





































Easy meal builder

Take your pick! Here are some simplified menu options to make a balanced meal and stay on your weight-loss plan.

1 Start with protein							25 g of protein / 400 calories	40 g of protein / 600 calories
							3 oz., cooked	5 oz., cooked
2 Add vegetables								
							Choose 1	Choose 2
Cooked vegetables, vegetable soup, tomato sauce (1 cup)								
							Any amount	Any amount
Raw vegetables								
3 Add healthy carbohydrates								
							Choose 1	Choose 2
Rice (brown or wild) ½ cup, cooked	1 slice 100% whole grain bread, or crackers, ½ pita bread, ½ English muffin, 4 medium crackers	2 corn, 1 medium-sized flour (whole grain)	Beans, peas, corn or lentils ½ cup, cooked	Potato (white or sweet) ½ medium	Pasta, quinoa, millet, barley or bulgur ½ cup, cooked	Fruit 1 cup (chopped) or 1 medium sized	Lower carb option	
							Choose 0	Choose 1
4 Add some healthy fat for flavor								
							Choose 1	Choose 2
Olive oil 1 TBSP	Nuts 1 oz.	Hummus, low-fat salad dressing, mayonnaise, sour cream, vinaigrette - 2 TBSP	Avocado ½ small	Parmesan or low-fat feta cheese 2 TBSP	Seeds or nut butter - 2 TBSP		Lower carb option	
							Choose 2	Choose 2
5 Season it up								
							Any amount	Any amount
Herbs and spices	Lemon	Garlic	Vinegar	Salsa and hot sauce	Mustard			











Contact your Distributor for more information and tips.











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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 A	Daily nutrition About 90 g protein 1,350 calories	 20 g protein 250 calories	 10 g protein 150 calories	 25 g protein 400 calories	 10 g protein 150 calories	 25 g protein 400 calories	Healthy weight gain Supplement the daily nutrition plan with additional Herbalife Formula 1 shakes, up to a 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	
		Breakfast	Snack	Lunch	Snack	Dinner	

Plan B	Daily nutrition About 105 g protein 1,550 calories	 20 g protein 250 calories	 10 g protein 150 calories	 25 g protein 400 calories	 10 g protein 150 calories	 40 g protein 600 calories	Healthy weight gain Supplement the daily nutrition plan with additional Herbalife Formula 1 shakes, up to a total of 3 shakes per day.
	Weight loss About 100 g protein 1,400 calories	 20 g protein 250 calories	 10 g protein 150 calories	 20 g protein 250 calories	 10 g protein 150 calories	 40 g protein 600 calories	
		Breakfast	Snack	Lunch	Snack	Dinner	

Plan C	Daily nutrition About 130 g protein 1,800 calories	 30 g protein 300 calories	 10 g protein 150 calories	 40 g protein 600 calories	 10 g protein 150 calories	 40 g protein 600 calories	Healthy weight gain Supplement the daily nutrition plan with additional Herbalife Formula 1 shakes, up to a total of 3 shakes per day.
	Weight loss About 120 g protein 1,500 calories	 30 g protein 300 calories	 10 g protein 150 calories	 30 g protein 300 calories	 10 g protein 150 calories	 40 g protein 600 calories	
		Breakfast	Snack	Lunch	Snack	Dinner	

Plan D	Daily nutrition About 170 g protein 2,250 calories	 30 g protein 300 calories	 20 g protein 300 calories	 40 g protein 600 calories	 30 g protein 300 calories	 40 g protein 600 calories	 10 g protein 150 calories	Healthy weight gain Supplement the daily nutrition plan with additional Herbalife Formula 1 shakes, up to a total of 3 shakes per day.
	Weight loss About 160 g protein 1,950 calories	 30 g protein 300 calories	 20 g protein 300 calories	 30 g protein 300 calories	 30 g protein 300 calories	 40 g protein 600 calories	 10 g protein 150 calories	
		Breakfast	Snack	Lunch	Snack	Dinner	Snack	

⊕ Add 2 TBSP of Personalized Protein Powder to each shake.






































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Vegetarian meal builder

If you're a vegetarian, we got you covered.
Build your meatless meal with these options.

1 Start with protein							25 g of protein / 400 calories	40 g of protein / 600 calories
 Greek-style yogurt (nonfat or low fat) ½ cup	 Eggs 1 whole	 Cottage cheese, ricotta (nonfat or low fat) ½ cup	 Beans, lentils or soybeans ½ cup, cooked	 Tofu 3 ½ (¾ block)	 Tempeh or seitan (3 oz.)	Choose 2	Choose 3	
2 Add vegetables							Choose 1	Choose 2
						Cooked vegetables, vegetable soup, tomato sauce (1 cup)		
						Any amount	Any amount	
3 Add healthy carbohydrates							Choose 1	Choose 2
 Rice (brown or wild) ½ cup, cooked	 1 slice 100% whole grain bread, or crackers, ½ pita bread, ½ English muffin, 4 medium crackers	 Tortillas 2 corn, 1 medium-sized flour (whole grain)	 Beans, peas, corn or lentils ½ cup, cooked	 Potato (white or sweet) ½ medium	 Pasta, quinoa, millet, barley or bulgur ½ cup, cooked	 Fruit 1 cup (chopped) or 1 medium sized	Choose 0	Choose 1
							Lower carb option	
4 Add some healthy fat for flavor							Choose 1	Choose 2
 Olive oil 1 TBSP	 Nuts 1 oz.	 Hummus, low-fat salad dressing, mayonnaise, sour cream, vinaigrette – 2 TBSP	 Avocado ½ small	 Parmesan or low-fat feta cheese 2 TBSP	 Seeds or nut butter – 1 TBSP	Choose 2	Choose 2	
							Lower carb option	
5 Season it up							Any amount	Any amount
 Herbs and spices	 Lemon	 Garlic	 Vinegar	 Salsa and hot sauce	 Mustard	Any amount	Any amount	

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