

2011

The 30 Days to Feeling Fit Recipe Book

**A supplement to 30 Days to Feeling Fit
With Arbonne Essentials®**



ARBONNE INDEPENDENT CONSULTANT

Table of Contents

Disclaimer.....page 3

Foreword.....page 4

Main Dishes.....page 5

Vegetarian Meals.....page 16

Vegetable Dishes.....page 18

Salads & Sides.....page 19

Breakfast, Drinks & Dessert.....page 24

Acknowledgments.....page 25

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Foreword

Recipes for this book were developed/contributed by Arbonne Independent Consultants participating in the Fit VP's To Be group. This is a group of managers who took on the 30 Days To Feeling Fit challenge during the month of June 2011. Many amazing results were achieved by this group. Weight dropped, inches disappeared, energy levels increased and ailments disappeared/decreased.

The Fit VP's To Be compiled this book of recipes to assist YOU along your 30 day journey to feeling fit. You can rest assured that each one of these recipes fit into the plan perfectly. Let this book and the plan inspire and empower you to create and develop your own arsenal of healthy, low toxin, allergenic free meals.

To your health!

This recipe book is intended to supplement the 30 Days to Feeling Fit Plan and is not the plan itself. Please make sure you are following the 30 Days to Feeling Fit for guidance on portions, meal timing, meal structure, etc. If you do not have the 30 Days to Feeling Fit plan, contact the person who provided this recipe book to you.

Main Dishes

Grilled Chicken Ole

Ingredients

4 boneless, skinless chicken breasts
Marinade (recipe below)
Juice of 1 fresh lime
3 medium tomatoes, diced
½ cup red onion, chopped
1 jalapeno pepper, seeded and diced
½ cup yellow pepper, diced
¼ cup fresh cilantro, chopped
4 cups fresh broccoli (or frozen, thawed)
8 cups fresh spinach
2 cloves garlic, minced
Marinade Ingredients
juice of 1 fresh lime
dash of cayenne Pepper
¼ cup fresh cilantro, chopped

Directions:

- Mix marinade ingredients in Ziploc bag
- Add chicken and refrigerate for 30 minutes
- Mix lime juice, tomatoes, onion, jalapeno, yellow pepper, and cilantro in small bowl and set salsa aside
- Remove chicken from marinade and cook on grill pan for 6-10 minutes or until juices run clear
- Remove from grill and set aside
- Grill broccoli spears on grill pan for 8-10 minutes, turning frequently
- Add spinach leaves and garlic to a large skillet spritzed with Extra Virgin Olive Oil over medium heat
- Sauté spinach until just wilted
- Divide the wilted spinach onto four plates. Top spinach with chicken breast and add a scoop of salsa
- Serve broccoli spears on side
- Serves 4

Garlic Roasted Chicken

Ingredients

1 roasting chicken (4-5 pounds)
1 small tart apple, cored & quartered
1 small onion, quartered
3 Tbsp garlic powder or granules
1 Tbsp turmeric, ground
1 tsp cumin
1/4 tsp cayenne
2 TBS low sodium organic chicken broth
Extra Virgin Olive Oil for spritzing

Directions

- Preheat oven to 375°
- Rinse chicken & pat dry
- Spritz entire chicken with olive oil
- Insert apple & onion into chicken cavity and place on roasting pan with rack
- Mix broth and spices in a small bowl to make a paste
- Slather paste over chicken
- Roast chicken for 1 – 1 ½ hours or until juices run clear
- Skin will get crispy/crunchy
- Remove from oven and let stand for 10 minutes before carving
- Serves 4-6

Lemony Chicken with Peppers and Sweet Potatoes

Ingredients

1 tbsp. + 2 tsp. dried oregano
3 lbs. chicken (preferably bone-in)
1 ½ lbs. sweet potatoes
3 red, green and or yellow peppers cut into 2" long pieces
1 large onion, sliced
2 lemons, quartered, seeded
2 cloves garlic minced
½ tsp + ½ tsp Salt
½ tsp + ½ tsp Pepper

Directions

- Preheat oven to 375 degrees
- Mix 1 tbsp. oregano, ½ tsp salt and ½ tsp pepper; sprinkle over chicken
- Coat large roasting pan olive oil; place over 2 burners set on medium heat
- When hot, add chicken; cook, turning once, until browned, about 5 minutes per side
- Remove chicken from pan
- In large bowl toss potatoes, peppers, onions and lemons with garlic, remaining 2 tsp. oregano, ½ tsp salt and ½ tsp pepper
- Add to roasting pan; cook, stirring, until browned, 8-10 minutes
- Return chicken to pan
- Carefully cover with foil
- Place in oven and cook until chicken is no longer pink near bones and vegetables are tender, 30-40 minutes, then serve

Turkey Chili

Ingredients

- 1 ½ tsp olive oil
- 1 pound ground turkey
- 1 onion, chopped
- 2 cups water
- 1 (28 ounce) can crushed tomatoes
- 1 (16 ounce) can kidney beans – drained, rinsed and mashed
- 1 TBS freshly minced garlic
- 2 TBS chili powder
- ½ tsp paprika
- ½ tsp dried oregano
- ½ tsp ground cayenne pepper
- ½ tsp ground cumin
- ½ tsp salt
- ½ tsp ground black pepper

Directions

- Heat the oil in a large pot over medium heat
- Place turkey in the pot, and cook until evenly brown
- Stir in onion, and cook until tender
- Pour in water
- Mix in tomatoes, kidney beans, and garlic
- Season in chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper
- Bring to a boil
- Reduce heat to low, cover and simmer 30 minutes
- Serve
- Optional - Top with slices of avocado

Chicken Stir-Fry

Ingredients

- A couple of boneless chicken breasts cut in strips or cubes
- Organic low sodium veggie broth (enough to cover bottom of pan)
- Ginger
- 1-2 cloves garlic
- ½ onion sliced up

A variety of organic veggies: broccoli, zucchini, summer squash, celery, green or red peppers, bok choy any combo you like, sliced in uniform pieces.

Directions

- Cover bottom of stir fry pan with broth
- Add onion, add sprinkle of dried ginger or grated fresh, and minced garlic then add chicken and cook until done
- Add veggies and toss until desired doneness
- Serve on brown rice

Basil-Lemon Chicken Bake

Ingredients

- 3 large chicken breast halves, cut in half
- 1 large lemon
- 2 large handfuls of fresh basil

Directions

- Heat oven to 350 degrees
- Place chicken in baking pan, salt and pepper to taste
- Squeeze half of lemon over chicken
- Slice other lemon into 6 pieces and sprinkle over chicken
- Cover chicken with basil
- Seal pan with aluminum foil and bake for 50 minutes
- Serves 4-6

Roasted Chicken with Sun-Dries Tomato Pesto

Ingredients

- 4 skinless, boneless chicken breasts (about 2 pounds total)
- 1 TBS extra virgin olive oil
- $\frac{3}{4}$ cup, chopped, drained sun-dried tomatoes in oil
- 2 garlic cloves, crushed
- 6 TBS pine nuts, lightly toasted
- $\frac{2}{3}$ cup extra virgin olive oil

Directions

- Preheat oven to 400°F
- Make pesto
 - Put sun-dried tomatoes, garlic, 4 TBS pine nuts and $\frac{2}{3}$ cup oil into food processor and process to a coarse paste
 - Set aside
- Arrange chicken in large dish/roasting pan
- Brush each breast with remaining oil
- Place a TBS of red pesto over each breast
- Using back of spoon, spread pesto so that it covers the top of each breast
- Store remainder of pesto in an airtight container for up to a week
- Roast the chicken for 30 minutes or until juices run clear
- Serve sprinkled with remaining toasted pine nuts
- Serves 4

Italian Chicken Parmesan (sans the cheese)

Ingredients

Tomato Sauce

- 2 TBS Extra Virgin Olive Oil
- 1 large onion, finely chopped, 1 ½ cups
- 6 cloves of garlic, minced, about 2 TBS
- 2 cans of organic whole peeled tomatoes (28 oz. each)
- 1½ tsp dried basil
- 1 tsp dried oregano
- ½ tsp salt
- ¼ tsp cayenne pepper
- 1 bay leaf

Chicken

- 6 skinless, boneless chicken breast halves
- 2 cups rice flour
- 2 tsp dried oregano
- 1 tsp salt
- ½ tsp cayenne pepper
- 2 eggs
- Extra Virgin Olive oil
- Rice Pasta

Directions

Tomato Sauce

- In deep skillet heat oil over medium high heat
- Add onion and garlic; cook until very soft, about 10 minutes
- Stir in tomatoes with puree, basil oregano, salt, cayenne and bay leaf, breaking up tomatoes with spoon
- Bring to a simmer. Reduce heat to low; simmer until mixture thickens slightly, about 30 minutes
- Remove and discard bay leaf
- Transfer sauce to large measure cup or bowl; set aside
- Wipe skillet clean; set aside.

Chicken

- Preheat oven to 375 degrees
- On work surface between 2 pieces of parchment paper with meat mallet or rolling pin pound each chicken breast half to ¼ inch thickness
- In shallow bowl combine flour, oregano, salt and cayenne pepper
- In separate bowl add eggs, beat
- Coat each chicken piece with flour, dip into eggs then coat again with flour mixture
- Place on ungreased baking sheet, making sure not to overlap
- In same skillet used to make sauce, melt butter with oil over med-high heat
- Add chicken in batches; cook, turning once, until golden brown, 2-3 minutes per side
- Transfer each piece to ungreased 13 X 9 baking dish
- Pour 2 cups sauce over chicken in large dish
- Bake until chicken is done and sauce is bubbly, about 15-20 minutes
- Cook pasta according to package directions. Drain; return to pot
- Toss with remaining sauce
- Serve

Beef, Pepper & Mushroom Kabobs

Ingredients

- 1 TBS fresh lemon juice
- 1 TBS extra virgin olive oil
- 1 TBS water
- 2 tsp Dijon mustard
- ½ tsp chopped fresh oregano
- ¼ tsp freshly ground black pepper
- 1 lb boneless top sirloin steak cut into 1" squares
- 1 large red bell pepper cut into 1" pieces
- 12 large mushrooms
- 2 c cooked brown or long grain rice
- ¼ c pine nuts, roasted

Directions

- In a large bowl, whisk together the lemon juice, oil, water, mustard, oregano and black pepper
- Add the steak, bell pepper and mushrooms tossing to coat
- Alternately thread the steak, bell pepper and mushrooms on each of 4 metal skewers
- Set aside
- Prepare the rice according to package directions
- Meanwhile, place the kabobs on the grill over medium coals
- Grill uncovered, turning occasionally for 8 to 11 minutes or until a meat thermometer measures 145° (for medium rare)
- Toast the pine nuts by putting them in a pan and continually stirring them until roasted
- Mix the toasted pine nuts into the rice
- Serve the kabobs over the rice mixture, allowing ½ c rice per serving.
- Serve 4

Yummy Meatloaf

From the Fat Flush Plan by Anne Louise Gittleman

Ingredients

- 4 ounces of ground meat (beef, veal or turkey)
- ¼ cup spinach chopped
- ¼ cup onion, diced
- 1 clove garlic, minced
- 1/8 teaspoon cayenne pepper
- 1 teaspoon fresh parsley, chopped
- 1 tablespoon no salt added Muir Glen Tomato sauce

Directions

- Preheat oven to 400°
- Place meat, spinach, onion, garlic, cayenne and parsley in bowl of food processor and blend
- Press into mini loaf pan, glaze top with tomato sauce
- Bake for about 30 minutes.
- Makes 1 serving

Lamb Skewers with Chickpeas

Ingredients

Skewers

9 ounces lean ground lamb or turkey
1 onion, finely chopped
1TBS chopped fresh coriander
1TBS chopped fresh parsley
½ tsp ground coriander
¼ tsp chili powder
Salt and pepper

Chickpea mash

1 TBS extra virgin olive oil
2 garlic cloves, chopped
1 can (15 oz) chickpeas, drained and rinsed
¼ cup almond milk
2TBS chopped fresh cilantro
Salt and pepper

Directions

- Put lamb (or turkey), onion, herbs, spices and salt and pepper to taste in a food processor
- Process until thoroughly combined
- Divide mixture into 8 portions and, using wet hands, shape each portion into a sausage shape around a wooden skewer (soaked in water to prevent burning)
- Cover and chill for 30 minutes
- Preheat a grill pan over medium heat and brush with a little oil
- Cook skewers in 2 batches, turning occasionally for 10 minutes, or until browned on all sides and cooked through

Chickpea mash

- Heat oil in a pan and gently sauté garlic for 2 minutes
- Add chickpeas and milk
- Heat through for a few minutes
- Transfer to a food processor and process until smooth
- Season to taste with salt and pepper, then stir in fresh cilantro
- Serve together with skewers
- Serves 4

Fish Lime Bake

Ingredients

½ lb fresh, wild caught fish fillets
¼ c fresh squeezed lime juice
2 TBS capers
¼ cup fresh dill
¼ c chopped scallions

Directions

- Arrange the fish fillets in a baking dish
- Sprinkle with the lime juice, capers, fresh dill and scallions
- Bake, covered, at 325° F for 15-20 minutes or until the fish flakes easily

Spanish Fish in Packet

Ingredients

Foil
1 pound ready trimmed green beans
8 anchovy fillets, optional
4 large garlic cloves, minced
16 strips of thinly sliced roasted red peppers
½ cup pitted chopped kalamata olives
2 pounds cod fillets or Snapper, cut into 4 portions
Salt and pepper
Scallions, chopped
¼ flat leaf parsley, chopped
Olive oil for drizzling
1 lemon, zested and juiced

Directions

- Preheat oven to 400 degrees
- Rip off 4 sheets of foil, each a little over a foot long
- Place ¼ of the green beans in the center of each sheet then top with 2 anchovy fillets (again optional), ¼ of the garlic, ¼ of the roasted red peppers, chopped olives and cod or snapper portions
- Season the fish with salt and pepper and top with equal amounts of the scallions and parsley
- Drizzle extra-virgin olive oil liberally and equally along with lemon zest and juice evenly over the fish portions
- Fold the top half over the fish and then seal the edges together and crease several times, making a packet for each fish to cook in
- Arrange the packets on the baking sheet and place in the hot oven
- Bake 20 minutes or until fish is cooked
- Serves 4

Halibut Papillotes with Fennel and Olives

Ingredients

- 1 small fennel bulb, stalks discarded
- 3 medium carrots
- 1/3 cup kalamata olives, slivered
- 2 tsp finely grated lemon zest
- 4 tsp fresh thyme leaves
- 2 large garlic cloves, minced
- 3 TBS extra-virgin olive oil
- 4 (8 oz) pieces of halibut fillet

Directions

- Place a large baking sheet on bottom rack of oven and remove any other racks. Preheat oven to 400 degrees
- Halve fennel bulb lengthwise. Remove most of core, leaving enough intact to keep layers together when sliced
- Slice fennel lengthwise, very thin
- Cut carrots diagonally into 1/8 inch thick slices keeping vegetables separate
- Blanch vegetables separately in salted boiling water; fennel 2 minutes and carrots 1 minute
- Refresh in a bowl of ice water, drain well
- Toss fennel and carrots with olives, zest, thyme, garlic, olive oil and salt and pepper to taste.
- Season fish with salt and pepper and place in center of 15" piece of foil (each fish done separately)
- Top with fennel mixture and then fold over foil to enclose the fish and seal the edges by folding it over around the open ends
- Bake at 400 degrees for 15 minutes

Salmon Jambalaya

Ingredients

2 tsp olive or coconut oil
2 large fresh, wild caught salmon filets
1 medium onion, diced
1 green bell pepper, diced
1 red bell pepper, diced
½ cup diced celery
2 TBS chopped garlic
¼ teaspoon cayenne pepper
½ teaspoon onion powder
Salt and ground black pepper to taste
2 cups cooked brown rice
4 cups vegetable broth
3 bay leaves

Directions

- Heat oil in a large pot over medium high heat
- Lightly sauté salmon , about 3 minutes
- Set aside in separate dish
- Sauté onion, bell pepper, celery and garlic
- Season with cayenne, onion powder, salt and pepper
- Cook 5 minutes, or until onion is tender and translucent
- Add rice, then stir in vegetable broth, bay leaves and salmon
- Bring to a boil, then reduce heat, cover, and simmer 20 minutes, or until rice is tender
- Optional- stir in grated horseradish

Grilled Rosemary-Salmon Spedini

If you can find (or grow) them, use sturdy rosemary branches, stripped of leaves, as skewers for these Mediterranean kebabs. Oil your grill well to prevent sticking, don't move the kebabs around unnecessarily, and keep a close eye on the fire to avoid flare-ups. Make it a meal: Serve with a Greek salad (minus the feta and vinegar) and brown rice flavored with capers and fresh parsley.

Ingredients

2 tsp minced fresh rosemary
2 tsp extra-virgin olive oil
2 cloves garlic, minced
1 tsp freshly grated lemon zest
1 tsp lemon juice
½ tsp kosher salt
¼ tsp freshly ground pepper
1 pound center-cut wild caught salmon fillet, skinned and cut into 1-inch cubes
1 pint cherry tomatoes

Directions

- Preheat grill to medium-high
- Combine rosemary, oil, garlic, lemon zest, lemon juice, salt and pepper in a medium bowl
- Add salmon; toss to coat
- Alternating the salmon and tomatoes, divide among eight 12-inch skewers
- Oil the grill rack
- Grill the spedini, carefully turning once, until the salmon is cooked through, 4 to 6 minutes total
- Serve immediately

Vegetarian Meals

Black Bean Quinoa Chili

Ingredients

1 lb ground turkey breast
1 medium organic onion, chopped
2 tsp salt
1 organic zucchini, chopped
2 cloves organic garlic, minced
2 tsp cumin
1 tsp dried oregano
¼ tsp cayenne
¼ tsp cinnamon
2/3 cup quinoa, rinsed in warm water
1 can organic tomato sauce, low salt (about 2 cups)
1 can organic diced tomatoes
1 cup water
2 -15 oz cans organic black beans, rinsed & drained

Directions

- Warm pot over medium heat
- Add onion & meat to skillet and brown
- Add salt, garlic, zucchini and spices and sauté 5-10 minutes
- Stir in rinsed quinoa
- Add tomato sauce, tomatoes and water
- Simmer 20 minutes
- Add beans to pot and simmer another 15 minutes
- Makes 6-8 1 cup servings
- Garnish as desired and allowed in plan

Red Lentil Pasta Sauce

Ingredients

2 c organic vegetable broth
1 c red lentils
4 TBS extra virgin olive oil
4 carrots, grated or minced
1 - 2 celery stalks, finely chopped
½ bulb fennel, finely chopped
1 medium onion, finely chopped
1 -24 oz can coarsely chopped tomatoes (I use Muir Glen Organic with basil or you can use the Muir Glen Organic Fire Roasted for a bit of a kick)
½ to 1 c salsa (store bought or homemade)
3 TBS fresh basil, finely chopped

Directions

- In small pot, bring vegetable broth to a boil
- Stir in the lentils and simmer until cooked through
 - They will turn yellow and be very soft, almost mushy
- Meanwhile, in a large pan, sauté the carrots, celery, fennel and onion in the olive oil until tender
- Stir in the tomatoes and salsa and cook until heated through
- Add cooked lentils, stir them in and mix until heated through
- Stir in fresh basil and mix well
- Serve over your favorite rice pasta

Vegetarian Lentil Soup

Ingredients

1 tsp oil
1 onion, diced
1 carrot sliced
4 cups vegetable broth
1 cup dry lentils
¼ tsp pepper
¼ tsp dried thyme
2 bay leaves
Dash salt
1 TBS fresh lemon juice

Directions

- In a large pot, sauté the onions and carrot in the oil for 3-5 minutes until onions turn translucent
- Add the vegetable broth, lentils, pepper, thyme, bay leaves and salt
- Reduce heat to a simmer
- Cover and cook until lentils are soft, about 45 minutes
- Remove bay leaves and stir in lemon juice before serving
- Serves 4

Vegetable Dishes

Grilled Veggies and Rice

Ingredients

2 cups water
1/2 cup brown rice
1/4 cup wild rice
1/4 cup quinoa
Peppers (red, yellow, orange, green)
Onions
Zucchini
Asparagus
Broccoli
Cauliflower
Carrots
Portabella Mushroom Caps

Directions

- Combine quinoa, and rices into medium pot with water
- Bring to boil then simmer for 20 minutes
- Drizzle vegetables with olive oil
- Grill vegetables until tender
- Serve over rice mixture
- Optional – drizzle with olive oil and Bragg’s amino acids, may also add black beans for additional protein

Grilled Veggies

Ingredients

1/4 cup grape seed oil
Juice of 1/2 lemon or lime
1-2 gloves garlic (minced)
Other spices to taste
Variety of organic veggies: zucchini, summer squash, sweet potato, asparagus, green, red or yellow peppers, onion, mushrooms etc.
Slice veggie in larger pieces for BBQ grill (I like to cut the zucchini/summer squash in “planks” length wise about 1/4” thick)

Directions

- Mix the 1st three ingredients together and then brush on the veggies and let sit a bit.
- Place on medium grill let cook until they get “grill marks” and flip over until desired tenderness.
- For the mushrooms I slice them up and then make a little foil “box” to cook them in on the grill so they don’t fall through!

Spaghetti Squash

Ingredients

1 spaghetti squash cut in half, seeds removed
Cinnamon

Directions

- Place the squash halves cut side down in a glass baking dish (I splash some broth around them)
- Bake at 375°F for 30min or so until fork tender
- With a fork separate the spaghetti pulp from the skin and place in bowl
- Sprinkle with cinnamon

Salads & Sides

Tabbouleh

Ingredients

Generous 1 cup quinoa
2 ½ cups water
10 vine-ripened cherry tomatoes, seeded and chopped
3-inch cucumber, diced
3 scallions, chopped
Juice of ½ lemon
2 TBS extra virgin olive oil
4 TBS chopped fresh mint
4 TBS chopped fresh cilantro
4 TBS chopped fresh parsley
Salt and pepper

Directions

- Put quinoa into a medium pan and cover with the water
- Bring to a boil, then reduce heat, cover and let simmer over low heat for 15 minutes
- Drain if necessary
- Let quinoa cool slightly before combining with the remaining ingredients in a salad bowl
- Season to taste with salt and pepper before serving
- Serves 4

Easy Hummus

Ingredients

2 garlic cloves
1-15oz can chick peas, drained (reserve liquid)
1 TBS extra virgin olive oil
1tsp salt
3 TBS tahini paste
Juice of 1-2 lemons

Directions

- With blade of food processor running drop in garlic
- Add chick peas, olive oil, salt, tahini, and lemon juice
- Blend until smooth
- Add reserved liquid to thin out hummus to preferred consistency

Strawberry-Avocado Salsa with Cinnamon Tortilla Chips

Ingredients

2 tsp grape seed oil
2 tsp grape seed or olive oil
6 brown rice tortillas
2 tsp stevia mixed with 1/2 tsp cinnamon
1 1/2 ripe avocado, finely chopped
2 TBS fresh cilantro, finely minced &
2 TBS scallion, finely minced
2 tsp fresh squeezed lime juice
1 c finely chopped strawberries

Directions

- Brush both sides of tortilla with @ tsp oil
- Cut into triangles with pizza cutter and scatter on cookie sheet
- Bake in 350° oven for 10 minutes until crispy
- Remove from oven and sprinkle with cinnamon mixture
- Optional – give them a dash of sea salt to enhance flavor
- Mix remaining ingredients for salsa

Quinoa Salad

Ingredients

2 cups organic chicken broth
1 cup quinoa
2-3 TBS extra virgin olive oil
½ tsp sea salt (or to taste)
½ tsp cracked pepper (or to taste)
1 green apple, cored and diced
1 medium tomato, chopped

Directions

- Bring chicken broth to boil in medium sauce pan
- Add quinoa and reduce to simmer for 20 minutes
- Let cool
- Place cooled quinoa in bowl
- Add remaining ingredients
- Optional – add roasted peepers and serve over mixed green salad

Fresh Berry-Tuna Salad

Ingredients

Fresh Berry Puree Salad Dressing:

Grape Seed Oil as needed
Handful of Blue Berries
Juice from 1/2 fresh lemon
Dash sea salt/pepper

Salad:

Mixed greens
½ avocado
Sprinkle of sunflower seeds
Small red onion, diced
Single-serve can albacore white tuna in water

Directions

- Put salad ingredients together
- Puree ingredients and pour over salad
- For a sweeter dressing add a dash of Stevia

Orange Quinoa

Ingredients

Quinoa
Green onions
Peas
Currants
Parsley
Orange Zest
Garlic
Sea Salt
Cinnamon
Curry Powder
Almonds
Extra-virgin olive oil
Lemon juice

Directions

- This salad can be made to “your taste”
- No exact amounts are necessary
- Just add the veggies you have available.

Marinated Artichoke Salad

From the Fat Flush Plan by Anne Louise Gittleman

Ingredients

2 cans (13-15oz) artichoke hearts in water (or Trader Joes frozen artichoke hearts 1 bag)
1 clove garlic minced
4 tablespoons flax see oil
¼ cup lemon juice (even better with lime juice)
1 ½ tablespoons apple cider vinegar
½ teaspoon cayenne pepper
Greens for garnish

Directions

- Drain the canned artichoke hearts and rinse well with water.
- Place 4 artichoke hearts in a large bowl and mash with the garlic
- Stir in the flaxseed oil, lemon or lime juice, vinegar and cayenne pepper and mix well.
- Quarter remaining hearts and mix well with the dressing
- Refrigerate at least one hour,
- Arrange on bed of greens and serve!
- Serves 4

Grilled Shrimp Greek Salad

Ingredients

6 TBS fresh lemon juice
7 TBS extra virgin olive oil
1 TBS + 2 tsp finely chopped fresh oregano
2 garlic cloves, minced
1 pint cherry tomatoes
½ English cucumber, cut into ½ inch pieces
½ small red onion
½ cup kalamata olives
Lettuce (romaine or baby greens)
1 lb large (20-24 per lb) shrimp, shelled and de-veined

Directions

- Make dressing: Whisk together 4 tbsp. lemon juice, 6 tbsp. oil, 1 tbsp. oregano, half of garlic and salt and pepper to taste.
- Marinate shrimp: whisk together remaining 2 tbsp. lemon juice, 2 tsp. oregano and garlic in a large bowl. Stir in shrimp until well coated and marinate at room temperature 10 minutes.
- Grill shrimp: Add remaining tablespoon oil to shrimp and toss to coat. Thread 4 shrimp lengthwise, each facing in same direction (so shrimp will lay flat on grill), on each skewer without crowding. Season shrimp with salt and pepper. Grill shrimp until just cooked through, about 2 minutes on each side.
- Combine Cherry tomatoes, cucumber, onion kalamata olive (whole) and lettuce and dressing. Serve with shrimp on top.

Tapenade

Ingredients

20 pitted Kalamata olives, coarsely chopped
1 TBS capers-rinsed, drained, and chopped
1 tsp fresh lemon juice
2 tsp olive oil
½ tsp anchovy paste (optional)
Fresh cracked black pepper

Directions

- Combine Kalamata, olives, capers, lemon juice, olive oil, anchovy paste (optional), and pepper
- Mix well and refrigerate
- Use within two weeks
- Serve with rice crackers

Breakfast, Drinks and Dessert

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
- Serves 1

Protein Pancakes

Ingredients

- 1 1/3 coconut milk
- 3 eggs
- 2 TBS 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

Arbonne Ice Cream

Ingredients

- 2 scoops of Arbonne Essentials Vanilla or Chocolate protein powder,
- 9 oz 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

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