

LEVEL 10 MEAL PLAN - Build Muscle/Lose Fat

HERBALIFE NUTRITION

Daily calorie allowance: _____

Daily protein GOAL: _____

Daily water consumption: _____

MEAL 1 – Within 30-45 minutes after you wake up! Choose 1 item from Group A - Protein & Group B - Complex Carbs

Example: Oatmeal & egg whites OR Protein Pancakes (Recipe below)

Male: ½ cup oatmeal, 1 ½ cup egg whites (add spinach, veggies, make an omelet if desired)

Female: ¼ cup oatmeal, 1 cup liquid egg whites

Herbal Concentrate Tea (hot or cold) ½ TSP with 8-16 oz water (to jumpstart your digestive metabolism).

1-Multivitamin (micro-nutrients), 1-Cell Activator (absorption), 1-Cell U Loss (rids fatty fluids & tightens skin)

1-Total Control (burns fat, blocks cravings, boost energy)

MEAL 2 - 2 Scoops Rebuild Strength, 1 Scoop Formula 1 Sport

1-Snack Defense (helps body process sugar from meals/snacks)

MEAL 3

Choose 1 item from Group A - Protein with Group D -Fibrous Carbs, optional Group B – Complex Carbs.

(If trying to cut a lot of bodyfat, then avoid the complex carb here.)

Herbal Concentrate Tea (hot or cold) ½ TSP with 8-16 oz water (to maintain your digestive metabolism).

1-Multivitamin, 1-Cell Activator, 1-Cell U Loss, 1 – Total Control, 1-Aminogen (breakdown proteins, aids lean muscle mass)

MEAL 4 - 2 Scoops Rebuild Strength, 1 Scoop Formula 1 Sport

1-Total Control, 1-Snack Defense

MEAL 5

Choose 1 item from Group A & Group D (no Group B or Group C - avoid the simple and complex carbs)

1-Multivitamin, 1-Cell Activator, 1-Cell U Loss, 1 – Total Control, 1-Aminogen

MEAL 6 Group A & Group D only. Make sure your Last meal has NO CARBS

******Add 1 Healthy Fat – Group E – with any 3 meals 1-5**

******All you can eat veggies – Group D**

TIP - Sugar is sugar whether it comes from fruit or candy. NO simple carbs with this meal plan!

Males: 6-8 oz GROUP A per meal

Females: 3-5 oz GROUP A per meal

IMPORTANT! Do not deprive yourself of food too long before bedtime. If you eat dinner around 6P, but do not go to bed until 10P... this is food deprivation and your body can start to go into fat storage mode. You need to be eating every 2.5 - 3 hours throughout the day. If you go too long after MEAL 6, add in a protein snack. No carbs! 3-4 scoops of Herbalife Beverage Drink Mix is a perfect option!

HYDRATE: Drink 1/2 your body weight in ounces of water daily – at a minimum. This aids as a natural daily detox and helps move oxygen more freely through your bloodstream. Oxygen gives you energy!

TIP - For contest purposes, drink only 2-3 oz. water with meals last 2 weeks.

Protein Pancake Recipe: ½ C oatmeal, ½ C cottage cheese, ½ C liquid egg whites. 1 Tbsp. cinnamon, 1 scoop Van. PDM, 1 tsp. Vanilla extract. Blend in blender.

Key to Success: MEAL PREP! Have your meals ready in small Tupperware containers

Try to get a carb after your workout – but not if you workout late at night

If your cardio is 1st thing in the morning you can use a Pre- Cardio Mix: Grapefruit, Strong Tea, Aspirin (strong fat burning combination)

An extensive questionnaire generated responses from more than 200 U.S. Herbalife Independent Distributors about their weight-loss programs and results. They reported weight loss ranging from 4 pounds to 167 pounds and a reduced body mass index (BMI) of 1.5 points to 24.1 points, suggesting that consumption of Herbalife products is associated with weight loss and improvement in BMI in those ranges. These statements have not been evaluated by the Food and Drug Administration. Those products are not intended to diagnose, treat, cure or prevent any disease. You expressly agree that you use of this manual is at your sole risk.