

Lean Protein Estimator

Scientific research has shown that a diet high in protein helps with a feeling of fullness and long-term weight management results. From your Body Mass Index (BMI) you can look up your personal Recommended Daily Intake (RDI) of Protein in grams.

Step 1. Calculate your Body Mass Index (BMI)

Step 2. Look up your RDI of Protein: Using BMI and Height look up your RDI of Protein in the appropriate gender table below.

Female RDI of Protein					Male RDI of Protein				
Height					Height				
	4'10" - 5'0"	5'1" - 5'4"	5'5" - 5'8"	5'9" - 6'0"		5'1" - 5'4"	5'5" - 5'8"	5'9" - 6'0"	6'1" - 6'4"
BMI	147 - 153	154 - 163	164 - 173	174 - 183	BMI	154 - 163	164 - 173	174 - 183	184 - 193
19	54	66	80	93	19	82	97	107	126
20	56	70	82	95	20	84	98	113	130
21	56	72	85	97	21	86	99	115	132
22	59	73	85	100	22	78	102	118	133
23	61	74	88	102	23	89	104	119	137
24	61	76	89	104	24	92	106	122	140
25	62	77	92	106	25	92	107	125	141
26	63	78	94	108	26	93	110	127	143
27	66	81	97	110	27	95	110	129	147
28	66	82	97	113	28	97	114	131	149
29	67	84	98	115	29	98	115	132	151
30	69	84	102	117	30	99	118	135	154
31	71	87	103	119	31	102	119	137	157
32	72	89	105	121	32	104	120	139	159
33	74	91	106	124	33	105	122	141	162
34	74	93	109	126	34	107	125	143	162
35	76	95	110	128	35	109	127	146	165
36	77	96	113	129	36	110	131	148	169
37	80	97	115	131	37	111	131	150	171
38	80	99	117	133	38	114	132	152	173
39	82	102	118	136	39	116	135	153	176
40	83	103	120	138	40	117	136	155	177
41	85	105	122	141	41	119	139	159	180
42	86	106	125	143	42	120	140	161	183
43	86	108	126	146	43	122	141	163	185
44	88	109	128	148	44	125	143	165	187
45	89	111	130	150	45	127	146	168	191

Step 3. Look up Meal Plan: Given your RDI of Protein above, look up your Weight Loss Meal Plan in the table below.

Use the following Meal Plans, according to your Lean Protein Estimator reading. The 1 Shake Plan is great for effective weight management. By taking 2 shakes a day, you will further reduce your daily calorie intake for optimal weight management results.

Average Female: Meal Plan B - daily protein range 75 - 100 grams, 1200 - 1300 calories.

Average Male: Meal Plan C - daily protein range 100 - 125 grams, 1300 - 1500 calories.

2 Shake Plan Solutions - Weight Loss

Meal Plan A	Meal Plan B	Meal Plan C	Meal Plan D	Meal Plan E
Daily Protein Range up to 75g	Daily Protein Range 75 - 100g	Daily Protein Range 100 - 125g	Daily Protein Range 125 - 150g	Daily Protein Range 150 - 175g
1000 calories	1200 - 1300 calories	1300 - 1500 calories	1500 - 1700 calories	1700 - 2000 calories
<div> <div>3</div> <div>2</div> <div>1</div> </div> Times a day - Take your Supplements Shakes - Personalised Colourful Meal				
Add up to 1 serving of Protein Powder to your shakes or other Herbalife protein options for additional protein needs. Choose 1 protein snack.	Add up to 2 servings of Protein Powder to your shakes or other Herbalife protein options for additional protein needs. Choose 2 protein snacks.	Add up to 2 servings of Protein Powder to your shakes or other Herbalife protein options for additional protein needs. Choose 2 protein snacks.	Add up to 2 servings of Protein Powder to your shakes or other Herbalife protein options for additional protein needs. Choose 2 protein snacks.	Add up to 3 servings of Protein Powder to your shakes or other Herbalife protein options for additional protein needs. Choose 2 protein snacks.
Enjoy lean protein, fruits and vegetables and whole grains as part of your colourful meal.				

Resting Metabolic Rate

Did you know?

Depending on your actual body composition, you may burn more or fewer calories. These numbers are only estimates.

- Each kilo of lean body mass burns about 28 calories per day.
- Each kilo of white fat tissue burns very few calories; about 4 calories per day.
- So, the more lean body mass, the more calories you burn each day.
- If you eat about as many calories as you burn each day, your weight will stay the same.
- If you consistently eat more, you will gain weight.
- If you consistently eat less you will go down in weight.
- If you are active, you will be burning more calories than your estimated resting metabolic rate (see right).

Do you know how many calories you burn a day?

Daily Protein	Resting Metabolic Rate (calories burned at rest)
71 - 80	980 - 1104
81 - 90	1118 - 1242
91 - 100	1256 - 1380
101 - 110	1394 - 1518
111 - 120	1532 - 1656
121 - 130	1670 - 1794
131 - 140	1808 - 1932
141 - 150	1946 - 2070
151 - 160	2084 - 2208
161 - 170	2222 - 2346
171 - 180	2360 - 2484
181 - 190	2498 - 2622
191 - 200	2636 - 2760
201 - 210	2774 - 2898
211 - 220	2912 - 3036

Protein Facts

Protein helps build and maintain lean body mass and therefore helps you to burn more calories.

Your muscle mass works like a furnace, burning calories and stored fat for energy. The more muscle you have, the higher your metabolism, the faster you burn calories. Eating plenty of protein daily is essential to maintaining muscle mass for good health, energy and effective weight management.

Protein helps to keep us healthy and strong. The right level of protein can help build muscle, which in turn burns calories, and what's more, protein can help curb hunger!

Many dieters cut down their protein intake to reduce calories and this can lead to deficiencies which can trigger nutritional imbalances in the body. This can actually slow down weight loss and can eventually lead to weight gain - commonly known as yo-yo dieting.

Protein:

Targeting your protein requirements can further assist you; especially when you are:

- assists with muscle development
- boosts skin and hair growth
- builds cartilage and ligaments
- elevates our mood
- assists with weight loss
- helps control hunger and fatigue
- prone to unhealthy snacking
- have failed on diets before
- sensitive to excessive carbohydrate intake e.g. biscuits

Herbalife Proteins

Food Item	Portion	Calories	Protein (gm)
Herbalife Formula 1 Nutritional Shake	1 level Herbalife 15ml spoon	33	3
Herbalife Protein Powder	1 level Herbalife 15ml spoon	20	5
Herbalife Protein Bar	1 bar (35 grams)	135	10
Herbalife Roasted Soy Nuts	1 packet (35 grams)	110	11
Skim or Soy Milk	300ml	104	10

Protein Foods

Food Item	Portion	Calories	Protein (gm)
Egg Whites	7 whites	115	25
Nonfat Cottage Cheese	1 C	140	28
Soy Canadian Bacon	4 slices	80	21 (varies)
Soy Cereal	½ C	140	25 (varies)
Turkey Breast	85g (cooked wt.)	135	25
Chicken Breast	85g (cooked wt.)	140	25
Lean Red Meat	85g (cooked wt.)	145-160	25
Ocean-Caught Fish	113g (cooked wt.)	130-170	25-31
Prawns, Crab, Lobster	113g (cooked wt.)	120	22-24
Tuna	113g, water pack	145	27
Scallops	113g (cooked wt.)	135	25
Soy Hot Dog	2 links	110	22 (varies)
Soy Ground Round	¾ C	120	24
Soy Burgers	2 patties	160	26
Tofu, firm	¾ C	180	20 (varies)

Starch / Grain

Food Item	Portion	Calories	Protein (gm)
Cooked Beans	½ C, cooked	115-140	7
Brown Rice	½ C, cooked	110	3
Lentils	½ C, cooked	115	9
Whole-Grain Pasta	½ C, cooked	85	3
Shredded Wheat, bite size	1 C	110	5
High-Fiber Bran Cereal	½ C	90-120	4
Oatmeal	1 C, cooked	130	6
Bread, Whole Grain	1 slice	100	5
Bread, Sprouted Wheat	1 slice	80	4
Bread, Sprouted Multigrain	1 slice	60	3
Cheese, reduced fat	1 oz	50-80	2-5

Taste Enhancers

Food Item	Portion	Calories	Protein (gm)
Cheese, Parmesan	3 tablespoons	80	5
Nuts	½ oz	80-100	6-11
Olive Oil	1 teaspoon	40	4
Olives	10 large	50	7
Pine Nuts, Sesame Seeds	1 tablespoon (40 nuts)	50	4-7