

STEP 2. Follow these suggested meals plans. Depending on your activity level, hunger level and weight goals, you may need to adjust your plan.

A **DAILY NUTRITION**
about 90g protein
and 1350 calories

BREAKFAST
20g Protein
250 Calories



SNACK
10g Protein
150 Calories



LUNCH
25g Protein
400 Calories



SNACK
10g Protein
150 Calories



DINNER
25g Protein
400 Calories

A **WEIGHT LOSS**
about 85g protein
and 1200 calories

BREAKFAST
20g Protein
250 Calories



SNACK
10g Protein
150 Calories



LUNCH
20g Protein
250 Calories



SNACK
10g Protein
150 Calories



DINNER
25g Protein
400 Calories

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

B **DAILY NUTRITION**
about 105g protein
and 1550 calories

BREAKFAST
20g Protein
250 Calories



SNACK
10g Protein
150 Calories



LUNCH
25g Protein
400 Calories



SNACK
10g Protein
150 Calories



DINNER
40g Protein
600 Calories

B **WEIGHT LOSS**
about 100g protein
and 1400 calories

BREAKFAST
20g Protein
250 Calories



SNACK
10g Protein
150 Calories



LUNCH
20g Protein
250 Calories



SNACK
10g Protein
150 Calories



DINNER
40g Protein
600 Calories

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

C **DAILY NUTRITION**
about 130g protein
and 1800 calories

BREAKFAST
30g Protein
300 Calories



SNACK
10g Protein
150 Calories



LUNCH
40g Protein
600 Calories



SNACK
10g Protein
150 Calories



DINNER
40g Protein
600 Calories

C **WEIGHT LOSS**
about 120g protein
and 1500 calories

BREAKFAST
30g Protein
300 Calories



SNACK
10g Protein
150 Calories



LUNCH
30g Protein
300 Calories



SNACK
10g Protein
150 Calories



DINNER
40g Protein
600 Calories

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

+ Add 2 tbsp of Personalized Protein Power to each shake.

D **DAILY NUTRITION**
about 170g protein
and 2250 calories

BREAKFAST
30g Protein
300 Calories



SNACK
20g Protein
300 Calories



LUNCH
40g Protein
600 Calories



SNACK
30g Protein
300 Calories



DINNER
40g Protein
600 Calories



SNACK
10g Protein
150 Calories

D **WEIGHT LOSS**
about 160g protein
and 1950 calories

BREAKFAST
30g Protein
300 Calories



SNACK
20g Protein
300 Calories



LUNCH
30g Protein
300 Calories



SNACK
10g Protein
150 Calories



DINNER
40g Protein
600 Calories



SNACK
30g Protein
300 Calories

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

+ Add 2 tbsp of Personalized Protein Power to each shake.

Protein and calorie amounts are suggested intakes for meals and snacks, and do not refer to specific products or foods shown in the plan.