

## STEP 2. Follow these suggested meals plans. Depending on your activity level, hunger level and weight goals, you may need to adjust your plan.

**A** **DAILY NUTRITION**  
about 90g protein  
and 1350 calories



**BREAKFAST**  
20g Protein  
250 Calories



**SNACK**  
10g Protein  
150 Calories



**LUNCH**  
25g Protein  
400 Calories



**SNACK**  
10g Protein  
150 Calories



**DINNER**  
25g Protein  
400 Calories

**A** **WEIGHT LOSS**  
about 85g protein  
and 1200 calories



**BREAKFAST**  
20g Protein  
250 Calories



**SNACK**  
10g Protein  
150 Calories



**LUNCH**  
20g Protein  
250 Calories



**SNACK**  
10g Protein  
150 Calories



**DINNER**  
25g Protein  
400 Calories

**WEIGHT GAIN**  
Supplement the  
Daily Nutrition Plan  
with additional  
Herbalife Formula 1  
shakes, up to total  
of 3 shakes per day.

**B** **DAILY NUTRITION**  
about 105g protein  
and 1550 calories



**BREAKFAST**  
20g Protein  
250 Calories



**SNACK**  
10g Protein  
150 Calories



**LUNCH**  
25g Protein  
400 Calories



**SNACK**  
10g Protein  
150 Calories



**DINNER**  
40g Protein  
600 Calories

**B** **WEIGHT LOSS**  
about 100g protein  
and 1400 calories



**BREAKFAST**  
20g Protein  
250 Calories



**SNACK**  
10g Protein  
150 Calories



**LUNCH**  
20g Protein  
250 Calories



**SNACK**  
10g Protein  
150 Calories



**DINNER**  
40g Protein  
600 Calories

**WEIGHT GAIN**  
Supplement the  
Daily Nutrition Plan  
with additional  
Herbalife Formula 1  
shakes, up to total  
of 3 shakes per day.

**C** **DAILY NUTRITION**  
about 130g protein  
and 1800 calories



**BREAKFAST**  
30g Protein  
300 Calories



**SNACK**  
10g Protein  
150 Calories



**LUNCH**  
40g Protein  
600 Calories



**SNACK**  
10g Protein  
150 Calories



**DINNER**  
40g Protein  
600 Calories

**C** **WEIGHT LOSS**  
about 120g protein  
and 1500 calories



**BREAKFAST**  
30g Protein  
300 Calories



**SNACK**  
10g Protein  
150 Calories



**LUNCH**  
30g Protein  
300 Calories



**SNACK**  
10g Protein  
150 Calories



**DINNER**  
40g Protein  
600 Calories

**WEIGHT GAIN**  
Supplement the  
Daily Nutrition Plan  
with additional  
Herbalife Formula 1  
shakes, up to total  
of 3 shakes per day.

Add 2 tbsp of Personalized Protein Power to each shake.

**D** **DAILY NUTRITION**  
about 170g protein  
and 2250 calories



**BREAKFAST**  
30g Protein  
300 Calories



**SNACK**  
20g Protein  
300 Calories



**LUNCH**  
40g Protein  
600 Calories



**SNACK**  
30g Protein  
300 Calories



**DINNER**  
40g Protein  
600 Calories



**SNACK**  
10g Protein  
150 Calories

**D** **WEIGHT LOSS**  
about 160g protein  
and 1950 calories



**BREAKFAST**  
30g Protein  
300 Calories



**SNACK**  
20g Protein  
300 Calories



**LUNCH**  
30g Protein  
300 Calories



**SNACK**  
10g Protein  
150 Calories



**DINNER**  
40g Protein  
600 Calories



**SNACK**  
30g Protein  
300 Calories

**WEIGHT GAIN**  
Supplement the  
Daily Nutrition Plan  
with additional  
Herbalife Formula 1  
shakes, up to total  
of 3 shakes per day.

Add 2 tbsp of Personalized Protein Power to each shake.