

MEAL PLAN "A"

1,200 Calories

BREAKFAST: 1 HERBALIFE® FORMULA 1 SHAKE + 1 FRUIT

Example:

- 2 scoops (2 tablespoons) Formula 1 Shake Mix + 250ml semi-skimmed milk or soymilk + one half of a fresh mango

OR:

1 PROTEIN UNIT + 1 FRUIT

Examples:

- 7 egg whites (hard boiled or cooked with pan spray as an omelette) + ½ grapefruit

OR:

- 1 cup low fat cottage cheese + 1 cup pineapple

LUNCH: 1 HERBALIFE® FORMULA 1 SHAKE + 1 FRUIT

Example:

- 2 scoops (2 tablespoons) Formula 1 Shake Mix + 250ml semi-skimmed milk or soymilk + 1 cup strawberries

OR:

1 PROTEIN UNIT + 2 VEGETABLES + SALAD + 1 FRUIT

Example:

- 3 ounces roasted chicken breast
 - AND 2 cups steamed broccoli
 - AND 4 cups of salad greens with low fat dressing
 - AND one large orange

P.M. SNACK: 1 PROTEIN SNACK + 1 FRUIT

Example:

- Herbalife® Protein Bar + 1 medium apple

DINNER: 2 PROTEIN UNITS + 2 VEGETABLES + SALAD + 1 GRAIN + 1 FRUIT

Example:

- 8 ounces grilled fish with teriyaki sauce
 - AND 1 cup steamed spinach + 1 cup steamed carrots
 - AND mixed green salad
 - AND ½ cup brown rice
 - AND 1 cup mixed honeydew and cantaloupe melon cubes

*nutritional values are approximate and may vary depending what brand and products you use.