

Meal Plans

So you want to maintain a healthy weight, but where do you start? Since everyone's protein and calorie needs vary, it's important to seek a customized approach. Our two-step Meal Selection Tool can help simplify the process. Start with **Step 1** to determine your Plan (A, B, C, or D); then move onto **Step 2** for specific meal and snack ideas, all with proper protein and calorie counts to meet your unique needs.

STEP 1

Based on your current height and weight, determine whether you should follow Plan A, B, C or D.



WOMEN



	≤90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220+
≤4'11"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'0"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'1"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'2"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'3"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'4"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'5"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'6"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'7"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'8"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'9"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'10"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'11"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
6'0"+	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●

HEIGHT

MEN



	≤110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250+
≤5'4"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'5"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'6"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'7"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'8"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'9"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'10"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'11"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
6'0"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
6'1"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
6'2"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
6'3"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
6'4"+	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●

HEIGHT

GO TO STEP #2



STEP 2

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

WEIGHT LOSS

Delivers proper 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 Herbalife Nutrition Formula 1 shake.



MAINTENANCE

Delivers 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 Herbalife Nutrition Formula 1 shake.



WEIGHT GAIN

Supplement the Daily Nutrition Plan with additional Herbalife Nutrition Formula 1 shakes, up to a total of **three** 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