

MEAL PLAN "B"

1,500 Calories

BREAKFAST: 1 HERBALIFE® FORMULA 1 SHAKE + 1 FRUIT

Example:

- 2 scoops (2 tablespoons) Formula 1 Shake Mix + 8 fl. oz. 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

A.M. SNACK: 1 PROTEIN SNACK

Example:

- 1 Herbalife® Protein Bar Deluxe

LUNCH: 1 HERBALIFE® FORMULA 1 SHAKE + 1 FRUIT

Example:

- 2 scoops (2 tablespoons) Formula 1 Shake Mix + 8 fl. oz. nonfat milk or soymilk + 1 cup strawberries

OR:

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

Example:

- 6 to 8 ounces roasted chicken or turkey breast, fish, tuna or shellfish
 - AND 2 cups steamed green beans
 - AND 4 cups of salad greens with light dressing
 - AND ½ cup brown rice
 - AND one large orange

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

Example:

- 1 packet Herbalife® Roasted Soy Nuts with Cardia®* Salt + 1 medium apple

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

Example:

- 6 to 8 ounces broiled fish with teriyaki sauce
 - AND 1 cup steamed spinach + 1 cup steamed carrots
 - AND tossed green salad with light dressing
 - AND ½ cup brown rice
 - AND 1 cup mixed melon cubes

*Cardia® is a registered trademark of Nutrition 21, Inc.