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**Take your pick!** Here are some simplified menu options to make a balanced meal and stay on your weight loss plan. For recipes you can try at home, check out [myherbalife.com](http://myherbalife.com)



1 Start With Protein							25 g of Protein / 400 Calories	40 g of Protein / 600 Calories
 Chicken or Turkey	 Fish	 Lean Beef	 Shellfish	 Pork or Lamb (loin)			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								
 Rice (brown or wild) ½ cup, cooked	 100% whole-grain bread or crackers 1 slice, 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 1	Choose 2
							<b>Lower Carb Option</b>	
							Choose 0	Choose 1
4 Add Some Healthy Fat for Flavor								
 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 1	Choose 2
							<b>Lower Carb Option</b>	
							Choose 2	Choose 2
5 Season It Up								
 Herbs and spices	 Lemon	 Garlic	 Vinegar	 Salsa and hot sauce	 Mustard		Any amount	Any amount

Contact your Distributor for more information and tips.

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