

# MEAL PLAN "A"

1,200 Calories

**BREAKFAST: 1 HERBALIFE® FORMULA 1 SHAKE + 1 FRUIT**

**Example:**

- 2 scoops (2 tablespoons) Formula 1 Shake Mix + 8 fl. oz. nonfat milk or soymilk + one half of a fresh mango

OR:

**1 PROTEIN UNIT + 1 FRUIT**

**Examples:**

- 7 egg whites (hard boiled or cooked with pan spray as an omelet) + ½ grapefruit

OR:

- 1 cup nonfat cottage cheese + 1 cup pineapple

**LUNCH: 1 HERBALIFE® FORMULA 1 SHAKE + 1 FRUIT**

**Example:**

- 2 scoops (2 tablespoons) Formula 1 Shake Mix + 8 fl. oz. nonfat milk or soymilk + 1 cup strawberries

OR:

**1 PROTEIN UNIT + 2 VEGETABLES + SALAD + 1 FRUIT**

**Example:**

- 3 ounces roasted chicken breast
  - AND 2 cups steamed broccoli
  - AND 4 cups of salad greens with seasoned vinegar
  - AND one large orange

**P.M. SNACK: 1 PROTEIN SNACK + 1 FRUIT**

**Example:**

- Herbalife® Protein Bar Deluxe + 1 medium apple

**DINNER: 2 PROTEIN UNITS + 2 VEGETABLES + SALAD + 1 GRAIN + 1 FRUIT**

**Example:**

- 8 ounces broiled fish with teriyaki sauce
  - AND 1 cup steamed spinach + 1 cup steamed carrots
  - AND mixed green salad
  - AND ½ cup brown rice
  - AND 1 cup mixed honeydew and cantaloupe cubes