

FAT LOSS MEAL PLAN

HERBALIFE NUTRITION

Daily calorie allowance: _____

Daily protein GOAL: _____

Daily water consumption: _____

BREAKFAST – Within 30-45 minutes after you wake up!

Breakfast Shake (macro-nutrients) = make with 8 oz of water, 1 TB PDM, 2 TB formula 1, and 1 cup ice

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)

AM SNACK

Choose 1 Protein snack from snack list options

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

LUNCH

Lunch Shake = make with 8 oz of water, 1 TB PDM, 2 TB formula 1, and 1 cup ice

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

(choose 1 - best choices: handful of nuts, ½ C cottage cheese, spinach salad, 1 hard boiled egg, ½ C fruit)

TIP - Sugar is sugar whether it comes from fruit or candy. Limit fruit intake by no more than ½ C per day.

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

1-Aminogen (breakdown proteins, aids lean muscle mass)

PM SNACK

Choose 1 Protein snack from snack list options

1-Snack Defense

DINNER

A healthy meal of your choice! EXAMPLE: 4-6 oz of protein, 1 C greens/fibrous carbs, ½ C complex carbs

1-Multivitamin, 1-Cell Activator, 1-Cell U Loss, 1-Aminogen, 1-Total Control, 2-Thermobond (feel full longer)

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 dinner, add in a light protein snack. No carbs! Herbalife Beverage Drink Mix is a perfect option! (70 cal, 15 g protein, 0 g sugar)

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 - If you start to feel hungry, drink 16 oz. water.

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.