



Healthy Weight, Happy Life

CUSTOMER GUIDE



**HERBALIFE
NUTRITION**

Making the World Healthier and Happier

Welcome!

We're so glad you're here. You've made the choice to focus on a healthier, happier you, and that's the first step.

The tools and information in this guide were compiled by Herbalife Nutrition experts. This program uses a combination of nutrition, exercise, education and support to put you on the path to your goals. You'll be working with your Distributor to discuss those goals and come up with a personalized plan. They'll be there throughout your journey. It's not just about nutrition, exercise and products – it's the one-on-one relationship you develop. We're here to help, whether it's with encouragement, motivation or even a fresh new recipe.

**WE CAN'T WAIT TO SEE WHAT YOU CAN ACHIEVE.
READY TO GET STARTED?**

THE CORE ELEMENTS OF WEIGHT LOSS

The Herbalife Nutrition healthy weight plan is made up of five key elements:

- 1 **Follow a personalized plan**
- 2 **Combine meal replacement shakes and supplements with nutritional coaching**
- 3 **Get involved with a supportive community**
- 4 **Keep track of what you eat and adjust your caloric intake**
- 5 **Exercise regularly**



The first steps **start here**

This guide is here to help you on your healthy weight loss journey. Keep in mind that it's about learning lifelong habits, not just finding a quick fix. Here's a look at the steps you'll be following.



YOUR GUIDE TO HEALTHY WEIGHT LOSS

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STEP 1

Basics of **weight management**

First, let's talk basics. If you eat more calories than your body burns each day, you'll gain weight. If you eat about the same number of calories, your weight should stay relatively stable. If you eat fewer calories than your body burns (or expend extra calories through exercise), you should lose weight.





HEALTHY WEIGHT LOSS

Losing one to two pounds per week is generally considered a safe rate of weight loss. To do so, you need to create a deficit ranging from 500 calories per day (to lose a pound per week) to 1,000 calories per day (to lose two pounds per week). For example, if you cut your daily calorie intake by 250 calories and increase activity so that you burn an additional 250 calories, you'll create a deficit of 500 calories, and weight loss of about a pound per week would be expected. The greater the calorie deficit, the greater the weight loss.

MAINTAINING YOUR RESULTS

Once you reach your target weight, your Distributor will help you adjust your plan so you can maintain your new weight. This means you'll want to avoid the foods or eating habits that caused the weight gain in the first place. Remember, for weight maintenance, the number of calories eaten and the number of calories burned each day should be about the same. If you find that you're gaining weight, your Distributor can provide support to help you get back on track.

EASY PORTION CONTROL WITH FORMULA 1

For a convenient and delicious way to cut calories, we suggest replacing two meals a day with an Herbalife Nutrition Formula 1 shake and eating a balanced third meal, along with appropriate snacks. To maintain your weight, replace one meal per day with a Formula 1 shake and eat two well-balanced meals. When prepared correctly, our shakes take the stress and guesswork out of calorie counting.

See our Global Nutrition Philosophy in Reference Tools.

STEP 2

Prepare for change and **find confidence**

We all have our own reasons for wanting to lose weight. Maybe you want to do it to stay in good health, or maybe you just want to look good for that upcoming vacation or wedding. Maybe you just want to feel better overall.





We recommend that you take time with your Distributor to develop your own personalized approach. With your Distributor, you can choose a specific date to start. It can help you commit to your plan and mentally prepare for your weight loss journey. Many people will choose the beginning of a new week or a new month, but it's really up to you.



FINDING CONFIDENCE

Having the tools and support you need can help give you the confidence to reach your goals. Remember, you'll have the support of your Distributor every step of the way.

STEP 3

Your personalized protein target and meal plans

Once you have met with your Distributor and made a realistic, achievable goal, it's time to make a meal plan.





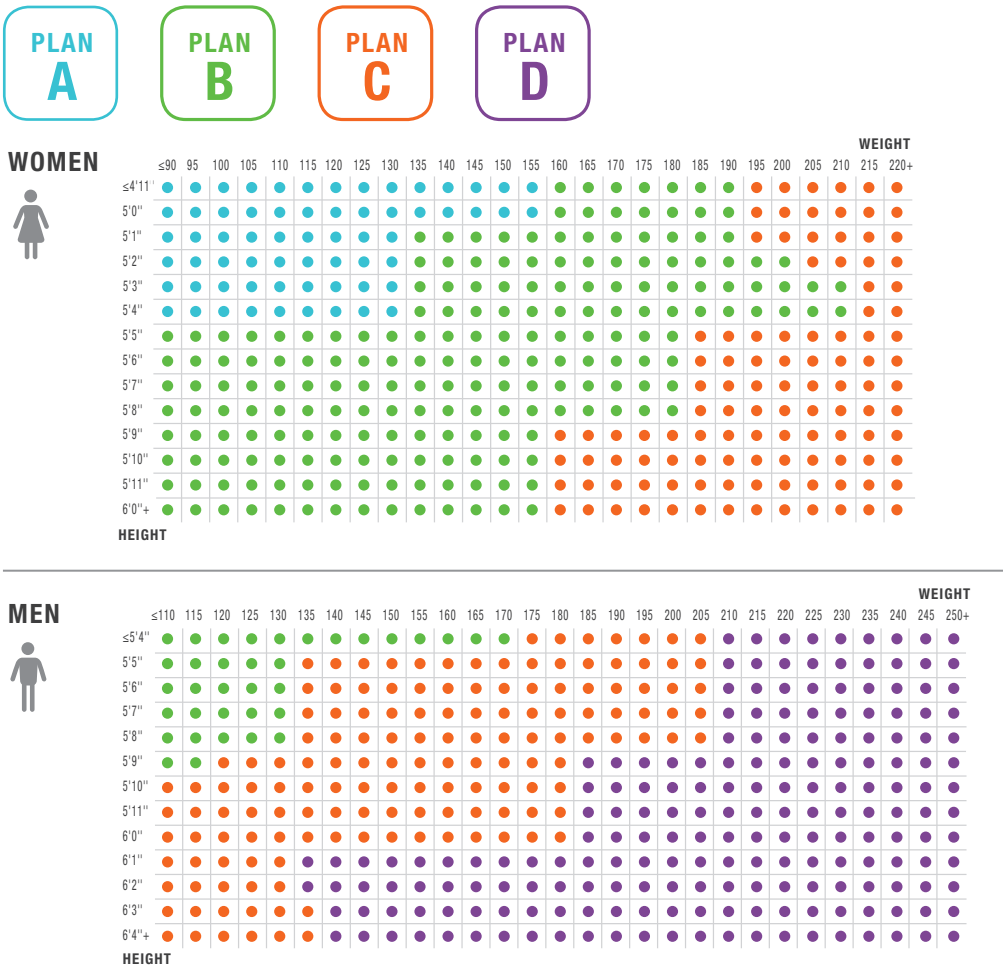
MEAL PLANS

Our meal plans are simple and easy, with calorie counts built in. They are designed to help you consume the right amount of protein and other nutrients each day to meet your needs. Here's how to choose the best meal plan for you and your goals.

#1. MEAL PLAN SELECTION TOOLS FOR WOMEN AND MEN

These charts will help you quickly determine your suggested meal plan – based on your height and weight – to match your individual needs for protein and calories. Select your height and weight on the chart below.

Based on your current height and weight, choose Plan A, B, C or D. The colored dots in these charts match with each type of meal plan on the next page.





#2. THE SUGGESTED MEAL PLAN: A, B, C OR D

Each Meal Plan (A, B, C and D) has three options: Daily Nutrition, Weight Loss or Weight Gain. Once you reach your goal, you may switch over to the Daily Nutrition option.

TO LOSE WEIGHT, follow the **Weight Loss** option of the recommended meal plan. It will deliver the recommended amount of protein, but with fewer calories to promote weight and fat loss when coupled with an appropriate exercise program. This option replaces two meals per day with a Formula 1 shake. Breakfast is the ideal meal to start because it's the first meal, and typically people do not eat sufficient protein in the morning. Alternatively, you may replace lunch and/or dinner instead.

TO MAINTAIN WEIGHT, follow the **Daily Nutrition** option of the recommended Meal Plan. This option will deliver proper protein and calories to help you maintain your weight when coupled with an appropriate exercise program. This option replaces one meal per day (breakfast) with a Formula 1 shake.

FOR WEIGHT GAIN, supplement the **Daily Nutrition option with additional Formula 1 shakes**, up to a total of 3 shakes per day.

A. About 130 g of protein and 1,850 calories

B. About 145 g of protein and 2,050 calories














C. About 190 g of protein and 2,400 calories
















D. About 200 g of protein and 2,550 calories

⊕ **Add 2 TBSP** of Personalized Protein Powder to each shake.

A	DAILY NUTRITION About 90 g Protein 1,350 Calories	 20 g Protein 250 Calories	 10 g Protein 150 Calories	 25 g Protein 400 Calories	 10 g Protein 150 Calories	 25 g Protein 400 Calories
	WEIGHT LOSS About 85 g Protein 1,200 Calories	 20 g Protein 250 Calories	 10 g Protein 150 Calories	 20 g Protein 250 Calories	 10 g Protein 150 Calories	 25 g Protein 400 Calories
		BREAKFAST	SNACK	LUNCH	SNACK	DINNER

B	DAILY NUTRITION About 105 g Protein 1,550 Calories	 20 g Protein 250 Calories	 10 g Protein 150 Calories	 25 g Protein 400 Calories	 10 g Protein 150 Calories	 40 g Protein 600 Calories
	WEIGHT LOSS About 100 g Protein 1,400 Calories	 20 g Protein 250 Calories	 10 g Protein 150 Calories	 20 g Protein 250 Calories	 10 g Protein 150 Calories	 40 g Protein 600 Calories
		BREAKFAST	SNACK	LUNCH	SNACK	DINNER

C	DAILY NUTRITION About 130 g Protein 1,800 Calories	  30 g Protein 300 Calories	 10 g Protein 150 Calories	 40 g Protein 600 Calories	 10 g Protein 150 Calories	 40 g Protein 600 Calories
	WEIGHT LOSS About 120 g Protein 1,500 Calories	  30 g Protein 300 Calories	 10 g Protein 150 Calories	  30 g Protein 300 Calories	 10 g Protein 150 Calories	 40 g Protein 600 Calories
		BREAKFAST	SNACK	LUNCH	SNACK	DINNER

D	DAILY NUTRITION About 170 g Protein 2,250 Calories	  30 g Protein 300 Calories	 20 g Protein 300 Calories	 40 g Protein 600 Calories	 30 g Protein 300 Calories	 40 g Protein 600 Calories	 10 g Protein 150 Calories
	WEIGHT LOSS About 160 g Protein 1,950 Calories	  30 g Protein 300 Calories	 20 g Protein 300 Calories	  30 g Protein 300 Calories	 10 g Protein 150 Calories	 40 g Protein 600 Calories	 30 g Protein 300 Calories
		BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK

—

You should follow the plan for two weeks, evaluate your progress with your Distributor and then discuss any adjustments.

STEP 4

How to **make a shake**

The Formula 1 shake recipes that are recommended with our meal plans have about 250 calories and about 20 grams of protein.



Formula 1 can be mixed with milk or soy milk, or with water and Herbalife Nutrition Protein Drink Mix, to create a delicious shake that can replace two meals a day as part of a weight loss plan. A meal replacement shake provides the nutrients that you need to consume every day without unwanted calories, fats, salts and sugars.

In order for Formula 1 shakes to be filling and satisfying, they need to be prepared properly. This will ensure that they provide balanced nutrition as well as adequate protein and calories for proper hunger management.*

*When using Formula 1 as a meal replacement for the purposes of weight control or weight management, please follow the instructions on the product label. Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on that label. When creating new recipes, always remember to ensure that the cumulative intake of nutrients is not excessive.





ENHANCE YOUR FORMULA 1 SHAKE

To meet these protein and calorie guidelines, we recommend adding a serving of fruit or vegetables to one of these following basic blends. If you add fruit, remember to add the calorie value of the fruit to these totals.

- **2 scoops** of Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix
- **2 scoops** of Herbalife Nutrition Protein Drink Mix
- **8 ounces** of water

CALORIES: 200 | PROTEIN: 24 g

- **2 scoops** of Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix
- **8 ounces** of milk (nonfat, low-fat or soy milk)

With nonfat milk – **CALORIES: 170 | PROTEIN: 17 g**

For a thicker shake, add 3 to 5 ice cubes and blend at low speed for a few minutes.

You can ask **your Distributor** for additional Formula 1 shake recipes.



NEED MORE PROTEIN?

Protein is important to help build and maintain muscle mass, and can help control hunger. If you need more protein, Protein Drink Mix can be mixed with a Formula 1 Shake for a total of 24 grams of protein or enjoyed as a snack with 15 grams of protein per serving. Herbalife Nutrition Personalized Protein Powder can also be used to boost the protein content of Formula 1 shakes or other foods, such as yogurt, oatmeal and soups. Each tablespoon of Personalized Protein Powder has 5 grams of protein and 20 calories.



HAVE YOU HAD YOUR SHAKE TODAY?

With so many Formula 1 flavors and recipes to choose from, it's unlikely that you will get bored. When people do become tired of drinking shakes, it is often because they are trying the same flavor day after day, or they aren't making any healthy additions to their shakes (like fruit or vegetables). You can also change up the texture or temperature of your shakes. Make shakes thicker by adding ice or chia seeds, or using frozen fruit. Or, try a warm shake – mix 2 scoops of Formula 1 with a few tablespoons of water or milk in a coffee cup until smooth. Heat a little less than 8 ounces of water or milk in the microwave or in a small pot on the stove until warm. Gradually add the warm liquid to the mixture in the cup, stirring continuously.

LOTS OF FLAVORS TO CHOOSE FROM

Experiment and try new Formula 1 flavors from time to time. You can even mix two flavors (one scoop of each flavor) to come up with even more combinations, or mix in other healthy additions like fruit, greens, nut butters or yogurt. (And don't forget to include the calorie value of your add-ons when you calculate your daily totals.)



*When using Formula 1 as a meal replacement for the purposes of weight control or weight management, please follow the instructions on the product label. Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on that label. When creating new recipes, always remember to ensure that the cumulative intake of nutrients is not excessive.

EXPERT TIP:

In addition to shakes, Formula 1 Shake Mix can be used in recipes for many different delicious and nutritious versions of foods such as pancakes, muffins, puddings and flans.* We encourage you to get creative.

See our Ultimate Shake Builder and Find the Formula 1 That's Right for You in the Reference Tools section.

HEALTHY MEAL, SIDE, SHAKE AND SNACK RECIPES

Depending on the meal plan, daily meals are designed to have about 25 grams of protein and 400 calories (one meal), or about 40 grams of protein and 600 calories (two meals). The meal builder tool makes it easy to plan healthy, balanced meals by providing recommended amounts of each element of the meal (e.g. protein, beneficial carbohydrates, omega-3 fatty acids).

USING THE MEAL BUILDER

Follow the column for the desired meal (25 grams of protein and 400 calories, or 40 grams of protein and 600 calories). Each column lists the amount of each food type to include in the meal. For example, a simple meal with 25 grams of protein and 400 calories might consist of 3 ounces of grilled chicken (protein), a cup of cooked broccoli and a green salad (vegetables), ½ cup of brown rice (healthy carbohydrate source) and 2 tablespoons of low-fat salad dressing (healthy fat).

See our Meal Builders (Meat and Vegetarian versions) and Grocery Shopping List in the Reference Tools section.



1

START WITH PROTEIN

25 g PROTEIN
400 CALORIES

40 g PROTEIN
600 CALORIES



Chicken or turkey



Fish



Lean beef



Shellfish



Pork or lamb (loin)

3 ounces,
cooked

5 ounces,
cooked

ADD VEGETABLES



Choose 1

Choose 2

Cooked vegetables, vegetable soup, tomato sauce (1 cup)



Any
amount

Any
amount

Raw vegetables

ADD WHOLE GRAINS/STARCH



Rice (brown
or wild)
1/2 cup, cooked



100% whole grain
bread or crackers
1 slice, 1/2 pita bread,
1/2 English muffin,
4 medium crackers



Tortillas
2 corn, 1 medium-
sized flour
(whole grain)



Beans, peas,
corn or lentils
1/2 cup, cooked



Potato (white
or sweet)
1/2 medium



Pasta, quinoa,
millet, barley
or bulgur
1/2 cup, cooked

Choose 1

Choose 2

ADD SOME HEALTHY FAT FOR FLAVOR



Olive oil
1 TBSP



Nuts
1 ounce



Hummus, low-fat salad
dressing, mayonnaise,
sour cream, vinaigrette
2 TBSP



Avocado
1/2 small



Parmesan or
low-fat feta
cheese
2 TBSP



Seeds or nut
butter
1 TBSP

Choose 1

Choose 1

SEASON IT UP!



Herbs &
spices



Lemon



Garlic



Vinegar



Salsa &
hot sauce



Mustard

Any
amount

Any
amount



MEAL RECIPES

MUSTARD-BAKED SALMON

- **2 tsp** olive oil
- **1 ¼ lb. (about 600 g)** center-cut wild salmon fillet
- **¼ cup (75 g)** plain Greek-style yogurt
- Salt and pepper, to taste
- **2 TBSP** stone-ground mustard
- **2 tsp** fresh lemon juice
- **½ tsp** dried tarragon

Preheat broiler. Line a baking sheet with foil, and coat lightly with 2 teaspoons olive oil. Place salmon, skin side down, on the baking sheet. Season with salt and pepper. In a small bowl, stir together the yogurt, mustard, lemon juice and tarragon. Spread evenly on top of the salmon. Place salmon under the broiler, about 5 inches away from the heat, and broil until cooked through, about 10-12 minutes.

CALORIES: 400 | PROTEIN: 25 g (divide into 4 servings)

CALORIES: 600 | PROTEIN: 40 g (divide into 3 servings)



CHICKEN, BROCCOLI AND QUINOA SALAD

- | | |
|---------------------|--|
| • 1 TBSP | 1 TBSP olive oil |
| • 2 tsp | 2 tsp lemon juice |
| • ½ tsp | ½ tsp dijon-style mustard |
| • Any amount | Any amount salt and pepper to taste |
| • 4 cups | 6 cups mixed leafy greens |
| • 1 cup | 2 cups broccoli florets, cooked and chilled |
| • ½ cup | 1 cup cooked quinoa, chilled |
| • 3 oz. | 5 oz. cooked chicken breast, thinly sliced |

In a bowl large enough to hold all ingredients, whisk together olive oil, lemon juice, mustard and salt and pepper. Add the leafy greens, broccoli, quinoa and chicken and toss well.

CALORIES: 400
PROTEIN: 25 g

CALORIES: 600
PROTEIN: 40 g



SPICY CITRUS SHRIMP

- **3** oranges
- **1 TBSP** olive oil
- **1** red bell pepper, sliced into thin strips
- **1 ½ lb. (675 g)** large shrimp, shelled and deveined
- **½ tsp** salt
- **¼ tsp** red pepper flakes
- **3** green onions, chopped

Grate 1 teaspoon orange peel from one orange, then squeeze out ¼ cup orange juice and set aside. Peel remaining oranges, slice, cut slices in half and set aside. Heat a large skillet over medium-high heat, then add oil. When hot, add bell pepper strips and sauté for a few minutes until they begin to soften. Add shrimp, salt, red pepper flakes and orange juice, and continue to cook for 3-4 minutes, stirring, until shrimp is opaque and fully cooked. Remove from heat, stir in reserved orange slices, and scatter green onions on top.

CALORIES: 400 | PROTEIN: 25 g (divide into 4 servings)
CALORIES: 600 | PROTEIN: 40 g (divide into 3 servings)



SOUTHWEST SIRLOIN STEAK SALAD

- | | |
|---------------------|---|
| — | ½ cup cooked corn kernels |
| • ½ TBSP | ½ TBSP olive oil |
| • ½ cup | 1 cup sliced green or red bell pepper |
| • ½ cup | 1 cup sliced onion |
| • 4 cups | 6 cups mixed greens |
| • ½ cup | 1 cup canned black beans, drained |
| • ¼ | ½ small avocado, diced |
| • 3 oz. | 5 oz. grilled top sirloin, thinly sliced |
| • Any amount | Any amount prepared tomato salsa |

CALORIES: 400 CALORIES: 600
PROTEIN: 25 g PROTEIN: 40 g

In a small frying pan, heat olive oil over medium-high heat. When oil is hot, add onions and peppers and sauté 4-5 minutes until soft and just starting to brown. Remove from heat and set aside. In a large bowl, combine mixed greens, black beans, corn (if included), avocado and salsa and toss well. Top with steak and sautéed vegetables.



SIDE RECIPES

The perfect accompaniment to your healthy meal

CARROT-CUMIN SALAD

- **6 large carrots**, peeled and thinly sliced on the diagonal
- **¼ cup** fresh lemon juice
- **1 garlic clove**, finely minced
- **½ tsp** ground cumin
- **½ tsp** paprika
- **¼ tsp** ground cinnamon
- Salt and pepper to taste
- **2 TBSP** extra-virgin olive oil
- **¼ cup** fresh cilantro or parsley, chopped

In a large saucepan of boiling salted water, cook carrots until crisp-tender, 1-2 minutes. Drain in a colander, rinse under cold water until cool, and drain well. In a medium bowl, whisk together lemon juice, garlic, cumin, paprika and cinnamon, then season with salt and pepper to taste. Whisking constantly, slowly add olive oil. Add carrots and cilantro or parsley to dressing, toss to combine.

CALORIES: 400 | PROTEIN: 25 g (divide into 4 servings)

CALORIES: 600 | PROTEIN: 40 g (divide into 3 servings)



SHAVED FENNEL APPLE SALAD

- **¼ cup** lemon juice
- **2 TBSP** chopped fresh tarragon (or, 1 TBSP dried tarragon)
- **3 TBSP** extra-virgin olive oil
- Salt and freshly ground black pepper, to taste
- **2 tart apples**, peeled and cored, then halved and sliced as thinly as possible
- **2 large bulbs** fennel, sliced as thinly as possible

For the dressing: Whisk together the lemon juice, tarragon, and olive oil in a small bowl; season to taste with salt and pepper.

For the salad: Gently toss apple slices and fennel slices, then toss with the dressing.

This salad keeps well in the refrigerator and is still delicious the day after it is made. Makes 4 servings.

Per serving

CALORIES: 160 | PROTEIN: 2 g



SHAKE RECIPES

A few new ways to enjoy Formula 1

COZY CARAMEL PROTEIN SHAKE

- **1 scoop** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Dutch Chocolate
- **1 scoop** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Banana Caramel
- **2 scoops** Herbalife Nutrition Protein Drink Mix, Chocolate
- **1 cup** cold water
- **3-5** ice cubes

Combine ingredients in a blender and mix well.

CALORIES: 200 | PROTEIN: 24 g

PEACHY FREEZY SHAKE

- **2 scoops** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, French Vanilla
- **½ tsp** Herbalife Nutrition Herbal Tea Concentrate, Peach
- **1 cup** nonfat, low-fat or plain soy milk
- **1 cup** peach slices, fresh or frozen
- **3-5** ice cubes

Combine ingredients in a blender and mix well.

CALORIES: 240 | PROTEIN: 19 g





SNACK RECIPES

Snacking made easy

SPICY ROASTED GARBANZO BEANS

- **2 (15-oz.)** cans chickpeas, thoroughly drained and rinsed
- **2 TBSP** olive oil
- **1 tsp** ground cumin
- **1 tsp** chili powder
- **½ tsp** salt

Heat the oven to 400°F and arrange a rack in the middle. Place the chickpeas in a large bowl and toss with the remaining ingredients until evenly coated. Spread the chickpeas in an even layer on a rimmed baking sheet and bake about 30 to 40 minutes, shaking the pan a few times during baking, until beans are crisp. Check frequently the last 10 minutes to avoid burning. Makes 6 servings.

Per serving

CALORIES: 160 | PROTEIN: 6 g



FRUIT SPRING ROLLS

For the dipping sauce:

- **1 cup** plain, nonfat Greek-style yogurt
- **2 scoops** Herbalife Nutrition Protein Drink Mix, Vanilla
- **2 tsp** lemon juice
- **Dash** of cinnamon

For the filling:

- **2** apples, cut into matchsticks
- **1 TBSP** fresh lemon juice
- **2** fuyu persimmons, cut into matchsticks
- **½ cup** pomegranate arils or dried cranberries
- **1** medium orange, peeled, sliced into 8 rounds, rounds cut in half
- **8** rice paper wrappers
- **4** butter lettuce leaves, cut in half lengthwise

For the sauce: Mix all ingredients together until smooth.

For the filling: Toss apples with lemon juice to prevent browning. Set other ingredients out for assembly.

To assemble: Fill a large, shallow plate with warm water. Place one rice paper in water and soak until softened (just a few seconds). Carefully, remove and place on a flat plate. Place 2 orange slices side by side on the paper, then layer with apples and persimmons. Sprinkle with pomegranate arils and top with ½ leaf of butter lettuce.

Fold the edge closest to you over the filling, then fold the sides toward the center and roll until closed. Cut rolls in half and serve with yogurt dipping sauce. Makes 8 rolls.

Per serving (2 rolls)

CALORIES: 215 | PROTEIN: 10 g

MORE SNACK IDEAS

When done right, snacking helps in several ways. A nutritious snack can help keep you energized between meals. And when snacks are properly timed, they can reduce the risk of feeling overly hungry at mealtimes, which can help reduce the risk of overeating. Another plus? Snacks help you work more nutritious foods into your day, like fruit or vegetables.

Our meal plans call for one or more snacks per day, with a balance of carbohydrates and protein. Good carbohydrate sources can provide some immediate energy (and many are good sources of fiber too), while a bit of protein helps give snacks more staying power. In general, we recommend snacks with about 150 calories and around 10 grams of protein.

Herbalife Nutrition protein snack bars like Protein Bar Deluxe provide protein for energy and nutrition, are conveniently portable and taste great. Other easy snack options include Greek-style yogurt with fruit, vegetables and hummus dip or a cup of quick-cooking oatmeal with 2 tablespoons of Personalized Protein Powder stirred in.



SNACK IDEAS



STRING CHEESE WITH FRESH FRUIT

1 oz. low-fat string cheese and 1 medium apple.

CALORIES: 150 | PROTEIN: 8 g



RICE CAKE & NUT BUTTER

Spread one rice cake with 1 TBSP of almond butter.

CALORIES: 135 | PROTEIN: 5 g



HERBALIFE NUTRITION PROTEIN DRINK MIX

Stir 2 scoops of Protein Drink Mix, any flavor, with 8 fl oz. of cold water.

CALORIES: 110 | PROTEIN: 15 g



EDAMAME BEANS

Drop 1 cup frozen edamame beans (in the pod) into boiling water for a few minutes. Sprinkle with a little salt or soy sauce.

CALORIES: 150 | PROTEIN: 8 g



TURKEY BREAST SLICES AND WHOLE GRAIN CRACKERS

2 oz. sliced turkey and 4 medium-sized whole grain crackers.

CALORIES: 145 | PROTEIN: 18 g



LOW-FAT LATTE

Made with 12 oz. low-fat milk or soy milk. Sprinkle with cinnamon.

CALORIES: 150 | PROTEIN: 9 g



HUMMUS DIP AND RAW VEGETABLES

½ cup hummus with cucumber, carrot and celery sticks.

CALORIES: 150 | PROTEIN: 6 g



SOY NUTS & FRUIT

1 packet Herbalife Nutrition Roasted Soy Nuts and 1 small peach.

CALORIES: 150 | PROTEIN: 8 g



HERBALIFE NUTRITION PROTEIN BAR DELUXE

The perfect on-the-go, nutritious snack for wherever life takes you!

CALORIES: 140 | PROTEIN: 10 g

Find more recipes at:



[Facebook.com/Herbalife](https://www.facebook.com/Herbalife)



[Youtube.com/HerbalifeIntl](https://www.youtube.com/HerbalifeIntl)



[@Herbalife](https://www.instagram.com/Herbalife)



[@Herbalife](https://twitter.com/Herbalife)

See our One Shake a Day and Two Shakes a Day Sample Menus, Blank Menus, and additional Formula 1 Meal Recipes in the Reference Tools section.

STEP 5

Start your **exercise program**

Regular exercise is important for good health, weight management and well-being. Embracing the habit early on can lead to long-term success.

At a minimum, we recommend a program that includes at least 30 minutes of cardiovascular exercise (that which increases your heart rate, such as brisk walking or jogging) on most days of the week, strength training (to build and maintain muscle mass) at least twice a week, and regular stretching.

However, if you are new to exercise, you should avoid strenuous activity for the first month. Instead, we recommend something low impact, like walking on a flat track, dirt pathway, grass or pavement for 5 to 10 minutes per day – eventually working your way up to 30 minutes. Work with your Distributor to set the best plan for you.





BALANCE NUTRITION WITH EXERCISE

Sometimes, people join a gym and find that they are not losing weight. This is often because they overeat to compensate for their workouts. Their thinking seems to be, “I burned off all those calories, so I deserve a treat!” But most people overestimate the number of calories they burn when they exercise, and also underestimate the number of calories that they eat. Sticking to your meal plan combined with getting enough exercise will help improve your chances of success.

STRIVE TO BE IN BETTER SHAPE

While fat patterns are genetic to some extent, you can work to achieve your best personal shape. Many people find it helpful to take a photo at the beginning of their weight loss journey so they can see their progress along the way.

Once you get in the habit of daily exercise, you’ll be enjoying the benefits of a healthy, active lifestyle.

VARIETY = FUN

You can find a number of exercise videos on **[Fitness.Video.Herbalife.com](https://www.Fitness.Video.Herbalife.com)** that can be used to create personalized and varied exercise routines. Enjoy!

See our 4 Easy Exercises for Anywhere Fitness in the Reference Tools section.

STEP 6

How to use our products

Herbalife Nutrition products support a variety of health and nutrition goals and needs. Because yours are unique, it is important that you work with your Distributor for a recommendation of products that fit your personal plan. After you start, check in with your Distributor regularly to discuss any changes as you make progress.



FORMULA 1, PROTEIN DRINK MIX, PERSONALIZED PROTEIN POWDER AND PROLESSA® DUO

Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix is designed to be mixed with 8 ounces of nonfat milk or soy milk for a healthy meal that provides an ideal balance of protein and nutrition. However, many people prefer to make their shakes with a combination of Formula 1 and Protein Drink Mix mixed with water.

A serving of Protein Drink Mix provides 15 grams of soy protein along with 24 vitamins and minerals. Although it can be mixed with water alone for a protein snack, when added to a Formula 1 shake, a serving of Protein Drink Mix boosts the total protein in the shake to 24 grams. A shake made with one serving of Formula 1 and one serving of Protein Drink Mix, when mixed with water, has 24 grams of protein and 200 calories. And with so many flavors of Formula 1 and several flavors of Protein Drink Mix to choose from, a wide variety of shakes can be made.



TEA

Herbalife Nutrition Herbal Tea Concentrate contains caffeine (85mg per serving), which can jump-start your metabolism and provide a boost to help you feel revitalized. It has just 5 calories per serving. You may also enjoy Herbalife Nutrition N-R-G Nature's Raw Guarana Tea, which is a blend of guarana, orange pekoe tea and lemon peel. It provides less caffeine (40 mg caffeine per serving) than Herbal Tea Concentrate, but enough to provide a gentle pick-me-up with 0 calories. Drinking several glasses of tea every day can help you take in the recommended six to eight glasses of water per day.

For people who drink caffeine on a regular basis, a glass of a caffeinated beverage does count as one of their eight glasses of water for the day. Caffeine is a diuretic, which means it stimulates fluid loss in the body. However, those who drink caffeinated beverages on a regular basis find that their bodies adjust to the caffeine, so the beverage helps rehydrate rather than dehydrate. A healthy adult should limit caffeine intake to about 200 mg per sitting or 400 mg per day.

Another way to boost the protein in our Formula 1 shakes is with Personalized Protein Powder. One tablespoon has 5 grams of protein and 20 calories and can be added to more than just shakes. Try adding it to yogurt, oatmeal or even soups to get a bigger protein punch. Remember, protein is important for building and maintaining muscle mass and can help control hunger.

You can also add Herbalife Nutrition Prolessa® Duo to one of your shakes. Prolessa® Duo supports weight loss with two clinically-tested ingredients: conjugated linoleic acid, which helps decrease body fat,* and a blend of oat and palm oils to help reduce calorie intake and provide a feeling of fullness.* To use Prolessa® Duo, make Formula 1 shake as usual, then blend a scoop of Prolessa® Duo for an additional five to 10 seconds. Use once a day.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



ALOE

Herbalife Nutrition Herbal Aloe Concentrate makes a light, refreshing beverage when added to water. The aloe may support healthy digestion, nutrient absorption and intestinal health. If you have difficulty meeting your fluid needs every day, Herbal Aloe Concentrate can really help.



FIBER

Although we recommend that adults eat at least 25 grams of fiber daily, most of us only eat about 10 to 15 grams. Our meal plans include plenty of vegetables, fruits and whole grains, which can help meet fiber needs. Since many people may still fall short of their minimum fiber intake, we recommend adding one scoop (containing 5 grams of fiber) of Herbalife Nutrition Active Fiber Complex once or twice a day to any beverage, including Formula 1 shakes. The blend of soluble and insoluble fiber promotes regularity, and also supports the growth of friendly intestinal bacteria. Using fiber as part of a balanced diet can also help support weight management.



CHOCOLATE CHIP COOKIE SHAKE

- **1 scoop** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Cookies 'n Cream
- **1 scoop** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Dutch Chocolate
- **2 scoops** Herbalife Nutrition Protein Drink Mix, Chocolate
- **1 cup** nonfat, low-fat or plain soy milk
- **3-5** ice cubes

Combine ingredients in a blender and mix well.

CALORIES: 290 | PROTEIN: 33 g



COUNTRY BERRY SHAKE

- **2 scoops** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Wild Berry
- **1 cup** nonfat, low-fat or plain soy milk
- **½ cup** fresh or frozen raspberries
- **½ cup** fresh or frozen carrot slices

Combine ingredients in a blender and mix well.

CALORIES: 250 | PROTEIN: 19 g

STEP 7

Be part of the **community**

Millions of people just like you have found a community with Herbalife Nutrition. Here are a few personal stories.



Herbalife Nutrition Customer Success Story: **Amy**

Amazing things can happen when you get out of your comfort zone – just ask Amy. When she realized that her sedentary 9 to 5 desk job was impacting her lifestyle, she knew she had to do something to get moving. She began to visit a Herbalife Nutrition Club where she not only gets an amazing workout, but is part of a welcoming and supportive community. Now, she goes about four times a week, and has even completed triathlons and 5K runs with her Herbalife Nutrition Independent Distributor, Melissa.

“

I joined Herbalife Nutrition because I was at a point in my life where I needed a change.”

Amy,

Herbalife Nutrition Customer

Another change? She starts her day with a Formula 1 shake and a cup of Herbal Tea Concentrate. She loves knowing that she's getting the nutrition she needs, and, because the products are convenient to use, it's a habit she's happy to continue. She says, **“What I love about Herbalife Nutrition is that it's not just about these products. There's a real sense of community around it. Having that one-on-one coach to support me makes all the difference.”**

“

The first time I was invited to an Herbalife Nutrition Fit Club, I immediately felt the positive energy and sense of community.”

Brian,
Herbalife Nutrition Preferred Member





Herbalife Nutrition Customer Success Story: **Brian**

Sometimes, you come across something you didn't even know you were looking for. After years and years of struggling with his weight and trying different weight loss methods, Brian turned to Herbalife Nutrition. He signed up as a Preferred Member, with excitement to try the products at a discount and learn about the importance of good nutrition and exercise. And, he found so much more than that in the powerful support network at his Herbalife Nutrition Fit Club.

“I love coming here because we all have the same goals. We all have the right mindset and we all want to get fit and just be healthy. Everyone here is really sincere and genuine. They just encourage me all the time. They make me feel welcome,” he says. He credits the community, coaches and his workout partner with keeping him motivated to exercise every day and helping him reach his fitness goals.

STEP 8

Track your progress and stay in touch

The support of your Distributor is an essential part of your weight loss journey.

Staying connected with your Distributor helps you to stay on track, and gives them the opportunity to address any concerns right away.

They may suggest a weekly weight check-in and discussion to help keep you accountable.





Visit these helpful links to find videos, recipes and tips for a healthy, active lifestyle.

Fitness.Video.Herbalife.com – Find a variety of exercise videos for beginning, intermediate and advanced levels.

DiscoverGoodNutrition.com – Read our Herbalife Nutrition-sponsored blog with numerous articles on healthy eating and exercise.

Herbalife.com – Learn about all of Herbalife Nutrition products.



JOIN THE COMMUNITY



Facebook.com/Herbalife



Youtube.com/HerbalifeIntl



@Herbalife



@Herbalife

#PurposeDrivenResults

Use this hashtag to share your progress and results on social media.

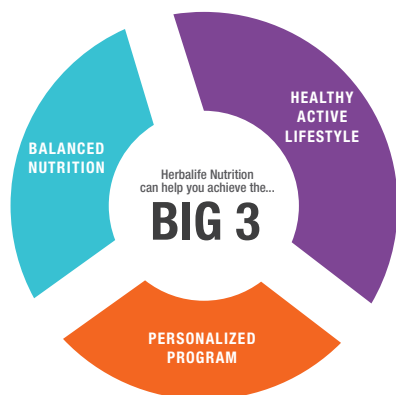


REFERENCE TOOLS



- 1. Herbalife Nutrition Global Nutrition Philosophy**
- 2. Meal Builder**
- 3. Vegetarian Meal Builder**
- 4. Grocery Shopping List**
- 5. Ultimate Shake Builder**
- 6. Find the Formula 1 That's Right for You**
- 7. One Shake a Day Sample Menu**
- 8. Two Shakes a Day Sample Menu**
- 9. Weekly Meal Planner**
- 10. Formula 1 Meal Recipes**
- 11. 4 Easy Exercises for Anywhere Fitness**
- 12. Track Your Way to Wellness**

GLOBAL NUTRITION PHILOSOPHY



WHAT WE BELIEVE

We make the world healthier and happier. We believe that balanced and personalized nutrition supports a healthy, active lifestyle. Eating the right foods combined with the right nutritional supplements and regular exercise are key.

BALANCED NUTRITION

Our philosophy is based on balanced nutrition – a combination of foods and nutritional supplements that help you meet your daily needs, coupled with the right calorie balance to help you lose, gain or maintain your body weight. A well-balanced diet helps to supply the vitamins and minerals you need.

MACRO/MICRONUTRIENTS

Protein, carbohydrates and fat are all macronutrients. You need all three in the right balance in order for your body to function properly. You also need micronutrients in the form of vitamins and minerals. We suggest that 30% of your daily calorie intake comes from protein sources, such as soy products, poultry, fish and eggs; 40% of your calories come from carbohydrates in the form of vegetables, fruits and whole grains; and 30% of your calories come from sources such as olive and canola oils, avocado and nuts.

FIBER

Fiber supports the digestive process, helps fill you up and promotes the growth of friendly bacteria in the digestive tract. Whole fruits, vegetables, whole grains and beans are the best sources of dietary fiber.

WATER

Your body needs water to transport nutrients to cells and to get rid of waste products. Water helps control body temperature and lubricate joints, organs and tissues. The recommendation of eight 8-ounce (240ml) glasses of water a day is consistent with most dietary guidelines.

PHYTONUTRIENTS

Plant foods contain phytonutrients, which have a number of benefits. Many of these phytonutrients are pigments that give fruits and vegetables their beautiful colors, which is why our Global Nutrition Philosophy recommends seven servings of colorful fruits and vegetables a day.

DO YOUR NUMBERS ADD UP?

Your daily diet should consist of 40% carbohydrates, 30% protein, and up to 30% beneficial fats.



Easy Meal Builder

Do you ever feel stumped come mealtime, not knowing what to make or where to start? Our meal builder has you covered with simple steps and balanced nutrition.



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1

START WITH PROTEIN

25 g PROTEIN 400 CALORIES
40 g PROTEIN 600 CALORIES



Chicken or turkey



Fish



Lean beef



Shellfish



Pork or lamb (loin)

3 ounces,
cooked

5 ounces,
cooked

2

ADD VEGETABLES



Cooked vegetables, vegetable soup, tomato sauce (1 cup)

Choose 1

Choose 2



Raw vegetables

Any
amount

Any
amount

3

ADD WHOLE GRAINS/STARCH



Rice (brown
or wild)
1/2 cup, cooked



100% whole grain
bread or crackers
1 slice, 1/2 pita bread,
1/2 English muffin,
4 medium crackers



Tortillas
2 corn, 1 medium-
sized flour
(whole grain)



Beans, peas,
corn or lentils
1/2 cup, cooked



Potato (white
or sweet)
1/2 medium



Pasta, quinoa,
millet, barley
or bulgur
1/2 cup, cooked

Choose 1

Choose 2

4

ADD SOME HEALTHY FAT FOR FLAVOR



Olive oil
1 TBSP



Nuts
1 ounce



Hummus, low-fat salad
dressing, mayonnaise,
sour cream, vinaigrette
2 TBSP



Avocado
1/2 small



Parmesan or
low-fat feta
cheese
2 TBSP



Seeds or nut
butter
1 TBSP

Choose 1

Choose 1

5

SEASON IT UP!



Herbs &
spices



Lemon



Garlic



Vinegar



Salsa &
hot sauce



Mustard

Any
amount

Any
amount

Easy Meal Builder

VEGETARIAN EDITION

Could you use a little inspiration when it comes to preparing fun, healthy veggie meals? Our step-by-step meal builder will help you fill your week with well-balanced nutrition.



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1

START WITH PROTEIN

25 g PROTEIN 400 CALORIES
40 g PROTEIN 600 CALORIES



Greek-style yogurt
(nonfat or low-fat)
1/2 cup

Eggs
1 whole

Cottage cheese, ricotta
(nonfat or low-fat)
1/2 cup

Beans, lentils
or soybeans
1/2 cup, cooked

Tofu
3 1/2 ounces
(1/4 block)

Tempeh or
seitan
3 ounces

Choose 2

Choose 3

2

ADD VEGETABLES



Cooked vegetables, vegetable soup, tomato sauce (1 cup)



Raw vegetables

Choose 1

Choose 2

Any
amount

Any
amount

3

ADD WHOLE GRAINS/STARCH



Rice (brown
or wild)
1/2 cup, cooked

100% whole grain
bread or crackers
1 slice, 1/2 pita bread,
1/2 English muffin,
4 medium crackers

Tortillas
2 corn, 1 medium-
sized flour
(whole grain)

Beans, peas,
corn or lentils
1/2 cup, cooked

Potato (white
or sweet)
1/2 medium

Pasta, quinoa,
millet, barley
or bulgur
1/2 cup, cooked

Choose 1

Choose 2

4

ADD SOME HEALTHY FAT FOR FLAVOR



Olive oil
1 TBSP

Nuts
1 ounce

Hummus, low-fat salad
dressing, mayonnaise,
sour cream, vinaigrette
2 TBSP

Avocado
1/2 small

Parmesan or
low-fat feta
cheese
2 TBSP

Seeds or nut
butter
1 TBSP

Choose 1

Choose 1

5

SEASON IT UP!



Herbs &
spices

Lemon

Garlic

Vinegar

Salsa &
hot sauce

Mustard

Any
amount

Any
amount

Grocery Shopping List



Go in with a list. Tip: Also have a meal plan in-hand!



Stick to the perimeter of the store for fresher foods.



Shop for what's in season. These products usually retain more nutrients.



Turn things around and read your nutrition facts.



Be bold! Try one new fruit or veggie each week.



Replace starchy carbs with whole grains, like brown rice and whole wheat pasta.



Make fish your friend. Tuna and wild-caught salmon are high in beneficial fats.

MEAL PLAN ESSENTIALS

MEAL PLAN ESSENTIALS

MEAL PLAN ESSENTIALS



Ultimate Shake Builder

Personalize your meal-replacement shakes for your nutrition needs.



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CHOOSE YOUR BASE

WATER

- 2 scoops Formula 1
- 2 scoops Protein Drink Mix
- 1 cup water

24 g PROTEIN
200 CALORIES

MILK

- 2 scoops Formula 1
- 1 cup milk

17 g PROTEIN
170 CALORIES

SOY MILK

- 2 scoops Formula 1
- 1 cup soy milk

17 g PROTEIN
200 CALORIES

UNSWEETENED ALMOND MILK

- 2 scoops Formula 1
- 2 scoops Protein Drink Mix
- 1 cup unsweetened almond milk

26 g PROTEIN
240 CALORIES

Add 3-5 ice cubes and blend for an extra minute for a thicker shake.

ADD YOUR BOOSTS

FRUITS AND VEGETABLES



Banana
½ medium
0 g PROTEIN
55 CALORIES



Strawberries
1 cup
0 g PROTEIN
50 CALORIES



Apple
½ medium
0 g PROTEIN
50 CALORIES



Carrots
½ cup sliced
0 g PROTEIN
30 CALORIES



Baby Spinach
1 cup
0 g PROTEIN
10 CALORIES

GRAINS AND SEEDS



Rolled Oats
⅓ cup
0 g PROTEIN
50 CALORIES



Chia
1 TBSP
1 g PROTEIN
60 CALORIES



Flaxseed
½ TBSP
2 g PROTEIN
50 CALORIES

FLAVOR



Spice
Dash of cinnamon, nutmeg, ginger, etc.
0 g PROTEIN
0 CALORIES



Extract
Few drops vanilla, mint, orange, etc.
0 g PROTEIN
0 CALORIES

PROTEIN



Plain Nonfat Greek Yogurt
½ cup
12 g PROTEIN
70 CALORIES



Nonfat Cottage Cheese
¼ cup
8 g PROTEIN
40 CALORIES



Silken Tofu
¼ block
6 g PROTEIN
65 CALORIES



Personalized Protein Powder
2 TBSP
10 g PROTEIN
40 CALORIES



Beverage Mix
2 scoops
15 g PROTEIN
70 CALORIES

PERSONALIZED BOOSTERS



ENERGY: Herbal Tea Concentrate
½ tsp
0 g PROTEIN
5 CALORIES



DIGESTIVE HEALTH: Herbal Aloe Concentrate
3 capfuls
0 g PROTEIN
0 CALORIES



DIGESTIVE HEALTH: Active Fiber Complex
1 scoop
0 g PROTEIN
25 CALORIES



DIGESTIVE HEALTH: Simply Probiotic
1 scoop
0 g PROTEIN
0 CALORIES




WEIGHT LOSS: Prolessa® Duo
1 scoop
0 g PROTEIN
70 CALORIES



Find the Formula 1 that's right for you

SCOOP IT UP

Want to boost your Formula 1 shake with extra protein? Simply add a scoop of Protein Drink Mix (PDM) to get an additional 15 grams of delicious, high-quality protein per serving. The extra protein will help satisfy hunger and boost energy. For more great shake ideas, visit [MyHerbalife.com](https://www.MyHerbalife.com) or [Herbalife.com](https://www.Herbalife.com).

CATEGORY	FLAVOR	PROTEIN TYPE	GLUTEN FREE	NO ARTIFICIAL SWEETENERS	LOW GI
INDULGENT Rich and delicious, like your favorite dessert.	FORMULA 1 DUTCH CHOCOLATE	SOY	✓	✓	✓
	FORMULA 1 COOKIES 'N CREAM	SOY			✓
	FORMULA 1 MINT CHOCOLATE	SOY			✓
	FORMULA 1 DULCE DE LECHE	SOY	✓		✓
	FORMULA 1 BANANA CARAMEL	SOY	✓	✓	✓
	FORMULA 1 PRALINES AND CREAM	SOY	✓	✓	✓
	 FORMULA 1 INSTANT CHOCOLATE	SOY			✓
	HERBALIFE24® FORMULA 1 SPORT CHOCOLATE	MILK		✓	✓
VANILLA A classic favorite with a mild, sweet flavor.	FORMULA 1 FRENCH VANILLA	SOY	✓	✓	✓
	 FORMULA 1 INSTANT VANILLA DREAM	SOY			✓
	HERBALIFE24® FORMULA 1 SPORT VANILLA	MILK		✓	✓
FRUITY Sweet and tangy with fun fruit vibrancy.	FORMULA 1 ORANGE CREAM	SOY	✓		✓
	FORMULA 1 WILD BERRY	SOY	✓	✓	✓
	FORMULA 1 PIÑA COLADA	SOY	✓	✓	✓
COFFEE Java flavor for the coffee lover in you.	FORMULA 1 CAFÉ LATTE	SOY	✓	✓	✓

One Shake a Day

Sample Menu

DAY 1

BREAKFAST

Mango Tango shake

SNACK

Protein Bar Deluxe

LUNCH

Green protein power bowl

SNACK

Rice cake and nut butter

DINNER

Mustard-baked salmon

DAY 2

BREAKFAST

Cookies 'n Cream protein pancakes

SNACK

Hummus dip and raw vegetables

LUNCH

Lavender chia protein shake with omega-3

SNACK

String cheese with fresh fruit

DINNER

Chicken lettuce wraps

DAY 3

BREAKFAST

Red Velvet Cream shake

SNACK

Protein Bar Deluxe

LUNCH

Southwest sirloin steak salad

SNACK

Edamame beans

DINNER

Chicken, broccoli and quinoa salad

DAY 4

BREAKFAST

Overnight French toast in a bowl

SNACK

Turkey breast slices and whole grain crackers

LUNCH

Café Mocha shake

SNACK

Protein Drink Mix

DINNER

Juicy pork tenderloin

DAY 5

BREAKFAST

Pre-workout shake

SNACK

Low-fat latte

LUNCH

Soba noodle salad

SNACK

Frozen Formula 1 protein pops

DINNER

Spicy citrus shrimp

Two Shakes a Day

Sample Menu

DAY 1

BREAKFAST

Pre-workout shake

SNACK

Protein Bar Deluxe

LUNCH

Green Goodness shake

SNACK

Rice cake and nut butter

DINNER

Soba noodle salad

DAY 2

BREAKFAST

Very Berry
Pineapple shake

SNACK

Hummus dip and raw
vegetables

LUNCH

Lavender chia protein
shake with omega-3

SNACK

String cheese with
fresh fruit

DINNER

Chicken lettuce wraps

DAY 3

BREAKFAST

Red Velvet Cream shake

SNACK

Protein Bar Deluxe

LUNCH

Raspberry Cream shake

SNACK

Edamame beans

DINNER

Chicken, broccoli and
quinoa salad

DAY 4

BREAKFAST

Café Mocha shake

SNACK

Turkey breast slices
and whole grain crackers

LUNCH

Cake Batter shake

SNACK

Protein Drink Mix

DINNER

Juicy pork tenderloin

DAY 5

BREAKFAST

Mango Tango shake

SNACK

Low-fat latte

LUNCH

Peanut Butter
Cup protein shake

SNACK

Frozen Formula 1
protein pops

DINNER

Spicy citrus shrimp

Your Smart Weekly

Meal Planner

ONE OR TWO
SHAKES PER DAY

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

SNACK

Formula 1 Meal Recipes



OVERNIGHT FRENCH TOAST IN A BOWL

- **2 scoops** Herbalife Nutrition Protein Drink Mix, Vanilla
- **1 slice** whole grain bread cut into ½-inch cubes
- **1 TBSP** raisins
- **½ cup** nonfat milk
- **1** egg
- Cinnamon
- Fresh fruit (optional)

Place bread cubes in a small microwave-proof bowl and sprinkle raisins over them. Combine milk, Protein Drink Mix and egg in the blender, and blend 10-15 seconds until smooth. Pour over the bread-raisin mixture. Cover with plastic wrap and refrigerate several hours or overnight, to allow bread to absorb the liquid.

When ready to cook, remove plastic wrap and microwave on high for 2½-3 minutes until puffed and cooked through.

Per serving (without fresh fruit):
CALORIES: 340 | PROTEIN: 29 g



COOKIES 'N CREAM PROTEIN PANCAKES

- **2 scoops** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Cookies 'n Cream
- **2 scoops** Herbalife Nutrition Protein Drink Mix, Vanilla
- **½ cup** water
- **1** egg
- **3** egg whites
- **2 TBSP** rolled oats

Place all ingredients in a blender and blend until smooth. Heat a pancake griddle to 350 degrees, or heat a skillet over medium-high heat until a few drops of water sprinkled into the skillet form beads and sizzle. Sprinkle a small amount of canola oil on a paper towel and lightly wipe the surface of the griddle. Pour pancake batter into 3" diameter pancakes (pancakes will be thin), and cook until browned on the underside. Flip pancakes and continue to cook until the second side is brown.

Per serving (4 pancakes):
CALORIES: 180 | PROTEIN: 19 g

4 Easy Exercises for Anywhere Fitness

UPPER BODY & CORE: PUSH-UP SHOULDER TAP



- Start in a plank position.
- Lower yourself until your elbows are at a 90-degree angle.
- Once your chest touches the floor, pause slightly and then push back up to starting position.
- Lift one arm and touch your opposite shoulder.
- Repeat with other arm.

LOWER BODY: SPLIT SQUAT FULL SWITCH



- Stand in a lunge position with your arms by your side.
- Jump and switch leg positions while keeping a straight back.
- Using your arms for momentum, keep the knee of your back leg close to, but not touching, the ground.
- Land softly and with control.

CORE: PLANK CRUNCHES



- Start in a push-up position, making sure your wrists and shoulders are in a straight line.
- Look ahead and keep a neutral spine. Extend your right arm forward, left leg back and hold.
- Crunch your left knee to meet your right elbow.
- Repeat and alternate.

CARDIO: BURPEES



- Stand with your feet hip-width apart, arms by your side.
- Drop into a squat position with your hands flat on the floor.
- Jump both legs back to the top of a push-up position.
- Jump both legs into your chest in a squat position.
- Return to standing and repeat.
- For more of a challenge, add a jump.

Pressed for time? Sneak in this full-body workout in just four steps – no equipment required!

8-10
REPS

3
SETS

3-5
TIMES A WEEK



Track Your Way to Wellness

MY GOAL IS... _____

..... QUICK TIP

FILL THIS FORM IN AS YOU GO
(RATHER THAN AT THE END OF EACH
DAY) TO HAVE A MORE ACCURATE
READING OF YOUR DAILY ACTIVITIES.



MONDAY

SHAKES 1-2 / DAY ☐ ☐

BALANCED MEALS 1-2 / DAY ☐ ☐

PROTEIN SNACKS 1-3 / DAY ☐ ☐ ☐

HYDRATION 8 GLASSES / DAY ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

EXERCISE 30 MINUTES / DAY
ON AT LEAST 5 DAYS ☐

• ENERGY LEVEL •

☐ ☐ ☐

POOR AVERAGE GREAT

TUESDAY

SHAKES 1-2 / DAY ☐ ☐

BALANCED MEALS 1-2 / DAY ☐ ☐

PROTEIN SNACKS 1-3 / DAY ☐ ☐ ☐

HYDRATION 8 GLASSES / DAY ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

EXERCISE 30 MINUTES / DAY
ON AT LEAST 5 DAYS ☐

• ENERGY LEVEL •

☐ ☐ ☐

POOR AVERAGE GREAT

WEDNESDAY

SHAKES 1-2 / DAY ☐ ☐

BALANCED MEALS 1-2 / DAY ☐ ☐

PROTEIN SNACKS 1-3 / DAY ☐ ☐ ☐

HYDRATION 8 GLASSES / DAY ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

EXERCISE 30 MINUTES / DAY
ON AT LEAST 5 DAYS ☐

• ENERGY LEVEL •

☐ ☐ ☐

POOR AVERAGE GREAT

THURSDAY

SHAKES 1-2 / DAY ☐ ☐

BALANCED MEALS 1-2 / DAY ☐ ☐

PROTEIN SNACKS 1-3 / DAY ☐ ☐ ☐

HYDRATION 8 GLASSES / DAY ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

EXERCISE 30 MINUTES / DAY
ON AT LEAST 5 DAYS ☐

• ENERGY LEVEL •

☐ ☐ ☐

POOR AVERAGE GREAT

FRIDAY

SHAKES 1-2 / DAY ☐ ☐

BALANCED MEALS 1-2 / DAY ☐ ☐

PROTEIN SNACKS 1-3 / DAY ☐ ☐ ☐

HYDRATION 8 GLASSES / DAY ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

EXERCISE 30 MINUTES / DAY
ON AT LEAST 5 DAYS ☐

• ENERGY LEVEL •

☐ ☐ ☐

POOR AVERAGE GREAT

SATURDAY

SHAKES 1-2 / DAY ☐ ☐

BALANCED MEALS 1-2 / DAY ☐ ☐

PROTEIN SNACKS 1-3 / DAY ☐ ☐ ☐

HYDRATION 8 GLASSES / DAY ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

EXERCISE 30 MINUTES / DAY
ON AT LEAST 5 DAYS ☐

• ENERGY LEVEL •

☐ ☐ ☐

POOR AVERAGE GREAT

SUNDAY

SHAKES 1-2 / DAY ☐ ☐

BALANCED MEALS 1-2 / DAY ☐ ☐

PROTEIN SNACKS 1-3 / DAY ☐ ☐ ☐

HYDRATION 8 GLASSES / DAY ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

EXERCISE 30 MINUTES / DAY
ON AT LEAST 5 DAYS ☐

• ENERGY LEVEL •

☐ ☐ ☐

POOR AVERAGE GREAT

