



30 DAYS TO HEALTHY LIVING

Recipes



Recipes Compiled by Arbonne Independent Consultants



30 Days to Healthy Living Recipes

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Wake Up

Digestion Plus on an empty stomach

Breakfast

Protein Shake with Fiber and enjoy a cup of Detox Tea and/or Fizz Stick

Snack

Approved snacks: Fit Chews, handful of nuts, green apple or brown rice cake with almond butter, berries, veggies and hummus, or a hard-boiled egg, Fizz Stick.

Lunch

Protein Shake or clean meal

Snack

(see above)

Dinner

Protein Shake or clean meal (see above)

After Dinner

Enjoy a cup of Detox Tea, water or a Fit Chew. Leave a 12 hour window of fasting between dinner and breakfast.



30 DAYS TO HEALTHY LIVING

7 Day Healthy Living Meals





30 Days to Healthy Living Recipes

7 Day Healthy Living Meals & Shopping list

Shopping list must haves for these recipes (see Katie's shopping list for complete shopping needs for snacks, etc):

Parchment paper (tin foil is NOT ideal... leaches metal)

Braggs ACV (apple cider vinegar)

Braggs liquid coconut aminos

Kerrygold Irish butter

Quality EVOO (extra virgin olive oil)

Organic coconut oil

100% grass-fed ground beef and steaks

Organic, pastured raised chicken for two meals (breast and/or parts - see recipes)

Wild caught fish of your choice

Organic cashews and almonds

Tons of organic veggies - asparagus, broccoli, peppers, onions, tomatoes, celery, cucumber, (2-3) sweet potatoes, butternut squash (precut as fries at whole foods or pre chopped), zucchini, parsnips if you like.

Bok choy if you like with the fish recipe below.

garlic (2 shallots for lentil recipe if you like)

Head of cauliflower

Bunch of Kale

Organic white jasmine rice

Organic quinoa

Ground organic flaxseed if you want for a salad dressing recipe (see below*)

Organic yeast free chicken or veggie broth, or stock or bone broth - see recipes.

8 cups needed min. And great to have on hand to add to veggies etc.

Organic pasture and humanely raised eggs

Organic spices - garlic, oregano, curry and pepper at minimum. Italian season if you want. Cayenne if you want.

Pink salt - organic pink Himalayan salt!! (not table salt)

Chickpeas, lentils (see recipes below)

Organic salad greens, organic baby spinach

Whole Foods Stevia drops (or Trader Joes - just organic and no additives)



30 Days to Healthy Living Recipes

7 Dinners or lunches for your 7 days

1. Grass-fed Burger, baked sweet potato & veggies

Wash and bake organic sweet potato in oven (350-1 hour)

Season 1 pound of 100% grass fed beef (pink salt/pepper, fennel/oregano if you like, maybe chopped onions). Makes 3 burgers.

Heat organic coconut oil and cook burgers in the pan.

Heat some kerry gold butter or EVOO in pan and lightly cook broccoli. When cooked top with more EVOO and pink salt (maybe squeeze of lemon)

Put large handful of organic spinach on plate, place burger on top with pan drippings on spinach so it wilts Top burger with avocado slices (if you like) Sweet potato with kerry gold butter and pink salt Side of broccoli.

2. Roasted Italian Chicken legs/breasts, Veggies & Rice

Organic legs/breasts (chicken meat that is near the bone has the most nutrients!) - Fresh Direct has a great brand called farmer focus. Cut up whole chicken or legs/breasts on the bone).

Dry the chicken well with paper towels

Put on parchment paper on baking sheet.

Sprinkle each side with pink salt well.

Then lightly sprinkle each side with Organic Spices - garlic, Italian seasoning and/or oregano. If you like crushed red pepper flakes and/or cayenne. Bake at 350-375 for 20 mins, then flip the chicken over and bake another 20 mins. Until skin is lightly brown.

Cut up all the veggies you like! Broccoli, eggplant, peppers, onions, parsnips, sweet potato, butternut squash. Toss in bowl with EVOO, pink salt, pepper and oregano.

Put on baking sheet on top of parchment paper and roast for last 20 mins with the chicken. Make sure to cut squash/sw potato into smaller pieces so it cooks quick enough with the other veggies.

Organic jasmine rice! Follow rice directions and add 1 tbsp of coconut oil and pink salt (and along with water you can add some bone broth if you have it handy).

If you like also have a salad: organic salad greens with added organic veggies - tomatoes, celery, cucumber, peppers, radish.

*Make a dressing with braggs apple cider vinegar and EVOO, salt and pepper.

3. Wild caught fish, quinoa and asparagus

Chose an available WILD CAUGHT only fish (I like halibut; salmon if you can find wild caught - never do farm raised) or cod, etc.

I like to make parchment paper packs and place fish inside on top of thinly sliced Bok Choi and topped with salt and Braggs coconut aminos.

Place veggies on square piece of parchment (you can also slice peppers, carrots, zucchini instead of bok choi etc). Put fish on top, pour 1-2 tbsp of coconut aminos on top. Place another square piece of parchment on top and make a package by crimping edges so fish will steam. Bake in package for 10-12 mins (depends on how thick the fish filet is) at 375. Open and serve on plate



30 Days to Healthy Living Recipes

7 Dinners or lunches for your 7 days

You can make organic rice or quinoa per directions - always add a healthy fat and pink salt. Fresh herbs are also great!

Side of asparagus (or any veggies you like). Lightly cooked/steamed in pan. Use kerry gold butter and pink salt.

If you like also have a salad: organic salad greens with added organic veggies - tomatoes, celery, cucumber, peppers, radish.

*Make a dressing with braggs apple cider vinegar and EVOO, salt and pepper.

4. Steak, Veggies & Mashed "Potato" Cauliflower Puree

100% grass fed steaks, prepped with pink salt/pepper

Roasted veggies - of your choice, see above.

Baked Sweet potato (or add chopped sweet potatoes/butternut squash, etc to sheet to roast).

Side of organic salad greens with added organic veggies - tomatoes, celery, cucumber, peppers, radish. Make a dressing with braggs apple cider vinegar and EVOO, salt and pepper.

Mashed/pureed Cauliflower.

Steam in pot head of chopped cauliflower with pink salt and some water (10-15 mins until fork tender). Add with the remaining water to a blender (or use hand immersion blender... add more water if needed). Or mash with a fork!

Add 3 TBSP kerry gold butter and pink salt - blend.

(You can add fresh rosemary to the steaming process for a fresh herb!)

5. Slow cooked chicken

In slow cooker or in a pot on stovetop. Take 4 cups organic yeast free chicken broth, chicken bone broth or chicken stock (Imagine makes yeast free organic) put in slow cooker.

In pan, melt 1-2 tbsp kerrygold butter - Add chicken breasts or parts to lightly sear and season with salt, garlic, oregano.

Then add to slow cooker.

Add chopped organic veggies like onions, carrots and/or root veggies. Allow to cook until chicken falls apart (2 -5 hours depending on how you want to do this)

Serve with rice/quinoa or sweet potato or left over roasted veggies. Or side of broccoli, or asparagus.

Organic salad on side.

*ACV dressing

6. Lentil & Kale Stew

Sauté 2 minced shallots (+ optional one clove of garlic) in olive or coconut oil in heavy oven safe pot, once soft, roughly chop one bunch of kale, and add to pot and sauté until soft, add Sea salt, pepper, and 1/2 tsp red pepper flakes, add one cup of French or DePuy lentils, cover with water or broth (3-4cups) and bring to a boil.



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7 Dinners or lunches for your 7 days

Cover and place in the oven at 300 degrees for an hour or so or until lentils begin to crack or to ones liking.

Check often to make sure lentils stay covered with liquid and add more if needed. Top with a poached egg for extra delicious comfort!

Organic salad and * ACV dressing

7. Roasted Curry chickpea and Chicken.

<https://www.budgetbytes.com/2017/02/roasted-cauliflower-salad-lemon-tahini-dressing/>

Baby spinach salad with curry spiced roasted chick peas and sweet potatoes, toasted almonds and cashews, roasted chicken breast (optional) and red cabbage. Preheat oven to 425. Use one can of organic chick peas and 1 sweet potato in 1/2 inch dice. with 1-2T grape seed or avocado oil to coat, salt, pepper and about 2 tsp. curry seasoning.

Roast about 18 min. or until potatoes are fork tender.

Sprinkle almonds and cashews and continue roasting for several more minutes. Watch that almonds don't burn.

Remove from oven and allow to cool slightly.

Rough chop one bag of spinach, toss with 1 cup chopped red cabbage in 1/4 ribbons.

*Add pre-cooked chopped chicken breast if desired, and sweet potato chick pea nut mixture and toss with lemon tahini vinaigrette.

Here is a very similar salad with dressing recipe. The combination of the curry spice and the dressing is heavenly!

<https://www.budgetbytes.com/2017/02/roasted-cauliflower-salad-lemon-tahini-dressing/>

*ACV Dressing recipes

1 - Raw Apple Cider Vinaigrette

makes about 1 cup

Ingredients:

1 garlic clove, minced

1 tablespoon Dijon mustard *optional

1/4 cup raw apple cider vinegar

2 tablespoons fresh lemon juice

(Off cleanse honey is ok but here substitute 1-2 drops of stevia... 1-2 tablespoons raw honey, as needed for sweetness)

1/3 cup extra-virgin olive oil salt and pepper, to taste



30 Days to Healthy Living Recipes

7 Dinners or lunches for your 7 days

Directions:

Combine all of the ingredients in glass mason jar, then seal the lid and shake until the honey dissolves and the ingredients are well combined. Adjust flavor to taste, if necessary. For best flavor, allow the dressing to marinate for at least 30 minutes before serving over your favorite greens.

2 - ACV and liquid aminos dressing

- 1/3 cup olive oil
- 2 tablespoons apple cider vinegar
- 4 drops liquid stevia
- 1/2 teaspoon liquid aminos (Bragg's)
- 1 teaspoon ground flaxseed (finely)
- 1 pinch salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon red pepper
- 1/2 clove garlic



30 Days to Healthy Living Recipes



7 Day “Vegan” Healthy Living Meals & Shopping list

Vegan Shopping List MUST HAVES:

- Cast Iron Pan, Seasoned Well
- Roasting Pan
- Parchment paper
- Braggs ACV (apple cider vinegar)
- Coconut Aminos
- High Quality EVOO (extra virgin olive oil)
- Organic coconut oil
- Unsweetened Nut milk (Coconut, Almond, Cashew – Hemp Milk or Rice Milk if Nut allergy NOT SOY MILK!)
- Nut Butter (Almond, Cashew or Nutzo)
- Lentils (combination of red, green and brown)
- Beans/Legumes (black, garbanzo, navy, kidney) NOTE: Aquafaba, or the liquid from cooked chickpeas can be used as an egg replacement so save chickpea juice when possible
- Split Peas
- Gluten Free Grains
 - Quinoa
 - Brown Rice
 - Wild Rice
 - Steel Cut Oats (gluten-free)
- Tons of mixed nuts & seeds (raw, organic if possible)
 - Cashews
 - Almonds
 - Pecans
 - Walnuts
 - Pepitas (pumpkin seeds)
- Tons of organic veggies (try to be in season whenever possible – of course it depends on where you live!)

Winter

- Mushrooms, Leeks, Onions, Turnips, Sweet Potatoes, Squash, Kale, Carrots, Cabbage, Brussel Sprouts

Spring

- Asparagus, Artichokes, Arugula, Bok Choy, Peas, Radishes, Rhubarb, Eggplant

Summer

- Berries, Bell peppers, Cucumbers, Green Beans, Tomato, Zucchini, Lettuce, Greens

Fall

- Apples, Certain Tomatoes, Beets, Cauliflower, Pumpkin, Celery, Squash, Rutabaga, Cranberry etc.

- Garlic, Shallots, Green Onion

- Herbs

- Parsley, Cilantro, Sage, Rosemary

- Ground organic flaxseed (Gives you Omega 6 and Omega 3s) and used as an egg replacement in recipes when combined with water (“Flax Eggs”)

- Chia Seeds



30 Days to Healthy Living Recipes

7 Day “Vegan” Healthy Living Meals & Shopping list

- Nutritional Yeast
- Yeast-free Organic Vegetable Broth (Recipe to make your own below)
- Organic spices
 - Some favorites: Garlic, Oregano, Curry, Turmeric, Basil, Cinnamon, Ginger
- Pink Himalayan Sea Salt
- Liquid Stevia
- Greens (Organic)
 - Spinach, Arugula, Mixed Greens, Romaine
- Lemons

If you have kids, and plan to do the cleanse with family, a great way to gear everyone up is to map out your week. In our house we do something like this:

Sunday: Soup Night

Monday: Leftovers (Dessert Night)

Tuesday: Taco Tuesday (Sweet potatoes, Lettuce, Brown Rice, Coconut Wraps, etc in place of tortillas!)

Wednesday: Wellness Wednesday (Buddha Bowls)

Thursday: Leftovers (Dessert Night)

Friday: Fun Friday (I usually give my kids a few fun options like Breakfast for dinner, tacos, lentil sloppy joes, a simple salad etc.)

Saturday: Build your own Salad** (Dessert Night)

****NOTE:** My kids LOVE Salad and love building their own. If your kids don't like salad, you can always let them have wraps or put it over rice while you avoid the wheat. I find it's about progress, not perfection!

Below are some meal options/ recipes and YOU can mix/match and include your family! Be creative!

The best thing I've found throughout my healthy living journey is creativity is the SPICE OF LIFE! When you don't keep things so rigid and have fun with it, you'll enjoy yourself and you'll be more likely to stick with it!



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7 Day “Vegan” Healthy Living Meals & Shopping list

Lentil Taco “Meat” (2 Servings)

1 C. Soaked & Cooked Lentils (to soak just place them in a bowl of water and let sit overnight, or get presoaked)

1 C. Red Kidney Beans

½ C. Carrots, Cooked & Pureed

Oregano

Chili Powder

Paprika

Cumin

Garlic Salt

S&P

Cilantro, Avocado, diced tomatoes, salsa (vinegar-free) optional garnish

1. Cook lentils according to package. Place all ingredients in a food processor and pulse until desired consistency is reached.

2. Serve in lettuce wraps, over bed of greens or rice

3. Top with desired garnishes

Butternut Squash Lasagna

1 Large Butternut Squash

½ pint Cherry or Grape Tomatoes

8 oz Mushrooms

1 package Kale

½ Onion

2 cloves garlic

2 TB nutritional yeast

¼ c. Almond or Hemp Milk

Brown Rice Lasagna Noodles (I use Tinkyada brand)

EVOO or coconut oil

Chopped almonds, pecans or walnuts



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7 Day “Vegan” Healthy Living Meals & Shopping list

1. Preheat oven to 400 degrees. Cut off ends of Squash, peel and chop into cubes. Spread onto roasting pan and drizzle with organic EVOO, S & P, and seasonings of choice (garlic, sage, Italian seasoning are favorites!) Roast at 400 degrees until softened and golden brown.
2. Cook lasagna noodles according to package directions (I add EVOO to the water and after draining to make sure they do not stick together!)
3. While squash is roasting, chop onion, garlic, kale and mushrooms. In a saute pan, on medium low heat, add TB of coconut oil, add veggies (onion and garlic, then mushrooms, then kale at the end) to pan and cook until softened.
4. Remove veggie mixture from pan and set aside. Using same pan, add tomatoes and simmer on low heat until tomatoes are softened and bursting.
5. Take roasted squash (set aside 1 cup for topping) and add to Vitamix or high-powered food processor. Puree squash with 1 TB of Nutritional Yeast, Almond Milk, Sage (fresh if possible), Salt, Pepper and Seasonings of choice until saucy consistency is reached.
6. Assemble Lasagna by drizzling olive oil in bottom of lasagna pan and smooth a ½ cup of butternut squash sauce. Top with 3 lasagna noodles, then mushroom, kale, tomato mixture, then 3 more noodles, then sauce, then mushroom/kale/tomato mixture, then noodles, and so on. For the topping, spread out saved butternut squash chunks and drizzle with nutritional yeast and chopped nuts.
7. Bake in the oven, covered at 375 degrees for 20 min. Uncover and bake for 5-8 more minutes until top gets browned.

Stuffed Peppers

- 1 ½ C. Wild Rice or Brown Rice
- 1 ½ C. Low Sodium, yeast-free, vegetable broth
- 1 ½ C. Tomato Sauce, organic
- Italian Seasoning, Garlic Powder, Smoked Paprika, Cumin
- 2 C. Chopped Mushrooms
- 1 onion, diced
- 4 Red Bell Peppers
- 1 Can of Beans (Kidney, Black Beans or Chickpeas)
- Avocado
- Cilantro

1. In a saucepan, drizzle EVOO, cook mushrooms and red onion on medium low heat. Add rice and brown a bit.
2. Add vegetable broth, tomato sauce, seasoning and herbs. Simmer until rice is fully cooked.
3. Stir in beans.



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7 Day “Vegan” Healthy Living Meals & Shopping list

4. Preheat oven to 350 degrees. Prepare a Casserole Dish by adding tomato sauce and spices to bottom of pan.
5. Prep peppers by cutting the tops off and removing seeds and whites inside. Fill peppers with rice mixture. Arrange stuffed peppers in casserole dish. Cover and bake for 1 hr at 350 degrees.
6. For the last 5 minutes, remove cover and broil until tops of peppers begin to blacken. Smother tops of peppers with juice from bottom of the pan. Cook until cooked through.

Lentil Sloppy Joes or Cabbage Rolls

- 1 C. Dried Lentils (rinsed well)
- 4 cups of water (or low sodium, yeast free, veggie broth)
- 2 TB EVOO
- ½ Green Pepper, diced
- ½ Onion, diced
- 2 cloves garlic
- 1 15 oz Can of Organic, Tomato Paste
- 1 TB Organic, Vinegar Free Mustard (or Celery Salt and Mustard Seed as replacement)
- 2 TB Braggs Apple Cider Vinegar
- 2 TB Coconut Aminos
- ½ t. Cinnamon
- S & P, Garlic Powder, Cumin, Oregano, and seasonings to taste
- 1 Head of Cabbage, boiled, core removed

1. Preheat oven to 375 degrees
2. In a saucepan on medium heat, drizzle EVOO, cook onion, garlic, green pepper until softened.
3. Add water/vegetable broth and lentils. Bring to a boil then reduce heat and simmer. Let cook, uncovered until lentils are softened and water has reduced.
4. Add tomato paste, mustard, ACV, Coconut Aminos and spices. Mix until combined. Reduce heat to low.
5. Take boiled cabbage and remove leaves carefully, one by one. Lay out leaves and fill with lentil mixture. Wrap into rolls and place folded side down into deep baking dish. Cover and bake in oven for 20-30 minutes.

OPTIONAL: Serve lentil mixture over brown rice



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Curried Sweet Potatoes & Spinach

1 Large Onion, diced
3 cloves garlic, minced
2 t. grated fresh ginger (if using dry ginger, just use a dash or two)
1-2 TB Olive Oil
1 TB Curry Powder
2 Large Sweet Potatoes, peeled and cut into 1 in. cubes
1 ½ C. Vegetable Broth, Organic
1 Can Full Fat, Coconut Milk, organic
8 oz Spinach
Himalayan Pink Sea Salt, to taste

1. Heat Olive Oil in a large saute pan or WOK on Medium High Heat. Saute Onion, garlic, ginger until tender and translucent.
2. Add curry powder, stir about 30 seconds
3. Add cubed sweet potatoes and broth to vegetable mixture, mix well.

Chickpea Picatta

EVOO
2-3 thinly sliced shallots
6 cloves garlic, peeled & thinly sliced
2 TB Nutritional Yeast + Chopped Nuts mixture (nuts chopped well)
2 C vegetable broth
1/3 C. ACV
Lots of FRESH Black Pepper
2-3 Generous Sprigs of Thyme & Rosemary
1 Can of Chickpeas, drained & rinsed
¼ C. Capers with a little brine
3 TB Fresh Lemon Juice
4 C. Arugala or Spinach



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1. Drizzle EVOO in Cast Iron Pan over Medium Heat. Saute shallots and garlic for about 5 minutes, until fragrant and golden. Add nut & nutritional yeast mixture and saute until a few shades darker.
 2. Add vegetable broth, ACV, salt, black pepper, thyme and rosemary. Turn up heat and bring to rolling boil. Let sauce reduce by ½ (about 5-7 minutes)
 3. Add the chickpeas and capers, heat through (about 2-3 minutes). Add lemon and remove mixture from heat.
 4. Pour mixture over Arugala. Can also be served over brown rice or quinoa.
- Buddha Bowls – GET CREATIVE

1. Pick a grain:
 - a. Brown Rice, Quinoa, Brown Rice Noodles, Wild Rice, etc
2. Pick a green:
 - a. Spinach, Kale, Swiss Chard, Arugala, etc
3. Pick a bean:
 - a. Lentils, Chickpeas (Roasted), Black Beans, Navy Beans, Kidney Beans, etc
4. Pick your veggies:
 - a. Cauliflower, Sweet potato, Squash, Roasted Red Peppers, Tomatoes, Onion, Broccoli, etc.
5. Pick your sauce:
 - a. Coconut Aminos, Tahini, ACV, Marinara, EVOO + Lemon, Vinegar-free Organic Salsa
6. Pick your Extras:
 - a. Avocado, Chopped Nuts, Cilantro, Parsley, Chia or Hemp Seeds, Hummus, etc.

Roasted Cauliflower & Garlic Soup

- 1 Head of Cauliflower, cut into florets
- 1 Head of Garlic
- 3 TB EVOO
- 1 Carrot, peeled and diced
- 1 Celery Stalk, diced
- 1 Sweet Onion, diced
- 1 t. Paprika
- 4 C. Vegetable Broth
- 1 C. Organic Coconut Milk (full fat)
- 2 TB Nutritional Yeast
- Optional Garnish: Roasted Cauliflower, Roasted Chickpeas, Parsley or Cilantro



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1. Preheat oven to 400 degrees
2. Chop Entire head of garlic. Toss Cauliflower Florets with EVOO, Salt and Pepper. Spread florets and Chopped garlic over parchment paper on roasting pan. Roast for 30 min at 400 degrees.
3. Heat EVOO in large soup pot over medium-high heat. Add onions and cook until softened/translucent.
4. Add carrots and celery. Cook until softened.
5. Season with paprika, salt and pepper.
6. Add vegetable broth, bring to a boil.
7. Add roasted cauliflower, and garlic to soup mixture. Bring to a boil, reduce heat and simmer for 15-20 min.
8. Add coconut milk and nutritional yeast. Simmer for 2-3 more minutes.
9. Add optional garnish.

Curried Vegetable & Chickpea Stew

EVOO

- 1 large onion, diced
- 2 Medium Sweet Potatoes
- 1 TB Curry Powder, organic
- 1 TB grated fresh ginger
- 3 cloves garlic, peeled and minced
- Dash of Cayenne Pepper (more if you like spice!)
- 2 C. Low Sodium, Yeast-free, vegetable broth
- 2 cans chickpeas, drained & rinsed
- 1 medium green bell pepper, diced
- 1 medium red bell pepper, diced
- 2 carrots, diced
- 2 stalks celery, diced
- 1 package snow peas
- 1 can diced tomatoes, organic
- 1 bag baby spinach
- 1 C. Coconut Milk
- Himalayan Pink Sea Salt



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1. Heat Oil in Large Soup Pot over Medium Heat. Add onion, bell pepper, carrots, celery and garlic and saute until fragrant.
2. Add sweet potatoes and brown on all sides.
3. Stir in curry powder, ginger, remaining garlic, cayenne (if using), pour in $\frac{1}{4}$ cup vegetable broth and cook for about 30 seconds, scraping browned bits from the bottom. Add remaining broth in batches.
4. Add chickpeas, snow peas, diced tomatoes. Season again with S & P. Simmer for a couple minutes.
5. Add coconut milk and spinach.
6. Serve in bowls (add more broth depending on how you like your consistency) or over brown rice.

EXTRAS:

Vegan Broth:

- 3 organic carrots
 - 1 organic yellow onion, cut into chunks/wedges
 - 1 organic leek, chop the entire thing (both white and green, rinsed well)
 - 4-5 stalks organic celery, diced
 - 3 cloves garlic, halved
 - Handful organic flat-leaf parsley
 - 2 organic Japanese or regular sweet potatoes with skins on, quartered
 - 1 organic Garnet Yam, skin on & quartered
 - $\frac{1}{8}$ C. ACV
 - 1 small piece Ginger, peeled & sliced
 - 1 bay leaf
 - 6 black peppercorns
 - 3 whole cloves
 - Dash of Turmeric
 - Dash of Cinnamon
 - Himalayan Pink Sea Salt, to taste.
1. Scrub and rinse carrots, potatoes, yams and all other vegetables well.
 2. Place all ingredients, in a large stock pot. Fill with water to 2 inches below the rim of the pot.



30 Days to Healthy Living Recipes

7 Day “Vegan” Healthy Living Meals & Shopping list

3. Cover and bring to a boil. Reduce to low and simmer, uncovered for 2-3 hours. Simmer until the full richness of the vegetables can be tasted. Add more salt and stir.
4. Strain vegetables out. Bring to room temperature. Refrigerate or freeze.

Cabbage Steaks

1. Preheat oven to 400 degrees
2. Take head of Cabbage, remove core. Cut lengthwise in circular “steaks”. (Can also be done in wedges)
3. Place on parchment paper, on baking sheet. Drizzle with EVOO, salt, pepper, Italian seasoning, and garlic salt.
4. Roast at 400 degrees until softened and edges are browned.

Roasted Chickpeas

- 1 Can of Chickpeas
EVOO
S & P
Garlic Salt, Cumin, Chili Powder, Paprika, any seasoning of choice
1. In a Toaster Oven, use parchment paper over Roasting insert. Drain Chickpeas and spread out onto parchment paper.
 2. Drizzle with EVOO, S&P, & Seasonings of choice
 3. Roast 25-30 minutes or until golden and crispy.

Best Hummus Ever

- 1 Can Chickpeas, drained
2-3 TB Tahini
1 t. Ground Sumac
1 t. Cumin
½ Lemon, Juiced
Dash of Paprika
High Quality, cold-pressed, EVOO (this is key)
1. Combine all ingredients in food processor, except EVOO. Process and slowly add in EVOO.
 2. Eat with carrot sticks, cucumber, Mary’s Super Seed Crackers, etc.

Peppered Tahini Dressing

- ¼ C. Tahini
ACV, until desired consistency reached
Himalayan Pink Sea Salt
Lots of Black Pepper
Dash of Red Pepper Flakes
1. Combine all ingredients. Add ACV until desire consistency reached.



30 Days to Healthy Living Recipes

BREAKFAST & PROTEIN SHAKES





30 Days to Healthy Living Recipes



PROTEIN MUFFINS

Ingredients

For snacks or breakfast on the run. You can play with them and add nuts or other berries etc.

- 4 scoops protein powder
- 1 tsp baking powder
- 1 tsp vanilla extract
- 1 organic egg and 1 egg white
- 1/4 cup water or almond milk

*optional:

minced spinach and or blueberries
I also added 1/4 cup Nuttzo butter



Instructions

These are mini muffins so baked 350 for 15-20 mins.



30 Days to Healthy Living Recipes



BLUEBERRY MUFFIN SHAKE

Ingredients

- 8 oz. Almond or Coconut Milk
- 4 oz. Water
- 2 scoops Arbonne Vanilla Protein
- 1/2 Cup Frozen Blueberries
- 1 tbsp Almond Butter (or Chia seeds)
- Few shakes of Cinnamon



Directions

Blend until smooth.



CHOCOLATE BERRY ALMOND BUTTER PROTEIN SMOOTHIE

Ingredients

- 1 scoop of Arbonne Chocolate Protein Powder
- 1/2 cup frozen berries
- 1/4 of frozen avocado
- 1 tablespoon of almond butter
- 1 teaspoon of chia seeds
- 1 teaspoon of Maca powder
- add ice to desired consistency (more ice will make a thicker shake)
- 12 oz. almond or coconut milk



Directions

1. Blend until smooth.



GREEN SMOOTHIE

Ingredients

- celery (a couple of pieces)
- 1/2 crisp GREEN apple
- 1/4 of frozen avocado (peel before freezing)
- 1/2 pear (omit when doing 30 days)
- squeeze 1/2 a lemon
- 1 tsp Maca powder
- 1 tsp chia seeds
- Arbonne Greens Balance powder (1 scoop)
- add ice to desired consistency (more ice will make a thicker shake)



Directions

1. Blend until smooth.



30 Days to Healthy Living Recipes



Tree Shake

Ingredients

- 12 oz. organic coconut milk, almond milk or coconut water
- 1 huge handful organic spinach
- 1 heaping soup spoon organic almond butter
- 2 scoops Arbonne vegan chocolate protein
- 1 scoop Arbonne Greens Balance
- 1/2 scoop Arbonne Fiber Boost

Directions

Blend until smooth.





CINNAMON QUINOA BREAKFAST

Ingredients

- 1 cup quinoa, rinsed
- 3 cups unsweetened almond milk
- 1/2 tsp. vanilla
- 1 tsp. cinnamon
- 1/4 tsp. allspice
- 1 medium green apple chopped small (save some for garnish)
- Coconut sugar or stevia to taste
- 1/2 cup raw walnuts, chopped
- 4 tbsp. raw sunflower seeds
- 1 cup fresh organic blueberries
- optional - fresh raspberries, strawberries, chopped pecans, almonds or hemp seeds

Directions

Combine quinoa, almond milk, cinnamon, allspice, in medium sauce pan. Bring to a boil and then place lid on pan and reduce to low heat. After 5 mins stir in chopped apple and simmer for approx 5-7 mins longer. Stir and check for remaining liquid and if most is absorbed then remove from heat, leaving lid on pan and let rest for 5 mins to absorb rest of the milk. If when you peek, there is still lots of liquid, simmer for 3-5 mins longer but keeping a close eye over the pot as this mixture can easily burn if left to boil dry, then let it rest for 5 mins. Taste for sweetness and adjust to your liking with 3-5 stevia drops or a little coconut sugar. You may not need any additional sweetener as the apple adds a nice sweetness that may be just perfect for you. Be cautious as even these natural sugars will spike your blood sugar levels and you want to minimize this. Top each serving with walnuts, sunflower seeds, blueberries, and remaining chopped apple.



30 Days to Healthy Living Recipes

PROTEIN PANCAKES

Ingredients

- 2 Tbs. coconut flour
- 3 Tbs. gluten free flour (almond, oat, coconut or a blend)
- pinch of salt
- 1/8 tsp. vanilla
- 2 scoops Arbonne Vanilla Protein Shake mix
- 1/2 tsp. aluminum free baking powder
- 1/4 cup melted coconut oil or avocado oil
- 2 eggs
- 6 drops stevia
- 1/2 - 3/4 cup water (depending on how thick you like the batter).



Directions

Mix all of the dry ingredients, then mix in oil, eggs and stevia.

You can make the whole batch and freeze for later.



30 Days to Healthy Living Recipes

EASY PROTEIN PANCAKES

Ingredients

- 1 1/3 Cup coconut milk
- 3 eggs
- 2 Tbsp flax meal
- 2 scoops Arbonne Essentials Vanilla Protein Powder
- 1 cup gluten free pancake mix



Directions

Mix all wet ingredients together

Blend in dry ingredients

Cook on skillet with coconut oil

Variation: Lemon/Orange rind and their juice for a citrus taste



30 Days to Healthy Living Recipes

Recipes and the Basics of How to Make a Shake

- 2 Scoops Arbonne Protein Shake (Chocolate, Vanilla or both)
- 1/4 to 1/2 scoop Arbonne Fiber Boost
- 1 Digestion Plus Packet, (If you don't like the taste in water, you can stir the packet into your shake after its been blended).
- Ice (optional)
- 1/4 cup berries (optional)

Mix with Your Choice of the Following Liquids

10 to 12 oz water

10 to 12 oz unsweetened Almond, Rice or Coconut Milk

Add One Serving of Fat (one of the below):

1 - 2 Tbsp. organic almond butter, walnut, flax or coconut oil (No peanut butter if you're doing the 30 Days).

1/4 Cup Coconut Milk or Coconut Water

1 Tbsp Ground Flax

1 Tbsp Nuts

1/4 Avocado

Feel free to experiment with the consistency and ingredients in your shakes to your liking. More ice for thicker shakes.

Helpful Hints for Shakes

- Magic Bullet works great to blend shakes. Sold at Bed Bath & Beyond, WalMart or COSTCO
- Freeze fresh fruit and veggies for future. Be sure to peel your bananas for freezing. (No bananas during the 30 Days).
- Add fresh spinach or kale to shakes (won't taste it!)
- Store in freezer so it doesn't go bad

During the Day You Should

- Drink Arbonne's Energy Fizz Sticks
- Snack on an Arbonne Nutrition Bar or other healthy snack
- Drink 1/2 your body weight in ounces, in water
- A cup of Arbonne's Detox Tea



30 Days to Healthy Living Recipes

NUTTY APPLE CINNAMON SHAKE

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- 10 oz. Unsweetened Almond Milk + Ice
- 1/2 green apple
- 1 Tbsp Almond Butter
- ¾ Tsp cinnamon

CINNAMON & SPICE & EVERYTHING NICE

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- 10 oz. Unsweetened Almond Milk + Ice
- Couple of shakes of Pumpkin Pie Spice
- One shake of Nutmeg
- Dash of Pure Vanilla Extract
- 1 Tsp Cinnamon or more

PUMPKIN PIE

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- ¼ Cup Canned Pumpkin
- 10 oz. Unsweetened Almond or Coconut Milk + Ice
- Pumpkin Pie spice & Stevia to taste
- 1 Tbsp Pecans or Almonds

ALMOND CRUNCH

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- 10 oz. Unsweetened Almond or Coconut Milk + Ice
- 1 Tbsp Slivered or Sliced Raw Almonds

VANILLA CHAI

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- 2 oz. Unsweetened Almond or Coconut Milk
- 8 oz of Brewed Decaf Chai Tea + Ice

CARROT CAKE

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- 1 cup cooked, chopped Carrots
- 1 Tbsp Walnuts
- 1 tsp Pumpkin Pie Spice + Cinnamon
- 4 oz. of water + 8 oz. Almond milk + Ice



30 Days to Healthy Living Recipes

ALMOND JOY

- 2 Scoops Arbonne Essentials Chocolate Protein Powder
- 10 oz. Unsweetened Coconut or Almond Milk + Ice
- 1 Tbsp Almond Butter
- ½ Tsp Coconut Extract or 1/4 cup of unsweetened organic coconut flakes

CINNA-BUN PROTEIN SHAKE

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- 10 oz. Unsweetened, Almond or Coconut Milk + Ice
- 1 Tsp Cinnamon
- Splash of Vanilla Extract

CHOCOLATE MOCHA COFFEE

- 1 Scoop Arbonne Essentials Vanilla Protein Powder
- 1 Scoop Arbonne Essentials Chocolate Protein Powder
- 1 Tbsp. Dandy Blend (find on Amazon.com)
- 10 oz. water or Unsweetened Almond Milk + Ice

THE MINT COOKIE

- 2 Scoops Arbonne Essentials Chocolate Protein Powder
- 10 oz. Unsweetened Almond Milk or Water + Ice
- ¼ Tsp Natural Mint Extract

CHOCOLATE SPINACH CRUNCH

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- 10 oz. water + Ice
- 1 ½ - 2 Handfuls of Fresh Spinach
- 6-8 Hazelnuts



30 Days to Healthy Living Recipes

CHOCOLATE BERRY DELIGHT

- 2 Scoops Arbonne Essentials Chocolate Protein Powder
- 12 oz. Coconut Milk
- 1/2 Cup Frozen Mixed Berries + Ice

BLACKBERRY TANG

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- 6 oz. Coconut Milk
- 4 oz. Unsweetened Almond Milk. Add ice
- 1 Tbsp Almond Butter
- 1 Arbonne Pomegranate fizzy stick, in 4 oz. of Water
- 1/2 Cup Blackberries, Unsweetened

LEMON LIME FRESH

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder
- 6 oz. Coconut Milk or Unsweetened Almond Milk + Ice
- 4 oz. of water
- 1-2 Tsp of Stevia
- 1/2 a Lemon/Lime, peeled and sliced (*May add a few rind shavings for zing or use 1-2 Tbsp fresh Lemon/Lime Juice)

“PISTACIO” DREAM

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- 6 oz. water + 4 oz. Coconut Milk + Ice
- 1/2 Avocado

SWEET VERRY BERRY

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder
- 4 oz. Coconut Milk + 1/2 cup Unsweetened Almond Milk
- 8 oz water + Ice
- 1 Tbsp of Almond Butter
- 1/4 Cup frozen or fresh Berries
- (optional: a pinch or two of Unsweetened Coconut Shavings)

THE GRINCH

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- 1/2 Cup or more of Chopped Spinach
- 1 Packet or serving of Wheat Grass Powder
- 10 oz. of Almond Milk
- 1 Green Apple, chopped in small pieces



30 Days to Healthy Living Recipes

THE CHOCOLATE MACAROON

- 2 Scoops Arbonne Essentials Chocolate Protein Powder
- 8 oz. Unsweetened Almond or Coconut Milk
- 1/4 Cup of Unsweetened, Shredded Coconut in the blender with Ice

DOUBLE CHOCOLATE FIX

- 2 Scoops Arbonne Essentials Chocolate Protein Powder
- 8 oz. Unsweetened Almond or Coconut Milk + Ice
- 3/4 Tsp Flax Oil
- Pinch of Unsweetened Cocoa Nibs
- 1 Tsp Unsweetened Cocoa Powder

HEAVENLY CHOCOLATE

- 2 Scoops Arbonne Essentials Chocolate Protein Powder
- 8 oz. Unsweetened Almond Milk + Ice
- 1 Tbsp Almond Butter
- 3/4 tsp Cinnamon



Lunch & Dinner





30 Days to Healthy Living Recipes

5-INGREDIENT WHITE CHILI

Ingredients

- 6 cups chicken broth
- 3 cups cooked shredded chicken
- 2 (15 ounce) cans white beans, drained
- 2 cups salsa verde (vinegar free)
- 1 tsp. ground cumin
- Kosher salt and freshly ground black pepper, to taste



Directions

Chopped fresh cilantro leaves
Diced avocado

Add chicken broth, shredded chicken, beans, salsa verde and cumin to a large stockpot or Dutch oven over medium heat; season with salt and pepper, to taste. Bring to a boil; reduce heat and simmer until heated through, about 5 minutes.



ASIAN QUINOA SALAD

This bright and healthy Asian Quinoa Salad is great for an easy lunch or dinner. It is also great to take to parties! It is always a hit! yield: SERVES 4 prep time: 10 MINUTES cook time: 20 MINUTES

Ingredients

FOR THE SALAD:

- 1 cup quinoa
- 2 cups water
- 1/4 teaspoon salt
- 1 cup chopped red cabbage
- 1 red bell pepper, chopped
- 1/2 cup shredded carrots
- 1 cup diced cucumber

FOR THE DRESSING:

- 1/4 cup organic coconut aminos
- 1 tablespoon sesame oil
- 2 tablespoons chopped green onion
- 1/4 cup chopped cilantro
- 1 tablespoon sesame seeds
- 1/4 teaspoon grated ginger
- 1/8 teaspoon red pepper flakes
- Salt and black pepper, to taste (taste before adding salt, you might not need any)



Directions

DIRECTIONS:

1. Add water, quinoa, and salt to a medium saucepan and bring to a boil over medium heat. Boil for 5 minutes. Turn the heat to low and simmer for about 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork.
2. Place the quinoa in a large bowl and add the cabbage, red pepper, carrots, and cucumber. Set aside.
3. In a small bowl, whisk together the coconut aminos, sesame oil, green onions, cilantro, sesame seeds, ginger, red pepper flakes, salt, and pepper.
4. Pour the dressing over the quinoa salad and stir to combine.

Note: You can use tamari (gluten free) when not doing the 30 days instead of coconut aminos.



BLACK BEAN LENTIL SALAD W/CUMIN-LIME DRESSING

Ingredients

FOR THE SALAD:

- 1 package Lentils
- 15 ounce can black beans, rinsed and drained
- 1 red bell pepper
- ½ small red onion
- 1-2 Roma tomatoes
- Large bunch cilantro, stems removed
- Green onion (optional)

FOR THE DRESSING:

- Juice of lime
- 2 Tbsp. olive oil
- Ground mustard to taste
- 1-2 cloves garlic, minced
- 1 tsp. oregano
- 1/8 tsp. salt



Directions

Optional: chipote powder, chili powder, pepper, other seasonings, etc. Place all dressing ingredients in a small bowl and whisk to combine. Set aside. Finally, dice the bell pepper, onion, and tomatoes. Roughly chop the cilantro. In a large bowl, place the black beans, bell pepper, onion, tomatoes, and lentils. Add the dressing and toss to combine. Add cilantro, and lightly toss.

Serve immediately or chill covered in the fridge for at least an hour to let the flavors combine.



30 Days to Healthy Living Recipes

BOLOGNESE MEAT SAUCE

Ingredients

Serves 4 to 6

- 1 bunch Kale, stems removed and leaves torn
- Leaves from 1 bunch fresh cilantro
- 1 onion, chopped
- 3 beets, scrubbed and chopped
- 4 carrots, chopped 4 celery sticks, chopped
- 2 tablespoons grass-fed ghee
- 1 pound organic grass fed ground bison or beef
- 1 24 oz glass bottle organic crushed tomatoes
- 1 tablespoons ground turmeric
- unprocessed sea salt and fresh ground pepper



Directions

Combine the kale, cilantro, onion, beets, carrots and celery in a food processor and pulse until finely chopped but not pureed.

Melt the ghee in a large skillet over medium heat. Add the vegetables and sauce until the onion is translucent, about 3 mins. Add the bison or beef and cook, stirring and breaking it apart with the spoon, until browned, 3 to 5 minutes. Add the crushed tomatoes and turmeric and season with salt and pepper. Bring to a simmer and simmer for 20 to 30 minutes to allow flavors to combine.

Serve over squash, quinoa or broccoli.

Source: A Mind of Your Own by Dr Kelly Brogan



30 Days to Healthy Living Recipes



CILANTRO LIME RICE

Makes 8 cups (Divided, you'll be using in recipes 1, 2 and 5)

Ingredients

- 2 ½ cups (1 pound) uncooked rice
- 4 cups (32 ounces) vegetable broth (low sodium preferred)
- 2 garlic cloves, minced
- ¼ cup fresh lime juice
- 1 ½ Tbsp. olive oil
- ½ to 1 tsp. kosher salt (or to taste)
- 1 – 1 ½ tsp. dried oregano
- 1 – 1 ½ tsp. ground cumin
- ½ tsp. ground white pepper
- 1 ¼ cup fresh cilantro, chopped



Directions

Add rice and vegetable broth to 3 quart pan; Bring to boil over high heat, give it a quick stir, cover and lower heat to lowest simmer setting. Continue to simmer on low for 45 minutes. Remove from heat and let stand, covered, for 5 minutes, or until any remaining liquid in bottom of pan is absorbed. Fluff with fork. While rice cooks, whisk together the garlic, lime juice, olive oil, salt, oregano, cumin and pepper.

Pour over cooked rice, add the cilantro, and lightly toss with fork until combined. Taste and add salt, if desired. Freezes and reheats well. Rice and broth may be cooked in a rice cooker instead of on stove-top. Recipe may be doubled.



30 Days to Healthy Living Recipes



CAULIFLOWER ALFREDO WITH KALE & SUNDRIED TOMATOES

Ingredients

- ½ head cauliflower, about 2 cups
- 1 cup white beans (drained and rinsed if using canned)
- 1 – 1 ¼ cup almond milk
- 3 Tbsp EVOO, divided
- 1 large shallot
- Salt & pepper to taste
- 1 cup kale, raw or cooked to taste
- 1/8 cup sun-dried tomatoes, packed in oil
- Dash of nutmeg
- Cooked brown rice pasta or use chick pea pasta, or other gluten free pasta

Directions

Cut the cauliflower into large florets and add them to a pot of boiling water. Cook until soft, about 15-20 minutes, then drain. While the cauliflower is cooking, heat 1 Tbsp. of olive oil in a pan and sauté the shallots until softened and lightly browned. Place the cooked cauliflower in a blender along with the white beans, almond milk, sautéed shallots, the remaining 2 Tbsp. of oil and a dash of nutmeg. Blend until silky smooth.

Season to taste with sea salt & pepper. Pour enough needed to coat the cooked pasta and mix. Fold in the sun-dried tomatoes and kale and heat through.

Place any remaining sauce in a sealed container in the fridge and use within a few days.



30 Days to Healthy Living Recipes

CHICKEN AND CILANTRO-LIME QUINOA

Ingredients

- 1 chicken breast per person
- 1 tsp. paprika
- ½ tsp. pepper
- ½ tsp. salt
- ¼ tsp. cayenne pepper
- ½ tsp. onion powder
- ½ tsp. cumin
- 2 tsp. olive oil
- 2 cups low sodium chicken stock
- 1 cup quinoa
- 1 lime, juice and zest
- 2 Tbsp. cilantro, chopped



Directions

Combine the first six ingredients in a small bowl. Mix well, then season both sides of each chicken breast.

Add the teaspoon of olive oil to a large pan or skillet. Heat the olive oil for a minute over medium/high heat. Add the chicken breasts to the pan. Cook for seven minutes on each side with the lid on.

Add the chicken stock and quinoa to a medium saucepan. Bring to a simmer over medium/low heat. Reduce the heat to low and simmer for ten to fifteen minutes with the lid on, until all the stock has been absorbed.

After the chicken breasts have fully cooked, remove them from the pan and let them rest for seven minutes before slicing them.

In a large bowl, toss together the warm quinoa, lime zest, lime juice, chopped cilantro, and salt and pepper to taste.

Serve the sliced chicken breast on top of the quinoa with the optional avocado.



30 Days to Healthy Living Recipes



CHICKPEA FIESTA SALAD W/TAHINI DRESSING

Ingredients

- Parsley
- 1 tomato
- cucumber
- 1/4 red onion
- Chickpeas
- Avocado

Dressing:

- 1/2 lime
- 1 tbs. tahini
- 1/4 tsp paprika
- 1/4 tsp italian seasoning
- 1/8 tsp cayenne



Directions

1. Prepare the veggies and dressing
2. Mix until well combined



CHIPOTLE BLACK BEAN AND RICE SKILLET (sans egg)

Ingredients

- 1 Tbsp. olive or coconut oil
- ¼ medium onion, diced
- 1 cup brown rice, cooked
- Juice from ½ lime
- ¼ cup water
- 2 tsps. chipotle powder
- 1/3 cup black beans, (drained and rinsed)
- 1-2 handfuls spinach
- 1/8 cup cilantro
- Avocado or salsa, for topping



Directions

In an 8" cast iron skillet, heat olive oil over medium heat. Add onion and cook for 5-6 minutes. Add 1 cup leftover cilantro lime rice, lime, chipotle powder, black beans, and water.

Cook and stir until rice and black beans are heated. Incorporate spinach and cilantro, stirring until spinach begins to wilt. Sprinkle with extra cilantro (optional) and serve. Top with avocado and/or clean salsa, if desired.



30 Days to Healthy Living Recipes



COD FILETS w SPINACH

Ingredients/Directions

Saute' chopped onion, carrot, celery in coconut oil. Add curry powder, ginger, garlic, tumeric, and pink salt to taste. (I don't measure, but something like a Tbsp. of curry powder and tsp. of everything else).

When onions have softened, add chopped cauliflower and cook a little, add a box of vegetable broth, or just some water plus some more salt. When it's bubbling add a couple of boneless skinless cod filets and cook until they fall apart, then add baby spinach until wilted.

Adjust seasoning with more salt and red pepper flakes if you want it spicier. Fast and easy!





CREAMY PUMPKIN SEED AND GREEN CHILE POSOLE

Ingredients

- 1 large yellow onion, cut into wedges
- 3 large poblano chiles
- 1 serrano chile
- 1 ½ pounds tomatillos, husks removed, rinsed
- 4 unpeeled garlic cloves
- 2 dried ancho chiles, stemmed and seeded
- 1 cup salted, roasted pumpkin seeds (pepitas), divided
- 4 cans white beans, rinsed and drained
- 5 – 6 cups vegetable broth
- About 5 tsp. dried Mexican oregano, divided
- 1 tsp. ground cumin
- 1 large zucchini, cut into large dice



Optional toppings

Rice/bean chips, cilantro leaves, thin sliced green onions

Directions

Preheat broiler with oven rack 3 inches from heat. Set yellow onion, poblanos, serrano, tomatillos, and garlic on a rimmed baking sheet. Broil, turning, until vegetables are browned to blackened all over, 15-30 minutes, moving them to a bowl as browned. Let cool. Toast ancho chiles in a large pot over medium heat until fragrant, pressing down with tongs and turning occasionally, about 3 minutes. Turn off heat. Peel and seed poblanos and Serrano. Peel garlic, Whirl Serrano, garlic, onion, tomatillos and any juices, and ½ cup pumpkin seeds in a food processor until very smooth.

Pour into pot with whole anchos (they'll fall apart as they cook). Coarsely chop poblanos and add to pot. Stir in hominy, 5 cups broth, 2 tsp. oregano, and the cumin. Cover, bring to a boil over high heat, reduce heat and simmer, stirring occasionally, until cumin flavor is mellow, about 45 minutes. Discard any large pieces of ancho chile. Stir zucchini into posole and simmer just until tender, about 5 minutes. Stir in more broth if you'd like a thinner soup. Ladle posole into bowls and serve with remaining pumpkin seeds and oregano and other accompaniments to taste.



30 Days to Healthy Living Recipes

CREAMY SPINACH SWEET POTATO NOODLES W/CASHEW SAUCE

Prep Time: 15 mins

Ingredients

- 1 cup cashews
- 3/4 cup water (more for soaking)
- 1/2 teaspoon salt
- 1 clove garlic
- 1 tablespoon oil
- 4 large sweet potatoes, spiralized
- 2 cups baby spinach
- a handful of fresh basil leaves, chives, or other herbs
- salt and pepper to taste
- olive oil for drizzling



Directions

1. Cover the cashews with water in a bowl and soak for 2 hours or so.
2. Drain and rinse thoroughly. Place in a food processor or blender (I got better texture with the blender) and add the 3/4 cup water, salt, and garlic. Puree until very smooth.
3. Heat the oil in a large skillet over high heat. Add the sweet potatoes; toss in the pan for 6-7 minutes with tongs until tender-crisp. Remove from heat and toss in the spinach – it should wilt pretty quickly.
4. Add half of the herbs and half of the sauce to the pan and toss to combine.
5. Add water if the mixture is too sticky. Season generously with salt and pepper, drizzle with olive oil, and top with the remaining fresh herbs.



CURRIED BUTTERNUT SQUASH SOUP

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 1/2 cups diced yellow onion
- 1 tablespoon minced fresh ginger
- 2 teaspoons turmeric
- 2 teaspoons ground cumin
- Sea salt
- 1 1/2 pounds butternut squash, cut into 1-inch cubes (about 5 cups)
- 1 cinnamon stick
- 4 1/2 cups Magic Mineral Broth (see Broth recipe below) or store-bought, plus more if needed
- 1 (15-ounce) can coconut milk
- 2 teaspoons freshly squeezed lime juice
- 1/4 teaspoon Grade A Dark Amber maple syrup
- 4 teaspoons Parsley Mint Drizzle



Directions

Heat the olive oil in a soup pot over medium heat. Add the onion, ginger, turmeric, cumin, and a pinch of salt and sauté for about 3 minutes. Add the squash and a 1/4 teaspoon of salt and sauté for 30 seconds. Pour and in 1/2 cup of the broth to deglaze the pot, stirring to loosen any bits stuck to the pot. Cook until the liquid is reduced by half. Add the remaining 4 cups broth and the cinnamon stick. Increase the heat to high and bring to a boil. Decrease the heat to low and stir in the coconut milk. Cover and simmer until the squash is tender, about 15 minutes.

Remove the cinnamon stick. Stir in the lime juice, maple syrup, and 1/4 teaspoon of salt. Remove from the heat.

Working in batches, transfer the soup to a blender (see note) and process until very smooth, adding additional broth or water for a thinner consistency if you like. Return the soup to the pot and cook over low heat just until heated through. Serve garnished with the Parsley Mint Drizzle.

VARIATIONS: Pumpkin and kabocha squash also work well in this recipe.

STORAGE: Store in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 3 months.

COOK'S NOTE: Here's an important physics safety note: Blending hot liquids causes pressure to rise in the container, which can blow the lid right off. To help prevent this, leave at least one-third of the container empty. To be safe and avoid burns, don't seal the blender lid tightly, put a kitchen towel over the lid, and hold the lid in place before you hit the power button. This will also keep the blender from creating unwanted spin art on your kitchen walls.



30 Days to Healthy Living Recipes



MAGIC MINERAL BROTH

This is a broth that can be transformed to meet a myriad of nutritional needs, from serving as a delicious sipping tea to a powerful base for more hearty soups and stews. This rejuvenating liquid, full of magnesium, potassium and sodium, allows the body to refresh and restore itself. I think of it as a tonic, designed to keep you in tip-top shape.

Yields: Makes 6 quarts

Ingredient Notes: Corn-free, Dairy-free, Egg-free, Gluten-free, Peanut-free, Soy-free, Tree nut-free, Vegan, Vegetarian

Ingredients

- 6 unpeeled carrots, cut into thirds
- 2 unpeeled yellow onions, cut into chunks
- 1 leek, white and green parts, cut into thirds
- 1 bunch celery, including the heart, cut into thirds
- 4 unpeeled red potatoes, quartered
- 2 unpeeled Japanese or regular sweet potatoes, quartered
- 1 unpeeled garnet yam, quartered
- 5 unpeeled cloves garlic, halved
- 1/2 bunch fresh flat-leaf parsley
- 1 (8-inch) strip of kombu
- 12 black peppercorns
- 4 whole allspice or juniper berries
- 2 bay leaves
- 8 quarts cold, filtered water
- 1 teaspoon sea salt

Directions

Rinse all vegetables well, including the kombu. In a 12-quart or larger stockpot, combine the carrots, onions, leek, celery, potatoes, sweet potatoes, yam, garlic, parsley, kombu, peppercorns, allspice berries and bay leaves. Fill the pot with the water to 2 inches below the rim, cover, and bring to a boil.

Remove the lid, decrease the heat to low, and simmer, uncovered, for at least 2 hours. As the broth simmers, add more water if the vegetables begin to peek out. Simmer until the full richness of the vegetables can be tasted.

Strain the broth through a large, coarse-mesh sieve, then add salt to taste. Let cool to room temperature before refrigerating or freezing.

Special notes:

Storage: Store in an airtight container in the refrigerator for 5 to 7 days or in the freezer for 4 months.



30 Days to Healthy Living Recipes

Curried Lentil Soup with Swiss Chard

Ingredients

- 2 tbsp olive oil
- 2 cups onion, chopped
- 1 cup carrots, chopped
- 1 cup celery, chopped
- 1 cup red bell pepper, chopped
- 2 large garlic cloves, minced
- 2 tbsp curry powder
- 1/4 tsp cayenne (optional; leave out if you don't want spicy, or use a little more if you like it really hot)
- 1 tsp ground cumin
- 1 tbsp minced fresh ginger root
- 1 pound red lentils (about 2 1/4 cups), rinsed and picked over to remove any debris
- 8 cups water, vegetable stock or chicken stock
- 1 15-0z can coconut milk (stir well before using)
- 1 tsp salt
- 1 bunch Swiss chard, ribs removed and leaves torn into bite-size pieces
- 1/2 cup chopped fresh cilantro



Directions

Heat the olive oil over medium high heat. Add the onions, carrots, celery, red pepper, garlic, ginger and spices and saute until the onion softens, about 5 minutes. Add the water or stock along with the salt, lentils and coconut milk, and bring to a boil. Reduce heat and simmer until the lentils are cooked through, about 10 minutes. While the soup is simmering, wash and prep the chard and chop the cilantro. After the lentils have finished cooking, stir the chard and cilantro into the soup it will look like a lot of chard for the soup at first, but have No Fear. The chard will wilt down as it heats up. Keep stirring until the chard is bright green and wilted, about another 2 minutes. Taste and season as needed with more salt or pepper, and serve. Serves 8-10.



30 Days to Healthy Living Recipes



EASY VEGAN BURRITO BOWLS

Ingredients

- 2 cups quinoa
- 3 Tbsp whole golden flax seeds
- 1 orange bell pepper, diced
- 2 cans of black beans, drained and rinsed
- 1 red onion, diced
- 1 bunch of cilantro, chopped fine
- 1 jalapeño, diced very fine
- juice of 3 – 4 limes
- 1 large avocado, cut into slices or diced
- sea salt and pepper to taste



Directions

In a pot over medium heat, bring 4 cups of water to a boil. Add quinoa and a dash of sea salt and cook covered until all the moisture is absorbed, about 15 mins. Remove from heat and keep covered.

While your quinoa is cooking, dice your red onion and add to a large mixing bowl with lime juice and sea salt. Keep adding your veggies, tomatoes, bell pepper, cilantro and jalapeno to the bowl as you chop. Letting the veggies sit in the salt & lime juice allows them to marinate and absorb the flavor.

Taste and adjust the lime juice, salt and pepper as needed according to taste. This combo is delicious on it's own, on top of a salad, in a lettuce wrap, or as a lovely salsa!

Next, uncover your quinoa and sprinkle whole flax seeds on top. Use a wooden spoon to fluff the quinoa and mix in your flax seeds. Then add black beans and the veggie mixture. Gently fold all ingredients together. Taste and adjust lime juice, salt and pepper as needed according to taste. Serve in a large bowl with several slices of fresh avocado on top. Yum!!



30 Days to Healthy Living Recipes



ENCHILADAS & HOMEMADE SAUCE

Ingredients

- 8 Gluten-Free tortillas (Siete Brand)
- 3 cups fresh spinach
- 2-3 garlic cloves, finely chopped
- 1 Tbsp. fresh lime juice
- 1 15 ounce can black beans, drained and rinsed
- 1 cup diced zucchini
- 1-2 Tbsp. chili powder
- 1 tsp. salt

Sauce

- 2 Tbsp. any Gluten Free flour (almond or brown rice flour best choice)
- 1 tsp. unsweetened cocoa
- 2 Tbsp. chili powder
- 1 tsp. cayenne powder, or more to taste (optional)
- 1 tsp. dried oregano or marjoram
- 2 tsps. ground cumin
- 2 tsps. granulated garlic powder
- 2 cups vegetable broth
- 1 cup water
- 1 can tomato sauce (16 ounce)
- salt to taste

Optional toppings

Vegan cheese (Daiya or other rice/almond base)
Fresh cilantro



30 Days to Healthy Living Recipes

ENCHILADAS & HOMEMADE SAUCE (Cont.)

Directions

Preheat oven to 350F.

For the filling: Lightly sauté garlic and spinach in the lime juice until wilted. Once cooked, add to a large bowl with black beans & other veggies. Add the chili powder and salt and mix until everything is evenly incorporated. Set bowl aside as you prepare the sauce.

For the sauce: Whisk together the flour, cocoa, and spices in a saucepan without turning on the heat. Add ¼ cup of vegetable broth and stir into a paste. Slowly, whisk in the remaining broth and the cup of water. Bring to a boil over medium heat and whisk in tomato sauce. Allow to cook for a few minutes until it thickens slightly to the consistency of tomato soup. Remove from heat and set aside. Taste for salt, you may need to add some more depending on the saltiness of the vegetable broth you used.

Assembling the enchiladas: To fill the enchiladas, you need to make an assembly line. Have your tortillas, casserole dish, bowl with the filling sauce, and a pie pan or skillet filled with ¾ cup of the sauce ready to go. Spread a little of the enchilada sauce in a casserole dish. Drop a tortilla into your pie plate or skillet and let it get covered in sauce, flip so each side gets coated (this allows the tortilla to soften so you can roll it up into enchiladas). If your tortillas are still not softening enough after they've been soaked in sauce, you can also gently heat them for about 30 seconds before soaking in sauce. Now, place the tortilla either in the casserole dish (the easiest way) or an additional plate. Scoop a few spoonfuls of filling onto the left side of the tortilla and roll it up.

Continue with the rest of the tortillas, packing them tightly next to each other in the casserole dish. Pour about a cup of sauce over the top of the enchiladas, save the rest of the sauce for serving later. Bake in oven, uncovered for about 20-30 minutes, until the tortilla edges become crisp. Allow enchiladas to cool slightly before serving. Serve with the remaining sauce, warmed slightly. Sprinkle with vegan cheese, nutritional yeast and fresh cilantro, if using. Enjoy!



30 Days to Healthy Living Recipes



KALE SALAD

(You may want to double this recipe)

Ingredients

- 1 bag of organic kale
- 1 cup sliced organic strawberries
- 1 bag of raw organic walnuts, pecans, sliced almonds or pine nuts (or even sunflower seeds!)
- 1 cup of organic olive oil
- 1 organic lemon
- organic Sea Salt



Directions

1. Blend up the entire bag of kale (stems and all) in a food processor or Vitamix or what ever you have to blend with!
2. Heat the oven to 325 and toast the nuts (which ever you are using) for about 8-10 minutes. When you smell them, take them out
3. Mix in the olive oil (use $\frac{3}{4}$ cup first) and add more if you need it. Cut up the lemon into wedges and squeeze about $\frac{3}{4}$ of the lemon into the salad.
4. Mix in the strawberries and sea salt to taste.
5. Taste it as you go! You want the lemon juice to cut the bitterness of the kale so it should taste really mild.



30 Days to Healthy Living Recipes



LENTIL & KALE STEW

Ingredients/Directions

- Sauté 2 minced shallots (+optional one clove of garlic) in olive or coconut oil in heavy oven safe pot. Once soft, roughly chop one bunch of kale and add to pot and sauté until soft.
- Add sea salt, pepper, ½ tsp red pepper flakes and 1 cup French or DePuy lentils. Cover with water and broth (3 – 4 cups) and bring to a boil.
- Cover and place in the oven at 300 degrees for an hour or so until lentils begin to crack or to ones liking.
- Check often to make sure lentils stay covered with liquid and add more if needed. Top with a poached egg for an extra delicious comfort!

Serve with Organic salad and *ACV dressing.





MINI EGGPLANT PIZZAS

Ingredients

- 1 eggplant (8 ounce, 9-10" long)
- 1 Tbsp. salt
- 2 Tbsp. olive oil
- 2 tsp. dried Italian seasoning
- 10 large basil leaves, cut in strips (optional)
- 1/3 cup dairy free parmesan (optional)
- 1/3 cup dairy free mozzarella, shredded
- Crushed red pepper flakes (optional)
- 1 jar Spaghetti Sauce (Muir Glen Italian Herb)

Directions

Cut off both ends of the eggplant, then cut into $\frac{3}{4}$ inch thick slices (trying to make them the same thickness!) Put the eggplant pieces on a double layer of paper towels and sprinkle both sides generously with salt. Let the eggplant sit with the salt on it for about 30 minutes to draw out the liquid. (After the eggplant sits for 15 minutes, turn on the oven to 375F/190C.) After 30 minutes, wipe the eggplant dry with paper towels (this also removes most of the salt).

Spray a roasting sheet with olive oil or non-stick spray, lay eggplant slices on roasting sheet, brush the tops of the eggplant with olive oil and sprinkle with dried Italian seasoning. Roast the eggplant about 25 minutes but not so long that the slices become mushy and lose their shape. While the eggplant roasts, thinly slice the fresh basil leaves (if using) and combined freshly grated parmesan and low-fat mozzarella blend. After 25 minutes or when eggplant pieces are done, remove eggplant from the oven and turn oven setting to broil.

Spread a few tablespoons of sauce on the top of each eggplant slice, sprinkle with thin basil slices (if using) and top with a generous amount of cheese. Put pizzas under the broiler until the cheese is melted and slightly browned. (This took 6-7 minutes for me, but I was using a toaster oven and in a more powerful broiler it would probably only take a few minutes). Serve hot, with red pepper flakes to sprinkle on pizza if desired.



30 Days to Healthy Living Recipes

NO BEAN TURKEY AND SWEET POTATO CHILI

TOTAL TIME: 35 minutes

PREP TIME: 5 minutes

COOK TIME: 30 minutes

Ingredients

- 20 oz 93% lean ground turkey
- kosher salt, to taste
- 1/2 cup onion, chopped
- 3 cloves garlic, crushed
- 10 oz can Rotel mild tomatoes with green chilies
- 8 oz can tomato sauce
- 3/4 cup water
- 1/2 tsp cumin, or to taste
- 1/4 tsp chili powder
- 1/4 tsp paprika
- 1 bay leaf
- 1 medium sweet potato, peeled and diced into 1/2-inch cubes
- fresh cilantro, for garnish



Directions

Stove Top:

1. In a large skillet, brown turkey over medium-high heat, breaking it up as it cooks into smaller pieces and season with salt and cumin.
2. When meat is browned and cooked through add onion and garlic; cook 3 minutes over medium heat.
3. Add the can of Rotel tomatoes, sweet potato, tomato sauce, water, cumin, chili powder, paprika, salt and bay leaf.
4. Cover and simmer over medium-low heat until potatoes are soft and cooked through, about 25 minutes stirring occasionally.
5. Add 1/4 cup more water if needed. Remove bay leaf and serve.

Instant Pot:

1. Press saute, spray the pot with oil and brown the turkey breaking it up as it cooks into smaller pieces and season with salt and cumin.
2. When meat is browned and cooked through add onion and garlic; cook 3 minutes.
3. Add the can of Rotel tomatoes, sweet potato, tomato sauce, water, cumin, chili powder, paprika, salt and bay leaf.
4. Cover and cook high pressure until potatoes are soft and cooked through, about 15. Natural release. Remove bay leaf and serve.

Recipes Compiled by Arbonne Independent Consultants



PASTA ALLA CHECCA

Ingredients

- 3 large zucchini

To make the Checca:

- 4-5 tomatoes, seeded and diced
- 1 clove garlic, minced
- ½ cup capers, coarsely chopped
- ½ cup olive oil
- Himalayan salt and pepper to taste
- 20 fresh basil leaves

Directions

Peel zucchini or leave skin on. Spiralize zucchini into noodles or peel into fettuccini-like strips. Mix with a pinch of salt and let sit for 15-30 minutes. Combine tomatoes, garlic, capers, olive oil, salt and pepper, reserving the basil. Let mixture rest at room temperature for 30 minutes to meld seasonings.

Using a paper or kitchen towel, gently squeeze pasta to extract all the liquid. Place in a large mixing bowl. Put half the checca into the bowl along with ¾ of the basil and gently toss. Top with the balance of checca mixture and top with chopped tomatoes.



30 Days to Healthy Living Recipes

PROTEIN CHILI

Ingredients

- 1 medium yellow or white onion diced
- 1 bell pepper diced
- 3-5 cloves of garlic mashed into worms thru one of those Pampered Chef tools.
- Water or vegetable broth for sauteing
- 4 scoops Arbonne Protein Boost (10 grams of protein per scoop, you can add more)
- 1 Can diced or crushed tomatoes (Organic)
- 1 Can drained and rinsed red kidney beans
- 2 C Lentils. I used the sprouted lentil trio from Costco
- 4 Cups Water
- Daiya Cheese Shreds optional

Chili Seasoning: You can buy a gluten free version at the store, or mix this together.

- 2 Tbsp chili powder
- 1 tsp ground cumin
- ¼ tsp cayenne pepper
- ¼ tsp garlic powder
- ½ tsp onion powder
- 1 tsp salt
- ¼ tsp (approximately) freshly ground pepper

*Adapted from www.budgetbytes.com



Directions

1. Saute the onion, pepper and garlic until soft. Don't over do it as they will cook more in the crock pot.
2. Load crockpot with Lentils, water, spices, tomatoes and beans
3. Add 4+ scoops of the protein boost powder. Don't worry, you can't taste it.



QUINOA BURGERS

Serves 8

Ingredients

- 2 ¼ cup cooked quinoa
- ½ cup of kidney or black beans
- ¾ cup shredded Dairy Free cheese of choice (Daiya)
- 1 Tbsp. Dairy Free cream cheese (Daiya)
- 2 'flax eggs' (or regular eggs/non-vegan)
- 2 green onions
- 2 Tbsp. white onion, chopped
- ½ cup carrot, shredded
- 2 cloves garlic
- 1 teaspoon chili paste or hot sauce
- 2 Tbsp. Gluten Free flour (almond meal works great)
- 1 Tbsp. flax seed
- 1 Tbsp. coconut sugar
- ½ tsp. salt
- ½ tsp. curry powder
- 1/8 tsp. black pepper



*Gluten Free hamburger buns or lettuce leaves (optional)

Directions

Make flax eggs. Cook quinoa according to instructions. Let rest for 5 minutes and remove lid to cool. Next, grate your cheese, chop your onions, mince your garlic, grate your carrot, and slice your green onions. Set aside. Using your beans of choice (I chose dark kidney beans) and a fork, mash into a chunky paste. This really helps glue your burgers together.

In a large bowl, add chopped vegetables, beans, flax eggs, cream cheese, shredded cheese, flour, sugar, flax seed, hot sauce, and all spices. Stir to combine. Next, add your cooled quinoa. Must be cooled or the cheese will melt now, instead of in the pan. Stir mixture until completely uniform. In a large pan, heat 2 Tablespoons of olive oil. Using hand, form ½ cup portions of quinoa mixture into patties and place into hot pan. Cook for 3-4 minutes on each side, or until golden brown.



RAW VEGAN ZUCCHINI BASIL ALFREDO

Ingredients

Serves 4

- 4 large zucchinis (or 1 pkg. zucchini noodles)
- 1 pint grape tomatoes, halved (about 1 1/2 cups)
- 1/2 cup organic raw sunflower seeds

For the vegan basil alfredo sauce:

- 1 cup cashews, soaked for at least 1 hour
- 1 lemon, juiced
- 1 clove garlic
- 1/2 cup basil, packed
- 2 Tablespoons pulverized organic cashews
- 3/4 cup water
- 1 teaspoon salt



Directions

Using a spiralizer, make zucchini noodles by trimming off the ends of the zucchini first. Break the noodles (or cut) into bite-sized strands.

To make the sauce, add all of the ingredients to a blender. Blend on HIGH until smooth and creamy.

To serve, divide the zucchini noodles among four bowls. Top with the sauce, halved grape tomatoes and sunflower seeds. You could also store these in 32 oz. mason jars by dividing the sauce among the four jars, then topping with the zucchini noodles, grape tomatoes and sunflower seeds!



ROASTED CAULIFLOWER WITH CHICKPEAS AND POMEGRANATE

Ingredients

- 1 medium head cauliflower, cut into florets
- 1 (15 oz) can chickpeas, rinsed and drained
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons ground cumin
- 1 teaspoon paprika
- 1 teaspoon chili powder
- 1 teaspoon kosher salt
- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 1/2 cup pomegranate arils (can be replaced with green apples or berries when doing the cleanse)
- 2 tablespoons chopped fresh parsley



Directions

1. Preheat oven to 400 degrees F.
2. Place cauliflower florets and chickpeas in a large bowl. Add the garlic powder, cumin, paprika, chili powder, and salt. Drizzle with olive oil and fresh lemon juice. Stir until the cauliflower and chickpeas are well coated.
3. Place on a large baking sheet and bake for 45 minute or until the cauliflower and chickpeas are slightly crisp.
4. Remove from the oven and add the pomegranate arils and fresh parsley. Serve immediately.



30 Days to Healthy Living Recipes

ROASTED CURRY AND CHICKPEA CHICKEN

Ingredients/Directions

- Baby spinach salad with curry spiced roasted chickpeas and sweet potatoes, toasted almonds and cashews, roasted chicken breast (optional) and red cabbage. Preheat oven to 425 degrees.
- Use one can of organic chickpeas and 1 sweet potato in ½ inch dice. Use 1 -2 Tbsp grape seed or avocado oil to coat, salt, pepper and about 2 tsp. curry seasoning.
- Roast about 18 min. or until potatoes are fork tender.
- Sprinkle almonds and cashews and continue roasting for several more minutes. Watch that almonds don't burn.
- Remove from oven and allow to slightly cool.
- Rough chop one bag of spinach, toss with 1 cup chopped red cabbage in ¼ ribbons.

*Add pre-cooked chopped chicken breast if desired, and sweet potato chickpea nut mixture and toss with lemon tahini vinaigrette.

Here is a very similar salad with dressing recipe. The combination of the curry spice and the dressing is heavenly!

<https://www.budgetbytes.com/2017/02/roasted-cauliflower-salad-lemon-tahini-dressing/>





30 Days to Healthy Living Recipes

ROASTED ITALIAN CHICKEN LEGS/BREASTS, VEGGIES & RICE

Ingredients/Directions

- Organic legs/breasts (chicken meat that is near the bone has the most nutrients!) Fresh Direct has a great brand called farmer focus. Cut up whole chicken or legs/breasts on the bone. Dry the chicken with paper towels. Put on parchment paper on baking sheet. Sprinkle each side well with pink salt. Then lightly sprinkle each side with Organic Spices – garlic, Italian seasoning and/or oregano. If you like, crushed red pepper flakes and/or cayenne. Bake at 350-375 for 20 mins, then flip the chicken over and bake another 20 mins. Until skin is lightly brown.
- Cut up all the veggies you like! Broccoli, eggplant, peppers, onions, parsnips, sweet potato, butternut squash. Toss in bowl with EVOO, pink salt, pepper and oregano. Put on baking sheet on top of parchment paper and roast for 20 mins with the chicken. Make sure to cut squash/sweet potato into smaller pieces so it cooks quick enough with the other veggies.
- Organic jasmine rice! Follow rice directions and add 1 Tbsp. of coconut oil and pink salt (and along with water, you can add some bone broth if you have handy).

If you like, also have a salad: organic salad greens with added organic veggies – tomatoes, celery, cucumber, peppers, radish.

*Make a dressing with Braggs Apple Cider Vinegar and EVOO, salt and pepper.





30 Days to Healthy Living Recipes

SAUTEED GROUND BEEF AND KALE

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

Servings: 4

Ingredients

- 1 tablespoon olive oil
- 1 small chopped onion
- 1/3 green bell pepper chopped
- 1/3 yellow bell pepper chopped
- 1/3 red bell pepper chopped
- 1 crushed garlic clove
- 1 lb grass-fed ground beef
- 5 leaves kale chopped
- salt and pepper



Directions

1. In a skillet add the olive oil and saute onions, bell peppers and garlic.
2. Saute for 5 minutes
3. Add ground beef, stir it until browned.
4. Add cut kale and stir it in until wilted. Season with salt and pepper. Serve immediately.



30 Days to Healthy Living Recipes

SLOW COOKED CHICKEN

Ingredients/Directions

- In slow cooker or in a pot on stovetop. Take 4 cups organic, yeast free chicken broth, chicken bone broth or chicken stock (Imagine makes yeast free organic) put in slow cooker.
- In pan, melt 1 -2 Tbsp. Kerry Gold butter – add chicken breasts or parts to lightly sear and season with salt, garlic and oregano.
- add to slow cooker.
- Add chopped organic veggies like onions, carrots and/or root veggies. Allow to cook until chicken falls apart (2-5 hours depending on how you want to do this).
- Serve with rice/quinoa, sweet potato or left over roasted veggies, side of broccoli or asparagus.

Serve with Organic salad *ACV dressing





30 Days to Healthy Living Recipes



STRAWBERRY SPINACH SALAD

Ingredients/Directions

Mix 2 generous handfuls fresh baby spinach, 1/3 cucumber (diced), couple rings of red onion (diced), handful of strawberries (tops removed & diced), almonds and drizzle with olive oil, fresh squeezed lemon juice, salt & pepper.





30 Days to Healthy Living Recipes

STEAK, VEGGIES & MASHED “POTATO” CAULIFLOWER PUREE

Ingredients

- 100% grass fed steaks, prepped with pink salt/pepper
Roasted veggies of your choice.
- Baked sweet potato (or add chopped sweet potatoes/
butternut squash, etc to sheet to roast).
- Side of organic salad greens with added organic veggies –
tomatoes, celery, cucumber, peppers, radish.

*Make a dressing with Braggs Apple Cider Vinegar and EVOO,
salt and pepper.



Directions

Mashed/Pureed Cauliflower

Steam in pot, head of chopped cauliflower with pink salt and some water (10-15 mins until fork tender).

Add with the remaining water to a blender (or use hand immersion blender...add more water if needed). Or mash with a fork!

Add 3 Tbsp Kerry Gold butter and pink salt – blend.

(You can add fresh rosemary to the steaming process for a fresh herb!)



30 Days to Healthy Living Recipes



SUMMER TOMATO SALAD

Ingredients

- 1-pint cherry tomatoes, halved
- 1-pint yellow or heirloom tomatoes, halved
- ¼ cup chopped green onions
- 1 clove garlic, minced
- ¼ cup chopped fresh basil
- Sea salt & freshly ground black pepper to taste

Directions

In a bowl, toss the cherry tomatoes, yellow tomatoes, green onions, garlic, basil, black pepper and sea salt. Refrigerate 30 minutes and toss again before serving.



SWEET POTATO CHILI

Makes 1 giant pot

Ingredients

- 2 cups sliced onion (1 large)
- 20 ounces peeled and cubed sweet potato
- 2/3 cup diced zucchini
- 1 – 2 cans black beans (or other beans)
- 1 tsp. cumin
- 1 tsp. salt
- 2 tsp. orange zest
- 1 cup water (or broth)



Directions

Combine all ingredients in a big pot, and bring to a boil. Then lower and cook until the sweet potatoes are soft. The chili tastes even better the next day, after the flavors have had a chance to combine.

Serving suggestion: This is delicious over Yummy Cream Polenta



TOMATO BASIL SOUP AND GRILLED CHEESE

Ingredients

- 3 cloves of garlic, minced
- 2 Tbsp. of olive oil
- 2 – 14 ounce cans crushed tomatoes
- 1 – 14 ounce can whole tomatoes
- 2 cups of vegetable stock
- 1 tsp. sea salt
- 1 tsp. coconut sugar
- ½ tsp. fresh ground black pepper
- ¼ cup of coconut milk/cream (from can)
- 3 Tbsp. of fresh basil, julienned
- Dairy-free/soy-free parmesan “cheese” (optional)



Directions

In a saucepan, sauté garlic in olive oil on medium heat for 1 minute – being careful not to burn the garlic. Add the crushed tomatoes. Add the whole tomatoes one at a time, squeezing them into the pan to break them up. Add the juice from the whole tomatoes, as well. Add vegetable stock, salt, pepper and sugar. Cook the soup on medium at a simmer for 10 minutes. To finish, reduce the heat to low and stir in coconut cream and basil. Serve topped with dairy-free parmesan “cheese” or a grilled “cheese” sandwich.

Grilled Cheese

Use Gluten Free bread and 2 non-dairy cheeses of your choice (cheddar & mozzarella). In a hot skillet/griddle pan, melt 2-3 tsp. “butter” and grill the sandwiches on medium heat for about 3 minutes on each side until they are brown and the cheese has melted.



30 Days to Healthy Living Recipes

TUMERIC MASHED SWEET POTATOES

Healing Bowls: turmeric sweet potatoes, brown rice, red quinoa, arugula, poached egg, lemon dressing.

Ingredients

Tumeric Mashed Sweet Potatoes:

- 2 large sweet potatoes, cut into chunks
- a swish of olive oil
- 1-2 teaspoons turmeric
- 2 cloves garlic, minced
- 2 cups vegetable broth

Lemon Herb dressing:

- 1/4 cup lemon juice
- 1/3 cup olive oil
- 1 small clove garlic
- 1 teaspoon Grade A dark amber maple syrup
- 1/4 cup parsley leaves
- 1/4 teaspoon salt (more to taste)

Healing bowls:

poached or scrambled eggs
brown rice or quinoa
arugula or spinach or greens
pistachios or other nuts for topping



Directions

1. **TURMERIC MASHED SWEET POTATOES:** Heat the sweet potatoes with olive oil in a skillet over medium high heat. Add the turmeric and toss to coat. Add the garlic and vegetable broth. Simmer until the potatoes are soft and the liquid is almost all absorbed. Transfer to a small bowl and mash. Season with salt and pepper and/or a touch of cream if you want to be lush about it.
2. **DRESSING:** Pulse all ingredients in a blender or food processor. Season to taste.
3. **BOWLS:** Toss the greens with a little dressing. You can also stir a little dressing into the sweet potatoes – that's yummy. Serve each bowl with the mashed sweet potatoes, brown rice, greens, and a scrambled or poached or fried egg. Top with more dressing and a handful of pistachios.



TORTILLA SOUP

Serves 8-12

Ingredients/Directions

- 2 cans vegetable broth (low sodium, organic)
- 2 cans stewed tomatoes
- 2 cans pinto beans, drained
- 2 cans black beans, drained
- 24 ounce picante or salsa
- 1 sm-med onion, diced
- 2 Tbsp. homemade taco seasoning (see below)

*Optional toppings: Rice chips, Dairy free cheddar "cheese" shreds, avocado slices, green onion

Drain/rinse beans. Add all ingredients to large pot. Warm through & serve with chosen toppings.

Taco Seasoning

- 1 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 1 Tbsp. garlic powder
- 1 Tbsp. onion powder
- ¼ Tbsp. crushed red pepper

Mix all spices together and store in an airtight container.



30 Days to Healthy Living Recipes



TURKEY BURGERS

Serves 4

Ingredients

These are my take on Oprah's favorite "Mar-a-Lago Burger," with the standard green apple, though I have added a hefty dose of Dijon mustard to give them extra zing. To make a light and healthy "bun," wrap the burger in a piece of romaine lettuce with your favorite condiments.

- 5 Tbsp. grapeseed oil
- ¼ cup thinly sliced scallions (white and green parts)
- ¼ cup finely chopped celery
- 1 medium Granny Smith apple, peeled, cored and diced into ¼ inch cubes
- 1 pound ground turkey
- ¼ cup finely chopped fresh parsley
- 2 Tbsp. Detox mustard (see condiments section for recipe)
- 1 Tbsp. freshly squeezed lemon juice
- 1 tsp. lemon zest
- 1 large egg
- ½ cup blanched almond flour
- 1 tsp. sea salt
- 1 tsp. freshly ground black pepper

Directions

Heat 2 tablespoons of the grapeseed oil in a large skillet over medium heat. Sauté the scallions, celery, and apple for 5 to 10 minutes, until tender; remove from heat and let cool.

In a large bowl, combine the ground turkey and the sautéed ingredients. Mix in 1 tablespoon of the grapeseed oil, the parsley, mustard, lemon juice, lemon zest, egg, almond flour, salt and pepper. Form the mixture into 2-inch patties.

Heat the remaining grapeseed oil in a large skillet over medium-high heat. Cook the patties for 4 to 6 minutes per side, until golden brown. Transfer the patties to a paper towel-lined plate and serve hot.



30 Days to Healthy Living Recipes

TURKEY CHILI

Ingredients

- 2 lbs. 99% fat free ground organic turkey breast
- 1 large yellow onion diced
- 2 garlic cloves finely chopped
- 1 tbs. olive oil
- 3 cups water
- 1 6oz. can tomato paste
- 1 28oz. can organic crushed tomatoes
- 2 15oz. cans organic kidney beans, rinsed
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 tbsp. chili powder
- 2 tsp. cumin



Directions

Add olive oil, onion and garlic to a large skillet and saute 3 to 4 minutes until slightly tender. Add ground turkey and cook until done, crumbly and brown. It should not be necessary to drain.

Add the meat mixture to the crockpot. Add the remaining ingredients, starting with the water. Stir until blended. Cover and cook on high for 3 to 4 hours, or 6 to 8 hours on low.



VEGAN 2 BEAN CHILI

Serves 4-6

Ingredients

- 1 28 ounce can crushed tomatoes (or diced, cased on preference)
- 1 can kidney beans
- 1 can pinto beans
- ½ - 1 onion, diced
- 2 Tbsp. chili powder
- 1 Tbsp. fresh minced garlic
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. oregano
- ½ tsp. cumin
- ½ tsp. cayenne pepper
- ½ tsp. paprika
- 2 cups water
- 2 cups cooked quinoa (or brown rice, optional)
- ½ avocado, sliced (optional)



Directions

If desired, cook quinoa (or brown rice) according to package instructions. In large 2 quart covered pot, add all ingredients, heat through and serve it up! This is SO easy. We serve it over cooked brown rice.

Optional: Top with avocado slices or dairy free cheddar cheese shreds.



VEGAN TACO SALAD

Ingredients

- 1 cup cilantro lime rice (see Cilantro Brown Rice Recipe)
- 1 can of black beans, drained and rinsed
- Shredded romaine lettuce
- 2 avocados
- 1 lime
- 3-4 tomatoes, chopped
- ¼ onion, chopped
- Bunch of cilantro
- Clove of garlic, minced
- 1 jalapeno, diced (optional)
- Salt to taste

*Rice/bean chips (optional)

Directions

Re-heat 1 cup cilantro lime rice and add 1 can black beans and mix well. Prepare the pico de gallo and guacamole. Mix the chopped tomatoes, onions, cilantro, garlic, jalapeno, and salt for the pico. For guacamole, mash the avocados, toss in some cilantro and lime juice from a wedge. Add garlic salt to taste. Layer lettuce and bean/rice mixture. Then add pico de gallo and guacamole. May snack on remaining guacamole/pico with rice or bean chips.



30 Days to Healthy Living Recipes

WILD CAUGHT FISH, QUINOA AND ASPARAGUS

Ingredients/Directions

- Choose an available WILD CAUGHT only fish (I like halibut: salmon if you can find wild caught – never do farm raised) or cod, etc.
I like to make parchment paper packs and place fish inside on top of thinly sliced Bok Choi and topped with salt and Braggs coconut aminos. Place veggies on square piece of parchment (you can also slice peppers, carrots, zucchini, instead of Bok Choi, etc.). Put fish on top, pour 1-2 Tbsp. of coconut aminos on top. Place another square piece of parchment on top and make a package by crimping edges so fish will steam. Bake in package 10-12 mins (depends on how thick the fish filet is) at 375. Open and serve on plate.
- You can make organic rice or quinoa per directions – always add a healthy fat and pink salt. Fresh herbs are also great!
- Side of asparagus (or any veggies you like). Lightly cooked/steamed in pan. Use Kerry Gold butter and pink salt.

If you like, also have a salad: organic salad greens with added organic veggies – tomatoes, celery, cucumber, peppers, radish.

**Make a dressing with Braggs Apple Cider Vinegar and EVOO, salt and pepper.*





30 Days to Healthy Living Recipes



WINTER BUDDHA BOWL

This winter buddha bowl features the best of winter produce - including kale, beets, and carrots - topped with a mouthwatering herby tahini sauce!

Servings: 2 Large Bowl Prep Time 20 minutes Cook Time 30 minutes Total Time 50 minutes

Ingredients

Falafel

- 1 Recipe Winter Kale Falafel

Roasted Carrots

- 6 Small Carrots sliced into rounds
- Drizzle of Extra Virgin Olive Oil
- 1/4 Tsp Smoked Paprika
- Pinch of Salt and Pepper to taste

Pearl Couscous

- 1 Cup Pearl Couscous
- 1/2 Small Red Beet peeled and shredded
- 1 Tbs Extra Virgin Olive Oil
- Juice from 1/2 of a Lemon
- 1/4 Tsp Salt
- 1/4 Tsp Pepper

The Rest of the Bowl

- Kale or Hardy Winter Greens
- Pumpkin Seeds
- Sesame Seeds
- Fresh Cracked Black Pepper

Herby Tahini Sauce

- 1/3 Cup Tahini
- 1 Clove Garlic
- 1/3 Cup Parsley
- 1/3 Cup Water
- Juice from 1/2 Lemon
- 1/4 Tsp Salt
- 1/4 Tsp Pepper





30 Days to Healthy Living Recipes

WINTER BUDDHA BOWL

Page 2

Directions

Roasted Carrots

1. Preheat the oven to 400 degrees F.
2. Wash and slice the carrots into rounds. In a bowl, toss with olive oil, smoked paprika, and salt and pepper.
3. On a baking sheet, bake carrots for 20 minutes, or until softened.
4. When done, let cool and set aside.

Pearl Couscous

1. While carrots are cooking, bring a pot of water to boil. Once water is boiling, add in couscous and cook like you would pasta, for as long as the package indicates.
2. When done, drain water from couscous and put it back in the pot.
3. Add in shredded beets, olive oil, lemon juice, salt and pepper, and mix well. Taste and adjust seasonings as needed. Set aside.

Herby Tahini Sauce

1. In a blender, combine all sauce ingredients. Blend on high until smooth and creamy.

Putting It All Together

1. Take out two large bowls. Portion out half the couscous and carrots into one bowl, the remaining halves in the other. Add in as much falafel and greens as you like. Top everything with the Herby Tahini sauce, and garnish with pumpkin seeds and sesame seeds if desired.

Enjoy!

Recipe Notes:

The recipe for the winter kale falafel can be found here. <https://wellandfull.com/2016/12/winter-kale-falafel/> But if you don't feel like making falafel, no worries - you can use store-bought or just omit. If using kale, be sure to "massage" the leaves with a little lemon juice and olive oil before serving - it tenderizes the greens and makes them much easier to digest! Any other greens would work too, like spinach or a mesclun blend.



ZUCCHINI NOODLES with CREAMY AVOCADO PESTO

8 servings

Ingredients

- 6 large zucchini, spiralized
- 1 Tbsp. olive oil

Sauce

- 2 ripe avocados
- 1 cup fresh basil
- 3 cloves garlic
- ¼ cup pine nuts
- 2 Tbsp. lemon juice
- ½ tsp. sea salt
- 3 Tbsp. olive oil
- Cracked black pepper, to taste

Directions

Spiralize your zucchini and set aside on paper towels so that any excess water is soaked up. In a food processor, add avocados, basil leaves, garlic, pine nuts, lemon juice and sea salt and pulse until finely chopped. Then with the motor still running, add olive oil in a slow stream until emulsified and creamy.

Drizzle olive oil in a large skillet over medium high heat and add zucchini noodles, cooking for about 1 to 2 minutes until tender. Add zucchini noodles to a large bowl and toss with avocado pesto. Season with cracked pepper, serve and enjoy.



30 Days to Healthy Living Recipes

DESSERTS





30 Days to Healthy Living Recipes

ARBONNE ICE CREAM

Ingredients

- 2 scoops Arbonne Essentials Vanilla or Chocolate protein powder
- 9 ounces of Rice Milk (coconut or almond)
- 1 scoop of Arbonne Essentials Daily Fiber Boost



Directions

Mix first 3 ingredients and let sit for 10-15 minutes
Add any/all of the remaining ingredients
Pour into popsicle molds and freeze

Optional add ins:

Strawberries, blueberries, blackberries, nuts...

Blend fresh mint leaves and cut a fit chew for "chocolate chips"...to make mint chocolate chip

Almonds



30 Days to Healthy Living Recipes

PUMPKIN GLUTEN-FREE VEGAN COOKIES

(only 15 min. to make)

- 8 Scoops of Arbonne Vanilla Protein Powder
- 2 Scoops of Arbonne Fiber Boost
- 2 Tbsp. melted coconut oil
- 1 Tbsp. of ground cinnamon
- 1 can organic pumpkin

Bake for 15 minutes at 350F.



30 Days to Healthy Living Recipes

SNACKS





30 Days to Healthy Living Recipes



APPLE SNACK W/CHOCOLATE DIP





GARLIC SWEET POTATO FRIES w/AVOCADO DIP

Ingredients

Sweet potato fries:

- 2 large sweet potatoes
- 2 tbsp avocado oil
- 1 tsp paprika
- 1 tsp garlic powder
- Salt & black pepper

Avocado dip:

- ¼ cup coconut milk from can-refrigerated
- 1 ripe avocado
- 1 tbsp fresh lemon juice
- 2 garlic cloves, crushed
- Fresh cilantro, cut
- Salt & pepper



Directions

Preheat the oven to 400F (200C). Line a baking tray with parchment paper.

Cut the sweet potatoes into sticks, about ¼ to ½ inch wide.

Toss them with avocado oil in a large mixing bowl. Add the spices, garlic, salt and pepper and toss well.

Transfer the sweet potatoes onto the prepared baking sheet.

Bake until brown and crisp on the bottom, about 10-15 minutes, then flip and bake until the other side is crisp, about 10 minutes.

In the meantime, prepare the avocado dip: in a food processor, mix the garlic cloves until minced. Add the ripe avocado, coconut milk, fresh lemon juice, and mix until smooth texture. Season with salt and pepper, and add cilantro on top.

Enjoy



KALE CHIPS

Ingredients

- 1 bunch Kale
- 2-3 Tbsp. Olive Oil
- Salt (to taste)
- Garlic powder (to taste)



Directions

Cut leaves from stem and tear into chip-sized pieces. Wash leaves. Dry leaves by placing 1 layer on half a kitchen towel and folding opposite half on top to gently remove excess water.

Put leaves in bowl and add olive oil and seasonings. Place leaves on baking sheets in a single layer (1 bunch of kale used about 2 baking sheets). Bake at 350F for 7-10 minutes. Remove trays from oven and use spatula to flip over chips. Return to oven and bake for another 3-7 minutes until chips are dehydrated. Remove from oven and let cool. Chips will crisp as they cool.



30 Days to Healthy Living Recipes

PROTEIN BITE RECIPES

ALMOND JOY PROTEIN BALLS

- 1 cup of Coconut Cream (from a can)
- 4 cups shredded coconut
- 1 cup Arbonne Vanilla protein powder
- 1 cup of Arbonne Chocolate Protein powder
- 1/2 cup cocoa powder
- 1 cup of coconut cream
- 4 cups shredded coconut
- 1 tsp almond flavoring



Additional coconut for rolling. Mix all ingredients together in a Food processor. Roll into balls then roll in extra coconut. Refrigerate.

COCONUT PROTEIN BALLS

Mix first 3 ingredients of Almond Joy Protein Balls thoroughly, form into balls then roll in the extra coconut.



30 Days to Healthy Living Recipes

HEALTHY GIRL SCOUT COOKIE PROTEIN BITES

Vanilla Almond Crunch Protein Bars

- 2 cups Arbonne Vanilla Protein Powder
- 10 ounces Organic Raw Almond Butter
- Add Flax seed (I grind 2 Tbsp. of flaxseeds and add them to the nut butter) (Or use Nutzo, which has seeds and nut)
- 2 ½ cups gluten free oats
- 7 drops organic liquid Stevia if needed
- 1 ½ cups finely crushed raw almonds

*You can top with organic coconut flakes if you like

Beat this with a mixer to get even distribution. Press into a pan and keep in fridge or freezer.

Brown Rice Protein Bars

This recipe is a small batch.

- 1 scoop each of Arbonne's Chocolate and Vanilla protein powder
- 1 scoop Fiber Boost
- 1-2 Tbsp. toasted flax seeds (reserve some for topping)
- 1-2 Tbsp. slivered almonds (for topping only)
- Dash of cinnamon
- Puffed organic brown rice cereal
- ½ cup organic cashew butter
- 3-7 drops of liquid Stevia if you need or want sweetness

*Water as needed

Mix the dry ingredients (except rice cereal and almonds) and wet ingredients separately.

*start with 1 Tbsp. of water, just to thin out the cashew butter and stevia, until the consistency is like fudge. Mix the dry and wet ingredients together then fold the rice cereal in.

Spread the batter into a 6" round ramekin lined in parchment paper. Press almonds and remaining flax seeds into the top of batter. Chill at least an hour, slice into bite size pieces and freeze.



30 Days to Healthy Living Recipes

HEALTHY GIRL SCOUT PROTEIN BITES

Thin Mint Bites

If coconut oil is solid, on low heat, combine:

- 1 cup refined (unflavored) organic coconut oil (I like Nutiva refined on Amazon)
- 1 Tbsp organic vanilla extract (can be found on Amazon)
- 1 teaspoon organic peppermint extract (can be found on Amazon)

When melted, remove from heat and mix in the following in medium size bowl:

- 6 scoops Arbonne chocolate protein powder
- 2 scoops Arbonne fiber boost
- 3 Arbonne chocolate fit chews, cut into little bits

Mix all ingredients together and pour into mini muffin pan. Place in freezer for 10-15 minutes to harden. Store in refrigerator for a quick and easy sweet treat! Makes about 2 dozen.

Caramel Delites

If coconut oil is solid, on low heat, combine:

- 1 cup refined (unflavored) organic coconut oil (I like Nutiva refined on Amazon)
- 1 teaspoon organic vanilla extract (can be found on Amazon)

When melted, remove from heat and mix in the following in medium size bowl:

- 6 scoops Arbonne chocolate protein powder
- 2 scoops Arbonne fiber boost
- 1 cup organic coconut flakes
- 1/4 cup organic cacao nibs
- 6 Arbonne caramel chews, cut into little bits

Mix all ingredients together and pour into mini muffin pan. Sprinkle a little coconut on top and place in freezer for 10-15 minutes to harden. Store in refrigerator for a quick and easy sweet treat! Makes about 2 dozen.



30 Days to Healthy Living Recipes

REESE'S STYLE ALMOND BUTTER CUPS

Ingredients

Super fast recipe

- Melt coconut oil, mix with Arbonne chocolate protein powder (about 2 scoops protein to 1/4 C. coconut oil ratio)
- Pour in muffin tin 1/3 way - freeze for 5 min.
- Add tbsp of raw almond butter
- Top with remaining mix
- Freeze for 5-10 min. more
- Store in freezer





SPICY SWEET POTATO CHIPS

Ingredients

- 4 sweet potatoes (on the smaller side), peeled and rinsed
- Coconut oil
- Kosher or Sea Salt
- 1 Tbsp. coconut sugar
- ½ tsp. ground cinnamon
- 1 pinch cayenne pepper
- ½ tsp. sweet paprika



Directions

Preheat oven to 400F. With a mandolin or sharp knife, slice the potatoes very thin. Brush a baking pan with a thin coating of coconut oil. (If necessary, melt the oil).

Place sliced sweet potato on the pan in a single layer. Brush each side lightly with melted coconut oil.

Lightly sprinkle the potatoes evenly with salt, sugar, cinnamon, cayenne pepper and paprika.

Place both trays in oven with equal spacing. Bake until potatoes are tender and begin to crisp on the sides. Watch them carefully once they start to brown. (approximately 15-20 minutes)

Remove from the oven and let cool. Serve immediately.

*If you have a convection oven, this would be a good time to use it as it allows the air to circulate well around the chips.

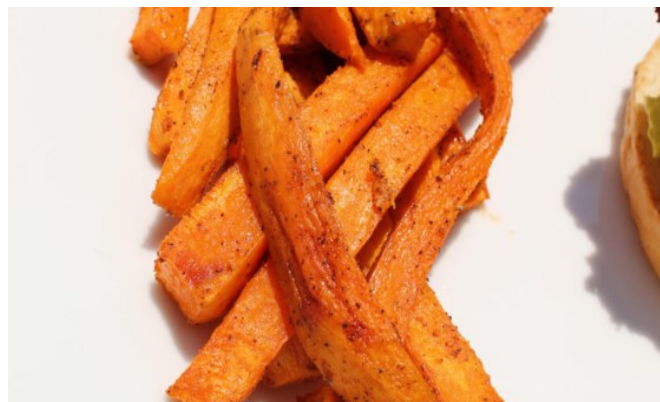


SWEET POTATO FRIES

Serves 3-5

Ingredients

- Olive oil, for tossing
- 5 sweet potatoes, peeled and sliced into 1/4" long slices, then 1/4" wide strips
- 2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. garlic powder
- 1/2 tsp. paprika



Directions

Preheat oven to 450F. Line a sheet tray with parchment. In a large bowl, toss sweet potatoes with just enough oil to coat. Sprinkle with House seasoning and paprika. Spread sweet potatoes in a single layer on prepared baking sheet, being sure not to overcrowd. Bake until sweet potatoes are tender and golden brown, turning occasionally, about 20 minutes. Let cool 5-10 minutes before serving.



A top-down view of various ingredients for a dressing, including fresh parsley, a small pitcher of olive oil, a jar of lemon juice, a bowl of yogurt, a small bowl of honey, a small bowl of mixed salt and pepper, a small bowl of red wine vinegar, and a small bowl of arugula. A metal measuring spoon and a wooden spoon are also visible.



30 Days to Healthy Living Recipes

ACV and LIQUID AMINOS DRESSING

Ingredients

- 1/3 cup olive oil
- 2 TBSP apple cider vinegar
- 4 drops liquid stevia
- 1/2 tsp liquid aminos (Bragg's)
- 1 tsp ground flaxseed (finely)
- 1 pinch salt
- 1/4 tsp black pepper
- 1/4 tsp red pepper
- 1/2 clove garlic



30 Days to Healthy Living Recipes



OIL & VINEGAR SALAD DRESSING

Ingredients

- 1 cup Apple Cider Vinegar
- 1 cup olive oil
- 2 tsp. garlic powder
- 2 tsp. dried oregano
- 1 tsp. Himalayan salt

**Can add 2 Tbsp. Organic Dijon Mustard when not on 30 day Cleanse.



Directions

Shake and store.



30 Days to Healthy Living Recipes

RAW APPLE CIDER VINAIGRETTE

Ingredients

makes about 1 cup

- 1 garlic clove, minced
- 1 Tbsp Dijon mustard (optional)
- ¼ cup raw apple cider vinegar
- 2 Tbsp fresh lemon juice
- 1/3 cup extra virgin olive oil
- salt and pepper to taste
- add 1 to 2 drops of Stevia for sweetness if desired



Directions

Combine all ingredients in glass mason jar, then seal the lid and shake until the honey dissolves and the ingredients are well combined. Adjust flavor to taste, if necessary. For best flavor, allow the dressing to marinate for at least 30 minutes before serving over your greens.



30 Days to Healthy Living Recipes

Homemade Healthy Milks, Dressings, Sauces, Condiments

Almond Milk

- 1 cup almonds
- 3-4 cups water
- 1 tsp. vanilla (if vanilla flavor is desired)

Soak almonds overnight in enough water to cover them. (Note: This step is optional. Some people are irritated by an enzyme found in raw almonds. If your stomach is not irritated by raw almonds, then you can skip this step.) Place almonds and water in blender and starting on the lowest setting, work your way up to the highest setting and allow to blend for about 1 minute. Pour contents of blender through a strainer bag into another container. (Strainer bags can easily be found at your local hardware store in the painting section for a couple of bucks. You're looking for paint strainer bags, much less expensive than "nut milk straining bags" found at fancy food stores.) Squeeze the pulp in the bag to remove all of the delicious 'milk'. (Note: Save the pulp and make almond flour out of it.) Transfer almond milk to a container and place in refrigerator. Use within 2-3 days. Note: For thicker, richer almond milk, use less water and/or more almonds. For a lighter milk, use more water or less almonds.

Almond Butter

- 3 cups raw or toasted almonds
- 1 Tbsp. coconut oil
- ½ tsp. sea salt

Place almonds in food processor and turn on. (Warning: The noise that initially hits your ears is hideous. You will think your food processor is breaking, but it is not. It's okay; almonds are just tough little nuts). Walk away...seriously, this takes a little while so if you need to do something; it's okay to walk away. If you stand there and watch it the entire time, you may go crazy. Once almonds are in a liquid/paste like state, add coconut oil and salt if desired. IMPORTANT NOTE: Making almond butter is a patience game. The almonds go through many stages before they reach the coveted 'butter' stage. Those stages look as follows:

- ground up to a fine flour and sticking to the sides/top of the food processor
- starting to stick together and resemble a paste
- clumped together and slowly moving as a blob through the food processor
- formed into a ball and quickly moving around the food processor (this is the stage most people quit at and it's okay here, but nothing compared to the next stage...believe me, it's worth the wait.)
- As the blender is running seemingly liquid, the heat and friction from the blender magically transforms and extracts the oils and goodness from the almonds and this state is where the 'liquid gold' is. Seriously, so good. Enjoy!



30 Days to Healthy Living Recipes

Homemade Healthy Milks, Dressings, Sauces, Condiments

Detox Bread

- 1.5 cups almond flour (can use leftover pulp 'flour' from making Almond Milk)
- 2 Tbsp. coconut flour
- ¼ cup flaxseed meal
- ¼ tsp. sea salt
- 1.5 tsp. baking soda
- 5 eggs
- ¼ coconut oil (+2 Tbsp. if using leftover almond pulp)
- 1 Tbsp. coconut nectar
- 1 Tbsp. coconut vinegar or lemon juice

Place dry ingredients in a bowl and mix well. Add in wet ingredients and mix well, until a clump free batter forms. Pour batter into a greased loaf pan and bake at 350F for about 40 minutes. Remove from oven and cool for 5-10 minutes before removing from pan. Remove from pan and cool before serving.

Cauliflower Tortillas (for wraps/pizza crusts)

2 cups packed cauliflower rice (see below)
2 eggs
Salt/Pepper to taste

Preheat oven to 375F. Measure out cauliflower rice and place in kitchen towel or cheese cloth and squeeze all excess liquid out. (Note: The more liquid squeezed out, the better). Place drained cauliflower rice, eggs, and salt and pepper in a bowl and mix until combined. Prepare a baking sheet with parchment paper.

Spoon tortilla mixture onto baking sheet and make small, flat circles the size of desired tortillas. Bake for 8-12 minutes. Remove from oven and use spatula to flip over tortillas. Bake for another 8-12 minutes. Remove from oven when tortillas are soft and cooked through.

At this point, the tortillas can be stored in a sealed container in refrigerator until ready for use or finish the recipe immediately. Preheat skillet on stove to medium-high heat. Place tortillas in skillet one at a time and brown on both sides (this step is important as it brings out a nice flavor in the tortillas). Serve immediately with your favorite toppings.



30 Days to Healthy Living Recipes

Homemade Healthy Milks, Dressings, Sauces, Condiments

Cauliflower Rice

- ¾ head cauliflower (about 6 cups riced)
- 1/3 cup minced onion
- 1 Tbsp. Extra Virgin Olive Oil

Roughly chop cauliflower and place in food processor. (Note: Do not overfill the food processor, in order to properly “rice” cauliflower it needs room). Pulse cauliflower in food processor until it is about the texture of rice. If necessary, work in batches. Heat olive oil in pan over medium heat. Once oil is heated, add onion and sauté until onion is soft and translucent. Add in riced cauliflower and cook, stirring occasionally for about 10-20 minutes or until soft.

Parmesan Cheese

- ½ cup cashews
- ¼ - ½ tsp. sea salt
- 1 clove garlic, minced

Place cashews in blender or food processor and pulse until well blended. Transfer to bowl. Stir in sea salt and garlic.

Sour Cream

- 1 (13 ounce) can full-fat coconut milk (make sure it has guar gum in ingredient list)
- 2 ¼ tsp. lemon juice
- ¼ tsp. sea salt

Put can of coconut milk UPSIDE DOWN in fridge for a couple hours (or overnight). Using can opener, remove top of can and remove solid coconut cream. Pour off the liquid layer and discard (better yet, use it for your next shake/smoothie). Spoon the solid cream into a bowl. Add lemon juice and salt and mix through.



30 Days to Healthy Living Recipes

Homemade Healthy Milks, Dressings, Sauces, Condiments

Hummus

- 3-3 ½ cups prepared chickpeas
- 3 Tbsp. tahini
- 5 cloves roasted garlic or 1-2 cloves fresh
- 4 Tbsp. lemon juice
- 1 tsp. salt
- ¼ tsp. black pepper
- ½ cup water or other liquid (placed in bottom of blender)
- 1-2 Tbsp. Extra Virgin Olive Oil

If using dried chickpeas, soak overnight. Take soaked chickpeas and rinse off, discarding soaking water. Place in a pot and fill with water. Place pot over medium heat and bring chickpeas to a boil. Once boiling, reduce heat to low and simmer for 45-60 minutes, or until soft and easily mashed against side of pot with a fork. Strain water from boiled chickpeas and let cool. Add ingredients to food processor or blender. Be sure to add liquid first and process until smooth. (Note: if using a blender, stop and scrape sides to mix well, if needed. The hummus can be really thick and bind up in the blender.) Transfer to a container with a lid and drizzle with toppings. Refrigerate and enjoy over the course of 1 week.

Guacamole

- 2 Organic Avocados
- ¼ cup finely minced onion
- ¼ tsp. sea salt (more or less to taste)
- ¼ tsp. ground cumin
- 1 clove garlic, finely minced
- 1 Tbsp. lime juice
- ½ cup chopped cilantro (optional)
- ½ cup diced tomato (optional)
- 1 small diced jalapeno (optional)

Remove pit from avocado and remove fruit from skin and mash in a bowl. Add in other ingredients and stir to mix well. If not serving immediately, cover tightly and place avocado pit in with guacamole to preserve freshness. Note: Guacamole needs to be air tight if being stored or it will oxidize and become brown.



30 Days to Healthy Living Recipes

Homemade Healthy Milks, Dressings, Sauces, Condiments

Salsa

- 5-6 Roma tomatoes, whole, peeled (from can or fresh)
- 1 small onion, quartered
- ¼ - ½ cup fresh cilantro
- 2 Serrano or Jalapeño peppers, seeded & quartered
- 1 clove garlic
- 2 Tbsp. lime juice
- Salt/pepper/cumin to taste

Throw it all in the food processor or blender and pulse to desired consistency. The longer it sits, the better the flavor!

Taco Seasoning

- ¼ cup chili powder
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. crushed red pepper flakes
- 1 tsp. dried oregano
- 2 Tbsp. paprika
- 2 Tbsp. ground cumin
- 1 ½ Tbsp. sea salt
- 1 ½ Tbsp. black pepper

Mix all spices together and store in airtight container. Most recipes will use 1-2 Tbsp. of seasoning.

Ranch Seasoning

- 2 Tbsp. dried parsley
- 1 ½ tsp. dried dill weed
- 2 tsp. garlic powder
- 2 tsp. onion powder
- 2 tsp. dried onion flakes
- 1 tsp. ground black pepper
- 1 tsp. dried chives
- 1 tsp. salt

Mix all spices together and store in airtight container. Most recipes will use 1-2 Tbsp. of seasoning.



30 Days to Healthy Living Recipes

Homemade Healthy Milks, Dressings, Sauces, Condiments

Chili Powder

- ¼ cup ground chili – ancho is best, but paprika can do in a pinch, smoked paprika is great if available
- 2 Tbsp. ground cumin
- 2 Tbsp. dried Mexican oregano
- 1 tsp. cayenne (more or less, depending on heat preference)

Italian Seasoning

- 1 Tbsp. garlic powder
- 1 Tbsp. onion powder
- 1 Tbsp. powdered stevia
- 1 Tbsp. dried parsley
- 2 Tbsp. oregano
- 1 tsp. white pepper (I use less)
- ¼ tsp. thyme
- 1 tsp. basil
- ¼ tsp. celery seed

Mix all spices together and store in airtight container. Most recipes will use 1-2 Tbsp. of seasoning.

Roasted Garlic

- 1 fist garlic
- 2 Tbsp. olive oil

Preheat oven to 375F. Cut top off of garlic fist. Place in a small oven-proof dish. Pour oil over garlic and cover with tinfoil. Bake until cloves are soft, about 45 minutes. Remove from oven and let cool. Squeeze cloves out of paper. Use in your favorite recipes.

Mustard

- 1 cup ground mustard
- 1/3 cup apple cider vinegar
- 1/3 cup water (add more for a thinner mustard, less for a thicker mustard)
- ½ tsp. sea salt
- 1 Tbsp. coconut nectar

Mix all ingredients together and let sit overnight, covered at room temperature to mellow. Note: The longer it sits, the mellower it will be. This produces a sharp mustard.



30 Days to Healthy Living Recipes

Homemade Healthy Milks, Dressings, Sauces, Condiments

Mayonnaise

- 1 egg yolk
- 1 Tbsp. lemon juice
- ½ Tbsp. detox mustard (see above)
- ¾ cup neutrally-flavored, detox friendly oil (grape seed or avocado)
- Sea salt to taste

Place the egg yolk in the bowl of the food processor and add the lemon juice and mustard. Season with salt to taste. Turn the machine on and very slowly start to drizzle in the oil. Drip, drip, drip until the mixture starts to look like mayonnaise, then a slow steady stream of oil can be added. Note: If the mayonnaise is too thick, add a few drops of water or if it is not thick enough, with the machine running, add a little more oil.

Ketchup

- 2 cups tomato paste (no flavorings or salt)
- ½ cup lemon juice
- ½ cup water
- 1 tsp. oregano
- 1/8 tsp. cumin
- 1/8 tsp. nutmeg
- 1/8 tsp. pepper
- ½ tsp. dry mustard
- Dash garlic powder

Put all ingredients in blender or food processor and blend well. Store in fridge.

Ranch Dip

- 1 (13 ounce) can full-fat coconut milk (make sure it has guar gum in ingredients list)
- 2 ¼ tsp. lemon juice
- ¼ tsp. salt
- 1 ½ Tbs. detox Ranch Seasoning (see recipe on pg 81)

Make detox sour cream according to instructions above. Mix in 1 heaping Tbsp. ranch seasoning.



30 Days to Healthy Living Recipes

Homemade Healthy Milks, Dressings, Sauces, Condiments

Ranch Dressing

½ cup cashews, soaked for 2-3 hours and drained
1/3 cup water
¼ cup almond milk (or other non-dairy milk)
1-2 cloves garlic
1 Tbsp. fresh parsley
1 Tbsp. fresh chives
1 tsp. dried dill
½ lemon, juiced
½ tsp. raw apple cider vinegar
½ tsp. sea salt
Fresh ground pepper, to taste

With the exception of parsley, chives and dill, add all other ingredients in high-speed blender. Blend until smooth. If you like thinner dressing, add a little water at a time until desired consistency is reached. Add herbs and pulse. Season with salt & pepper. Adjust according to taste. Chill for an hour. Use within 2 days. Store in fridge in air-tight container.

Caesar Dressing

- 2 cloves garlic, minced
- 1 tsp. fish sauce (may need more depending on taste)
- 2 Tbsp. freshly squeezed lemon juice, from one lemon
- 1 tsp. detox-friendly mustard (see above)
- 1 cup detox-friendly mayonnaise (see above)
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper

In a medium bowl, whisk together all ingredients except mayonnaise. Add mayonnaise and adjust seasoning to taste.

Italian Vinaigrette Salad Dressing

- 1 cup Extra Virgin Olive Oil
- ¼ cup apple cider vinegar (use more or less to taste)
- 2 Tbsp. roasted garlic OR 1-2 cloves fresh garlic, minced
- ½ tsp. salt
- ¼ tsp. black pepper
- 1 tsp. dried basil
- 1 tsp. dried marjoram or thyme
- 1 tsp. dried rosemary
- 1 tsp. dried oregano
- 2 Tbsp. lemon juice
- 2 Tbsp. applesauce or coconut nectar

Mash up garlic with a fork and add coconut nectar or applesauce. Add spices and mash to combine. Add in rest of ingredients and mix well. Store in refrigerator and use as needed.



30 Days to Healthy Living Recipes

Homemade Healthy Milks, Dressings, Sauces, Condiments

Lemon-Garlic Dressing

- ½ cup olive oil
- 1 lemon, juiced
- 3 cloves garlic, chopped
- Salt & pepper, to taste

In food processor or chopper, combine all ingredients and blend until there are no garlic pieces left. Store in fridge.

Basil Salad Dressing

- 2 ounces fresh basil
- ¾ cup olive oil
- ½ tsp. sea salt
- ½ tsp. pepper
- 1 tsp. lemon juice

Blend on high until smooth.

Creamy Avocado Dressing

- 1 avocado
- 3 Tbsp. olive oil
- 1 Tbsp. lemon juice
- ¼ tsp. black pepper
- Sea salt, to taste
- ½ cup water

Place avocado, olive oil, lemon juice and water in blender. Puree until smooth. Then blend in salt and pepper.

Creamy Onion Dressing

- 2 Tbsp. red onion
- ¼ cup apple cider vinegar
- 1 Tbsp. coconut aminos
- 1 tsp. mustard powder
- ½ tsp. sea salt
- ½ cup olive oil

Place onion, vinegar, coconut nectar, mustard and salt in blender and puree on high speed until smooth. While blending, drizzle in olive oil.



30 Days to Healthy Living Recipes

Homemade Healthy Milks, Dressings, Sauces, Condiments

Italian Dressing

- ¼ cup apple cider vinegar
- 2/3 cup Extra Virgin Olive Oil
- 2 Tbsp. water
- 2 Tbsp. coconut aminos
- 2 Tbsp. of Italian seasoning (see recipe above)

Combine all ingredients in salad shaker bottle, shake and enjoy.

Roasted Garlic Marinade

- 1 fist roasted garlic, mashed up in oil used to roast (see below)
- 3 sprigs or 2 tsp. rosemary, chopped
- 3 sprigs, or 1 ½ tsp. sage, chopped
- 1 tsp. Marjoram or Thyme
- ¼ tsp. Aleppo pepper (can also use paprika)
- 1 tsp. salt
- 1/8 tsp. black pepper
- 1 Tbsp. lemon juice
- 1 Tbsp. Extra Virgin Olive Oil

Rub marinade on meat at least 1 hour or up to 24 hours before roasting meat.

Stir Fry Sauce

- 2 cups chicken broth
- 2 cloves garlic
- 1 tsp. grated ginger
- 1 tsp. crushed red pepper
- ¼ cup coconut sugar
- ½ cup coconut aminos
- 3 Tbsp. Arrowroot powder (aka arrowroot starch)
- 3 Tbsp. warm water

Add all liquid ingredients to pot except the arrowroot starch and water. Wait to mix those up. Bring ingredients to a soft boil. Mix together arrowroot starch and warm water in a small dish and mix until starch is dissolved. Add arrowroot starch mixture to sauce mixture on stove and stir as it thickens. Reduce heat to simmer and simmer until reduced to desired thickness. (Note: Sauce will thicken considerably as it cools). Add to your favorite stir fry dish and enjoy!



30 Days to Healthy Living Recipes

Homemade Healthy Milks, Dressings, Sauces, Condiments

Fish Taco Sauce (Cumin Dressing)

- 1 cup detox mayonnaise (see mayonnaise recipe)
- ¼ cup almond or coconut milk
- 3 Tbsp. lemon juice
- 1 tsp. salt
- 2 Tbsp. ground cumin
- 1 clove garlic, minced

Add ingredients to bowl and mix well. Let sit for 10 minutes to allow flavors to blend.

Tzatziki Sauce

- ¾ cup raw cashews
- ½ cup water
- ¼ cup cucumber, grated
- 1 ½ tsp. mint or dill
- ¼ tsp. sea salt
- 4-6 cloves garlic, pressed
- 1 ½ tsp. lemon juice

Soak cashews in warm water. Let sit for 2+ hours. Drain cashews and blend in food processor/blender with garlic. Add a little water at a time, stopping to scrape down the sides, if needed. Blend until smooth. Consistency should be like slightly thin yogurt. Continue to add water until you reach that consistency. Squeeze liquid out of cucumber. Add cucumber, dill/mint, salt and lemon juice and mix well. Chill in the fridge for at least ½ hour.



30 Days to Healthy Living Recipes

MOCKTAILS





30 Days to Healthy Living Recipes



ARBONNE LONG LIFE ICED TEA





30 Days to Healthy Living Recipes

MIND BLOWN MOCKTAIL

Ingredients

- Arbonne Mind Health stick
- Water
- ACV
- Arbonne Fizz Stick



Directions

1. Blend.



POMEGRANATE SANGRIA

Ingredients

- Pour 1 Arbonne Immunity Booster into wine glass
- Fill rest of glass with H₂O
- Add 1 packet of Arbonne Pomegranate fizz stick
- Garnish with your favorite fruits





30 Days to Healthy Living Recipes

80/20



80/20 is all about balance and moderation.



30 Days to Healthy Living Recipes

BREAKFAST & PROTEIN SHAKES- 80/20





Recipes and the Basics of How to Make a Shake

- 2 Scoops Arbonne Protein Shake (Chocolate, Vanilla or both)
- 1/4 to 1/2 scoop Arbonne Fiber Boost
- 1 Digestion Plus Packet, (If you don't like the taste in water, you can stir the packet into your shake after its been blended).
- Ice (optional)
- 1/4 cup berries (optional)

CHOCOLATE BANANA BLISS

- 2 Scoops Arbonne Essentials Chocolate Protein Powder
- 8 oz. Unsweetened Almond or Coconut Milk + Ice
- 1 Medium Banana

CHUNKY MONKEY

- 2 Scoops Arbonne Essentials Chocolate Protein Powder
- 1/2 Medium Banana
- 1 Tbsp Almond Butter
- 1 Tsp Ground Flax Seed
- 8 oz. Water + Ice

BLACK FOREST

- 2 Scoops Arbonne Essentials Chocolate Protein Powder
- 8 oz. Unsweetened Almond Milk
- Pinch Unsweetened Cocoa Nibs
- 1 Tsp Unsweetened Cocoa Powder
- 1/3 Cup Dark Cherries (NOT Maraschino!)
- 8 oz. Water + Ice

ISLAND LIME

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder
- 1/2 Peeled Lime and 1/2 Banana
- 1 Bunch Spinach
- 8 oz water + Ice



30 Days to Healthy Living Recipes

80/20

KIWI LIME SHAKE

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- Handful of Sliced Kiwis
- Juice of 2 Lime Wedges (to intensify flavor, add lime zest)
- ¼ Cup Unsweetened, Coconut or Almond Milk + Ice

BAY COOLER

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder
- 4 oz. Water
- 6 Cherries
- ¼ Cup Fresh Pineapple chunks + Ice

ITALIAN MELON

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder
- 1 Small Orange + 1 Cup Cubed Cantaloupe
- 3 Basil Leaves
- 8 oz Water + Ice

ORANGE CREAMSICLE

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- 4 oz. Unsweetened or Almond Milk
- 4 oz. Orange Juice
- 1 Scoop low sugar Orange Sorb

ORANGE PEAR

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder
- ½ Cooked Sweet Potato
- ½ Pear
- Pinch of Orange Zest
- 8 oz. Water + Ice



30 Days to Healthy Living Recipes

FUZZY PEACH

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder
- 6 oz. Coconut Milk + 6 oz. Water + Ice
- ½ Cup Frozen Peaches

TRIPLE TROPIC

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder
- ½ Peeled Kiwi, ½ Peeled Mango, ½ Cup Fresh Pineapple Chunks
- 8 oz. Water + Ice

PAPAYA LIME

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder
- ½ Lime, ½ cup Papaya Chunks, ½ Golden Passion Fruit
- 8 oz. Water + Ice

BANANA & BERRIES

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- 8 oz. Unsweetened Almond Milk
- 1 Cup Berries and ½ Banana
- 1 Scoop non-fat Frozen Yogurt, Low-Sugar Sorbet or just Ice

PEANUT BUTTER (Add ½ Banana to Jazz it Up)

- 2 Scoops of Arbonne Essentials Chocolate or Vanilla Protein Powder
- 8 oz. Unsweetened Almond Milk
- 1 Tbsp Smucker's Natural Creamy Peanut Butter or use Almond Butter
- 1 Scoop non-fat Frozen Yogurt or just ice



30 Days to Healthy Living Recipes

THE PINA COLADA

- 2 Scoops Arbonne Essentials Vanilla Protein Powder
- 10 oz. Unsweetened or Coconut Milk
- 1 Cup of Fresh Pineapple (pineapple juice will do in a pinch)
- 1 Tsp. Coconut Extract
- ¼ Cup of Unsweetened, Shredded Coconut in the blender with Ice

VEGGIE MAX

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder
- Lightly Steamed Veggies: ½ Carrot, 2 Broccoli Florets, Handful Fresh Spinach
- ½ Apple, Slice + ½ Small Orange, Peeled
- 10 oz. Water + Ice

PRETTY IN PINK

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder
- Splash of Pure Cranberry Juice
- Handful of Strawberries and Raspberries (fresh or frozen)
- 10 oz. of Unsweetened, Coconut or Almond Milk + Ice

BERRY POWER

- 2 Scoops of Arbonne Essentials Vanilla Protein Powder
- ½ Cup Blueberries
- ¼ Cup Strawberries
- ¼ Cup Blackberries
- 1 Medium Carrot
- 6 oz. Unsweetened, Coconut or Almond Milk
- 4 - 6 oz. Pomegranate Juice (Cranberry is an okay substitute) + Ice



30 Days to Healthy Living Recipes



SUPER BLUEBERRY TOASTED COCONUT ISLAND PARFAITS W/PISTACHIOS

Ingredients

- 6 Tbsp chia seeds
- 2 cups almond or coconut milk
- pinch of salt
- 1/8 tsp vanilla extract
- 1/4 tsp cinnamon
- 1/2 cup blueberries (fold or blend in)
- 4 Tbsp unsweetened coconut, toasted
- 1/4 cup fresh blueberries – for topping
- 3 tsp raw pistachios – for topping
- 2 Tbsp coconut syrup – reduce by 1 Tbsp if your non-dairy milk is on the sweet side

*Super Blueberry- Toasted Coconut
Chia Pudding Parfaits
with Pistachios*



Directions

About 6+ hours before serving parfaits, prepare the chia pudding. You can simply briskly stir all ingredients together or do my low speed blender method. I add the milk, vanilla sweetener, salt and cinnamon – turn blender on to lowest speed. Slowly pour in chia seeds so they do not stick to the sides of the blender.

Blend on low for about 2-3 minutes to jump-start the chia seed plumping process. Blueberries: You can either fold in the 1/2 cup of blueberries or blend them right into the pudding. Transfer your chia mixture to a small bowl or large jar.

Cover and place in the fridge for at least 6 hours. About 1.5 hours after placing in the fridge, I like to give my pudding a few stirs to swirl the chia seeds a bit. This prevents clumping. This step is optional, you can always do a brisk stir right before serving too. When ready to prepare parfaits, finely chop your pistachios and set aside. For the coconut, heat the coconut in a dry skillet over high heat. Heat just until the edges start to brown and “toast.” Set aside. Add chia pudding to tall parfait glasses. You can stir some or all of the coconut right into the pudding, or just layer it on top of the pudding in the parfait glass. Top with the fresh blueberries, more toasted coconut and pistachios. I love to serve my chia pudding with a giant side bowl of extra blueberries, because you can never have too many blueberries on the table.



30 Days to Healthy Living Recipes



POST-WORKOUT: RAW CHOCOLATE-CHERRY SMOOTHIE

Ingredients

- 1/2 cup 100% tart cherry juice (no sugar added)
- 1/2 cup unsweetened almond milk, coconut milk or coconut water
- 1/2 frozen banana
- Handful baby spinach
- 2 tbsp raw cacao or unsweetened cocoa powder
- 1 tbsp hulled hemp seed or protein powder
- Bee pollen (if desired)
- Extra hulled hemp seed
- Optional: Raw honey, to taste



Directions

Combine all ingredients except the bee pollen and extra hemp seed in a blender and blend until smooth. Add honey if desired. Top with a sprinkle of bee pollen (if desired) and hemp seed and enjoy!



30 Days to Healthy Living Recipes

Lunch & Dinner 80/20



Recipes Compiled by Arbonne Independent Consultants



30 Days to Healthy Living Recipes

GARLIC STEAK AND POTATO FOIL PACKS

Juicy and savory seasoned garlic steak and potato foil packs are the perfect baked or grilled 30 minute hearty, healthy meal.

PREP TIME 10 MINUTES
COOK TIME 20 MINUTES
TOTAL TIME 30 MINUTES
SERVINGS 4 PEOPLE

Ingredients

- 2-2 1/2 pounds top sirloin steak, trimmed of fat and cut into 2 1/2-inch pieces (see note)
- 1 pound baby yellow potatoes quartered (or halved if they are already less than 1 inch in size, see note)
- 3 tablespoons olive oil
- salt and pepper, to taste (I use about 1 teaspoon salt and 1/4 teaspoon black pepper)
- 1 tablespoon minced garlic
- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley
- 1 teaspoon dried thyme
- fresh thyme or parsley for topping (optional)



Directions

1. In a large bowl combine steak, potatoes, olive oil, salt and pepper, garlic, and seasonings and toss to combine.
2. Divide steak and potatoes between four 12x12 inch sheets of foil, then wrap the foil tightly around the contents to form your foil packs. Grill over high heat for about 10 minutes on each side or until steak and potatoes are cooked through OR bake at 425 degrees for about 20-25 minutes until cooked through to desired doneness (see note).
**If you prefer a char on your steak, you can open up the packets at the end and cook for a couple minutes directly on the grill, or for baking you can switch oven to broil for a few minutes (with packets opened).
3. Garnish with fresh thyme or parsley and serve immediately.

Recipe Notes

Be sure to cut your steak into pieces that are at least 2x2 inches, and potatoes into pieces smaller than one inch. This ensures even cooking.

**For medium doneness on the steak, boil the potatoes first for five minutes before adding to the bowl and proceeding with the rest of the recipe. This will help them to cook faster once in the foil pack.



30 Days to Healthy Living Recipes

GRILLED LIME SALMON WITH AVOCADO-MANGO SALSA AND COCONUT RICE

Prep Time: 30 minutes

Cook Time: 26 minutes

Total Time: 56 minutes

Servings: 4 servings

Ingredients

Lime Salmon

- 4 (6 oz) skinless salmon fillets
- 3 Tbsp olive oil, plus more for grill
- 2 tsp lime zest
- 3 Tbsp fresh lime juice
- 3 cloves garlic, crushed
- Salt and freshly ground black pepper, to taste

Coconut Rice

- 1 1/2 cups Zico Coconut Water
- 1 1/4 cups canned coconut milk
- 1 1/2 cups jasmine rice, rinsed well and drained well
- 1/2 tsp salt

Avocado-Mango Salsa

- 1 large mango, peeled and diced
- 3/4 cup chopped red bell pepper (1/2 large)
- 1/4 cup chopped fresh cilantro
- 1/3 cup chopped red onion, rinsed under water and drained
- 1 large avocado, peeled and diced
- 1 Tbsp fresh lime juice
- 1 Tbsp olive oil
- 1 Tbsp Zico Coconut Water
- Salt and pepper, to taste

Directions

For The Salmon

1. In an 11x7-inch baking dish whisk together olive oil, lime zest, lime juice, garlic and season with salt and pepper to taste (a fair amount of each).
2. Place salmon in baking dish, cover and allow to marinate in refrigerator 15 - 30 minutes, then flip salmon to opposite side and allow to marinate 15 - 30 minutes longer. Preheat a grill over medium-high heat during last 10 minutes of marinating.
3. Brush grill grates with oil. Place salmon on grill and grill about 3 minutes per side or until just cooked through (turn carefully as the salmon will be fragile).

For The Coconut Rice;

1. While salmon is marinating prepare coconut rice. In a medium saucepan bring coconut water, coconut milk, rice and salt to a full boil. Cover and simmer until liquid has been absorbed (there may be just a little bit of excess liquid in center which you can drain off), about 20 minutes. Fluff with a fork, then let rest 5 minutes.

For The Avocado-Mango Salsa;

1. While the salmon is grilling prepare salsa. In a medium bowl toss together mango, bell pepper, cilantro, red onion, avocado, lime juice, olive oil and coconut water. Season with salt and pepper to taste.
2. Serve salmon warm with coconut rice top with avocado mango salsa.





30 Days to Healthy Living Recipes

INSTANT POT CHARRO BEAN SOUP

Serves: Makes 8 to 10 servings

Ingredients

- 1 pound pinto beans, soaked over night
- 1½ cups bacon, cut into ½-inch pieces
- 1 cup onion, diced
- 4 garlic cloves, chopped
- 4 jalapenos, seeded and chopped
- 3 tablespoons tomato paste
- 8 cups low sodium chicken stock
- 1 teaspoon dried oregano
- 3 teaspoons ground cumin
- 4 teaspoons kosher salt
- 1 bay leaf
- 1 teaspoon red wine vinegar
- ½ bunch of cilantro, rough chopped
- Chopped cilantro, for toppings
- Lime wedges, for topping
- Tortillas



Directions

1. Long simmers are no longer needed to make a comforting bowl of beans. With the Instant Pot Ultra, Charro Bean Soup can be made in 7 minutes. This soup has layers of flavor that make for a delicious quick meal: bacon, sautéed jalapenos and garlic, browned tomato paste and fresh cilantro. Keep in mind that the pinto beans will still require an overnight soak. Also, if you prefer heat, consider keeping the jalapeno seeds instead of removing them.
2. Place the bacon, onions, garlic and jalapenos in the Instant Pot and using the sauté feature, cook until softened, about 7 minutes. Stir occasionally.
3. With 1 minute left of sautéing the vegetables, add the tomato paste and brown for 1 minute. Stir constantly.
4. Turn the Instant Pot off and add the chicken stock, oregano, cumin, salt and bay leaf. Using a wooden spoon, scrape up any browned bits on the bottom of the pan.
5. Strain the beans from the soaking liquid. Rinse the beans. Add the beans to the Instant Pot and stir.
6. Place the lid on top, lock and cook on soup mode for 7 minutes.
7. Once the cook time is finished, immediately turn off the Instant Pot. Set a timer for 20 minutes for a natural pressure release.
8. After 20 minutes, release any remaining steam from the Instant Pot. Remove lid. Add the vinegar and cilantro, stir to combine.



30 Days to Healthy Living Recipes

RAW SUPERFOOD CARROT SALAD RECIPE

Ingredients

- 10 large shredded carrots
- 1 cup dried goji berries
- 4 green apples, chopped
- 1 cup pecans
- 3 tablespoons Dijon mustard
- ¼ cup fresh squeezed lime juice
- ¼ cup maple syrup
- 1 teaspoon lemon pepper
- 1 teaspoon sea salt



Directions

1. Mix all ingredients together.
2. Serve chilled.



ROASTED DELICATA SQUASH WITH ORANGE AND THYME

Ingredients

- 1 Delicata Squash
- 2 tablespoons freshly squeezed orange juice
- 1/2 teaspoon grated orange zest
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons Grade A Dark Amber maple syrup
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon sea salt
- Freshly ground black pepper



Directions

1. Preheat the oven to 425°F. Line a rimmed baking sheet with parchment paper.
2. Cut the stem end off the squash, use a melon baller to scoop out the seeds, and cut the squash into 1/4-inch-thick rounds; alternatively, cut the squash in half lengthwise, scoop out the seeds, and cut the squash into 1/4-inch-thick semicircles.
3. Put the squash, orange juice, orange zest, olive oil, maple syrup, thyme, salt, and a few grinds of pepper in a large bowl and toss until the squash is evenly coated.
4. Use a slotted spoon to transfer the squash to the lined baking sheet, spreading it in a single layer. Reserve the liquid in the bowl. Bake for 10 minutes, then flip the squash over and baste with the reserved liquid. Bake for 10 more minutes, until the squash is tender.

COOK'S NOTE: If you have a melon ball scooper, now is the time to take it out of hibernation; it's the perfect instrument for scooping out squash seeds.



30 Days to Healthy Living Recipes

80/20



ROASTED WINTER BOWL WITH BBQ TEMPEH & HEMP SEED RANCH

Ingredients

FOR THE BOWL:

- 1 small-medium sweet potato (about 3/4 lb or 330 grams) peeled + diced into 1/2 inch cubes
- 1 tablespoon olive oil, divided
- 1/3 of a block of tempeh (from a standard 1/2 lb or 250 gram block), cut into 2-inch pieces
- 2 tablespoons barbecue sauce of choice (see headnotes for links to recipes)
- 7-8 brussels sprouts, trimmed and quartered



HEMP SEED RANCH DRESSING:

- 1/2 cup raw + hulled hemp seeds
- 1/4 cup fresh lemon juice (from approximately 1 lemon)
- 1/4 cup filtered water
- 1 tablespoon olive oil
- 1 teaspoon dijon mustard
- 1 teaspoon garlic powder
- 1/4 teaspoon nutritional yeast
- 1 green onion, finely minced (approximately 1/4 cup)
- 1 sprig of dill, chopped (approximately 1 tablespoon)
- sea salt and ground black pepper, to taste

Directions

1. Preheat the oven to 400 degrees F. Set out a large baking sheet, lining it with parchment paper if you like.
2. Make the hemp seed ranch dressing. In a blender, combine the hemp seeds, lemon juice, water, olive oil, dijon, garlic powder, nutritional yeast, salt, and pepper. Whizz the mixture on high until you have a smooth and creamy texture. Scrape the dressing into a small bowl and stir in the green onions and dill. Cover the dressing and store in the refrigerator. (cont.)



30 Days to Healthy Living Recipes

ROASTED WINTER BOWL WITH BBQ TEMPEH & HEMP SEED RANCH

Directions

3. Place the diced sweet potatoes onto one end of the baking sheet. Toss the sweet potatoes with 1 teaspoon of the olive oil, some salt and pepper. Slide the sheet into the oven and set your timer for 15 minutes. At the 15 minute mark, remove the baking sheet.
4. In a small bowl, toss the tempeh pieces with another teaspoon of olive oil, some salt and pepper. Arrange the tempeh pieces in the middle segment of the baking sheet. Lightly toss the sweet potatoes. Slide the sheet back into the oven and set your timer for another 15 minutes. At the 15 minute mark, remove the baking sheet.
5. Throw the brussels sprouts into the same small bowl that you used for the tempeh. Toss the brussels sprouts with the remaining olive oil, salt, and pepper. Scatter them in a single layer on the remaining segment of the baking sheet. Flip the tempeh pieces over and brush them with the barbecue sauce. Slide the sheet back into the oven for 15 more minutes.
6. Once brussels sprouts are lightly browned, remove baking sheet from the oven. Transfer sweet potatoes, tempeh, and brussels sprouts to a serving bowl. Drizzle some of the hemp seed ranch dressing over top and enjoy.



30 Days to Healthy Living Recipes

SOBA NOODLE BOODHA BOWL

Recipe: Serves 1 – 2 (Depending how hungry you are)

Ingredients

- Soba Noodles (about 1 inch in diameter – 1 cup cooked)
- 1 Large Carrot (I used a vegetable julienne peeler)
- 1 Medium Crown of Broccoli (cut into florets)
- 1 Green Onion (Sliced)
- 1/2 of an Avocado (sliced)
- Sesame seeds for garnish

For the Sauce:

- 2 tablespoons of Tamari (Soy Sauce or Coconut Liquid Aminos can be substituted)
- 1/2 teaspoon of Sriracha Sauce (Optional)
- 1/2 teaspoon of Toasted Sesame Oil
- 1/2 teaspoon of Dijon Mustard (or spicy mustard)
- 1/2 tablespoon of Pure Maple Grade A Syrup (Honey be substituted)
- 1/2 tablespoon of Tahini
- 1 clove of Garlic (minced fine)
- 1/3 inch of Ginger (minced fine/about 1/2 teaspoon)



Directions

In a small bowl, mix all the ingredients for your sauce together and set aside. In a medium pot, cook Soba Noodles according to package and use a slotted spoon to remove them and place on a plate or bowl and set aside (I like to drizzle with a little sesame oil so that they don't stick together). Using the same pot and boiling water, blanch your broccoli florets for about 3 minutes and then remove with a slotted spoon, placing in your bowl/plate with your noodles. Lastly, blanch your carrots, remove and place in your bowl as well.

The last thing you'll do is add your avocado, sesame seeds, green onion, and a good heaping of your sauce drizzled all over the top! Grab your fork or chopsticks and dig in!



30 Days to Healthy Living Recipes

SUMMER GLOW BUDDHA BOWL WITH HOUSE VINAIGRETTE

Prep time: 20 Minutes

Cook time: 25 Minutes

Ingredients

For the House Vinaigrette (makes 3/4 to 1 cup):

- 3 tablespoons (45 mL) red wine vinegar
- 2 tablespoons (30 mL) fresh lemon juice
- 2 tablespoons (30 mL) Dijon mustard
- 1 medium clove garlic, minced
- 2 teaspoons (10 mL) pure maple syrup, or more to taste
- 1/2 teaspoon pink Himalayan salt or fine sea salt, or to taste
- Freshly ground black pepper, to taste
- 6 to 8 tablespoons (90 to 125 mL) extra-virgin olive oil, to taste.



For the Buddha Bowl:

- 1 1/2 cups (300 g) uncooked quinoa (I use rainbow, but any kind works)
- 2 tablespoons (30 mL) extra-virgin olive oil
- 2 cups (180 g) fresh green beans, ends trimmed and chopped into bite-sized pieces
- 2 cups (170 g) fresh snap peas, ends trimmed and chopped into bite-sized pieces
- 2 cups (220 g) yellow zucchini, sliced into half-moons
- Pink Himalayan salt or fine sea salt, or to taste
- 1 to 2 cups (30 to 60 g) fresh baby spinach
- 1 medium carrot, peeled and spiralized/julienned*
- 1 medium beet, peeled and spiralized/julienned**
- 1 to 2 large ripe avocados, pitted and sliced
- 3/4 cup (120 g) toasted pepita seeds***

Continued on Pg. 2



30 Days to Healthy Living Recipes

SUMMER GLOW BUDDHA BOWL WITH HOUSE VINAIGRETTE

(Pg. 2)

Directions

For the House Vinaigrette:

1. In a small (1-cup/250 mL) mason jar, add the vinegar, lemon juice, Dijon, garlic, maple syrup, salt, and pepper. Secure lid and shake vigorously to combine. Remove the lid and add in the olive oil. Secure the lid once again and shake vigorously until the oil is emulsified. Taste, and add additional maple syrup or oil if desired.

For the Bowl:

1. Cook the quinoa: In a medium saucepan, add the quinoa along with 2 1/4 cups (560 mL) water. Stir to combine. Increase heat to high and bring to a low boil. Immediately reduce the heat to medium-low, and cover with a tight-fitting lid. Cook for 13 to 16 minutes, until the water is absorbed and the quinoa is fluffy. Remove the lid and season the quinoa with salt and pepper.
2. Sauté the vegetables: Meanwhile, in a large skillet or wok, add the olive oil, green beans, snap peas, and zucchini. Stir to combine and season with salt. Sauté the veggies over medium-high heat for about 10 minutes, until tender but not overcooked. You still want the veggies to have a light crispness to them. At the end of cooking, stir in the spinach and cook for a couple minutes until it wilts. Turn off the heat.
3. Peel and spiralize the carrot and beet, and slice the avocado.

To assemble:

1. Stir all of the cooked quinoa into the skillet veggie mixture. Increase heat to medium, and cook until warmed throughout. Taste and add more salt and pepper if desired. Portion the quinoa-veggie mixture into large shallow bowls. Top the bowls with the carrot, beet, avocado, and a generous amount of toasted pepita seeds. Lastly, shake the House Vinaigrette and drizzle about 3 to 4 tablespoons all over the top of each bowl. Any leftover Buddha Bowl mixture will keep in the fridge for up to 3 days, and the leftover House Vinaigrette will keep for at least two weeks. The olive oil in the dressing tends to solidify when chilled, so be sure to allow it to sit on the counter for a bit (or warm the sealed jar in a bowl of hot water), and shake well before using. A great way to serve leftovers is to toss some baby mixed greens with House Vinaigrette and stir in some warmed quinoa-veggie mixture. Top it with sliced avocado and toasted pepitas for a quick meal.

Tips:

- * If you own a spiralizer, be sure to use a very thick carrot for spiralizing (the smaller ones won't work). Or you can simply julienne the carrot with a julienne peeler, which is what I usually do.
- ** To avoid staining your hands, try wearing kitchen gloves while handling the beet.
- *** To toast the pepita seeds: Spread the seeds onto a baking sheet and toast them for 8 to 12 minutes at 325°F, until golden.



THAI CABBAGE SALAD

This healthy Thai-Style Cabbage Salad is light, bright, and packed with crunch and flavor. It is great for lunch, dinner, potlucks, and parties! yield: SERVES 4-6 prep time: 20 MINUTES

Ingredients

FOR THE SALAD:

- 1/2 head of red cabbage, shredded (about 5 cups)
- 1 large carrot, peeled
- 1 red bell pepper
- 1 barely ripe mango, peeled
- 3 green onions, thinly sliced
- 1/4 cup fresh mint leaves
- 1/4 cup fresh cilantro leaves
- 1/4 cup fresh basil leaves
- Salt and black pepper, to taste
- 1/2 cup roasted cashews, chopped, for garnish

FOR THE DRESSING:

- 3 tablespoons fresh lime juice
- 1 clove garlic, finely grated with a Microplane grater
- 1/2-inch piece of fresh ginger, peeled and finely grated with a Microplane grater
- 1 tablespoon pure Grade A dark maple syrup
- Sriracha or other hot sauce, to taste
- Salt and black pepper, to taste
- 1/4 cup + 1 tablespoon grapeseed oil or other neutral-flavored oil



Directions

1. First, make the dressing. In a small jar with a tight-fitting lid, combine the lime juice, garlic, ginger, maple syrup, Sriracha, salt, pepper, and grapeseed oil. Tightly secure the lid, and shake the jar until the dressing has a creamy and smooth consistency. Taste and adjust seasoning, if necessary. Set aside.
2. Place the shredded cabbage in a large bowl. Using a vegetable peeler, make long strips from the carrot or cut into really thin strips. Remove the seeds and stem from the bell pepper, cut it into strips. Carefully cut around the large pit of the mango. After you have all of the usable mango you can get, cut the fruit into thin strips. Add the carrot, red pepper, and mango strips to the bowl with the cabbage.
3. Add the sliced green onions, mint, cilantro, and basil to the salad. Season with salt and pepper and toss to mix.
4. Pour the dressing over the salad and toss to evenly coat. Garnish the salad with chopped cashews. Serve immediately.



30 Days to Healthy Living Recipes

VEGAN CHICKPEA 'TUNA SALAD'

YIELD: 2-4 SERVINGS

PREP TIME: 10 MINUTES

COOK TIME: 0 MINUTES

TOTAL TIME: 10 MINUTES

Ingredients

- 1 can garbanzo beans, drained and rinsed
- 1/3 cup finely diced red onion
- 1/3 cup finely diced celery
- 1/3 cup finely diced radish
- 3 tbsp. capers, roughly chopped
- 1/4 cup mayonnaise (be sure to buy a vegan brand to keep this recipe 100% vegan)
- salt and pepper to taste



Directions

1. Add garbanzo beans to food processor and pulse a few times until you have a gravel-like consistency.
2. Transfer beans to a medium bowl and add in the onion, celery, radish, capers, mayo and salt and pepper. Combine well.



WHITE LASAGNA WITH SWEET POTATOES AND SPINACH

Ingredients

You will need:

Mashed sweet potato

- 2 sweet potatoes, peeled and diced
- 2 tsp olive oil
- 1 quart water or veggie broth
- salt and fresh cracked pepper

Bring water or veggie broth to a boil, toss in potatoes and cook until fork tender, around 15 minutes. Drain, mash and season to taste with salt, pepper and 2 tsp. olive oil. Set aside.

Spinach

- 1 tsp. olive oil

Heat oil in a pan and sauté spinach until wilted, around 2 minutes. Set aside.

White Sauce (vegan Alfredo sauce)

- 1 tsp. olive oil
- 1 large onion, chopped
- 1 garlic clove, chopped
- 1 1/2 cup raw cashews
- 3 cups water
- 1 t/l lemon juice
- 2 tsp salt
- 1/2 tsp. fresh cracked pepper

In a large skillet, heat oil and sauté onion until soft. Combine onion with all other ingredients in a high powered blender (such as a Vitamix. If you have a regular blender, soak cashews in water for at least two hours and then drain prior to blending). Mix until a nice creamy consistency is achieved. You can add more cashews or water to thicken or thin the sauce, respectively. Set aside.





30 Days to Healthy Living Recipes

WHITE LASAGNA WITH SWEET POTATOES AND SPINACH

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Vegan Ricotta

- 1 t/l olive oil
- 1 large onion, chopped
- 3 garlic cloves
- 1 14 oz package of extra firm tofu, drained
- 2 t/l lemon juice
- 2 tsp salt
- 1 1/2 tsp fresh cracked pepper
- 3 cups fresh basil

In large skillet, heat oil and sauté onion until soft. Combine onions with all other ingredients in a food processor and pulse until it has the consistency of ricotta. Set aside.

- * No-boil gluten free lasagna noodles (brown rice, quinoa) (1 lb.) (or zucchini sliced lengthwise into thin strips)
- * 1/2 cup fresh Italian parsley

To assemble and bake:

1. Preheat oven to 375 and lightly grease a 9X13 inch pan.
2. Spread a thin layer of sauce over the bottom of the pan.
3. Arrange 4 lasagna noodles across the pan (or zucchini slices), it's okay if they overlap a little. Layer half the ricotta, 4 noodles, sauce, sweet potatoes, spinach, sauce, 4 noodles, sauce, remaining half of ricotta, and 4 noodles.
4. Top lasagna with remaining sauce (reserving about 1 cup or more for topping—I make a little extra, because I like it saucy!) Make sure noodles are evenly coated and top with 1/2 cup fresh snipped parsley.
5. Cover baking pan with foil and bake for 50 minutes or until noodles are cooked through. (I cooked mine for an hour).
6. Let rest for at least 5 minutes before serving and top with heated white sauce and extra parsley if desired.



30 Days to Healthy Living Recipes

SNACKS/ DESSERTS - 80/20





30 Days to Healthy Living Recipes

ARBONNE PROTEIN COOKIES



Arbonne Protein Cookies

2 scoops Chai protein
2 cups Almond flour
1/2 tsp Sea Salt
1/2 tsp Baking Soda
1/2 cup Coconut Oil
1/2 cup Maple Syrup
1 tbsp Vanilla
1/2-3/4 cup Dark Chocolate Chips

**Making these tonight
for girl's night in!**

Vegan
Gluten Free
**Never Tested
on Animals**



ARBONNE PROTEIN ENERGY BITES

Ingredients

- 1/2 cup Arbonne's Vegan Chocolate Protein Powder
- 1 cup organic toasted shredded coconut (unsweetened)
- 2 tbsp organic vanilla extract
- 2 tbsp organic Almond butter.
- 1/2 cup organic old fashioned oats. (make sure they're Gluten free)
- 1/4 cup organic raw honey
- flax seeds (freshly ground)
- organic chia seeds (optional)
- 1/4 cup organic coconut oil (heat it up)
- Maca powder
- Arbonne Greens Balance powder (1 scoop, if desired)
- 1/2 cup Cacao Nibs (not cocoa)



Directions

1. Mix everything up with your hands until it feels like cookie dough. (Adjust the liquids and dry ingredients as needed)
2. Refrigerate for 30 minutes and then form into bite sized snacks.
3. Store them in the fridge and try not to eat all of them at once



30 Days to Healthy Living Recipes

CHOCOLATE ALMOND BUTTER BALLS

- 1 cup Arbonne Chocolate Protein Powder
- 1 cup organic almond butter
- 1/2 cup raw honey
- 1 cup chopped oats
- 1/2 cup mini chocolate chips

Mix all ingredients in a food processor. Form into balls.



30 Days to Healthy Living Recipes

COOKIES & PROTEIN BITES

Pumpkin Protein Power Bites

- 1 ½ cups Arbonne Protein Powder
- 1 cup pitted medjool dates*
- ½ cup organic pecans*
- 1/3 cup organic pumpkin puree*
- ¼ cup unsweetened coconut flakes*
- 2 tsp. organic vanilla extract*
- 1 tsp. organic cinnamon
- ¼ tsp. organic nutmeg
- ¼ tsp. organic ground cloves*
- 2 Tbsp. organic unsweetened coconut milk*
- Pinch of Himalayan salt (or whatever salt you have)

*organic whenever possible/Makes 40 protein balls

Place Dates in small bowl and cover with water. Let soak for 10 minutes, then drain.

Place pecans in food processor and pulse until finely ground. Add in rest of ingredients, including soaked dates. Pulse until combined. Adjust spices to taste. Place in refrigerator for 30 minutes to chill.

Use your hands to form the dough into small balls. Store in refrigerator in airtight container. Roll balls in coconut flakes if desired.

Arbonne Protein Gluten Free and Vegan Chocolate Chip Cookies

- 2 cups blanched almond flour
- 1 scoop of Arbonne's Chocolate Protein powder
- 1 scoop of Arbonne's Vanilla Protein powder
- 1 scoop of Arbonne's Fiber powder
- ½ tsp. celtic sea salt
- ½ tsp. baking soda
- ½ cup grapeseed oil
- 1 Tbsp. vanilla extract
- ½ cup honey or pure maple syrup
- 1 cup dark chocolate chips 73% cacao

Combine dry ingredients in a large bowl and fork the dry mix to combine together. Stir together wet ingredients in a smaller bowl, don't over mix. Mix wet ingredients into dry.

Form ½ - 1 inch balls (I use a cookie scoop) and press onto a parchment paper lined baking sheet or a silicone baking sheet. Bake at 350F for 7-10 minutes. Cool and serve.

Makes 24 cookies.

***A little note-Try not to overcook. When the shininess has turned, take them out of the oven. Nice and soft, yet firm.



30 Days to Healthy Living Recipes

COOKIES & PROTEIN BITES

Pumpkin Spice Protein Balls

- 12 soft Medjool dates, pitted
- $\frac{3}{4}$ cup pumpkin puree (canned pumpkin)
- 1 cup Arbonne Vanilla Protein Powder
- 1 tsp. pumpkin pie spice
- $\frac{1}{2}$ tsp. cinnamon

Mix all ingredients together in a food processor and roll into balls. Roll in cinnamon and refrigerate.

Dark Chocolate Cherry Coconut Protein Balls

- 1 cup Arbonne Chocolate Protein Powder
- $\frac{1}{2}$ cup cocoa powder
- $\frac{1}{2}$ cup coconut cream
- 1 cup dried cherries (soak in warm water for 15 min) - drain well
- 1 cup almond butter
- $\frac{1}{2}$ cup dark chocolate chips

Mix coconut cream and almond butter thoroughly, place in food processor and add cherries and pulse until cherries are at a desired size. Add protein powder and cocoa powder and blend well. Mix in chocolate chips by hand. Roll into balls. Melt chocolate chips in a double boiler and drizzle over balls. Refrigerate.



30 Days to Healthy Living Recipes

COOKIES & PROTEIN BITES

Almond Joy Protein Balls

- 1 cup Coconut cream (from a can)
- 4 cups shredded coconut
- 1 cup Arbonne Vanilla Protein powder
- 1 cup Arbonne Chocolate Protein powder
- ½ cup cocoa powder
- 1 cup coconut cream
- 4 cups shredded coconut
- 1 tsp. almond flavoring
- Additional coconut for rolling

Mix all ingredients together in a food processor. Roll into balls, then roll in extra coconut. Refrigerate.

Coconut Protein Balls

Mix first 3 ingredients of Almond Joy Protein Balls thoroughly, form into balls and then roll in extra coconut.

Pina Colada Protein Balls

- 1 cup almond butter
- 1 cup Arbonne Vanilla Protein powder
- 1 tsp. pure vanilla extract
- ½ cup pineapple juice
- 1 cup Medjool pitted dates (soaked)
- Juice of 1 lemon
- 1 cup organic, shredded, unsweetened coconut
- ½ cup dried pineapple (optional)

Mix all ingredients in a food processor. Form into balls.

Chocolate Almond Butter Balls

- 1 cup Arbonne Chocolate Protein powder
- 1 cup organic almond butter
- ½ cup raw honey
- ½ cup chopped peanuts
- 1 cup chopped oats
- ½ cup mini chocolate chips

Mix all ingredients in a food processor. Form into balls.



30 Days to Healthy Living Recipes

COOKIES & PROTEIN BITES

PB&J Peanut Butter Balls

For the peanut butter part:

- ½ cup Arbonne Vanilla Protein powder
- ½ cup organic peanut butter
- ¼ cup raw honey
- ¾ cup of chopped oats

For the jelly part:

- 10 Medjool dates, pitted
- ½ cup dried blueberries
- ¾ cup almond or cashew butter
- Pinch of salt

Mix ingredients in a food processor for each part and form into small ½ balls with each mixture. To assemble, push a jelly ball and a peanut butter ball together and roll into 1 ball.

Lemon Coconut Protein Balls

- 1 cup raw almonds
- 1 cup Medjool dates, pitted
- 1 cup Arbonne Vanilla Protein powder
- ½ cup lemon juice
- 1/3 cup shredded coconut for rolling

Mix all ingredients in a food processor. Form into balls.

On the Go Raw Deliciousness Trail Mix

- ½ cup raw walnuts
- ½ cup almonds
- ½ cup pecans
- ½ cup raw pumpkin seeds
- ¼ cup chopped dried apricots
- ¼ cup dried cranberries (sweetened with apple juice)
- ¼ cup dried unsweetened blueberries
- ¼ cup dried golden raisins
- ½ tsp. coarse Sea Salt

Mix all ingredients above and store in an airtight container.

WARNING: This is very addictive! Make sure only to have ¼ cup at a time!!



30 Days to Healthy Living Recipes

COOKIES & PROTEIN BITES

Paleo Crunch Trail Mix

Dry ingredients

- ½ cup ground flax seeds
- 1 cup raw pumpkin seeds
- 1 cup raw sunflower seeds
- 1 ½ cup almond meal
- 3 cups shredded unsweetened coconut
- 4 cups raw slivered almonds
- ½ cup unsweetened dried fruit (cherries, raisins, etc...)
- 1 tsp. cinnamon
- 1 tsp. sea salt
- ½ tsp. baking soda

Wet ingredients

- ¼ cup liquefied coconut oil
- 1/3 cup raw organic honey
- 3 tsp. pure vanilla extract

Preheat oven to 250F. Combine all of the dry ingredients (EXCEPT the dried fruit) into a large bowl. Mix well to make sure all of the ingredients are evenly distributed.

In a medium bowl, add all of the wet ingredients and mix together until well combined. Next, mix wet ingredients thoroughly into dry ingredients.

Divide the mixture in a thin layer between 2 rimmed baking sheets and press mixture with the back of a spoon or spatula until flat. Bake until lightly toasted. (About 45-60 minutes)

Remove pan from oven, stir mixture and return to oven for another 15 minutes.

Remove from oven, stir in dried fruit if using and let cool in the pan. Store in a container with a paper towel on bottom to absorb any excess oil.

WARNING: This is very addictive! Make sure only to have ¼ cup at a time!!



30 Days to Healthy Living Recipes



PRE-WORKOUT: GRAIN-FREE N'OLA BARS

Ingredients

- 2 cups unsweetened shredded coconut
- 1/2 cup nut or seed butter (peanut, almond, cashew, sunflower...)
- 1/2 cup coconut butter
- 1/2 cup pumpkin seeds
- 1/2 cup walnut pieces
- 1/2 – 3/4 cup raisins or other dried fruit (substitute dried berries instead of raisin during 30 days).
- 2 tbsp coconut oil
- 2 tbsp ground flax
- 1 tbsp chia seeds
- 1 tsp vanilla extract
- 1 tsp cinnamon

Directions

Notes: Sub rolled oats (the not quick-cooking kind) for all or some of the shredded coconut if you please; if you don't have coconut butter, you can use 1 full cup nut or seed butter or play with the ratio of coconut oil; I feel these are sweet enough as is, but if you prefer sweeter, add 2 tbsp raw honey or maple syrup.

Combine all ingredients in the food processor and run until completely combined and mixture sticks together when pinched. Line your pan with parchment paper and press the mix firmly into the bottom of the lined pan in an even layer. Pop the pan in the freezer for about 30 minutes to harden. Once set, remove the parchment from the pan with the n'ola slab intact. Use a sharp knife to cut into bars or squares. Keep frozen or refrigerated until ready to eat, or toss a few in a sandwich bag to take with you.

You can also make these into bites by rolling the finished mix between your palms to create balls.



30 Days to Healthy Living Recipes

PROTEIN BARS

Protein Bars

- 2 cups Organic Nut Butter
- 1 $\frac{3}{4}$ cups Raw Honey (or Stevia drops) or no sweetener at all
- 2 $\frac{1}{4}$ cups Arbonne Protein Shake mix (you can use $\frac{1}{2}$ chocolate and $\frac{1}{2}$ vanilla)
- 3 cups gluten free rolled oats

Mix nut butter and, if wanted, honey and Stevia on cooktop until melts. Add protein powder and mix well. Add rolled oats and mix gently. Spread in 9x13 pan and refrigerate for 1 hour. Cut into 24 squares.



30 Days to Healthy Living Recipes

MOCKTAILS





30 Days to Healthy Living Recipes

80/20



ARBONNE ALE

Recipe:

16 OZ OF ARBONNE DETOX
TEA (ICED) +
1 C. FRESH PINEAPPLE

BLEND UNTIL FOAMY. POUR
INTO MASON JAR.

ADD ARBONNE DIGESTION
PLUS + 2-3 CAPFULS OF
ACV.

COVER & SHAKE UNTIL
DISSOLVED.

ADD ARBONNE ENERGY FIZZ
IN POMEGRANATE

JENNIFERRAJALA.ARBONNE.COM



Arbonne Ale



30 Days to Healthy Living Recipes

THE MOCKITO (a mock mojito)

Ingredients

- 1 ½ ounces of fresh squeezed lime juice
- 1 ½ ounces light agave nectar
- 5 mint sprigs, finely sliced
- Club soda or Pellegrino water



Directions

Muddle mint sprigs in a glass with fresh squeezed lime juice
Add agave nectar
Add about 4 -6 ounces of Pellegrino water/club soda
Stir
Add extra mint if desired