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Follow one of these suggested meal plans. Each delivers proper protein but with fewer calories to help you lose weight (when coupled with the right exercise program). They replace two meals per day with **Formula 1** shakes. You can personalise any plan to your specific activity level, hunger needs and weight-loss goal. Use this as a simple guide on how to get enough protein in your day.

Plan A Aim for around 75 g – 95 g Protein 1,200 Calories	Breakfast	Snack	Lunch	Snack	Dinner	
						
Plan B Aim for around 100 g – 124 g Protein 1,400 Calories	Breakfast	Snack	Lunch	Snack	Dinner	Snack
						
Plan C Aim for around 125 g – 149 g Protein 1,500 Calories	Breakfast	Snack	Lunch	Snack	Dinner	Snack
						
Plan D Aim for around 150 g – 175 g Protein 1,950 Calories	Breakfast	Snack	Lunch	Snack	Dinner	Snack
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Protein amounts are suggested intakes for meals and snacks, and do not refer to specific products or foods shown in the plan. For more information on this visit www.discovergoodnutrition.com
 To increase your daily protein check out some more healthy snacks and boosters here: <https://www.herbalife.com.au/what-is-your-goal/healthy-weight/snacks-and-boosters/>

Contact your local Herbalife Independent Member for more information and tips.

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Formula 1 Shake Inspiration!

Green Goodness Shake

Ingredients

- 28 g Formula 1 Nutritional Shake Mix, Cookies 'n Cream
- 250 mL Skim milk
- ½ Small avocado
- 60 g Baby spinach leaves
- 3-5 Ice cubes

Directions:

Combine ingredients in a blender and mix well.

1 SERVE	366 Calories	20 g Protein	28 g Carbs	6 g Fibre	18 g Fat
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Peachy Freezy Shake

Ingredients

- 28 g Formula 1 Nutritional Shake Mix, French Vanilla
- ½ tsp. Instant Herbal Beverage, Peach
- 200 mL Skim milk
- ½ Cup peach slices, fresh or frozen
- 3-5 Ice cubes

Directions:

Combine ingredients in a blender and mix well.

1 SERVE	245 Calories	17 g Protein	41 g Carbs	2.3 g Fibre	1.8 g Fat
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Strawberry Chia Protein Shake

Ingredients

- 28 g Formula 1 Nutritional Shake Mix, Berry
- 12 g Personalised Protein Powder
- 250 mL water
- 1 Tbsp. white chia seeds
- ½ Cup strawberry halves, fresh or frozen
- 3-5 Ice cubes

Directions:

Combine ingredients in a blender and mix well.

1 SERVE	228 Calories	23 g Protein	19 g Carbs	10 g Fibre	7 g Fat
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Orange-Banana-Kale Shake

Ingredients

- 28 g Formula 1 Select Vanilla Flavour
- 1 Cup non-fat milk
- 1 Handful baby kale leaves
- ½ Medium orange, peeled and chopped
- ½ Small banana
- 3-5 Ice cubes (optional)

Directions:

Place all ingredients in the blender and blend until smooth.

1 SERVE	265 Calories	23 g Protein	46 g Carbs	11 g Fibre	2.5 g Fat
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Chocnana Shake

Ingredients

- 28 g Formula 1 Nutritional Shake Mix, Dutch Chocolate
- 6 g Personalised Protein Powder
- 300 mL Skim or soy milk
- ½ Medium banana
- 4 Ice cubes (optional)

Directions:

Blend all ingredients thoroughly until the ice cubes are completely crushed.

1 SERVE	229 Calories	25 g Protein	29 g Carbs	3 g Fibre	2 g Fat
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Mint Choco Coffee

Ingredients

- 11 g High Protein Iced Coffee Latte Macchiato Flavour
- 14 g Formula 1 Nutritional Shake Mix, Mint Chocolate
- 250 mL Skim milk
- 40 g Low-fat Greek yoghurt
- 3-5 Ice cubes

How to prepare:

1. Combine ingredients in a shaker cup or blender and mix well.

1 SERVE	199 Calories	25 g Protein	22 g Carbs	2.5 g Fibre	1 g Fat
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Always read the label – use only as directed.

The product is not intended to diagnose, treat, cure, or prevent any disease.

For illustration purposes only. Final result may differ from image. Serving suggestion.

Nutritional information is approximate and based on values obtained from www.CalorieKing.com.au.

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