

MEAL PLAN "C"

1,800 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 GRAIN + 1 FRUIT

Examples:

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

OR:

- 1 cup nonfat cottage cheese + 1 fat-free whole-grain waffle + 1 cup pineapple

A.M. SNACK: 1 PROTEIN SNACK + 1 FRUIT

Example:

- 1 Herbalife Protein Bar Deluxe + one medium apple

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:

2 PROTEIN UNITS + 2 VEGETABLES + SALAD + 1 GRAIN + 1 FRUIT

Example:

- 3 ounces chicken or turkey breast, fish, tuna or shellfish on one slice of whole-grain bread
 - AND 1 cup chopped vegetables
 - AND 1 cup tomato juice
 - AND 4 cups of salad greens
 - AND one large orange

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

Examples:

- Herbalife Protein Bar Deluxe + one medium apple

OR:

- 1 packet Roasted Soy Nuts with Cardia®* Salt + one fresh orange

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

Example:

- 6 to 8 ounces broiled fish with teriyaki sauce
 - AND 1 cup steamed spinach + 1 cup steamed carrots
 - AND tossed green salad with light dressing
 - AND 1 cup whole-grain pasta
 - AND 1 cup watermelon

*Cardia® is a registered trademark of Nutrition 21, Inc.