

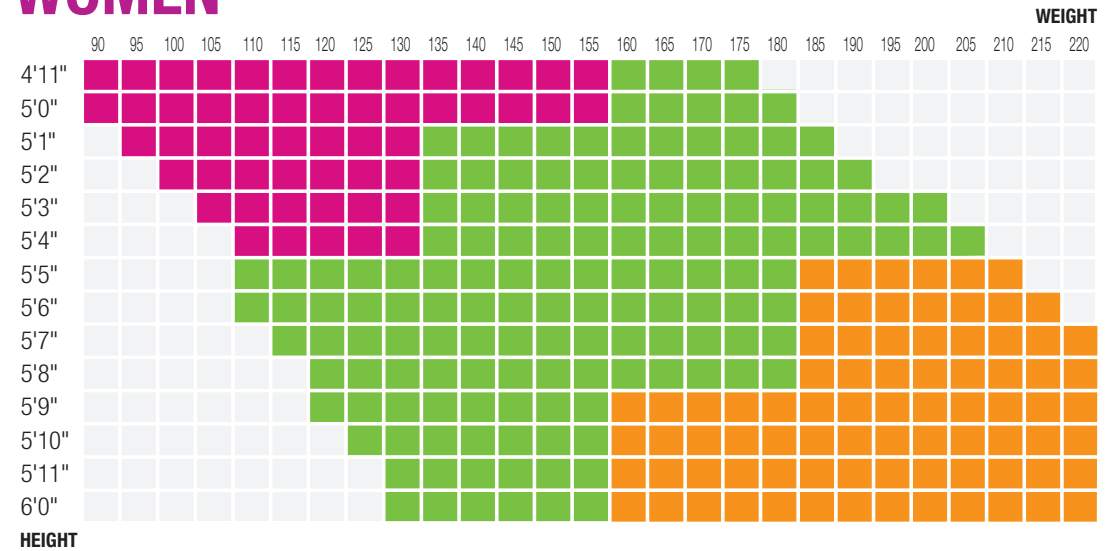
# CUSTOMIZED NUTRITION MADE EASY

So you want to **maintain a healthy weight**, but where do you start? Since everyone's protein and calorie counts vary, it's important to seek a **customized approach**. The Meal Plan Selection Tools for Women and Men shown on the right provide a great foundation. They will help you quickly determine the suggested meal plan for you, and will match your individual needs for protein and calories.

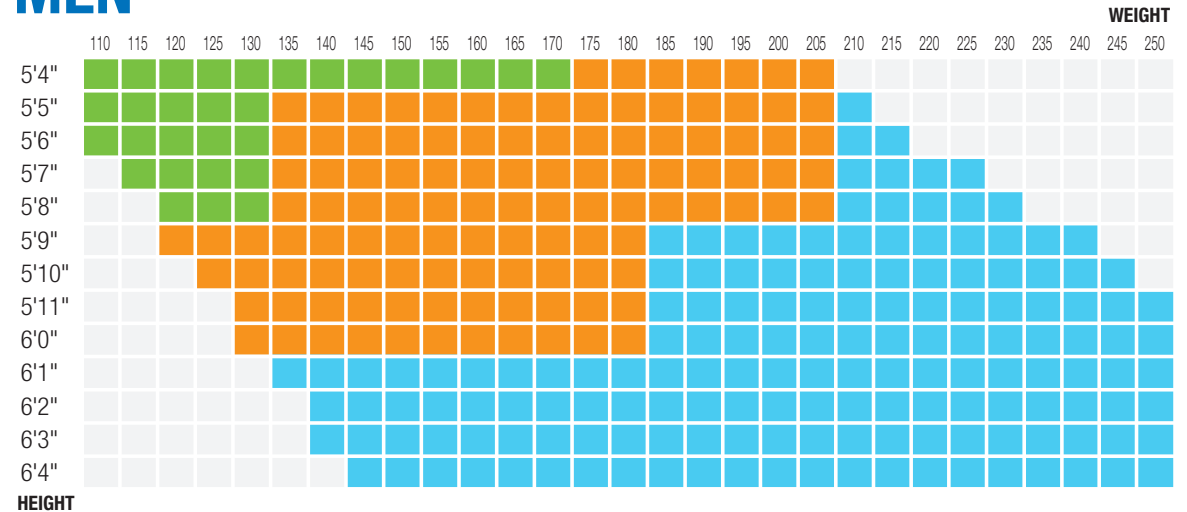
**STEP 1.** Based on your current height and weight, determine whether you should follow Plan A, B, C or D.

■ Plan A   
 ■ Plan B   
 ■ Plan C   
 ■ Plan D

## WOMEN



## MEN



**STEP 2.** Follow these suggested meals plans. Depending on your activity level, hunger level and weight goals, you may need to adjust your plan.

**A** **DAILY NUTRITION**  
about 90g protein  
and 1350 calories

**BREAKFAST**  
20g Protein  
250 Calories



**SNACK**  
10g Protein  
150 Calories



**LUNCH**  
25g Protein  
400 Calories



**SNACK**  
10g Protein  
150 Calories



**DINNER**  
25g Protein  
400 Calories



**A** **WEIGHT LOSS**  
about 85g protein  
and 1200 calories

**BREAKFAST**  
20g Protein  
250 Calories



**SNACK**  
10g Protein  
150 Calories



**LUNCH**  
20g Protein  
250 Calories



**SNACK**  
10g Protein  
150 Calories



**DINNER**  
25g Protein  
400 Calories



**WEIGHT GAIN**  
Supplement the  
Daily Nutrition Plan  
with additional  
Herbalife Formula 1  
shakes, up to total  
of 3 shakes per day.

**B** **DAILY NUTRITION**  
about 105g protein  
and 1550 calories

**BREAKFAST**  
20g Protein  
250 Calories



**SNACK**  
10g Protein  
150 Calories



**LUNCH**  
25g Protein  
400 Calories



**SNACK**  
10g Protein  
150 Calories



**DINNER**  
40g Protein  
600 Calories



**B** **WEIGHT LOSS**  
about 100g protein  
and 1400 calories

**BREAKFAST**  
20g Protein  
250 Calories



**SNACK**  
10g Protein  
150 Calories



**LUNCH**  
20g Protein  
250 Calories



**SNACK**  
10g Protein  
150 Calories



**DINNER**  
40g Protein  
600 Calories



**WEIGHT GAIN**  
Supplement the  
Daily Nutrition Plan  
with additional  
Herbalife Formula 1  
shakes, up to total  
of 3 shakes per day.

**C** **DAILY NUTRITION**  
about 130g protein  
and 1800 calories

**BREAKFAST**  
30g Protein  
300 Calories



**SNACK**  
10g Protein  
150 Calories



**LUNCH**  
40g Protein  
600 Calories



**SNACK**  
10g Protein  
150 Calories



**DINNER**  
40g Protein  
600 Calories



**C** **WEIGHT LOSS**  
about 120g protein  
and 1500 calories

**BREAKFAST**  
30g Protein  
300 Calories



**SNACK**  
10g Protein  
150 Calories



**LUNCH**  
30g Protein  
300 Calories



**SNACK**  
10g Protein  
150 Calories



**DINNER**  
40g Protein  
600 Calories



**WEIGHT GAIN**  
Supplement the  
Daily Nutrition Plan  
with additional  
Herbalife Formula 1  
shakes, up to total  
of 3 shakes per day.

**+** Add 2 tbsp of Personalized Protein Power to each shake.

**D** **DAILY NUTRITION**  
about 170g protein  
and 2250 calories

**BREAKFAST**  
30g Protein  
300 Calories



**SNACK**  
20g Protein  
300 Calories



**LUNCH**  
40g Protein  
600 Calories



**SNACK**  
30g Protein  
300 Calories



**DINNER**  
40g Protein  
600 Calories



**SNACK**  
10g Protein  
150 Calories



**D** **WEIGHT LOSS**  
about 160g protein  
and 1950 calories

**BREAKFAST**  
30g Protein  
300 Calories



**SNACK**  
20g Protein  
300 Calories



**LUNCH**  
30g Protein  
300 Calories



**SNACK**  
10g Protein  
150 Calories



**DINNER**  
40g Protein  
600 Calories



**SNACK**  
30g Protein  
300 Calories



**+** Add 2 tbsp of Personalized Protein Power to each shake.



# 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.



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1  
2  
3  
4  
5

### START WITH PROTEIN

400 CALORIES | 600 CALORIES

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

### ADD VEGETABLES

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

Choose 1 | Choose 2

					
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Raw vegetables

Any amount | Any amount

### ADD WHOLE GRAINS/STARCH

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

### ADD SOME HEALTHY FAT FOR FLAVOR

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

### SEASON IT UP!

 <b>Herbs &amp; spices</b>	 <b>Lemon</b>	 <b>Garlic</b>	 <b>Vinegar</b>	 <b>Salsa &amp; spices</b>	 <b>Mustard</b>
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Any amount | Any amount

# MEAL BUILDER MADE EASY



With the right support, eating well every day can be as easy as **1, 2, 3, 4, 5!** Simply follow our step-by-step meal builder to make healthy, balanced eating a breeze.

**25g PROTEIN**  
400 CALORIES

**40g PROTEIN**  
600 CALORIES

**P**  
PROTEIN

## STEP 1 - START WITH PROTEIN



CHICKEN OR TURKEY



FISH



LEAN BEEF



SHELLFISH



PORK OR LAMB (LOIN)

3 OUNCES,  
COOKED

5 OUNCES,  
COOKED

**V**  
VEGETABLES

## STEP 2 - ADD VEGETABLES



COOKED VEGETABLES, VEGETABLE SOUP, TOMATO SAUCE (1 CUP)

CHOOSE 1

CHOOSE 2



RAW VEGETABLES

ANY  
AMOUNT

ANY  
AMOUNT

**C**  
CARBOHYDRATES

## STEP 3 - ADD HEALTHY CARBOHYDRATES



100% WHOLE GRAIN  
BREAD OR CRACKERS  
1 SLICE; 1/2 PITA BREAD;  
1/2 ENGLISH MUFFINS;  
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,  
BULGUR, RICE (BROWN  
OR WILD)  
1/2 CUP, COOKED



FRUIT  
MEDIUM-  
SIZED  
OR 1 CUP  
CHOPPED

CHOOSE 1

CHOOSE 2

**F**  
FAT

## STEP 4 - ADD SOME HEALTHY FAT FOR FLAVOR



OLIVE OIL  
1 TBSP



NUTS  
1 OUNCE



HUMMUS, LOW-FAT SALAD  
DRESSING, MAYONNAISE,  
SOR 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

## STEP 5 - SEASON IT UP!



HERBS & SPICES



LEMON



GARLIC



VINEGAR



SALSA & HOT SAUCE



MUSTARD

ANY  
AMOUNT

ANY  
AMOUNT