

Hey everyone!! I wanted to take a moment and give an EXAMPLE of a day of eating for someone who is trying to lose weight. Remember that this is just an example. It is a great place to start for everyone, but always stay in touch with your coach in order to make adjustments to obtain a custom plan for YOU.

TIP: ALWAYS EAT WITHIN 30 MINUTES OF WAKING UP

BREAKFAST: 2 scoops Herbalife Formula 1 Healthy Meal, 2 scoops Herbalife Protein Drink Mix (PDM), 8 oz water and ice (more ice creates a thicker shake and less ice creates a thinner shake) blend and enjoy.

TIP: YOU CAN ADD EXTRACTS AND PUDDING MIXES TO YOUR SHAKES TO JAZZ THEM UP, THOUGH THEY ARE PERFECTLY DELICIOUS ON THEIR OWN. CHECK OUT THE SHAKE RECIPE LIST ON THE CLIENT PAGE.

TIP: AVERAGE ADULT NEEDS 25-30 G FIBER DAILY. THE MAJORITY OF AMERICANS FALL VERY SHORT OF REACHING THEIR REQUIRED FIBER INTAKE. HERBALIFE OFFERS ACTIVE FIBER IN ORIGINAL FLAVOR AND APPLE AND IT IS PERFECT TO ADD TO YOUR SHAKE *** 2 SCOOPS DULCHE DE LECHE FORMULA 1 HEALTHY MEAL, 2 SCOOPS VANILLA**

PROTEIN DRINK MIX AND A SCOOP OF ACTIVE FIBER IN APPLE (DASH OF CINNAMON IF YOU ARE FEELING IT) MAKES AN AMAZING APPLE PIE SHAKE

TIP: NEED MORE PROTEIN IN YOUR DIET? HERBALIFE PROTEIN POWDER (PPP) IS A GREAT ADDITION TO YOUR SHAKE AND MAKES IT EVEN CREAMIER.

SNACK: Low calorie, low fat, and higher protein snack

TIP: NO MORE THAN 2.5-3 HOURS SHOULD PASS BETWEEN EACH MEAL AND SNACK FOR OPTIMUM RESULTS

TIP: TRY TO KEEP YOUR SNACKS 210 CALORIES OR LESS AND AT LEAST 10 G PROTEIN

TIP: HERBALIFE BEVERAGE MIX IS THE PERFECT SNACK AT 70 CALORIES AND 15 G PROTEIN. IT COMES IN WILD BERRY OR PEACH MANGO AND IS GREAT ADDED TO WATER AND SHAKEN UP ON THE GO OR ADDED TO YOUR FAVORITE GREEK YOGURT TO ADD GREAT FLAVOR AND EXTRA PROTEIN WITHOUT A LOT OF EXTRA CALORIES

LUNCH: Your lunch will either be a shake like breakfast OR 4-6 oz lean protein, 1/2 cup COMPLEX carb and 1 cup vegetables.

SNACK: Low calorie, low fat, and higher protein snack

TIP: CHECK OUT SNACK LIST IDEAS ON THE CLIENT PAGE

Dinner: Your dinner will be the opposite of what you chose for lunch

TIP: NO CARBS WITHIN 3 HOURS OF BED

TIP: EGG WHITES ARE THE PERFECT NIGHTTIME SNACK IF MORE THAN 3 HOURS PASS BETWEEN DINNER AND BEDTIME OR IF YOU ABSOLUTELY ARE HUNGRY AND WOULD LIKE TO EAT OR IF YOU FEEL LIKE YOU NEED MORE PROTEIN IN YOUR DIET.