

STEP 2. Follow these suggested meal plans. Depending on your activity level, hunger level and weight goals, you may need to adjust your plan.

A **DAILY NUTRITION**
about 90 g protein
and 1,350 calories

BREAKFAST
20 g Protein
250 Calories



SNACK
10 g Protein
150 Calories



LUNCH
25 g Protein
400 Calories



SNACK
10 g Protein
150 Calories



DINNER
25 g Protein
400 Calories



A **WEIGHT LOSS**
about 85 g protein
and 1,200 calories

BREAKFAST
20 g Protein
250 Calories



SNACK
10 g Protein
150 Calories



LUNCH
20 g Protein
250 Calories



SNACK
10 g Protein
150 Calories



DINNER
25 g Protein
400 Calories



WEIGHT GAIN
Supplement the Daily Nutrition Plan with additional Herbalife® Formula 1 shakes, up to a total of 3 shakes per day. About 130 grams of protein and 1,850 calories.

B **DAILY NUTRITION**
about 105 g protein
and 1,550 calories

BREAKFAST
20 g Protein
250 Calories



SNACK
10 g Protein
150 Calories



LUNCH
25 g Protein
400 Calories



SNACK
10 g Protein
150 Calories



DINNER
40 g Protein
600 Calories



WEIGHT GAIN
Supplement the Daily Nutrition Plan with additional Herbalife® Formula 1 shakes, up to a total of 3 shakes per day. About 145 grams of protein and 2,050 calories.

B **WEIGHT LOSS**
about 100 g protein
and 1,400 calories

BREAKFAST
20 g Protein
250 Calories



SNACK
10 g Protein
150 Calories



LUNCH
20 g Protein
250 Calories



SNACK
10 g Protein
150 Calories



DINNER
40 g Protein
600 Calories



C **DAILY NUTRITION**
about 130 g protein
and 1,800 calories

BREAKFAST
30 g Protein
300 Calories



SNACK
10 g Protein
150 Calories



LUNCH
40 g Protein
600 Calories



SNACK
10 g Protein
150 Calories



DINNER
40 g Protein
600 Calories



WEIGHT GAIN
Supplement the Daily Nutrition Plan with additional Herbalife® Formula 1 shakes, up to a total of 3 shakes per day. About 190 grams of protein and 2,400 calories.

C **WEIGHT LOSS**
about 120 g protein
and 1,500 calories

BREAKFAST
30 g Protein
300 Calories



SNACK
10 g Protein
150 Calories



LUNCH
30 g Protein
300 Calories



SNACK
10 g Protein
150 Calories



DINNER
40 g Protein
600 Calories



+ Add 2 TBSP of Personalized Protein Power to each shake.

D **DAILY NUTRITION**
about 170 g protein
and 2,250 calories

BREAKFAST
30 g Protein
300 Calories



SNACK
20 g Protein
300 Calories



LUNCH
40 g Protein
600 Calories



SNACK
30 g Protein
300 Calories



DINNER
40 g Protein
600 Calories



SNACK
10 g Protein
150 Calories



WEIGHT GAIN
Supplement the Daily Nutrition Plan with additional Herbalife® Formula 1 shakes, up to a total of 3 shakes per day. About 200 grams of protein and 2,550 calories.

D **WEIGHT LOSS**
about 160 g protein
and 1,950 calories

BREAKFAST
30 g Protein
300 Calories



SNACK
20 g Protein
300 Calories



LUNCH
30 g Protein
300 Calories



SNACK
10 g Protein
150 Calories



DINNER
40 g Protein
600 Calories



SNACK
30 g Protein
300 Calories



+ Add 2 TBSP of Personalized Protein Power to each shake.

Protein and calorie amounts are suggested intakes for meals and snacks, and do not refer to specific products or foods shown in the plan.