

One Shake a Day Sample Menu

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Mango Tango Shake	Cookies 'n Cream Protein Pancakes	Red Velvet Shake	Overnight French Toast in a Bowl	Pre-Workout Shake
Snack	Protein Bar Deluxe	Hummus Dip and Raw Vegetables	Protein Bar Deluxe	Turkey Breast Slices and Whole-Grain Crackers	Low-Fat Latte
Lunch	Green Protein Power Bowl	Lavender Chia Protein Shake With Omega-3	Southwest Sirloin Steak Salad	Café Mocha Shake	Soba Noodle Salad
Snack	Rice Cake and Nut Butter	String Cheese With Fresh Fruit	Edamame Beans	Protein Drink Mix	Frozen Formula 1 Berry Protein Pops
Dinner	Mustard-Baked Salmon	Chicken Lettuce Wrap	Chicken, Broccoli and Quinoa Salad	Juicy Pork Tenderloin	Spicy Citrus Shrimp

Contact your Distributor for more information and tips.

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