

30 DAYS TO HL WELCOME EMAIL

I am beyond excited for you to start your Healthy Living Program Monday, May 4th!!! My goal is to make sure you ROCK this program and get ALL you have hoped for from it. I will share a few tips that I've found very helpful . . . as well as go over a few key points to make sure you're aware and prepared to succeed!!!

Your Nutrition ASVP has been ordered and you'll receive notification via email directly from Arbonne. I will add you to the PRIVATE Facebook group. THIS IS POWERFUL. Education is KEY! This page has a lead coach who will add posts nearly every day. You will learn the "WHYS" behind what you're doing. This group is also there for you to ask questions and a great support for you. I will also be coaching you personally. So don't hesitate to text or call me with questions!

TO GET STARTED

- Make sure to check the announcement post to find your guide
- LOOK at the "FILE" tab on the Facebook page (once you're added) for all the documents posted. Some clients print these for easy access. The Weekly Meal Plans are always posted on Friday to give you the weekend to grocery shop and prepare yourself for a successful start on Monday.

PREPARATION IS KEY TO SUCCESS

You will get to the point where this becomes your new normal, but here are my tips:

- Cut up tons of veggies to snack on and to have with hummus
- Hard boil eggs to grab for a quick snack or add to salads with extra virgin olive oil (EVOO) and Braggs apple cider vinegar as dressing. . .sprinkle with salt & pepper and the yolk makes the dressing creamy. 😊
- Cut up green apples and celery to have with almond butter (no peanut butter)
- Cook sweet potatoes and chicken for easy "grab & go" meals. Then store in individual glass containers in the fridge for a week to eat when you're short on time.
- Cut up lemons

It is easiest to follow the Weekly Meal Plans that get posted in the Facebook group on Fridays, but know that as long as it's on the "FOOD LIST" (located in the "FILES" section of the FB group), you can eat it!

SHAKES - THESE ARE MEALS!!

You should not be hungry during this program! If you are, please let me know so we can make some adjustments. You will also find your rhythm . . . some like shakes thick - some like a thinner consistency, etc. It may take a few times to find your "sweet spot" make sure you're loading your shakes with healthy fats! It is key to get plenty of calories in them . . . at least 400 to make it a meal!

Some healthy fats:

- Avocado
- Coconut cream (brown can at Trader Joes)
- Coconut milk or almond milk
- Almond, cashew, and sunflower butter (unless of course, you have any allergies - which we'll chat about when we talk over the phone prior to you starting)
- Chia, maca powder and cocoa nibs

WATER CONSUMPTION

Water is your BFF!!! Drink HALF YOUR BODY WEIGHT IN OUNCES PER DAY!!!

START DAY

MONDAY morning, May 4th:

- Weigh yourself
- Measure around your belly button and 2" below your belly button (no other measurements)
- PLEASE SEND ME YOUR STATS . . . this will help me coach you. It's one way I can track how your body is responding to the program and whether we'll need to make some adjustments.
- Also I STRONGLY recommend taking a before picture! You'll be shocked at how much your body can change and you never know how your story and journey could help someone else change their health and life! (You don't need to share this with me . . . unless you want. But trust me, I've had many clients who wished they had taken a before pic! You'll probably want it!)

GOALS & DAILY SCHEDULE

It's ideal for us to pop on the phone prior to you starting so I can coach you according to your goals and daily schedule. I will also run through a sample day one last time and answer any additional questions you may have so you feel ready to crush it! Should take about 15 minutes. I will text you to schedule a time for that! We will also be in lots of communication the first week as you are getting the groove. You are going to ROCK IT!

WHO DO YOU WANT TO DO THIS WITH?

Please weigh and measure yourself. Measure around your belly button & 2" below. I will then need your weight and measurements each week on Monday (or at least the "difference"). It's one way I can track how your body is responding to the program and whether we'll need to make some tweaks or adjustments. I also strongly recommend taking a before pic because you may be shocked at how much your body can change (this is for YOUR eyes). You never know how your story and journey could help someone else change their health and life! We will be in lots of communication the first week as you are getting the groove. You are going to ROCK IT! Remember your story matters! Feel free to post your journey on Facebook, share with others, etc. I know so many people are needing what this program has to offer. Any help spreading the word is welcomed and I do spoil like crazy for referrals!