

MEAL PLAN 1,200 Calories

BREAKFAST:

1 HERBALIFE® FORMULA 1 SHAKE + 1 FRUIT

Example:

2 scoops (2 tablespoons) Formula 1 Shake Mix + 250ml. nonfat 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 omelet) + ½ grapefruit

OR:

1 cup nonfat cottage cheese + 1 cup pineapple

LUNCH:

1 HERBALIFE® FORMULA 1 SHAKE + 1 FRUIT

Example:

2 scoops (2 tablespoons) Formula 1 Shake Mix + 250ml. nonfat milk or soymilk + 1 cup strawberries

OR:

1 PROTEIN UNIT + 2 VEGETABLES + SALAD + 1 FRUIT

Example:

90g roasted chicken breast
AND 2 cups steamed broccoli
AND 4 cups of salad greens with seasoned vinegar
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:

240g broiled 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 cubes