Easy Meal Builder

Take your pick! Here are some simplified menu options to make a balanced meal and stay on your weight-loss plan.

1. **Start With Protein**
   - 25 g of Protein / 400 Calories
   - 40 g of Protein / 600 Calories
   - Chicken or turkey
   - Fish
   - Lean beef
   - Shellfish
   - Pork or lamb (loin)
   - 3 oz., cooked
   - 5 oz., cooked

2. **Add Vegetables**
   - Cooked vegetables, vegetable soup, tomato sauce (1 cup)
   - Choose 1
   - Choose 2
   - Raw vegetables
   - Any amount
   - Any amount

3. **Add Healthy Carbohydrates**
   - Rice (brown or wild)
   - ½ cup, cooked
   - 100% whole-grain bread or crackers
   - 1 slice, ½ pita bread, ½ English muffin, 4 medium crackers
   - Tortillas
   - 2 corn, 1 medium-sized flour (whole-grain)
   - Beans, peas, corn or lentils
   - ½ cup, cooked
   - Potato
   - (white or sweet)
   - ½ medium
   - Pasta, quinoa, millet, barley or bulgur
   - ½ cup, cooked
   - Fruit
   - 1 cup (chopped) or 1 medium-sized
   - 100% whole-grain bread or crackers
   - 1 slice, ½ pita bread, ½ English muffin, 4 medium crackers

4. **Add Some Healthy Fat for Flavor**
   - Olive oil
   - 1 TBSP
   - Nuts
   - 1 oz.
   - Hummus, low-fat salad dressing, mayonnaise, sour cream, vinaigrette
   - 2 TBSP
   - Avocado
   - ½ small
   - Parmesan or low-fat feta cheese
   - 2 TBSP
   - Seeds or nut butter
   - 1 TBSP
   - Lower Carb Option
   - Choose 0
   - Choose 1

5. **Season It Up**
   - Herbs and spices
   - Lemon
   - Garlic
   - Vinegar
   - Salsa and hot sauce
   - Mustard
   - Any amount
   - Any amount

This tool was created by a Registered Dietitian and is only valid and applicable for US and Puerto Rico Distributors and Customers.

Contact your Distributor for more information and tips.

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