

## MEAL PLAN “B”

1,800 Calories

**BREAKFAST: 1 HERBALIFE® FORMULA 1 SHAKE + 1 FRUIT**

**Example:**

- 2 scoops (2 tablespoons) Formula 1 Shake Mix + 250ml semi-skimmed or soymilk + one half of a fresh mango

OR:

**1 PROTEIN UNIT + 1 GRAIN + 1 FRUIT**

**Examples:**

- 7 egg whites (hard boiled or cooked with pan spray as an omelette) + ½ English muffin + ½ grapefruit

OR:

- 1 cup low fat cottage cheese + 1 slice whole grain toast + 1 cup pineapple

**A.M. SNACK: 1 PROTEIN SNACK + 1 FRUIT**

**Example:**

- 1 Herbalife Protein Bar + one medium apple

**LUNCH: 1 HERBALIFE® FORMULA 1 SHAKE + 1 FRUIT**

**Example:**

- 2 scoops (2 tablespoons) Formula 1 Shake Mix + slice whole grain toast or soymilk + 1 cup strawberries

OR:

**2 PROTEIN UNITS + 2 VEGETABLES + SALAD + 1 GRAIN + 1 FRUIT**

**Example:**

- 3 ounces chicken or turkey breast, fish, tuna or shellfish on one slice of whole-grain bread
  - AND 1 cup chopped vegetables
  - AND 1 cup tomato juice
  - AND 4 cups of salad greens
  - AND one large orange

**P.M. SNACK: 1 PROTEIN SNACK + 1 FRUIT**

**Example:**

- Herbalife Protein Bar + one medium apple

**DINNER: 2 PROTEIN UNITS + 2 VEGETABLES + SALAD + 1 GRAIN + 1 FRUIT**

**Example:**

- 6 to 8 ounces grilled fish with teriyaki sauce
  - AND 1 cup steamed spinach + 1 cup steamed carrots
  - AND tossed green salad with a low calorie dressing
  - AND 1 cup whole-grain pasta
  - AND 1 cup watermelon

\*nutritional values are approximate and may vary depending what brand and products you use.