



Nourish Like a Champion: the Heather Jackson Meal Plan

6:00 a.m.: Wake up.

6:30 a.m.–8:15 a.m.: Breakfast smoothie consisting of 1 scoop of Herbalife24® Rebuild Strength Vanilla Ice Cream,* ice, blueberries and strawberries, almond milk and a scoop of peanut butter. Blend thick with some Picky Bars Performance Granola and a sliced banana on top.

Before Heading to the Pool

Add half a scoop of Herbalife24® CR7 Drive to water bottle on the way to the pool. Repeat once more upon arrival. Swim.

10:00 a.m.–2:00 p.m.: Ride two to three hours or run one to two hours, then enjoy another Herbalife24® Rebuild Strength Vanilla Ice Cream* shake blended with the same ingredients.

Approximately 2:00 p.m.–3:00 p.m.: One apple sliced with peanut butter and a couple of pickles, followed by a second easy jog.

5:00 p.m.–5:30 p.m.: Dinner of a big salad with all veggies, grilled chicken and some rice with grilled veggies or a large sweet potato.

Some other dinner variations: grilled steak, salad and a large sweet potato.

*Herbalife24® Rebuild Strength is a dietary supplement. Use only in amount and frequency stated in label directions.