# **Meal Plans**

Follow one of these suggested meal plans based on your goal: Daily Nutrition, Weight Loss or Healthy Weight Gain. The protein and calorie amounts are suggested intakes for meals and snacks and do not refer to specific products or foods shown.

Plan

### **Daily Nutrition**

About 90 g Protein 1.350 Calories



20 g Protein 250 Calories

**Breakfast** 



Snack

150 Calories



10 g Protein 150 Calories

Snack

25 g Protein 400 Calories

Dinner

# **Healthy Weight Gain**

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

**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

Plan

### **Daily Nutrition**

About 105 g Protein 1,550 Calories



20 q Protein 250 Calories

Breakfast

Snack

10 g Protein 150 Calories



Lunch



10 g Protein 150 Calories Snack



40 q Protein 600 Calories

Dinner



40 g Protein

**Healthy Weight Gain** 

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

## **Weight Loss**

100 g Protein 1,400 Calories



20 a Protein 250 Calories



10 a Protein 150 Calories



20 g Protein 250 Calories



10 g Protein 150 Calories



600 Calories

Plan

### **Daily Nutrition**

About 130 g Protein **1.800** Calories

120 q Protein

1.500 Calories



30 a Protein 300 Calories



10 g Protein 150 Calories



40 g Protein 600 Calories



Snack

10 g Protein 150 Calories



40 a Protein 600 Calories

# Dinner

40 g Protein

**Healthy Weight Gain** 

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

**Weight Loss** About



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Breakfast

30 g Protein 300 Calories



10 g Protein 150 Calories

Snack



 $\oplus$ 30 g Protein 300 Calories

Lunch



10 g Protein 150 Calories



600 Calories

Plan

### **Daily Nutrition**

**Weight Loss** 

About 170 g Protein 2,250 Calories

About

160 q Protein

1.950 Calories



30 g Protein 300 Calories

30 q Protein

300 Calories

Breakfast

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20 g Protein 300 Calories

20 g Protein

300 Calories

Snack



Lunch

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30 q Protein

300 Calories



30 g Protein 300 Calories

Snack

30 q Protein

300 Calories



40 g Protein 600 Calories

40 g Protein

600 Calories

Dinner



10 g Protein 150 Calories

Snack



10 g Protein 150 Calories **Healthy Weight Gain** Supplement the Daily

Nutrition Plan with additional Herbalife Nutrition Formula 1 shakes, up to total of 3 shakes per day.

Add 2 TBSP of Personalized Protein Powder to each shake.

Contact your Distributor for more information and tips.

This tool was created by a Registered Dietitian and is only valid and applicable for US and Puerto Rico Distributors and Customers.

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