

Two Shakes a Day

Sample Menu

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Pre-Workout Shake	Very Berry Pineapple Shake	Red Velvet Shake	Café Mocha Shake	Mango Tango 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 Goodness Shake	Lavender Chia Protein Shake With Omega-3	Raspberry Cream Shake	Cake Batter Shake	Peanut Butter Cup Shake
Snack	Rice Cake and Nut Butter	String Cheese With Fresh Fruit	Edamame Beans	Protein Drink Mix	Frozen Formula 1 Berry Protein Pops
Dinner	Soba Noodle Salad	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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