

## IDEAS FOR SUBSTITUTING YOUR CURRENT MEALS FOR HEALTHY ALTERNATIVES

The examples below give you some ideas for making simple changes to your daily diet. Imagine the results you could achieve over one week just by making one of the changes below.

### **EXAMPLE 1: An Herbalife® Formula 1 shake for breakfast vs. A blueberry muffin and a medium vanilla frappuccino**

<b>FOOD</b>	<b>CALORIES</b>	<b>FAT (GRAMS)</b>
Muffin and medium frappuccino	930	33
Formula 1 shake with semi-skimmed milk	216	6.4

You save: 714 calories and 26.6 grams of fat. If you typically have “just a muffin and coffee” every day for breakfast as a guideline, you could lose 1½ pounds a week just by making this one swap!

### **EXAMPLE 2: Chicken breast vs. red meat**

<b>FOOD</b>	<b>CALORIES</b>	<b>FAT (GRAMS)</b>
6 oz. lean sirloin steak	660	29
3 oz. chicken breast	150	4

You save: 510 calories and 25 grams of fat

### **EXAMPLE 3: Roast beef sandwich with cheese and mayonnaise vs. Turkey sandwich with vegetables and mustard**

<b>FOOD</b>	<b>CALORIES</b>	<b>FAT (GRAMS)</b>
Roast beef sandwich + cheese, mayonnaise	850	30
Turkey sandwich + vegetables, mustard	350	5

You save: 500 calories and 25 grams of fat

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

## IDEAS FOR SUBSTITUTING YOUR CURRENT MEALS FOR HEALTHY ALTERNATIVES (CONTINUED)

### **EXAMPLE 4: French fries vs. Steamed vegetables**

<b>FOOD</b>	<b>CALORIES</b>	<b>FAT (GRAMS)</b>
35 French fries	560	28
1 cup courgette + 1 tablespoon Parmesan cheese	60	2
You save: 500 calories and 26 grams of fat		

### **EXAMPLE 5: Large restaurant a typical chinese dish such as BBQ Spare Ribs or Chicken with Black Bean sauce with fried noodles vs. 3 cups salad greens with 1 cup mixed fresh vegetables, 3 ounces grilled chicken breast and 2 tablespoons light salad dressing**

<b>FOOD</b>	<b>CALORIES</b>	<b>FAT (GRAMS)</b>
Chinese chicken salad	Up to 1000	61
Greens/vegetables/chicken + low fat dressing	320	11
You save: up to 680 calories and 50 grams of fat each time you make this choice		

Note: nutritional values are approximate and may vary depending what brand and products you use.