Follow one of these suggested meal plans based on your goal: Daily Nutrition, Weight Loss or Healthy Weight Gain. The protein and calorie amounts are suggested intakes for meals and snacks and do not refer to specific products or foods shown.

### Plan A
**Daily Nutrition**
- **About 90 g Protein, 1,350 Calories**
- **Breakfast:** 20 g Protein, 250 Calories
- **Snack:** 10 g Protein, 150 Calories
- **Lunch:** 25 g Protein, 400 Calories
- **Snack:** 10 g Protein, 150 Calories
- **Dinner:** 25 g Protein, 400 Calories

**Weight Loss**
- **About 85 g Protein, 1,200 Calories**
- **Breakfast:** 20 g Protein, 250 Calories
- **Snack:** 10 g Protein, 150 Calories
- **Lunch:** 20 g Protein, 250 Calories
- **Snack:** 10 g Protein, 150 Calories
- **Dinner:** 25 g Protein, 400 Calories

**Healthy Weight Gain**
- Supplement the Daily Nutrition Plan with additional Herbalife Nutrition **Formula 1** shakes, up to total of 3 shakes per day.

### Plan B
**Daily Nutrition**
- **About 105 g Protein, 1,550 Calories**
- **Breakfast:** 20 g Protein, 250 Calories
- **Snack:** 10 g Protein, 150 Calories
- **Lunch:** 25 g Protein, 400 Calories
- **Snack:** 10 g Protein, 150 Calories
- **Dinner:** 40 g Protein, 600 Calories

**Weight Loss**
- **About 100 g Protein, 1,400 Calories**
- **Breakfast:** 20 g Protein, 250 Calories
- **Snack:** 10 g Protein, 150 Calories
- **Lunch:** 20 g Protein, 250 Calories
- **Snack:** 10 g Protein, 150 Calories
- **Dinner:** 40 g Protein, 600 Calories

**Healthy Weight Gain**
- Supplement the Daily Nutrition Plan with additional Herbalife Nutrition **Formula 1** shakes, up to total of 3 shakes per day.

### Plan C
**Daily Nutrition**
- **About 130 g Protein, 1,800 Calories**
- **Breakfast:** 30 g Protein, 300 Calories
- **Snack:** 10 g Protein, 150 Calories
- **Lunch:** 40 g Protein, 600 Calories
- **Snack:** 10 g Protein, 150 Calories
- **Dinner:** 40 g Protein, 600 Calories

**Weight Loss**
- **About 120 g Protein, 1,500 Calories**
- **Breakfast:** + 30 g Protein, 300 Calories
- **Snack:** + 10 g Protein, 150 Calories
- **Lunch:** + 30 g Protein, 300 Calories
- **Snack:** + 10 g Protein, 150 Calories
- **Dinner:** + 40 g Protein, 600 Calories

**Healthy Weight Gain**
- Supplement the Daily Nutrition Plan with additional Herbalife Nutrition **Formula 1** shakes, up to total of 3 shakes per day.

### Plan D
**Daily Nutrition**
- **About 170 g Protein, 2,250 Calories**
- **Breakfast:** 30 g Protein, 300 Calories
- **Snack:** 20 g Protein, 300 Calories
- **Lunch:** 30 g Protein, 600 Calories
- **Snack:** 30 g Protein, 300 Calories
- **Dinner:** 40 g Protein, 600 Calories
- **Snack:** 10 g Protein, 150 Calories

**Weight Loss**
- **About 160 g Protein, 1,950 Calories**
- **Breakfast:** + 30 g Protein, 300 Calories
- **Snack:** + 20 g Protein, 300 Calories
- **Lunch:** + 30 g Protein, 600 Calories
- **Snack:** + 30 g Protein, 300 Calories
- **Dinner:** + 40 g Protein, 600 Calories
- **Snack:** + 10 g Protein, 150 Calories

**Healthy Weight Gain**
- Supplement the Daily Nutrition Plan with additional Herbalife Nutrition **Formula 1** shakes, up to total of 3 shakes per day.

Add 2 TBSP of Personalized Protein Powder to each shake.

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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