

MEAL PLAN 'A'

1200 CALORIES

MEAL

EXAMPLES

BREAKFAST

1 Herbalife® Formula 1 shake

1 serve (28g) Formula 1 Nutritional Shake Mix + 300mL skim milk

OR

1 protein unit + 1 fruit

7 egg whites (hard boiled or cooked with cooking spray as an omelette)
+ 1 small banana

OR

1 cup low-fat cottage cheese + 1 cup pineapple

MORNING SNACK

1 fruit

1 medium apple

LUNCH

1 Herbalife® Formula 1 shake + 1 fruit

1 serve (28g) Formula 1 Nutritional Shake Mix + 300mL skim milk
+ 1 cup strawberries

OR

1 protein unit + 2 vegetables + salad
+ 1 grain + 1 fruit

OR

85g grilled chicken breast
AND 1 cup steamed broccoli
AND side salad with low-fat dressing
AND 1 medium orange

AFTERNOON SNACK

1 protein snack

Herbalife® Protein Bar

DINNER

2 protein units + 2 vegetables + salad + 1 grain

200g grilled fish with teriyaki sauce
AND 1 cup steamed spinach + 1 cup steamed carrots
AND mixed green salad with low fat dressing
AND ½ cup brown rice

**Nutritional values are approximate and may vary according to brand and product chosen*

MEAL PLAN 'B'*

1500 CALORIES

MEAL

EXAMPLES

BREAKFAST

1 Herbalife® Formula 1 shake

1 serve (28g) Formula 1 Nutritional Shake Mix + 300mL skim milk

OR

1 protein unit + 1 grain + 1 fruit

7 egg whites (hard boiled or cooked with cooking spray as an omelette)
+ 1 small banana

OR

1 cup low-fat cottage cheese + 1 cup pineapple

MORNING SNACK

1 protein unit + 1 fruit

1 Herbalife® protein bar + 1 medium apple

LUNCH

1 Herbalife® Formula 1 shake + 1 fruit

1 serve (28g) Formula 1 Nutritional Shake Mix + 300mL skim milk
+ ½ mango

OR

1 protein unit + 2 vegetables + salad
+ 1 grain + 1 fruit

85g grilled chicken breast
AND 1 cup steamed broccoli
AND side salad with low-fat dressing
AND ½ cup brown rice
AND 1 medium orange

AFTERNOON SNACK

1 protein snack + 1 fruit

Herbalife® Protein Bar + 1 medium apple

DINNER

2 protein units + 2 vegetables + salad
+ 2 fruits

85g lean grilled rump steak with low-fat pepper sauce
AND 1 cup of steamed spinach + 1 cup steamed carrots
AND mixed green salad with low-fat dressing
AND 1 cup wholegrain pasta
AND 1 cup watermelon balls

**Nutritional values are approximate and may vary according to brand and product chosen*

MEAL PLAN 'C'^{*}

1800 CALORIES

MEAL

EXAMPLES

BREAKFAST

1 Herbalife® Formula 1 shake + 1 fruit

1 serve (28g) Formula 1 Nutritional Shake Mix + 300mL skim milk + 1 medium banana

OR

1 protein unit + 1 grain + 1 fruit

7 egg whites (hard boiled or cooked with cooking spray as an omelette) + ½ wholegrain english muffin + 1 medium apple

OR

1 cup non-fat cottage cheese + 1 slice wholemeal toast + 1 cup pineapple

MORNING SNACK

1 protein unit + 1 fruit

Herbalife® Protein Bar + 1 medium pear

LUNCH

1 Herbalife® Formula 1 shake + 1 fruit

1 serve (28g) Formula 1 Nutritional Shake Mix + 300mL skim milk + 1 cup diced pineapple

OR

2 protein units + 2 vegetables + salad + 1 grain + 1 fruit

OR

100 gm tuna in brine with 1 tablespoon low-fat mayonaise

AND 1 cup cucumber

AND side salad with low-fat dressing

AND 1 slice wholemeal toast

AND 1 medium orange

AFTERNOON SNACK

1 protein snack + 1 fruit

Herbalife® Protein Bar + 1 medium apple

OR

1 packet Roasted Soy Nuts + 1 medium orange

DINNER

2 protein units + 2 vegetables + salad + 1 grain + 1 fruit

200g grilled salmon with piri piri sauce

AND 1 cup of steamed spinach + 1 cup steamed carrots

AND mixed green salad with low-fat dressing

AND 1 cup brown rice

AND 1 medium peach

**Nutritional values are approximate and may vary according to brand and product chosen*

FOOD LISTS FOR MEAL PLANNING

Protein Foods

FOOD ITEM	ONE UNIT	CALORIES	PROTEIN (grams)
Egg whites	7 whites	115	25
Cottage cheese, low-fat	1 cup	140	28
Herbalife® Formula 1 Shake Mix + skim milk	1 serve (28 grams) Formula 1 + 300mL skim milk	205	19
Beef, lean	85g, cooked weight	145-160	25
Chicken breast	85g, cooked weight	140	25
Turkey breast	85g, cooked weight	135	25
Turkey ham	115g, cooked weight	135	18
Ocean-caught fish	115g, cooked weight	130-170	25-31
Prawns, crab, lobster	115g, cooked weight	120	22-24
Tuna	115g, water packed	145	27
Scallops	115g, cooked weight	135	25
VEGETARIAN			
Soy Canadian bacon	4 slices	80	21 (varies)
Soy hot dog	2 links	110	22 (varies)
Soy burgers	2 patties	160	26
Tofu, firm	½ cup	180	20 (varies)

Note: Calorie average is 135 calories per unit.

Fruits

FOOD ITEM	ONE UNIT	CALORIES	FIBRE (grams)
Apple	1 medium	75	3
Apricots	3 whole	50	3
Avocado	¼ average fruit	80	2
Banana	1 small	100	3
Blackberries	1 cup	75	8
Blueberries	1 cup	110	5
Cantaloupe melon	1 cup, cubed	55	1
Cherries	20	80	2
Grapes	1 cup	115	2
Grapefruit	½ fruit	40	2
Honeydew melon	1 cup, cubed	60	1
Kiwi	1 large	55	3
Mango	½ large	80	3
Nectarine	1 large	70	2

**Nutritional values are approximate and may vary according to brand and product chosen*

SECTION FIVE: Week 2: Meal Plans; Snacking; Cellular Nutrition; Water

FOOD ITEM	ONE UNIT	CALORIES	FIBRE (grams)
Orange	1 medium	85	4
Orange Juice	½ cup	50	0
Papaya	½ large	75	3
Peach	1 large	70	3
Pear	1 medium	100	4
Pineapple	1 cup, diced	75	2
Plums	2 small	70	2
Strawberries	1 cup, sliced	50	4
Tangerine	1 medium	45	3
Watermelon	1 cup balls	50	1

Note: Calorie average is 76 calories per unit.

Cooked Vegetables

FOOD ITEM	ONE UNIT	CALORIES	FIBRE (grams)
Acorn Squash, baked	1 cup	85	6
Artichoke	1 medium	60	6
Asparagus	1 cup	45	4
Broccoli	1 cup	45	5
Brussels sprouts	1 cup	60	4
Cabbage	1 cup	35	4
Cauliflower	1 cup	30	3
Carrots	1 cup	70	5
Celery, diced	1 cup	20	2
Chinese cabbage	1 cup	20	3
Collard Greens	1 cup	50	5
Corn on the cob	1 piece	75	2
Eggplant	1 cup	30	3
Green beans	1 cup	45	4
Green peas	1 cup	140	8
Kale	1 cup	35	3
Leeks	1 cup	30	1
Mushrooms	1 cup	40	3
Onion	1 cup	105	4
Pumpkin	1 cup	50	3
Red cabbage	1 cup	30	3
Spinach	1 cup	40	4
Sweet potato	1 cup	200	4
Swiss chard	1 cup	20	2
Tomato juice	1 cup	40	1
Tomato sauce/puree	1 cup	100	5

**Nutritional values are approximate and may vary according to brand and product chosen*

SECTION FIVE: Week 2: Meal Plans; Snacking; Cellular Nutrition; Water

FOOD ITEM	ONE UNIT	CALORIES	FIBRE (grams)
Tomato soup, made with water	1 cup	85	0
Tomato vegetable juice	1 cup	45	2
Tomatoes	1 cup	70	3
Turnip greens	1 cup	30	5
Winter Squash	1 cup	70	7
Zucchini with skin	1 cup	30	3

Note: Calorie average is 56 calories per unit

Raw Vegetables

FOOD ITEM	ONE UNIT	CALORIES	FIBRE (grams)
Cabbage	1 cup	20	2
Capsicum, green, chopped	1 cup	30	2
Capsicum, red, chopped	1 cup	30	2
Capsicum, yellow, chopped	1 cup	30	2
Carrots	1 cup	50	4
Cucumber	1 cup	15	1
Cos lettuce	1 cup	10	1
Spinach	1 cup	10	1
Tomatoes, chopped	1 cup	40	2

Note: Calorie average is 25 calories per unit

Starches and Grains

FOOD ITEM	SERVING SIZE	CALORIES	FIBRE (grams)	PROTEIN (grams)
Beans (black, pinto, etc)	½ cup, cooked	115-140	5-7	7
Bread (wholegrain preferable)	1 slice	80-100	3	3-5
English muffin	½ muffin	80	1	2
Lentils	½ cup, cooked	115	8	9
Rice (brown preferable)	½ cup, cooked	110	2	3
Pasta (wholegrain preferable)	½ cup, cooked	85	2	3
Potato, baked	½ medium	100		
Rice cakes	2 large	70	1	1
Tortilla, corn	2 tortillas	120	4	2

SECTION FIVE: Week 2: Meal Plans; Snacking; Cellular Nutrition; Water

FOOD ITEM	SERVING SIZE	CALORIES	FIBRE (grams)	PROTEIN (grams)
CEREALS				
Bran flakes	¾ cup	100	3	5
Oatmeal, cooked	1 cup	130	4	6
Shredded wheat, bite size	¾ cup	115	3	4

Note: Calorie average is 100 calories per serving

Taste Enhancers

FOOD ITEM	SERVING SIZE	CALORIES	FIBRE (grams)	PROTEIN (grams)
Cheese, reduced fat	30g	50-80	0	2-5
Cheese, Parmesan	3 tablespoons	80	0	5
Nuts	15g	80-100	0	6-11
Olive oil	1 teaspoon	40	0	4
Olives	10 large	50	0	7
Pine nuts, sesame seeds	1 tablespoon	50	1	4-7
Salad dressing (low or fat-free)	2 tablespoons	40-80	0	0-2

Note: Calorie average is 65 calories per serving

Protein Snacks

FOOD ITEM	SERVING SIZE	CALORIES	PROTEIN (grams)
Cheese, mozzarella, low-fat	30g (1 stick)	70	8
Cottage cheese, low-fat	½ cup	70	14
Egg, hard boiled	1	80	4
Herbalife® Protein Bar	1 bar	134	9.5
Milk, skim	1 cup	90-110	9
Soup, tomato (with skim milk)	1 cup	120	6
Soy chips	30g (about 17 crisps)	110	7
Yoghurt, low-fat, sugar-free	200g carton	104	13

Note: Calorie average is 100 calories per serving

LOSE HALF A KILO A WEEK

If you cut 500 calories a day from your typical intake, you should be able to lose up to half a kilo in a week's time. Look at some of the examples below. The more you cut, the more you lose!

EXAMPLE 1: A Herbalife® Formula 1 shake for breakfast vs. a blueberry muffin and a medium vanilla frappuccino

FOOD	Calories	Fat (grams)
Muffin and medium frappuccino	930	33
Formula 1 shake with skim milk	180	1.5

You save: 750 calories and 31.5 grams of fat. If you typically have 'just a muffin and coffee' every day for breakfast, you could lose 700g in a week just by making this one swap!

EXAMPLE 2: Chicken breast vs. Red meat

FOOD	Calories	Fat (grams)
170g. lean sirloin steak	660	29
85g. chicken breast	150	4

You save: 510 calories and 25 grams of fat

EXAMPLE 3: Roast beef sandwich with cheese and mayonnaise vs. Turkey sandwich with vegetables and mustard

FOOD	Calories	Fat (grams)
Roast beef sandwich + cheese, mayo	850	30
Turkey sandwich + vegetables, mustard	350	5

You save: 500 calories and 25 grams of fat

EXAMPLE 4: French fries vs. Steamed vegetables

FOOD	Calories	Fat (grams)
35 French fries	560	28
1 cup zucchini + 1 tablespoon Parmesan cheese	60	2

You save: 500 calories and 26 grams of fat

EXAMPLE 5: Large restaurant Chinese chicken salad with fried noodles vs. 3 cups salad greens with 1 cup mixed fresh vegetables, 85 grams grilled chicken breast and 2 tablespoons light salad dressing

FOOD	Calories	Fat (grams)
Chinese chicken salad	Up to 1000	61
Greens/vegetables/chicken + light dressing	320	11

You save: up to 680 calories and 50 grams of fat each time you make this choice

LOW CALORIE SNACKS

Snacking doesn't have to be an unhealthy habit. It's not unusual to get hungry between meals – particularly if you have a long stretch in between. The key is planning ahead to make sure you have some healthy foods available, and ideally, you should combine some protein with a little carbohydrate to fill you up and keep you going. A protein-enriched beverage, a piece of string cheese and a piece of fruit, or a small carton of yoghurt with a few low-fat crackers should do the trick.

HERE ARE SOME SNACK IDEAS – THAT WON'T BLOW YOUR PLAN:

- Low-fat latte made with skim or soy milk
- Mini pita bread with $\frac{1}{4}$ of an avocado
- 2 rice cakes with 1 slice (20g) light cheese
- $\frac{1}{2}$ cup low-fat cottage cheese with $\frac{1}{2}$ cup blueberries
- One individual carton light low-fat yoghurt with 1 tablespoon raisins
- 1 slice (20g) mozzarella cheese with 1 sesame breadstick
- $\frac{3}{4}$ cup tomato soup made with skim milk
- 3 hard-boiled egg whites mashed with Dijon mustard and a sliced tomato
- 15 baby carrots with 2 tbsp low-fat dressing
- 350mL tomato juice
- 1 cup strawberries with 1 tbsp chocolate syrup
- 10 soy chips with a small peach
- 1 frozen fruit bar

QUIZ: KNOW YOUR SNACKS

How much do you know about snacking habits? Snacking can be a healthy habit if you choose the right items and eat the right balance of foods for snacks to keep your energy level up. Unfortunately, many times we wait until we get the 'snack attack,' and don't choose as wisely as we should. Here are some questions to test how much you know about snacking.

1. When looking for a healthier snack, the key fat to look closely at is:

- a. Transfats
- b. Total Fat
- c. Saturated Fat
- d. All of the above

2. When looking at nutrition labels, choose a snack that is:

- a. Low calorie, low fat, low sugar
- b. High protein, low fat, low sugar
- c. Balanced with 2 of the 3 major nutrients (fat, protein, carbohydrates) with at least a couple of grams of fibre
- d. Low carbohydrate, low sugar, high fibre, with balanced protein and fat

3. Which of the following should be part of your plan for healthier snacking?

- a. A whole-food snack like plain yoghurt with berries, nuts or vegetables with hummous
- b. A low-fat snack
- c. A snack bar or energy bar
- d. It depends

4. All else being equal, which is the best sweet snack for you?

- a. Something sweetened with sugar
- b. Something sweetened with organic cane juice
- c. Something sweetened with maple syrup or honey
- d. Something that is naturally sweet like fresh fruit, dried fruit, or freeze-dried fruit chips

5. Rice cakes can be the start of a healthy snack. The plain ones only have about 35 calories. To keep calories down, which of the following would be the best topping for your rice cake?

- a. 1 tablespoon of cream cheese
- b. 2 tablespoons of ricotta cheese
- c. 1 tablespoon of strawberry jam
- d. 1 tablespoon of peanut butter

6. You are craving something smooth and creamy. Which of the following choices has the fewest calories?

- a. A single-serve rice pudding
- b. A single-serve chocolate pudding
- c. One carton (200g) regular yoghurt
- d. Half a banana with a tablespoon of chocolate syrup

7. In a healthy diet, how many snacks should you have a day?

- a. 0
- b. 1
- c. 2-3
- d. 4-7

8. You have several leftovers in your refrigerator that look tempting for a snack. Which of the following will use up the fewest calories from your calorie budget?

- a. A piece of lasagne, about 8cm square
- b. Two fried-chicken drumsticks
- c. 1 cup of homemade macaroni cheese
- d. 1 cup of prawn fried rice

9. Sometimes when we think we're hungry, we're really just thirsty. If you think something to drink might help quench your thirst and your hunger pangs, which would be the best choice?

- a. 350mL of lemonade
- b. 350mL of cranberry juice
- c. 350mL of grapefruit juice
- d. 350mL of canned mango juice

10. Which of the following berries has the least amount of calories per cup when fresh?

- a. Raspberries
- b. Blueberries
- c. Strawberries
- d. Blackberries

MAXIMISE YOUR HEALTH WITH CELLULAR NUTRITION

Through Cellular Nutrition, healthy nutrients help nourish your cells with our exclusive blends of nutrients that provide vitamins, antioxidants and minerals to support healthy cell function. In this way, our products deliver healthy nutrients to cells throughout the body, as part of a daily diet.

Cells are the basic unit of the human body, providing the energy for everything you do – from thinking to growing. Today’s modern lifestyles expose us to more negative influences than the cells in our bodies can handle. Even the air we breathe can damage our cells. If you cut an apple open, the inside turns brown quickly from the burning effect of oxygen in the air. Just as the peel of an apple protects the inside of the apple from this damage, our cells also protect us from damage.

The concept of Cellular Nutrition is simple – all of Herbalife® products are formulated to support healthy villi, the tiny finger-like structures along the intestine wall that act as ‘gatekeepers,’ helping your body absorb more nutrients, vitamins and minerals, whilst protecting you from toxins. The healthier your villi, the more efficiently you can absorb the nourishment your cells need – and the healthier you’ll be.

Herbalife maximises Cellular Nutrition through unique, scientific formulations. The way we blend our high-quality ingredients, the way we preserve their nutrient value, the way we personalise nutritional programmes to address each individual’s needs, all leads to the Herbalife advantage.



WATER WORKS

Drinking plenty of water is an important part of maintaining a healthy weight and a nutritious diet. Water plays an essential role in helping your body process nutrients, maintain normal circulation and keep the proper balance of fluids.

REPLACE WHAT YOU LOSE

After each 30-minute workout, drink two 250mL glasses of water to replenish your fluids. If you find you become thirsty while working out, consider using a sports bottle to help you stay hydrated while you exercise.

Because of their calorie content, soft drinks and fruit juices are not good choices for replacing lost fluids if you are trying to lose weight or manage your weight. You might try adding just a splash of fruit juice or a slice of lemon or lime to a glass of water if you don't like the taste of plain water.

HOW MUCH WATER IS ENOUGH?

As a general guideline, try to drink two litres of water a day. If you exercise, you will probably need to drink more to replenish the water lost through sweating.

You can usually trust your sense of thirst to let you know when you need to drink. Your sense of thirst, combined with simply paying attention to how many glasses of water you've had in a day, can help you to keep your body hydrated.

WHEN WATER ISN'T ENOUGH

The next time you're thirsty, it could be smart to think before you drink. While 'you are what you eat', the phrase is more accurately 'you are what you drink'. Our bodies are about 60-80% water, depending on lean body mass, and while watery foods can help meet our needs, most of our daily water needs are met from the fluids we drink. Aside from plain water, consumers are faced with a dizzying array of juices, juice drinks, vitamin-fortified waters, sports drinks, energy drinks and teas – making it difficult to choose the best beverage to help meet fluid needs.

For the average person who exercises moderately, plain water is a perfectly good choice. But many people prefer drinks with a little flavour, and tastier fluids may encourage consumption. And as exercise duration and intensity increase, it's important to not only replace fluid losses, but to replace body salts – such as sodium and potassium – that are lost with sweating.

LOOK BEFORE YOU DRINK

When evaluating beverages, a good place to start is by reading the nutrition facts label. For instance, sodas or fruit drinks are often high in calories and sugar, and low on nutrients. Not only can these empty calories pile on the kilos, the high-sugar concentration in fizzy and fruit drinks can actually slow down the rate at which the body absorbs fluid. If you see high-fructose corn syrup at the top of the ingredient list, you may want to pass. Sugars other than fructose, in lower concentrations, are much better absorbed.

Some energy drinks have a combination of caffeine and sugar, designed to give you a quick spike in energy. But if you aren't used to consuming caffeinated drinks, these could make you jittery or upset your stomach.

So what should you look for? It's a good idea to check labels for electrolytes, such as sodium and potassium, which are salts that your body loses when you perspire. In addition to replacing losses, electrolytes can also add some flavour, which will encourage you to drink more. Also, look for drinks with less than 100 calories per 250mL serving. Higher calories means a higher sugar concentration; you also don't want to drink back the calories you just burned on the treadmill.

While too much sugar can be a problem, a little bit of carbohydrate in beverages can help to maintain blood sugar while you are exercising. Also, a mixture of several forms of carbohydrate in the drink helps to get carbohydrate into working muscle better than just one carbohydrate source.

STAYING HYDRATED

You may become dehydrated before you are actually thirsty. This is one reason that athletes learn to drink on schedule. Two glasses of 250mL of fluid a couple of hours before you start exercising should be followed with another cup or so 10 to 20 minutes before you start. An additional 30-50mL of fluid every 15 minutes or so when you are working out can help prevent excessive fluid losses.

One way to monitor your hydration is to note the colour of your urine. "People who are optimally hydrated should urinate every one to two hours," says Luigi Gratton, M.D., M.P.H., clinical physician at the University of California at Los Angeles (UCLA)* "And your urine should be pale yellow or clear," says Gratton. "Darker colour usually means more concentrated urine, an indication that you should increase your fluid intake."

Watch for other signs and symptoms of dehydration during exercise, such as muscle cramping, or feeling light-headed or faint. Even if you're only a weekend warrior, adequate fluids are important for a healthy, well-functioning body. If you think you drink less than you should, a flavoursome beverage designed to help you hydrate might be just the thing to help meet your fluid needs.

* Titles are for identification purposes only. The University of California does not review, approve or endorse Herbalife® products.