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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	 20 g Protein 250 Calories	 10 g Protein 150 Calories	 25 g Protein 400 Calories	 10 g Protein 150 Calories	 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.
	Weight Loss About 85 g Protein 1,200 Calories	 20 g Protein 250 Calories	 10 g Protein 150 Calories	 20 g Protein 250 Calories	 10 g Protein 150 Calories	 25 g Protein 400 Calories	

Plan B	Daily Nutrition About 105 g Protein 1,550 Calories	 20 g Protein 250 Calories	 10 g Protein 150 Calories	 25 g Protein 400 Calories	 10 g Protein 150 Calories	 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.
	Weight Loss About 100 g Protein 1,400 Calories	 20 g Protein 250 Calories	 10 g Protein 150 Calories	 20 g Protein 250 Calories	 10 g Protein 150 Calories	 40 g Protein 600 Calories	

Plan C	Daily Nutrition About 130 g Protein 1,800 Calories	 30 g Protein 300 Calories	 10 g Protein 150 Calories	 40 g Protein 600 Calories	 10 g Protein 150 Calories	 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.
	Weight Loss About 120 g Protein 1,500 Calories	 (+) 30 g Protein 300 Calories	 10 g Protein 150 Calories	 (+) 30 g Protein 300 Calories	 10 g Protein 150 Calories	 40 g Protein 600 Calories	

Plan D	Daily Nutrition About 170 g Protein 2,250 Calories	 30 g Protein 300 Calories	 20 g Protein 300 Calories	 40 g Protein 600 Calories	 30 g Protein 300 Calories	 40 g Protein 600 Calories	 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.
	Weight Loss About 160 g Protein 1,950 Calories	 (+) 30 g Protein 300 Calories	 20 g Protein 300 Calories	 (+) 30 g Protein 300 Calories	 30 g Protein 300 Calories	 40 g Protein 600 Calories	 10 g Protein 150 Calories	

(+) 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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