

# Meal Plans

So you want to maintain a healthy weight, but where do you start? Since everyone's protein and calorie needs vary, it's important to seek a customized approach. Our two-step Meal Selection Tool can help simplify the process. Start with **Step 1** to determine your Plan (A, B, C, or D); then move onto **Step 2** for specific meal and snack ideas, all with proper protein and calorie counts to meet your unique needs.

## STEP 1

Based on your current height and weight, determine whether you should follow Plan A, B, C or D.



### WOMEN



	≤90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220+
≤4'11"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'0"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'1"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'2"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'3"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'4"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'5"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'6"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'7"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'8"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'9"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'10"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'11"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
6'0"+	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●

HEIGHT

### MEN



	≤110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250+
≤5'4"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'5"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'6"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'7"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'8"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'9"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'10"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
5'11"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
6'0"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
6'1"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
6'2"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
6'3"	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
6'4"+	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●

HEIGHT

GO TO STEP #2



# STEP 2

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

## WEIGHT LOSS

Delivers proper protein, but with fewer calories to promote weight and fat loss when coupled with an appropriate exercise program. This option replaces **two** meals per day with a Herbalife Nutrition Formula 1 shake.



## MAINTENANCE

Delivers proper protein and calories to help you maintain your weight when coupled with an appropriate exercise program. This option replaces **one** meal per day (breakfast) with a Herbalife Nutrition Formula 1 shake.



## WEIGHT GAIN

Supplement the Daily Nutrition Plan with additional Herbalife Nutrition Formula 1 shakes, up to a total of **three** shakes per day.

A. About 130 g of protein and 1,850 calories

B. About 145 g of protein and 2,050 calories

C. About 190 g of protein and 2,400 calories

D. About 200 g of protein and 2,550 calories

⊕ Add 2 TBSP of Personalized Protein Powder to each shake.

<b>A</b>	<b>DAILY NUTRITION</b> 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
	<b>WEIGHT LOSS</b> 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
		<b>BREAKFAST</b>	<b>SNACK</b>	<b>LUNCH</b>	<b>SNACK</b>	<b>DINNER</b>

<b>B</b>	<b>DAILY NUTRITION</b> 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
	<b>WEIGHT LOSS</b> 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
		<b>BREAKFAST</b>	<b>SNACK</b>	<b>LUNCH</b>	<b>SNACK</b>	<b>DINNER</b>

<b>C</b>	<b>DAILY NUTRITION</b> 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
	<b>WEIGHT LOSS</b> 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
		<b>BREAKFAST</b>	<b>SNACK</b>	<b>LUNCH</b>	<b>SNACK</b>	<b>DINNER</b>

<b>D</b>	<b>DAILY NUTRITION</b> 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
	<b>WEIGHT LOSS</b> About 160 g Protein 1,950 Calories	⊕ 30 g Protein 300 Calories	20 g Protein 300 Calories	⊕ 30 g Protein 300 Calories	10 g Protein 150 Calories	40 g Protein 600 Calories	30 g Protein 300 Calories
		<b>BREAKFAST</b>	<b>SNACK</b>	<b>LUNCH</b>	<b>SNACK</b>	<b>DINNER</b>	<b>SNACK</b>