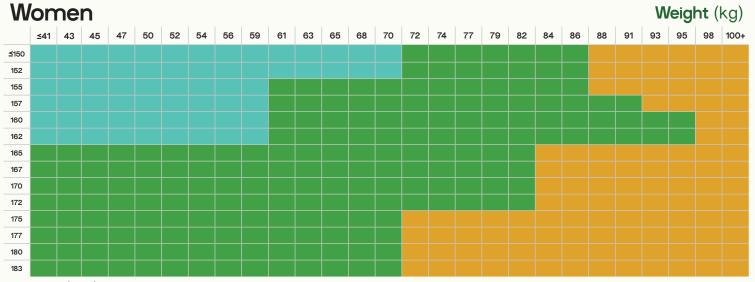
Find your protein plan

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

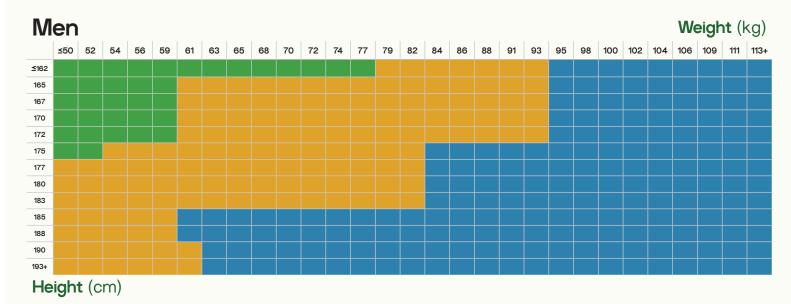


How much protein do you need?

We've created four meal plans to make sure you're getting the protein and nutrients your body needs every day.



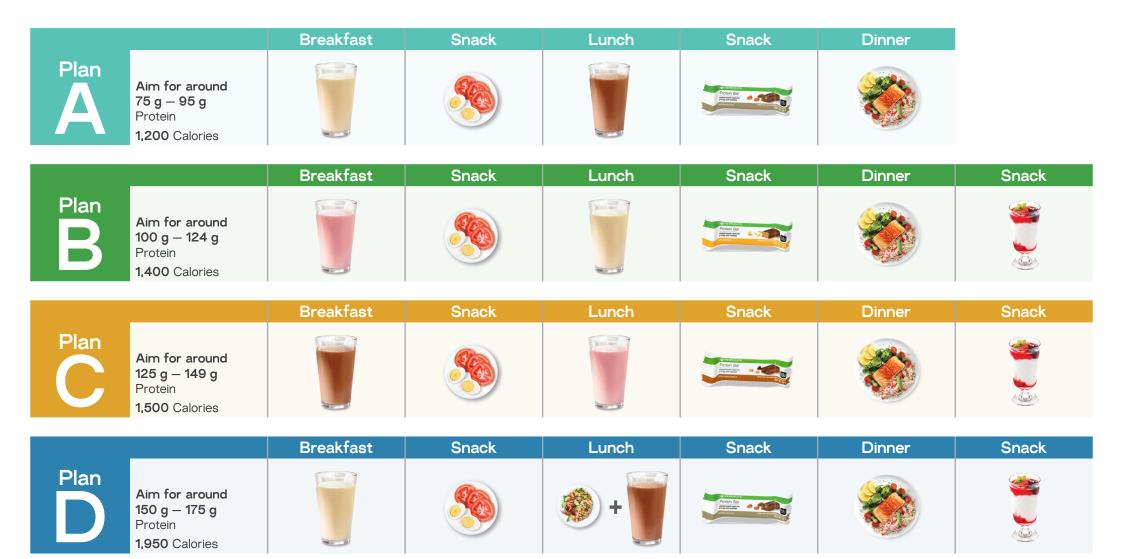






Weight-Loss Meal Plans

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.



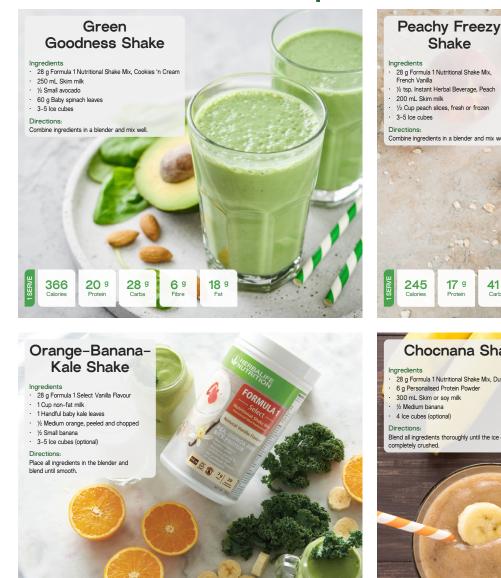
Protein amounts are suggested intakes for meals and snacks, and do not refer to specific products or foods shown in the plan. For more information on this visit <u>www.discovergoodnutrition.com</u> To increase your daily protein check out some more healthy snacks and boosters here: <u>https://www.herbalife.com.au/what-is-your-goal/healthy-weight/snacks-and-boosters/</u>

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

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Formula 1 Shake Inspiration!





229 Calories

25 g Protein

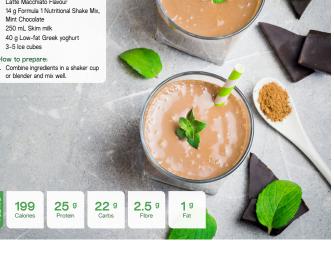


Mint Choco Coffee

Ingredients 11 g High Protein Iced Coffee

- Latte Macchiato Flavour
- Mint Chocolate 250 mL Skim milk
- 40 g Low-fat Greek yoghurt





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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.

2.5 g

Fat

23 g

Protein

46 ⁹

Carbs

11 9

Fibre

265 Calories