

DAILY MEAL PLAN
and supplements

WEIGHT LOSS

meal plan



BREAKFAST



SNACK



LUNCH



SNACK



DINNER

- BREAKFAST (200-250 CALORIES) Formula 1 Shake + Protein Drink Mix
- MORNING SNACK + TEA (150 CALORIES) High Protein, Aim for 10-15 Gr
- LUNCH (400-600 CALORIES) Balanced Lunch, Portion Control
- AFTERNOON SNACK + TEA (150 CALORIES) High Protein, Aim for 10-15 Gr
- DINNER (200-250 CALORIES) Formula 1 Shake + Protein Drink Mix

Please complete your wellness evaluation for PERSONALIZED calorie and macro daily goals based on your personal goal and measurements

DAILY NUTRITION

meal plan



BREAKFAST



SNACK



LUNCH



SNACK



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Certificado
Certified
GF
Gluten-Free
Sin Gluten
www.gli.com



HOW TO USE OUR *supplements*

Herbalife Meal Replacement shakes + protein are the easiest, most affordable, and convenient way of creating a healthy calorie deficit without compromising your daily nutritional requirements. Guarantees a healthy weight loss, maintaining your lean muscle mass, and keeping the weight off.

VIDEO: PREPARING YOUR NUTRITIONAL SHAKES

Herbal Tea helps you burn more calories throughout the day, jumpstarts your metabolism, gives you energy, and provides powerful antioxidants for a healthy natural boost.

VIDEO: PREPARING YOUR HERBAL TEA

HERBAL TEA

how it works

Herbal Tea helps you burn more calories throughout the day, jumpstarts your metabolism, gives you energy, and provides powerful antioxidants for a healthy natural boost.

Our recommendation is drinking the herbal tea at least twice a day. You can have them at any time of day (there is some caffeine in it so consider that when drinking it in the late afternoon).

These scenarios all work:

- As soon as you wake up
- After your breakfast shake
- With any of your snacks (mid morning or mid afternoon)
- After lunch



HERBAL ALOE

how it works

Herbal Aloe helps you soothe your stomach while supporting nutrient absorption. It helps reduce bloating, promotes regularity, and aids in healthy digestion.

We recommend mixing it with your herbal tea or with simply water. Formulated with premium-quality aloe vera, this product is a great replacement for soda or high-sugar juices.

Usage

- Shake well before use.
- To prepare one serving, mix approximately 3 capfuls (½ fl. oz.) with 1 cup (8 fl. oz.) of water.
- Refrigerate after opening, along with any unused portion.



BOOSTERS

for specific goals



COLLAGEN
Beauty



PROBIOTIC
Digestion



IMMUNITY
Defense



PROTEIN BAR
Snacks



PROLESSA
Fat Burner

These are not included with your program but you are able to get them separately through our website
ONLY AVAILABLE IN SOME COUNTRIES

GROCERY LIST

sample list

Grocery List

GRAINS

- White Rice or Brown Rice
- Quinoa or Farro
- Oatmeal (Instant or Whole)

Optional:

- Whole-Wheat Bread
- Pasta (Whole Wheat)
- Granola (Low in Sugar)

FRUITS (low in sugar)

- Berries (best option)
Strawberries, blueberries,
raspberries, blackberries
- Optional:
- Pineapple / Cantaloupe
- Clementines / Kiwi / Grapes
- Apple / Pear

VEGETABLES (natural or frozen)

- Broccoli / Cauliflower
- Zucchini / Squash
- Sweet Potato
- Tomato / Cucumber
- Avocado
- Carrots / Baby Carrots
- Salad Mix (arugula, spinach,
lettuce, kale, spring mix)

Optional:

- Onion / Scallions
- Sweet Peppers
- Asparagus
- Brussel Sprouts
- Mushrooms

PANTRY

- Tomato Sauce
- Lentils and/or Beans
- Canned Tuna
- Optional
- Peanut / Almond Butter
- Nuts: Almonds / Cashews
- Rice Cakes
- Light Popcorn

PROTEIN

- Chicken Breast
- Ground Turkey
- Fish
- Sliced Turkey
- Optional:
- Lean or Extra-Lean Beef
- Ground Beef (Extra-Lean)
- Turkey, Chicken or Fish
Patties

DAIRY

- Non-Fat Milk (Or
Almond Milk)
- Greek Yogurt (Natural
or Plain)
- Eggs
- Optional:
- Cottage Cheese
- String Cheese
- Feta Cheese
- Parmesan Cheese

CONDIMENTS

- Lemon
- Extra Virgin Olive Oil
- Garlic
- Balsamic Oil
- Sesame Oil
- Worcestershire Sauce

HEALTHY SNACKS

high protein

Healthy Snacks

A nutritious snack should consist of some 'good' carbohydrates and a bit of protein – the protein helps to satisfy your hunger, and the healthy carbs (like fruits, vegetables and whole grains) have water and fiber in them, so they help to fill you up.

- **Protein Snack Bar** – Herbalife Protein Bars have 10 grams of protein and 140 calories.
- **Mini smoothie** – snack-sized smoothie with $\frac{1}{2}$ cup low fat milk, $\frac{1}{2}$ cup frozen berries and 1 scoop Formula 1 Nutritional Shake. About 140 calories, 9 grams protein.
- **Greek-Style Yogurt and Fruit** – One single-serve yogurt + $\frac{1}{2}$ cup sliced strawberries. Sprinkle with nutmeg or cinnamon. About 145 calories, 13 grams protein.
- **Low Fat Cottage Cheese + chopped veggies** – $\frac{3}{4}$ cup low fat cottage cheese + $\frac{1}{2}$ cup chopped mixed veggies (carrots, cucumber, peppers). Add a few twists of fresh ground pepper. About 130 calories, 21 grams protein.
- **Vegetables and hummus dip** – $\frac{1}{3}$ cup hummus + cucumber, carrot, celery sticks. About 150 calories, 6 grams protein.

Healthy Snacks

- Hard boiled egg on tomato slices – Slice a medium fresh tomato and one hard boiled egg. Top tomato slices with egg slices, season with salt and pepper. About 120 calories, 6 grams protein.
- Edamame soybeans – Drop 1 cup frozen edamame soybeans (in the pod) into boiling water for a few minutes. Sprinkle with a little salt or soy sauce. About 150 calories, 12 grams protein.
- Tuna + avocado – Pop open a single-serve can or pouch of tuna and mix with $\frac{1}{4}$ medium avocado, mashed. About 150 calories, 18 grams protein.
- Turkey Sticks – 3 ounces roasted turkey breast wrapped around $\frac{1}{2}$ medium cucumber, cut into sticks. About 120 calories, 25 grams protein.
- Vegetable soup + low fat cheese – Heat up one cup of low sodium vegetable soup and top with 1 ounce grated nonfat mozzarella cheese. About 150 calories, 14 grams protein.
- Rice Cake + nut butter – Spread one rice cake with 1 Tablespoon of almond butter. About 135 calories, 5 grams protein.

Healthy Snacks

- Quick Spinach and Egg Cup – Put $\frac{1}{2}$ cup frozen chopped spinach in microwaveable coffee mug. Microwave on high 30 seconds. Pour 1 beaten egg, seasoned with salt and pepper, on top and microwave another 90 seconds, stirring after 45 seconds. About 100 calories, 6 grams protein.
- Quick Quinoa Salad – Mix together $\frac{1}{2}$ cup cold leftover cooked quinoa, with $\frac{1}{4}$ cup minced veggies/parsley + 1 ounce fat-free feta cheese. Drizzle with lemon juice, season with salt & pepper. About 150 calories, 16 grams protein.
- Sweet Potato with Yogurt – Top $\frac{1}{2}$ medium baked sweet potato with $\frac{1}{2}$ cup plain nonfat Greek-style yogurt. Sprinkle with nutmeg. About 115 calories, 10 grams protein.
- Roasted Chickpeas – Drain a 1-pound (454g) can chickpeas. Toss with 2 tsp. olive oil, salt & pepper. Roast on cookie sheet at 400 degrees 30 minutes or until crunchy. Let cool. $\frac{1}{3}$ recipe = About 150 calories, 12 grams protein.
- Turkey jerky + fruit – $\frac{1}{8}$ medium-sized cantaloupe melon + 1 ounce (30g) low sodium turkey jerky. About 100 calories, 14 grams protein.

Healthy Snacks

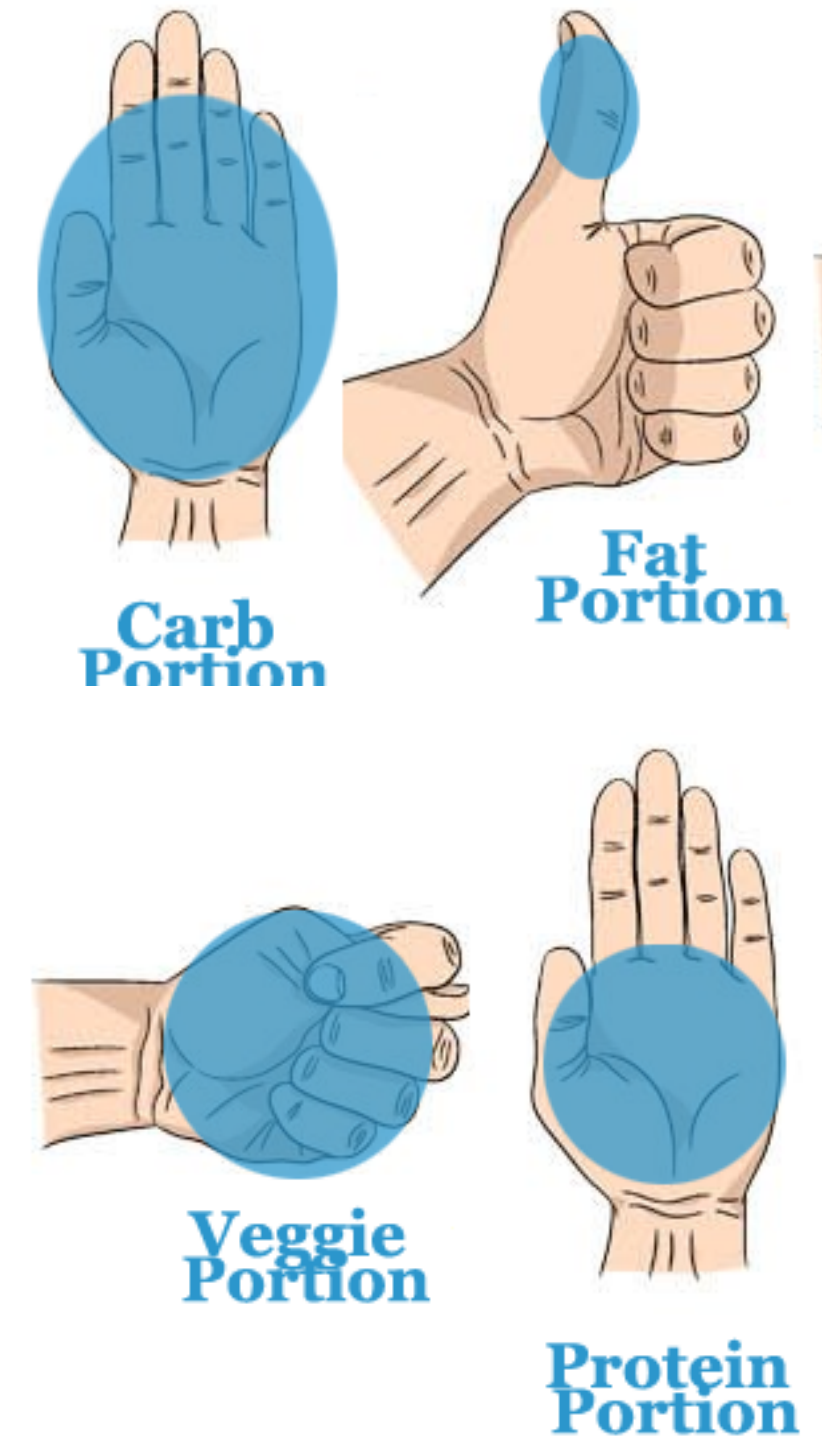
- Oatmeal with a Boost – Cook 1 packet low-sugar instant oatmeal in water; stir in 1 tablespoon (6g) protein drink mix. About 150 calories, 9 grams protein.
- Salmon and Crackers – Mix 2 ounces (60g) canned salmon with 1 Tablespoon Dijon mustard. Spread on a 4 medium-sized whole grain crackers. About 145 calories, 13 grams of protein.
- Apple + String Cheese – Half an apple + 2 string cheese. About 200 calories, 15 grams of protein.
- Soy nuts + fruit – 1/3 cup (30g) dry roasted soy nuts + 1 small peach. About 150 calories, 11 grams of protein
- Nonfat latte – Made with 12 ounces low fat milk or soy milk. Sprinkle with cinnamon. About 150 calories, 6-12 grams protein.

TIPS FOR
success!

Portion Control Tips

PORTION CONTROL

- Vegetables/Salad: (half of the plate) largest portion, choose 3 or more.
- Protein: ($\frac{1}{4}$ of plate) 3-4 oz. Choose lean or extra lean options.
- Carbohydrates ($\frac{1}{4}$ of plate) $\frac{1}{2}$ Cup. Grains, legumes, starches, preferably whole wheat.
- Healthy Fats: smallest portion (seeds, olive oil, avocado)



Tips for success

COOKING TIPS

- Protein: pan, grill or oven.
 - Tip: use PAM cooking spray 0 calories.
- Vegetables: steamed, grilled or in the oven.
 - Tip: 1 tsp olive oil + salt + pepper. (spice all you want)
- Cook grains during the weekend and store them for the week.

CONDIMENTS

FOR SALADS:

- Olive oil, balsamic vinegar (you can use glaze), lemon juice, salt, pepper
- Small portion (choose 1): almonds, nuts, seeds, feta cheese (occasionally).
- AVOID: croutons, tortilla chips, mayo, prepared dressings (ranch, etc.)
- RESTAURANT TIP: order dressing on the side.

FOR PROTEIN:

- Salt, pepper, garlic, lemon juice
- You may add ginger, cilantro, or any other spice for flavor

Tips for success

HYDRATION

- Avoid: sodas (switch to diet), high sugar drinks (including natural juices) or alcohol*
- Take a water bottle with you everywhere you go, drink at least 2 liters of water a day.
- *ALCOHOL: do your best NOT to drink any alcohol but if you are going to drink have 1-2 glasses of wine or champagne, or 1 beer, or 1 vodka soda (not tonic) one day of the week.

FINAL TIPS

- Download the app My Fitness Pal on your phone and keep a record of your daily meals and calories. Be honest when adding your meals and portions!
- Take photos to document your progress
- Tell others about your journey! It will help with accountability and commitment
- Don't be so hard on yourself, results take time but every day you are a little closer to reaching your goal :) Learn to love the process!

WORKOUT ROUTINES

at home

WEEK 1

workouts

DAY 1 (Lower Body)

[CLICK HERE FOR VIDEO](#)

Look for: Leg & Booty Blast: Muscle Up

WARM-UP: 30 Jumping Jacks

- Reverse Lunges 24 reps x 4 (12 / side)
- Squats 15 x 4
- Squat Kick-backs 24 reps x 4 (12 / side)
- Lateral Lunge 24 reps x 4 (12 / side)
- Deadlifts 15 x4

BONUS WORKOUTS:

- [Yoga & Stretch](#)
- [Upper Body Workout: No Slack Chest & Back](#)

DAY 3 (Core)

[CLICK HERE FOR VIDEO](#)

Look for: Get Your Core On

WARM-UP: 30 Bicycle Crunches

- Side Obliques 12x4
- Modified Push-Ups 12x4
- Bird Dog Crunch 12x4
- Single Leg Drops 12x4 (each leg)
- Bridge + Crunch 12x4

DAY 5 (Lower Body)

[CLICK HERE FOR VIDEO](#)

Look for: Leg & Booty Blast: Build and Stabilize

WARM-UP: 30 Glute Kicks

- Squat + Front Kick 12x4
- Curtsy Lunges 12x4 (each side)
- Rotating Squat 12x4 (each side)
- Drop Squat 12x4
- Chair Pose 12x4

WEEK 2

workouts

DAY 7
(Lower Body)

[CLICK HERE FOR VIDEO](#)

Look for: Energía: Focused Energy
Squats & Legs

WARM UP: 30 Jumping Jacks
- Squat (Hands Up) 12 reps x 4
- Step to Side Lunge 24 reps (12/side)
- Sumo Squat (Hands Up) 12 reps x 4
- Alternating Step Back Lunge
(Rotating) 12 reps x 4 (each side)

BONUS WORKOUTS:

- [Dance Cardio](#)
- [Pilates Workout](#)

DAY 9
(Core)

[CLICK HERE FOR VIDEO](#)

Look for: Six-Pack No Looking Back

WARM-UP: 30 Bicycle Crunches
- Plank Walkout 12 x 4
- Soldier Kicks 24 reps x 4
(12/side)
- Figure 8s 12 x 4
- Bicycle Abs 24 reps x 4 (12/side)
- V-Crunch 12 x 4

DAY 11
(Full Body)

[CLICK HERE FOR VIDEO](#)

Look for: Energía: Focused Energy
Lower Body

WARM-UP: 30 Glute Kicks
- One Leg Bridge 24 reps x4 (12/side)
- Side Plank 30 Seconds x 4
- Runner's Stretch 24 reps x 4
(12/side)
- Regular Plank 30 Seconds x 4
- Mountain Climbers 30 x 4

WEEK 3

workouts

DAY 13
(Lower Body)

[CLICK HERE FOR VIDEO](#)

Look for: Lower Body Power Up

WARM UP: 30 Jumping Jacks

- Hang Squat 12 x 4
- Reverse Lunges 24 reps x 4 (12/side)
- Deadlifts 12 x 4
- Bridges 12 x4
- Donkey Kicks 12 x 4

BONUS WORKOUTS:

- [Tight & Tone](#)
- [HIIT Workout](#)

DAY 15
(Core)

[CLICK HERE FOR VIDEO](#)

Look for: Focused Energy Core

WARM-UP: 30 Bicycle Crunches

- Bridge 12 x4
- Plank (30 Secs x 4)
- Bear Squat 12 x 4
- Mountain Climbers 30 x 4
- Overhead Squat 12 x4

DAY 17
(Lower Body)

[CLICK HERE FOR VIDEO](#)

Look for: Lower Body Sexy Strong

WARM-UP: 30 Glute Kicks

- Sumo Squat 12 x 4
- Lateral Squats 24 reps x 4 (12/side)
- Split Squat 24 reps x 4 (12/side)
- Deadlifts 12 x4
- High Knees 20 x 4

EXTRA

workouts

EXTRA
(Lower Body)

[CLICK HERE FOR VIDEO](#)

Look for: Get a Hottie Lower Body

WARM UP: 30 Jumping Jacks

- Split Squats 24 reps x4 (12/side)
- Single Leg Deadlift 24 reps x4 (12/side)
- Upright Row Squat 12 x 4
- Curtsy Lunges 24 reps x4 (12/side)
- Bridges 12 x 4

BONUS WORKOUTS:

- [Dance Cardio](#)
- [Pilates Workout](#)

EXTRA
(Core)

[CLICK HERE FOR VIDEO](#)

Look for: Core Carve Challenge

WARM-UP: 30 Bicycle Crunches

- Side-Reach Squat 24 reps x 4 (12/side)
- High Plank to Superman 12 x 4
- Alternating Tucks 24 reps x 4 (12/side)
- Flutter Kicks 20 x 4
- Sit-Ups 20 x 4

EXTRA
(HIIT)

[CLICK HERE FOR VIDEO](#)

Look For: Highway to Cardio Zone

WARM UP: 30 Mountain Climbers

- Ice Skaters 20 x 4
- Side Hop 20 x 4
- Jumping Jacks 20 x 4
- High Knees 20 x 4
- Forward Jump Squat 12 x 4
- Glute Kicks 20 x 4



FREQUENTLY ASKED

How much time should I do the program to reach my target weight?

We recommend dividing the number of pounds/kilos you want to lose by the number of pounds/kilos lost in average (5-8 pounds or 2-4 kilos per month). For example, if I want to lose 15 pounds (7 kilos) I have to do the program for 2-3 months. The 21 Day Plan will help you learn and improve your habits, on nutrition and on having an active lifestyle, to get important results you should think long term, this is an acquire lifestyle, not a temporary diet. It's important be prepared and program yourself from the beginning and have clear expectations.

What happens if I skip a shake?

This is an investment in ourselves, in our health. If you already made the commitment to start with your program then don't cheat on yourself. Even if you don't feel hungry its important to have your shakes because of the nutrition they provide, the vitamins and minerals, maintaining and building your lean muscle mass, and avoiding deficiencies. Organize yourself and in case you have an event that will change your routine you are still able to replace 2 meals with your shake no matter what.

What happens if I don't follow the program on the weekends?

We know we usually relax during the weekend and let ourselves go, eat a little more, rest a little longer. This is the most important time we need to stick to the plan and it's what will make us or break us. In our experience, when you stop following the plan for 2-3 days you usually go back to your old ways, which made you gain weight. Don't sabotage your own journey and progress, you've worked so hard on it! If you stop following the plan it will be harder to get back on it, so give it consistency and you'll get closer to your goal. From that moment forward the plan is maintenance.

What happens after I reach my target weight?

Our recommendation is you continue with the maintenance plan, having 1 shake a day instead of 2, for the same amount of time it took you to reach your target weight. For example, if it took me 2 months to reach my target weight then I should do the maintenance plan for 2 more months. The shakes work not only to lose weight, but they are your best nutritional ally, with essential nutrients, vitamins and minerals to fuel up your day. The key of this plan is to improve your habits to build results for life!