# CUSTOMIZED NUTRITION MADE EASY

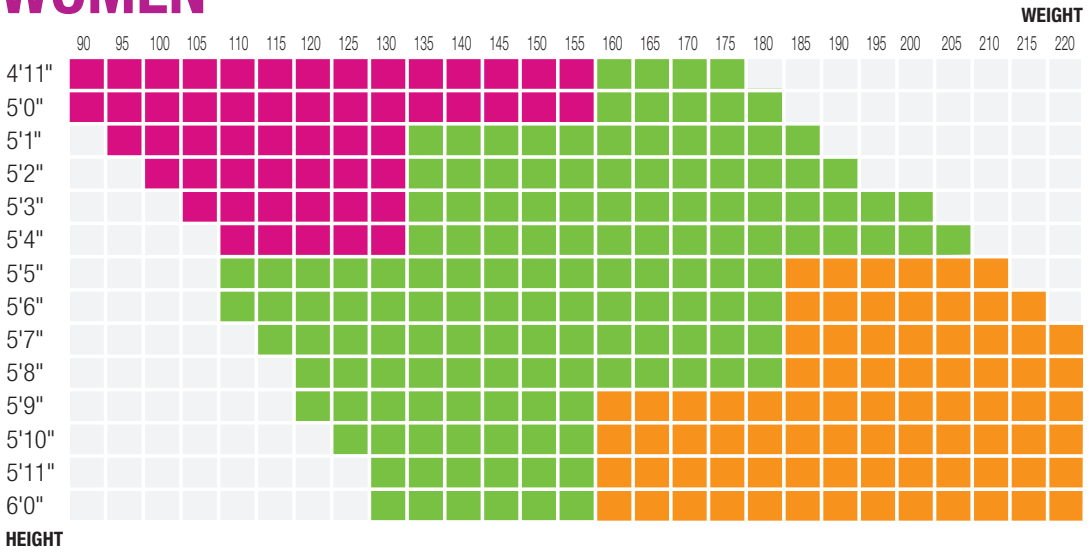
So you want to **maintain a healthy weight**, but where do you start? Since everyone's protein and calorie counts vary, it's important to seek a **customized approach**. The Meal Plan Selection Tools for Women and Men shown on the right provide a great foundation. They will help you quickly determine the suggested meal plan for you, and will match your individual needs for protein and calories.

## STEP 1.

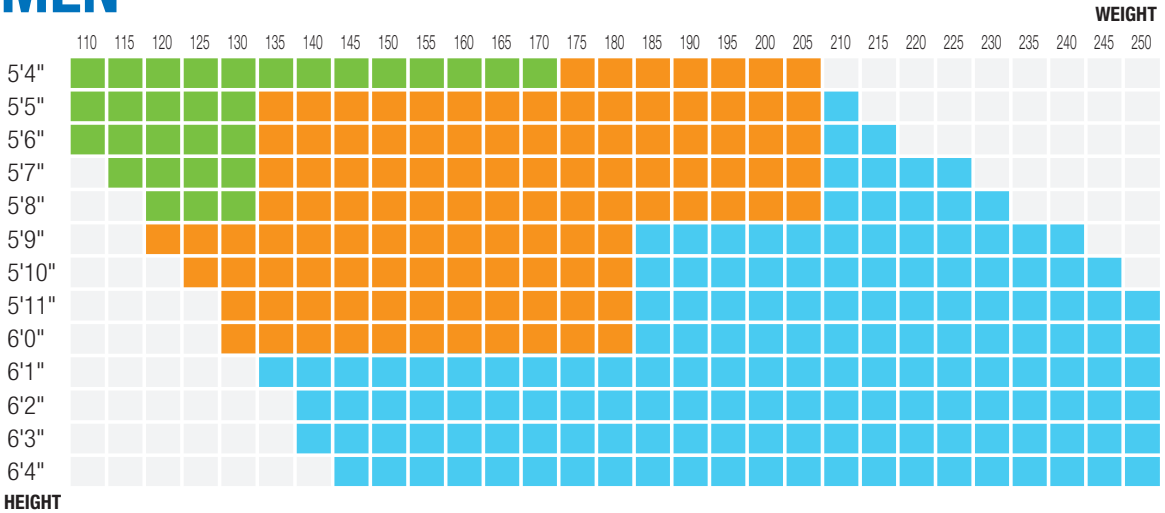
Based on your current height and weight, determine whether you should follow Plan A, B, C or D.

Plan A | Plan B | Plan C | Plan D

## WOMEN




## MEN




HERBALIFE NUTRITION