essentials Protein Shakes Meal Replacement Plan

Food	Quantity	Measure
<b>Proteins</b>		
Salmon — broiled	3	oz.
Halibut — broiled	3	oz.
Tuna — solid white in water	1/3	cup
Egg whites — scrambled/boiled	8	each
Turkey breast (white meat)	3	oz.
Chicken breast (white meat)	10	oz.

### Starchy Carbohydrates

Pasta, whole-wheat broad noodles (egg white)	65	g
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### Fibrous Carbohydrates

Salad — medium garden with tomato, onion	1	medium
Salad — small garden with tomato, onion	1	small

### Dairy

Sour cream — low fat (3%)	1	tablespoon
Milk — 1%	7	cups
Cheese — cheddar	1	cubic inch
Cheese — mozzarella, part skim milk	2	oz.
Yogurt — plain, low fat	3/4	cups
Egg — whole, scrambled	2	large
Cheese — Swiss, low fat	3	cubic inch
Cottage cheese — 1% fat	2 3/4	cup

### Fats & Oils

Oil — olive, salad or cooking	1	teaspoon
Oil — cooking spray, original	9	sprays, about 1/3 second
Mayonnaise — reduced-calorie or diet, cholesterol-free	1	tablespoon

Food	Quantity	Measure
<b>Fruits &amp; Fruit Juices</b>		
Pineapple — fresh, slice 3 1/2"	2	slices
Banana — medium 8"	3 1/2	each
Pear — medium with peel	2	each
Avocados — raw, all varieties	2/3	cup, sliced
Blueberries — raw	2/3	cup
Grapes — red or green	3	cups
Raspberries — raw	2	cups
Orange juice — 100% pure	1	cup
Lemon juice	1/2	tablespoon

### Cereals

High-protein oat cluster cereal	2	cups
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### Breads & Baked Goods

Bread — mixed grain, toasted (whole grain, 7 grain)	6	slices, large
Bread — pita, whole-wheat (6 1/2" dia)	2	pitass, large
Crackers — whole wheat, low salt	40	each

### Carb Snack Foods

Chewy granola bar — cherry dark chocolate (35 g)	3	each
Graham crackers	12	each
Rice cake — plain	10	each

### Performance Carbohydrates

Apple — medium with peel	3.5	each
Oatmeal — quick, measure uncooked	1	cup
Orange — medium	2	each

### Nuts & Seeds

Almond butter — smooth	4	tablespoons
Nuts — walnuts, English	.83	oz.

Food	Quantity	Measure
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### Vegetables

Beans — snap, green, boiled, drained, no salt	¾	cup
Broccoli — raw	¼	1 cup, chopped
Broccoli — boiled, drained, no salt	½	cup, chopped
Carrots — raw	¼	cup, chopped
Cauliflower — raw	¼	cup
Chives — raw	½	tablespoon
Chopped		
Corn — sweet, yellow, raw	¼	cup
Lettuce — cos or romaine, raw	1	cup, shredded
Onions — raw, chopped	2	tablespoons
Potatoes — boiled, cooked in skin, flesh, no salt	2	potatoes (2½" diameter)
Tomatoes — red, ripe, raw, year round average (1/4" thick)	4	slices, medium
Peppers — sweet, red, raw	3	tablespoons
Carrots — baby, raw	18	medium

### Red Meats

Beef tenderloin — lean only, 0" trim, all grades, broiled	3	oz.
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### Sauces

Pasta sauce — marinara, ready-to-serve	¼	cup
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### Beverages

Water — tap, drinking	14	cups
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Food	Quantity	Measure
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### Dressings

Salad dressing (suggested: extra-virgin olive oil sun-dried tomato dressing)	2	tablespoons
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### Rice, Grains & Flour

Rice — brown, long grain, cooked	2¾	cups
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### Beans & Lentils

Soy sauce made from hydrolyzed vegetable protein	1	teaspoon
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### Toppings

Cinnamon	½	teaspoon
Honey	1	tablespoon

### Seasonings

Dill weed — fresh	5	sprigs
Mustard — prepared, yellow	1	teaspoon
Dijon mustard	1	teaspoon

### Miscellaneous

Pickle — dill, low sodium	1	each
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# Food Exchanges

You can consume an Arbonne Essentials® Protein Shake as a meal replacement any time — breakfast, lunch, dinner or snack time. The Fruit or Chocolate Nutritional Supplement Bar can be substituted for the chewy granola bar.

Customize your own plan by substituting in your favourite foods using the tables below. Match the portion sizes accordingly to replace the desired calorie amounts.

Fruits						
Type	Servings	Measure	Calories	Fat (g)	Protein (g)	Carbohydrates (g)
Strawberries	1	cup	60	< 1	1	9
Blueberries	0.75	cup	62	< 1	< 1	16
Raspberries	1	cup	64	< 1	1.5	15
Cherries (no pits)	0.75	cup	68	< 1	1	17
Avocado	0.33	cup, sliced	77	7	1	4
Pear	1	small	85	0	< 1	23
Apple	1.2	medium	86	0	< 1	23
Grapefruit (pink)	1	medium	92	< 1	1	24
Lemon	4	medium	97	1	4	31
Orange	1.5	medium	97	< 1	1	24
Banana	1	medium	105	< 1	1	27
Pineapple	1.5	cup, diced	111	< 1	1	29
Kiwi	2	large	111	1	2	27

Vegetables						
Type	Servings	Measure	Calories	Fat (g)	Protein (g)	Carbohydrates (g)
Asparagus	1	cup	27	< 1	3	5
Beans, green	1	cup	34	< 1	2	8
Brussels sprouts	1	cup	37	< 1	3	8
Cabbage	1	cup, chopped	21	< 1	1	5
Carrots	1	cup, chopped	52	< 1	1	12
Cauliflower	1	cup, chopped	25	< 1	2	5
Peppers, red	1	cup, chopped	38	< 1	1.5	9
Potato, red	1	cup, cubed	54	< 1	1	12
Potato, sweet	1	cup, cubed	114	< 1	2	27







### Dairy

Type	Servings	Measure	Calories	Fat (g)	Protein (g)	Carbohydrates (g)
Almond milk, unflavoured	1	cup	60	2.5	1	8
0.5%, skim milk	1	cup	86	0.5	8	12
Skim milk powder	4	tbsp.	90	0	9	13
Soy milk, unflavoured	1	cup	98	4	7	8
1%, low-fat milk	1	cup	102	2.5	8	12
2%, reduced fat milk	1	cup	121	4.5	8	12

### Grains

Type	Servings	Measure	Calories	Fat (g)	Protein (g)	Carbohydrates (g)
Wrap	0.5	item	85	1	3	17
Whole wheat bread	1	slice	69	1	2.5	13
Multi-grain bread	1	slice	80	1	3	15
Oats	0.5	cup, dry	303	1	13	52
Brown basmati rice	0.25	cup, dry	150	0	3	35
Brown, long-grain rice	0.25	cup, dry	171	1	3.5	36
Whole wheat pasta	0.25	cup, 56.7g	207	1	8.5	41

### Meats

Type	Serving (oz.)	Calories	Fat (g)	Protein (g)
Chicken breast	1	31	< 1	6.5
Turkey breast, skinless	1	38	< 1	8.5
Beef steak, tenderloin	1	55	2	8
Salmon	1	58	3.5	6
Tuna	1	35	< 1	7.5
Haddock	1	32	< 1	7
Shrimp	1	28	< 1	6
Tofu	1	22	1.5	2.5



For additional information, refer to **Canada's Food Guide at:**

[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) > Food & Nutrition > Canada's Food Guide.

# Appendix

## Protein Shake Mix Meal Replacement – Chocolate

### Nutritional Information / Information nutritionnelle

Meals per container / Repas par contenant : 30  
62 g formula with 255 mL of cold water provides / 62 g de formule avec 255 mL d'eau froide fournit :

<b>Energy / Énergie</b>	
Calories / Calories	230
Kilojoules / Kilojoules	962 KJ
<b>Protein / Protéines</b>	20 g
<b>Fat / Matières grasses</b>	5 g
Linoleic Acid / Acide linoléique	0.811 g
n-3 Linolenic Acid / Acide linoléique n-3	0.128 g
Saturated Fatty Acid / Acide gras saturé	0.5 g
<b>Carbohydrate / Glucides</b>	29 g
Dietary Fibre / Fibres alimentaires	7 g
<b>Sodium / Sodium</b>	270 mg
<b>Potassium / Potassium</b>	375 mg

Percentage of the Canadian Recommended Daily Intake  
Pourcentage de l'apport quotidien recommandé au Canada

<b>Vitamins / Vitamines</b>		
Vitamin A / Vitamine A	30%	300 RE
Vitamin D / Vitamine D	30%	1.5 mcg
Vitamin E / Vitamine E	30%	3 mg
Vitamin C / Vitamine C	30%	18 mg
Thiamine / Thiamine	30%	0.39 mg
Riboflavin / Riboflavine	30%	0.48 mg
Niacin / Niacine	30%	6.90 NE
Vitamin B6 / Vitamine B6	30%	0.54 mg
Folacin / Folacine	30%	66 mcg
Vitamin B12 / Vitamine B12	30%	0.60 mcg
Pantothenic Acid / Acide pantothénique	30%	2.1 mg
Biotin / Biotine	100%	30 mcg

<b>Minerals / Minéraux</b>		
Calcium / Calcium	33%	360 mg
Phosphorus / Phosphore	25%	270 mg
Magnesium / Magnésium	30%	75 mg
Iron / Fer	21%	3 mg
Iodide / Iode	30%	48 mcg
Zinc / Zinc	35%	3.15 mg
Copper / Cuivre	30%	0.6 mg
Manganese / Manganèse	60%	1.20 mg
Selenium / Sélénium	30%	15 mcg
Chromium / Chrome	15%	18 mcg
Molybdenum / Molybdène	30%	22.5 mcg

**INGREDIENTS / INGRÉDIENTS** : pea protein isolate / isolat de protéines de pois, organic cane sugar / sucre de canne biologique, whole grain brown rice / riz brun entier, rice syrup solids / matière sèche du sirop de riz, sunflower oil / huile de tournesol, cocoa powder / poudre de cacao, chicory inulin / inuline de chicorée, pea fibre / fibres de pois, potassium citrate / citrate de potassium, sunflower lecithin / lécithine de tournesol, natural flavours / arômes naturels, rice protein / protéines de riz, cellulose fibre / fibre cellulosique, potassium citrate / citrate de potassium, sugarcane fibre / fibres de canne à sucre, flax seed / graines de lin, xanthan gum / gomme xanthane, gum arabic / gomme arabique, guar gum / gomme de guar, ferrous lactate / lactate ferreux, calcium phosphate (dibasic) / phosphate dibasique de calcium, magnesium oxide / oxyde de magnésium, beta carotene / bêta-carotène, ascorbic acid / acide ascorbique, niacinamide / niacinamide, d-alpha tocopheryl acetate / acétate de d-alpha tocophéryle, copper gluconate / gluconate de cuivre, biotin / biotine, zinc oxide / oxyde de zinc, manganese sulfate / sulfate de manganèse, retinyl palmitate / palmitate de rétinyle, sodium molybdate / molybdate de sodium, d-calcium

pantothenate / d-pantothénate de calcium, sodium selenite / sélénite de sodium, pyridoxine hydrochloride / chlorhydrate de pyridoxine, ergocalciferol / ergocalciférol, vitamin B2 / vitamine B2, thiamine hydrochloride / chlorhydrate de thiamine, potassium iodide / iodure de potassium, chromium chloride / chlorure chromique, folate / folate, cyanocobalamin / cyanocobalamine.

Made in a facility that processes milk, eggs, tree nuts, soy and wheat.

Fabriqué dans des installations où le lait, les les oeufs, les noix, le soja et le blé sont aussi utilisés.

## Protein Shake Mix Meal Replacement – Vanilla

### Nutritional Information / Information nutritionnelle

Meals per container / Repas par contenant : 30  
60 g formula with 255 mL of cold water provides / 60 g de formule avec 255 mL d'eau froide fournit :

<b>Energy / Énergie</b>	
Calories / Calories	230
Kilojoules / Kilojoules	962 KJ
<b>Protein / Protéines</b>	20 g
<b>Fat / Matières grasses</b>	5 g
Linoleic Acid / Acide linoléique	0.832 g
n-3 Linolenic Acid / Acide linoléique n-3	0.129 g
Saturated Fatty Acid / Acide gras saturé	0.5 g
<b>Carbohydrate / Glucides</b>	26 g
Dietary Fibre / Fibres alimentaires	5 g
<b>Sodium / Sodium</b>	273 mg
<b>Potassium / Potassium</b>	375 mg

Percentage of the Canadian Recommended Daily Intake  
Pourcentage de l'apport quotidien recommandé au Canada

<b>Vitamins / Vitamines</b>		
Vitamin A / Vitamine A	30%	300 RE
Vitamin D / Vitamine D	30%	1.5 mcg
Vitamin E / Vitamine E	30%	3 mg
Vitamin C / Vitamine C	30%	18 mg
Thiamine / Thiamine	30%	0.39 mg
Riboflavin / Riboflavine	30%	0.48 mg
Niacin / Niacine	30%	6.90 NE
Vitamin B6 / Vitamine B6	30%	0.54 mg
Folacin / Folacine	30%	66 mcg
Vitamin B12 / Vitamine B12	30%	0.60 mcg
Pantothenic Acid / Acide pantothénique	30%	2.1 mg
Biotin / Biotine	100%	30 mcg

<b>Minerals / Minéraux</b>		
Calcium / Calcium	33%	360 mg
Phosphorus / Phosphore	24%	260 mg
Magnesium / Magnésium	30%	75 mg
Iron / Fer	21%	3 mg
Iodide / Iode	30%	48 mcg
Zinc / Zinc	35%	3.15 mg
Copper / Cuivre	30%	0.6 mg
Manganese / Manganèse	60%	1.20 mg
Selenium / Sélénium	30%	15 mcg
Chromium / Chrome	15%	18 mcg
Molybdenum / Molybdène	30%	22.5 mcg

**INGREDIENTS / INGRÉDIENTS** : pea protein isolate / isolat de protéines de pois, organic sugar cane / sucre de canne biologique, whole grain brown rice / riz brun entier, rice syrup solids / matière sèche du sirop de riz, non-dairy creamer from sunflower / colorant à café non laitier fait de tournesol, inulin / inuline, pea fibre / fibres de pois, potassium citrate / citrate de potassium, brown rice protein / protéines de riz brun, sunflower lecithin / lécithine de tournesol, natural vanilla cream flavour / arôme naturel de crème à la vanille, cellulose fibre / fibre cellulosique, sugarcane fibre / fibres de canne à sucre, flax seed / graines de lin, xanthan gum / gomme xanthane, gum arabic / gomme arabique, guar gum / gomme de guar, ferrous lactate / lactate ferreux, calcium phosphate (dibasic) / phosphate dibasique de calcium, magnesium oxide / oxyde de magnésium, beta carotene / bêta-carotène, ascorbic acid / acide ascorbique, niacinamide / niacinamide, d-alpha tocopheryl acetate / acétate de d-alpha tocophéryle, copper gluconate / gluconate de cuivre, biotin / biotine, zinc oxide / oxyde de zinc, manganese sulfate / sulfate de manganèse, retinyl palmitate / palmitate de rétinyle, sodium molybdate / molybdate de sodium, d-calcium

pantothenate / d-pantothénate de calcium, sodium selenite / sélénite de sodium, pyridoxine hydrochloride / chlorhydrate de pyridoxine, ergocalciférol / ergocalciférol, vitamin B2 / vitamine B2, thiamine hydrochloride / chlorhydrate de thiamine, potassium iodide / iode de potassium, chromium chloride / chlorure chromique, folate / folate, cyanocobalamin / cyanocobalamine.

Made in a facility that processes milk, eggs, tree nuts, soy and wheat. Fabriqué dans des installations où le lait, les oeufs, les noix, le soja et le blé sont aussi utilisés.

## Nutritional Supplement Bar — Chocolate

### Nutrition Information / Information nutritionnelle

Per 1 bar (48 g) / pour 1 barre (48 g)

<b>Energy / Énergie</b>	160 Cal/670KJ
<b>Protein / Protéines</b>	9 g
<b>Fat / Matières grasses</b>	3.5 g
Saturated Fatty Acid / Acide gras saturé	0.5 g
<b>Carbohydrate / Glucides</b>	26 g
Dietary Fibre / Fibres alimentaires	4 g
<b>Sodium / Sodium</b>	135 mg
<b>Potassium / Potassium</b>	430 mg

### Vitamins / Vitamines

Vitamin A / Vitamine A	180 RE
Vitamin D / Vitamine D	1 mcg
Vitamin E / Vitamine E	2.5 mg
Vitamin C / Vitamine C	12 mg
Thiamine / Thiamine	0.3 mg
Riboflavin / Riboflavine	0.34 mg
Niacin / Niacine	6.0 NE
Vitamin B6 / Vitamine B6	0.4 mg
Folacin / Folacine	80 mcg
Vitamin B12 / Vitamine B12	0.5 mcg
Pantothenic Acid / Acide pantothénique	1.5 mg
Biotin / Biotine	21 mcg

### Minerals / Minéraux

Calcium / Calcium	220 mg
Phosphorus / Phosphore	210 mg
Magnesium / Magnésium	50 mg
Iron / Fer	2.5 mg
Iodide / Iode	30 mcg
Zinc / Zinc	3 mg
Copper / Cuivre	0.3 mg
Manganese / Manganèse	1 mg
Selenium / Sélénium	7 mcg
Chromium / Chrome	10 mcg
Molybdenum / Molybdène	18.75 mg

**INGREDIENTS / INGRÉDIENTS** : brown rice syrup / sirop de riz brun, brown rice protein isolate / isolat de protéines de riz brun, pumpkin seeds / graines de citrouille, glycerin / glycérine, alkalized cocoa / cacao alcalinisé, pea protein isolate / isolat de protéines de pois, crisp rice / riz croquant (rice flour / farine de riz, sugar / sucre, salt / sel, calcium carbonate / carbonate de calcium), chicory fibre / fibres de chicorée, oats / avoines, dates / dattes, Vitamin Mineral Premix / Prémélange de vitamines et minéraux (potassium citrate / citrate de potassium, dicalcium phosphate / phosphate dicalcique, magnesium oxide / oxyde de magnésium, ascorbic acid / acide ascorbique, niacinamide / niacinamide, zinc oxide / oxyde de zinc, calcium pantothenate / pantothénate de calcium, manganese sulfate / sulfate de manganèse, ferrous gluconate / gluconate ferreux, thiamin mononitrate / mononitrate de thiamine, riboflavin / riboflavine, pyridoxine hydrochloride / chlorhydrate de pyridoxine, copper gluconate / gluconate de cuivre, folic acid / acide folique, biotin / biotine, potassium iodide / iode de potassium, sodium molybdate / molybdate de sodium, vitamin A palmitate / palmitate de vitamine A, d-alpha tocopheryl succinate / succinate de d-alpha tocophéryle, ergocalciférol / ergocalciférol, chromium chloride / chlorure chromique, sodium selenite / sélénite de sodium, cyanocobalamin / cyanocobalamine), cocoa butter / beurre de cacao, natural flavours / arômes naturels, quinoa / quinoa, sunflower lecithin / lécithine de tournesol, sea salt / sel de mer.

Made in a facility that also processes milk, egg, tree nuts, peanuts and soy.

Fabriqué dans une installation qui transforme le lait, les oeufs, les noix, les arachides et le soja.

## Nutritional Supplement Bar — Fruit

### Nutrition Information / Information nutritionnelle

Per 1 bar (48 g) / pour 1 barre (48 g)

<b>Energy / Énergie</b>	170 Cal/710KJ
<b>Protein / Protéines</b>	9 g
<b>Fat / Matières grasses</b>	3.5 g
Saturated Fatty Acid / Acide gras saturé	1 g
<b>Carbohydrate / Glucides</b>	27 g
Dietary Fibre / Fibres alimentaires	3 g
<b>Sodium / Sodium</b>	80 mg
<b>Potassium / Potassium</b>	320 mg

### Vitamins / Vitamines

Vitamin A / Vitamine A	180 RE
Vitamin D / Vitamine D	1 mcg
Vitamin E / Vitamine E	2.5 mg
Vitamin C / Vitamine C	15 mg
Thiamine / Thiamine	0.3 mg
Riboflavin / Riboflavine	0.34 mg
Niacin / Niacine	6.0 NE
Vitamin B6 / Vitamine B6	0.4 mg
Folacin / Folacine	80 mcg
Vitamin B12 / Vitamine B12	0.5 mcg
Pantothenic Acid / Acide pantothénique	1.5 mg
Biotin / Biotine	21 mcg

### Minerals / Minéraux

Calcium / Calcium	220 mg
Phosphorus / Phosphore	200 mg
Magnesium / Magnésium	40 mg
Iron / Fer	2 mg
Iodide / Iode	30 mcg
Zinc / Zinc	3 mg
Copper / Cuivre	0.3 mg
Manganese / Manganèse	1 mg
Selenium / Sélénium	7 mcg
Chromium / Chrome	10 mcg
Molybdenum / Molybdène	18.75 mg

**INGREDIENTS / INGRÉDIENTS** : brown rice syrup / sirop de riz brun, brown rice protein isolate / isolat de protéines de riz brun, crisp rice / riz croquant (rice flour / farine de riz, sugar / sucre, salt / sel, calcium carbonate / carbonate de calcium), glycerin / glycérine, pumpkin seeds / graines de citrouille, dried cherries / cerises séchées, pea protein isolate / isolat de protéines de pois, chicory fibre / fibres de chicorée, oats / avoines, dates / dattes, Vitamin Mineral Premix / Prémélange de vitamines et minéraux (potassium citrate / citrate de potassium, dicalcium phosphate / phosphate dicalcique, magnesium oxide / oxyde de magnésium, ascorbic acid / acide ascorbique, niacinamide / niacinamide, zinc oxide / oxyde de zinc, calcium pantothenate / pantothénate de calcium, manganese sulfate / sulfate de manganèse, ferrous gluconate / gluconate ferreux, thiamin mononitrate / mononitrate de thiamine, riboflavin / riboflavine, pyridoxine hydrochloride / chlorhydrate de pyridoxine, copper gluconate / gluconate de cuivre, folic acid / acide folique, biotin / biotine, potassium iodide / iode de potassium, sodium molybdate / molybdate de sodium, vitamin A palmitate / palmitate de vitamine A, d-alpha tocopheryl succinate / succinate de d-alpha tocophéryle, ergocalciférol / ergocalciférol, chromium chloride / chlorure chromique, sodium selenite / sélénite de sodium, cyanocobalamin / cyanocobalamine), cocoa butter / beurre de cacao, quinoa / quinoa, natural flavours / arômes naturels, sunflower lecithin / lécithine de tournesol, sea salt / sel de mer, citric acid / acide citrique.

Made in a facility that also processes milk, egg, tree nuts, peanuts and soy.

Fabriqué dans une installation qui transforme le lait, les oeufs, les noix, les arachides et le soja.

