



**STEP 2.** Follow these suggested meal plans. Depending on your activity level, hunger level and weight goals, you may need to adjust your plan.

**A** **DAILY NUTRITION**  
about 90 g protein  
and 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

**A** **WEIGHT LOSS**  
about 85 g protein  
and 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

**WEIGHT GAIN**  
Supplement the Daily Nutrition Plan with additional Herbalife® Formula 1 shakes, up to a total of 3 shakes per day. About 130 grams of protein and 1,850 calories.

**B** **DAILY NUTRITION**  
about 105 g protein  
and 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

**B** **WEIGHT LOSS**  
about 100 g protein  
and 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

**WEIGHT GAIN**  
Supplement the Daily Nutrition Plan with additional Herbalife® Formula 1 shakes, up to a total of 3 shakes per day. About 145 grams of protein and 2,050 calories.

**C** **DAILY NUTRITION**  
about 130 g protein  
and 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

**C** **WEIGHT LOSS**  
about 120 g protein  
and 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

**+** Add 2 TBSP of Personalized Protein Power to each shake.

**WEIGHT GAIN**  
Supplement the Daily Nutrition Plan with additional Herbalife® Formula 1 shakes, up to a total of 3 shakes per day. About 190 grams of protein and 2,400 calories.

**D** **DAILY NUTRITION**  
about 170 g protein  
and 2,250 calories

**BREAKFAST**  
30 g Protein  
300 Calories



**SNACK**  
20 g Protein  
300 Calories



**LUNCH**  
40 g Protein  
600 Calories



**SNACK**  
30 g Protein  
300 Calories



**DINNER**  
40 g Protein  
600 Calories



**SNACK**  
10 g Protein  
150 Calories

**D** **WEIGHT LOSS**  
about 160 g protein  
and 1,950 calories

**BREAKFAST**  
30 g Protein  
300 Calories



**SNACK**  
20 g Protein  
300 Calories



**LUNCH**  
30 g Protein  
300 Calories



**SNACK**  
10 g Protein  
150 Calories



**DINNER**  
40 g Protein  
600 Calories



**SNACK**  
30 g Protein  
300 Calories

**+** Add 2 TBSP of Personalized Protein Power to each shake.

**WEIGHT GAIN**  
Supplement the Daily Nutrition Plan with additional Herbalife® Formula 1 shakes, up to a total of 3 shakes per day. About 200 grams of protein and 2,550 calories.

Protein and calorie amounts are suggested intakes for meals and snacks, and do not refer to specific products or foods shown in the plan.