

THE MEAL GUIDE



MEAL PLANNING

Ok, so here's the good stuff... we all have goals for this challenge and the truth is they are 80% nutrition and 20% fitness! Our goal is not to give you a cookie-cutter meal plan, but to give you the tools to be successful in creating your own (with the help of your coach of course)!

**WHAT'S YOUR
PLAN?**



STEP 3

Your personalized protein target and meal plans

Once you have met with your Distributor and made a realistic, achievable goal, it's time to make a meal plan.





MEAL PLANS

Our meal plans are simple and easy, with calorie counts built in. They are designed to help you consume the right amount of protein and other nutrients each day to meet your needs. Here's how to choose the best meal plan for you and your goals.

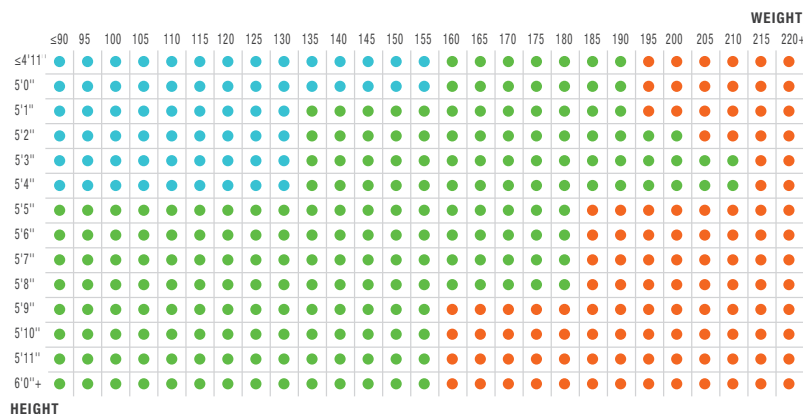
#1. MEAL PLAN SELECTION TOOLS FOR WOMEN AND MEN

These charts will help you quickly determine your suggested meal plan – based on your height and weight – to match your individual needs for protein and calories. Select your height and weight on the chart below.

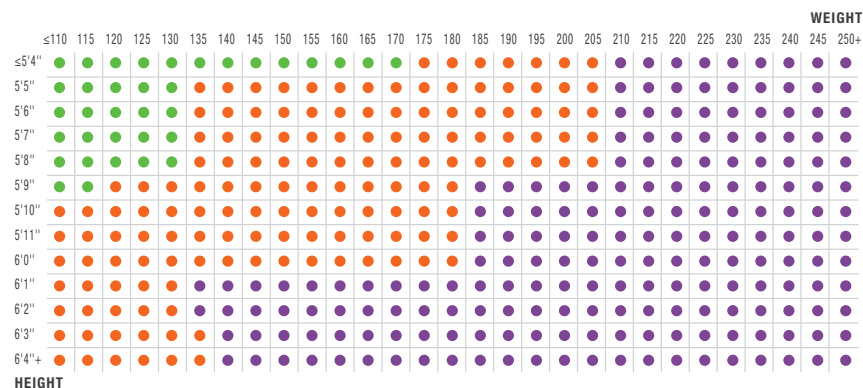
Based on your current height and weight, choose Plan A, B, C or D. The colored dots in these charts match with each type of meal plan on the next page.



WOMEN



MEN



GO TO STEP #2



#2. THE SUGGESTED MEAL PLAN: A, B, C OR D

Each Meal Plan (A, B, C and D) has three options: Daily Nutrition, Weight Loss or Weight Gain. Once you reach your goal, you may switch over to the Daily Nutrition option.

TO LOSE WEIGHT, follow the **Weight Loss** option of the recommended meal plan. It will deliver the recommended amount of protein, but with fewer calories to promote weight and fat loss when coupled with an appropriate exercise program. This option replaces two meals per day with a Formula 1 shake. Breakfast is the ideal meal to start because it's the first meal, and typically people do not eat sufficient protein in the morning. Alternatively, you may replace lunch and/or dinner instead.

TO MAINTAIN WEIGHT, follow the **Daily Nutrition** option of the recommended Meal Plan. This option will deliver proper protein and calories to help you maintain your weight when coupled with an appropriate exercise program. This option replaces one meal per day (breakfast) with a Formula 1 shake.

FOR WEIGHT GAIN, supplement the **Daily Nutrition option with additional Formula 1 shakes**, up to a total of 3 shakes per day.

A. About 130 g of protein and 1,850 calories

B. About 145 g of protein and 2,050 calories











C. About 190 g of protein and 2,400 calories













D. About 200 g of protein and 2,550 calories

⊕ **Add 2 TBSP** of Personalized Protein Powder to each shake.

A	DAILY NUTRITION About 90 g Protein 1,350 Calories	 20 g Protein 250 Calories	 10 g Protein 150 Calories	 25 g Protein 400 Calories	 10 g Protein 150 Calories	 25 g Protein 400 Calories
	WEIGHT LOSS About 85 g Protein 1,200 Calories	 20 g Protein 250 Calories	 10 g Protein 150 Calories	 20 g Protein 250 Calories	 10 g Protein 150 Calories	 25 g Protein 400 Calories
		BREAKFAST	SNACK	LUNCH	SNACK	DINNER

B	DAILY NUTRITION About 105 g Protein 1,550 Calories	 20 g Protein 250 Calories	 10 g Protein 150 Calories	 25 g Protein 400 Calories	 10 g Protein 150 Calories	 40 g Protein 600 Calories
	WEIGHT LOSS About 100 g Protein 1,400 Calories	 20 g Protein 250 Calories	 10 g Protein 150 Calories	 20 g Protein 250 Calories	 10 g Protein 150 Calories	 40 g Protein 600 Calories
		BREAKFAST	SNACK	LUNCH	SNACK	DINNER

C	DAILY NUTRITION About 130 g Protein 1,800 Calories	 + 30 g Protein 300 Calories	 10 g Protein 150 Calories	 40 g Protein 600 Calories	 10 g Protein 150 Calories	 40 g Protein 600 Calories
	WEIGHT LOSS About 120 g Protein 1,500 Calories	 + 30 g Protein 300 Calories	 10 g Protein 150 Calories	 + 30 g Protein 300 Calories	 10 g Protein 150 Calories	 40 g Protein 600 Calories
		BREAKFAST	SNACK	LUNCH	SNACK	DINNER

D	DAILY NUTRITION About 170 g Protein 2,250 Calories	 + 30 g Protein 300 Calories	 20 g Protein 300 Calories	 40 g Protein 600 Calories	 30 g Protein 300 Calories	 40 g Protein 600 Calories	 10 g Protein 150 Calories
	WEIGHT LOSS About 160 g Protein 1,950 Calories	 + 30 g Protein 300 Calories	 20 g Protein 300 Calories	 + 30 g Protein 300 Calories	 10 g Protein 150 Calories	 40 g Protein 600 Calories	 30 g Protein 300 Calories
		BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK

You should follow the plan for two weeks, evaluate your progress with your Distributor and then discuss any adjustments.

WHAT'S YOUR PLAN?

After reviewing Plan's A, B, C, & D, tag your coach in the telegram chat & let them know which meal plan you will be following.

get ready for your results.



PLANNING YOUR DAY



PLANNING



TIPS FOR A SUCCESSFUL JOURNEY

It is highly suggested that you meal prep for each week. You will only have 1 meal a day so it will be much easier to prep since your shakes will replace two meals. Trying to find something to eat on the spot might have you eating the wrong things.

PREPARATION IS KEY!

Things to stay away from... Alcohol, fried foods, candy, chips, soda, juice, white rice and bread, ice cream, cake, cookies, fast food, energy drinks, high sugars, high sodium, and so on. If you have questions, feel free to ask!

If you are relatively active, please aim for 1 gallon of water each day, if not $\frac{3}{4}$ gallon each day. Nothing less. WATER is ALSO KEY!! Please send updates in the accountability chat to keep you on track!

Smart Shopping 101



When it comes to living a healthy lifestyle, your grocery cart wields tremendous power.

Here are some easy tips to help you navigate your supermarket and become a nutrition-conscious, savvy shopper:



Always go in with a plan (bring your grocery list).



Don't shop when you're hungry. You'll buy things you'll later regret!



Stick to your list to manage your budget and your weight.



Shop along the perimeter of the store, where fresh foods tend to be located.



Avoid aisles with things like chips, cookies and sugary beverages.



Check product labels to see if any ingredients stand out as ones to avoid.



Buy a fruit or vegetable you've never had before every week to spice things up.

4 tips for healthy food prep



Have you ever been in the midst of an unhealthy food binge and wondered where it all went wrong? If so, you're not alone.

Binges usually occur when you're hungry and don't have healthy food at your fingertips.

Here's how you can avoid this trap and get back on track.

1

Make a **weekly menu** for yourself and plan every meal.



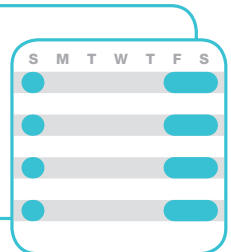
2

Prepare all of your food for **Monday to Thursday** on Sunday. Put each meal in a glass container and label them.



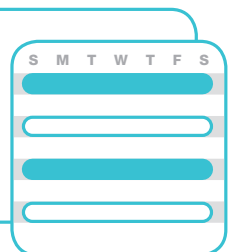
3

Prepare all of your food for **Friday to Sunday** on Friday night after work. Put each meal in a glass container and label them.



4

Eat only the food that is assigned to you **each day and each meal**. Once you're in a good rhythm, you can alternate between two weekly menus for variety.





1

START WITH PROTEIN

25 g PROTEIN 400 CALORIES | 40 g PROTEIN 600 CALORIES



Chicken or turkey



Fish



Lean beef



Shellfish



Pork or lamb (loin)

3 ounces,
cooked

5 ounces,
cooked

ADD VEGETABLES



Cooked vegetables, vegetable soup, tomato sauce (1 cup)

Choose 1

Choose 2



Raw vegetables

Any
amount

Any
amount

ADD WHOLE GRAINS/STARCH



Rice (brown or wild)
1/2 cup, cooked



100% whole grain bread or crackers
1 slice, 1/2 pita bread, 1/2 English muffin, 4 medium crackers



Tortillas
2 corn, 1 medium-sized flour (whole grain)



Beans, peas, corn or lentils
1/2 cup, cooked



Potato (white or sweet)
1/2 medium



Pasta, quinoa, millet, barley or bulgur
1/2 cup, cooked

Choose 1

Choose 2

ADD SOME HEALTHY FAT FOR FLAVOR



Olive oil
1 TBSP



Nuts
1 ounce



Hummus, low-fat salad dressing, mayonnaise, sour cream, vinaigrette
2 TBSP



Avocado
1/2 small



Parmesan or low-fat feta cheese
2 TBSP



Seeds or nut butter
1 TBSP

Choose 1

Choose 1

SEASON IT UP!



Herbs & spices



Lemon



Garlic



Vinegar



Salsa & hot sauce



Mustard

Any
amount

Any
amount

2

3

4

5

Easy Meal Builder

VEGETARIAN EDITION

Could you use a little inspiration when it comes to preparing fun, healthy veggie meals? Our step-by-step meal builder will help you fill your week with well-balanced nutrition.



©2019 Herbalife Nutrition. All rights reserved. USA. 18943827 01/19

1
2
3
4
5

START WITH PROTEIN

25 g PROTEIN 400 CALORIES | 40 g PROTEIN 600 CALORIES

						Choose 2	Choose 3
Greek-style yogurt (nonfat or low-fat) 1/2 cup	Eggs 1 whole	Cottage cheese, ricotta (nonfat or low-fat) 1/2 cup	Beans, lentils or soybeans 1/2 cup, cooked	Tofu 3 1/2 ounces (1/4 block)	Tempeh or seitan 3 ounces		

ADD VEGETABLES

			Choose 1	Choose 2
Cooked vegetables, vegetable soup, tomato sauce (1 cup)				
			Any amount	Any amount
Raw vegetables				

ADD WHOLE GRAINS/STARCH

						Choose 1	Choose 2
Rice (brown or wild) 1/2 cup, cooked	100% whole grain bread or crackers 1 slice, 1/2 pita bread, 1/2 English muffin, 4 medium crackers	Tortillas 2 corn, 1 medium-sized flour (whole grain)	Beans, peas, corn or lentils 1/2 cup, cooked	Potato (white or sweet) 1/2 medium	Pasta, quinoa, millet, barley or bulgur 1/2 cup, cooked		

ADD SOME HEALTHY FAT FOR FLAVOR

						Choose 1	Choose 1
Olive oil 1 TBSP	Nuts 1 ounce	Hummus, low-fat salad dressing, mayonnaise, sour cream, vinaigrette 2 TBSP	Avocado 1/2 small	Parmesan or low-fat feta cheese 2 TBSP	Seeds or nut butter 1 TBSP		

SEASON IT UP!

						Any amount	Any amount
Herbs & spices	Lemon	Garlic	Vinegar	Salsa & hot sauce	Mustard		

HEALTHY DINNER OPTIONS

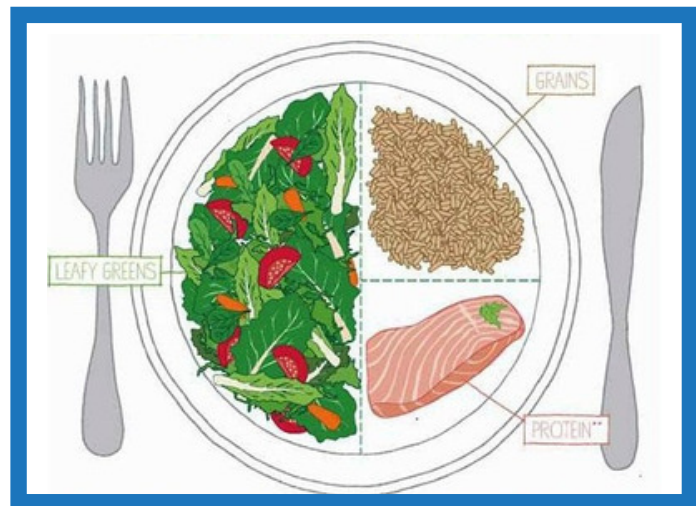
PROTEIN SOURCE

Beef (lean)	4 oz (cooked)	25 grams
Chicken breast	4 oz (cooked)	25 grams
Turkey breast or Ground Turkey	4 oz (cooked)	25 grams
Ocean-fish	4 oz (cooked)	25 to 31 grams
Salmon, shrimp, crab, lobster	4 oz (cooked)	22 to 24 grams
Tuna	4 oz (water packed)	27 grams
Scallops	4 oz (cooked)	25 grams

HEALTHY CARBOHYDRATES

Black Beans
Brown Rice
Wild Rice
Sweet Potato
Yams
Quinoa/ Couscous

THIS IS HOW YOUR PLATE SHOULD LOOK



Fill 1/2 your plate with leafy greens & crunchy vegetables

Fill no more than 1/4 of your plate with whole grains and/or legumes.

For the last 1/4, choose a palm-sized portion of healthy protein.

Get on board with healthy breakfast



We've all been there ... frantically rushing out the door in the morning, skipping breakfast in the process.

But if you want to reap the benefits of this great meal (such as better mood and mental alertness), we can help.

Here are six simple ways to kick-start a healthy breakfast habit:



GET UP 15 MINUTES EARLIER.

That's all the time you need to make a healthy, high-protein breakfast.



DON'T RELY ON COFFEE AND A MUFFIN.

The empty calories and extra sugar won't do your waistline any favors.



START SMALL AND LIGHT.

Just a little bit of healthy nutrition goes a long way.



EAT WHAT APPEALS TO YOU.

Don't worry about any "rules." If you want to eat a leftover chicken salad for breakfast, go ahead!



GRAB A FORMULA 1 SHAKE.

It's quick, it's delicious, and the 17 grams of protein will help you eat fewer calories throughout your day.



AMP IT UP.

Want more protein? To increase the protein in your Formula 1 shake to 24 g, simply add some Protein Drink Mix (PDM). You can also add PDM to water for a protein snack anytime.

Eat out, eat healthy



Eating out may be fun, but it can put a serious dent in your weight-loss goals.

Here are the *Dos & Don'ts* of enjoying the restaurant scene *and* staying on track:

DOS



Enjoy Protein Drink Mix (with 15 g of protein per serving) before you go to help manage hunger.

Enjoy a salad pre-meal to help fill you up and get your greens.

Select from the sides or share a main dish.

Fill your plate with vegetables and fruit.

Take 50% of your meal home for the next day.

DON'TS



Don't head to the restaurant on an empty stomach.

Avoid high-calorie, high-sugar drinks.

Pass on the buffet. It's just too dangerous!

Avoid meats that are crispy, breaded or crusted.

Skip dessert or order fruit.

5 easy ways to keep hunger at bay



Does it feel like your stomach is always rumbling, even after you've just eaten?



FILL UP ON PROTEIN Protein satisfies hunger, so try to include some lean protein at each meal and snack. You can also add Protein Drink Mix to your shake, or Personalized Protein Powder to food or beverages, to increase its protein content.

Do you often grab snacks out of boredom?



DRINK MORE H₂O Drinking 8 glasses of water per day with or in between meals can help you feel fuller. The same goes for watery, high-fiber foods like grapefruit, which take up more space in your stomach.

These five tips will help you conquer that constant urge to eat.



GET MOVIN' Exercise can suppress hunger hormones, which helps to curb appetite. Just make sure to properly fuel up before and after your workout.



EAT SMALLER, MORE FREQUENT MEALS Eating small meals every few hours helps to stabilize your blood sugar levels – leaving you less prone to hunger spikes.



NOURISH, NOURISH, NOURISH Eating foods that are packed with nutrients will fill you up faster, while keeping your body functioning at its best.

Say “No” to that plateau!



Scale won't budge?
Feel like your results
have flat-lined?

You may be caught in a
weight-loss plateau.

Here are some easy
ways to get back in the
results zone:



USE A FOOD DIARY.

This will help you have a more accurate reading on the calories you consume.



DINE OUT LESS OFTEN.

Eating out makes it difficult to estimate how many calories you're eating.



GET MORE FIBER.

Soluble fiber slows down the movement of food through your digestive tract, which can help you feel full and satisfied.



EAT VEGGIES AT EVERY MEAL.

Most vegetables are low in calories, high in carbs, high in fiber and loaded with beneficial nutrients.



SWITCH THINGS UP.

Adding some variety to your workout routine can help jumpstart better results. Try new exercises or up your intensity.



GRAB A PROTEIN SHAKE.

Replacing two meals a day with Herbalife Nutrition Formula 1 can help you stay within your calorie limit. Add Prolessa® Duo to help control hunger, feel fuller, and manage portions.*



STAY MOTIVATED.

Weight loss is about more than losing pounds. Your success comes in having more energy and strength, and staying optimistic to achieve your goals.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.