



ARBONNE ESSENTIALS®

Building a Nutrient-Packed Arbonne Essentials Protein Shake

Incorporating Arbonne Essentials Protein Shakes into your busy lifestyle is easy! Arbonne Essentials Protein Shakes deliver 20 grams of plant-based protein, as well as vitamins, minerals and a blend of botanicals to support healthy muscles and energy levels.^o And with a low glycemic index, these amazing shakes can be used as part of your diet to help retain a healthy blood sugar level and to support healthy post-meal blood glucose levels that are already in the normal range.^o Below are some tips on how to build a healthy, nutrient-packed Arbonne Essentials Protein Shake. The combinations are endless — just add your favorite ingredients and blend away!



2 scoops of Vanilla or Chocolate Arbonne Essentials Protein Shake Mix

Vegan-certified, low glycemic index, gluten-free, dairy-free, soy-free, and no artificial colors or sweeteners



1 scoop of Daily Fiber Boost

Helps support gastrointestinal health



1/3 cup of veggies like spinach, kale, pumpkin, or your favorite greens



1/4 cup of low-glycemic fruits like dark berries



Protein Shake Mix

- Chocolate #2069
- Vanilla #2070
- Chocolate 10-Pack #2073
- Vanilla 10-Pack #2074



Daily Fiber Boost
#2075



Daily Protein Boost
#6296



Digestion Plus
#2063



1 tablespoon of healthy fat like coconut cream, almond butter, pecans or half an avocado



6–8 oz. of liquid like water, almond milk, rice milk or coconut milk



For an **extra nutrient boost** add flax seeds, chia seeds and coconut flakes

Additional hints: Customize your shake by adding one scoop of Protein Boost to one scoop of your favorite shake flavor. The extra scoop of Protein Boost to your protein shake will maximize your protein power. Add a stick of Digestion Plus to support gastrointestinal balance. Feel free to experiment with different combinations of fruits and vegetables so you can find your favorite!

Want more? Visit the [Arbonne Essentials for Daily Health](#) collection page to find healthy and delicious Protein Shake recipes submitted by Independent Consultants.

^oThese statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



2017R01 01
©2017 ARBONNE INTERNATIONAL, LLC
ALL RIGHTS RESERVED. | ARBONNE.COM