# **Meal Plans**

So you want to maintain a healthy weight, but where do you start? Since everyone's protein and calorie needs vary, it's important to seek a customized approach. Our two-step Meal Selection Tool can help simplify the process. Start with **Step 1** to determine your Plan (A, B, C, or D); then move onto **Step 2** for specific meal and snack ideas, all with proper protein and calorie counts to meet your unique needs.



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









WEIGHT

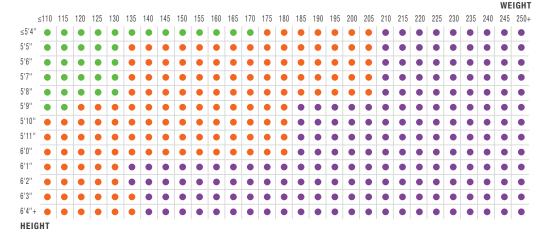
## WOMEN



≤90 ≤4'11'' • 5'0'' • 5'1'' • 5'1''	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220
5'0'' • 5'1'' •	•	•	•	•	•	•				1 -	1 _															
5'1"	•	•	•				_		_					•	•	•	•			•	•	•	•	•	•	•
	•			•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
51011			•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
5'2''	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
5'3"	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
5'4''	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
5'5"	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
5'6''	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
5'7"	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
5'8"	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
5'9''	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
5'10"	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
5'11"	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
6'0"+	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
HEIGHT																										

## MEN







@2010 Harbalifa Nutritian All rights reserved LICA 19042927 01/10

STEP 2

Follow these suggested meal plans. Depending on your activity level, hunger level and weight goals, you may need to adjust your plans.

#### **WEIGHT LOSS**

Delivers proper 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 Herbalife Nutrition Formula 1 shake.

#### **MAINTENANCE**

Delivers 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 Herbalife Nutrition Formula 1 shake.

### **WEIGHT GAIN**

Supplement the Daily Nutrition Plan with additional Herbalife Nutrition Formula 1 shakes, up to a total of **three** 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.







