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

**MEAL PLAN ‘A’**

*1200 CALORIES*

<table>
<thead>
<tr>
<th>MEAL</th>
<th>EXAMPLES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
</tr>
<tr>
<td>1 Herbalife® Formula 1 shake</td>
<td>1 serve (28g) Formula 1 Nutritional Shake Mix + 300mL skim milk</td>
</tr>
<tr>
<td>OR</td>
<td></td>
</tr>
<tr>
<td>1 protein unit + 1 fruit</td>
<td>7 egg whites (hard boiled or cooked with cooking spray as an omelette)</td>
</tr>
<tr>
<td></td>
<td>+ 1 small banana</td>
</tr>
<tr>
<td></td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td>1 cup low-fat cottage cheese + 1 cup pineapple</td>
</tr>
<tr>
<td><strong>MORNING SNACK</strong></td>
<td></td>
</tr>
<tr>
<td>1 fruit</td>
<td>1 medium apple</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
</tr>
<tr>
<td>1 Herbalife® Formula 1 shake + 1 fruit</td>
<td>1 serve (28g) Formula 1 Nutritional Shake Mix + 300mL skim milk + 1 cup strawberries</td>
</tr>
<tr>
<td>OR</td>
<td></td>
</tr>
<tr>
<td>1 protein unit + 2 vegetables + salad + 1 grain + 1 fruit</td>
<td>85g grilled chicken breast AND 1 cup steamed broccoli AND side salad with low-fat dressing AND 1 medium orange</td>
</tr>
<tr>
<td><strong>AFTERNOON SNACK</strong></td>
<td></td>
</tr>
<tr>
<td>1 protein snack</td>
<td>Herbalife® Protein Bar</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
</tr>
<tr>
<td>2 protein units + 2 vegetables + salad + 1 grain</td>
<td>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</td>
</tr>
</tbody>
</table>

*Nutritional values are approximate and may vary according to brand and product chosen*
**MEAL PLAN ‘B’**

1500 CALORIES

<table>
<thead>
<tr>
<th>MEAL</th>
<th>EXAMPLES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
</tr>
<tr>
<td>1 Herbalife® Formula 1 shake</td>
<td>1 serve (28g) Formula 1 Nutritional Shake Mix + 300mL skim milk</td>
</tr>
<tr>
<td>OR</td>
<td></td>
</tr>
<tr>
<td>1 protein unit + 1 grain + 1 fruit</td>
<td>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</td>
</tr>
<tr>
<td>MORNING SNACK</td>
<td></td>
</tr>
<tr>
<td>1 protein unit + 1 fruit</td>
<td>1 Herbalife® protein bar + 1 medium apple</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
</tr>
<tr>
<td>1 Herbalife® Formula 1 shake + 1 fruit</td>
<td>1 serve (28g) Formula 1 Nutritional Shake Mix + 300mL skim milk + ½ mango</td>
</tr>
<tr>
<td>OR</td>
<td></td>
</tr>
<tr>
<td>1 protein unit + 2 vegetables + salad + 1 grain + 1 fruit</td>
<td>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</td>
</tr>
<tr>
<td><strong>AFTERNOON SNACK</strong></td>
<td></td>
</tr>
<tr>
<td>1 protein snack + 1 fruit</td>
<td>Herbalife® Protein Bar + 1 medium apple</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
</tr>
<tr>
<td>2 protein units + 2 vegetables + salad + 2 fruits</td>
<td>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</td>
</tr>
</tbody>
</table>

*Nutritional values are approximate and may vary according to brand and product chosen*
MEAL PLAN ‘C’*
1800 CALORIES

<table>
<thead>
<tr>
<th>MEAL</th>
<th>EXAMPLES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
</tr>
<tr>
<td>1 Herbalife® Formula 1 shake + 1 fruit</td>
<td>1 serve (28g) Formula 1 Nutritional Shake Mix + 300mL skim milk + 1 medium banana</td>
</tr>
<tr>
<td>OR 1 protein unit + 1 grain + 1 fruit</td>
<td>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</td>
</tr>
<tr>
<td><strong>MORNING SNACK</strong></td>
<td></td>
</tr>
<tr>
<td>1 protein unit + 1 fruit</td>
<td>Herbalife® Protein Bar +1 medium pear</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
</tr>
<tr>
<td>1 Herbalife® Formula 1 shake + 1 fruit</td>
<td>1 serve (28g) Formula 1 Nutritional Shake Mix + 300mL skim milk + 1 cup diced pineapple</td>
</tr>
<tr>
<td>OR 2 protein units + 2 vegetables + salad + 1 grain + 1 fruit</td>
<td>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</td>
</tr>
<tr>
<td><strong>AFTERNOON SNACK</strong></td>
<td></td>
</tr>
<tr>
<td>1 protein snack + 1 fruit</td>
<td>Herbalife® Protein Bar + 1 medium apple OR 1 packet Roasted Soy Nuts + 1 medium orange</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
</tr>
<tr>
<td>2 protein units + 2 vegetables + salad + 1 grain + 1 fruit</td>
<td>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</td>
</tr>
</tbody>
</table>

*Nutritional values are approximate and may vary according to brand and product chosen*
### FOOD LISTS FOR MEAL PLANNING

#### Protein Foods

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>ONE UNIT</th>
<th>CALORIES</th>
<th>PROTEIN (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg whites</td>
<td>7 whites</td>
<td>115</td>
<td>25</td>
</tr>
<tr>
<td>Cottage cheese, low-fat</td>
<td>1 cup</td>
<td>140</td>
<td>28</td>
</tr>
<tr>
<td>Herbalife® Formula 1 Shake Mix + skim milk</td>
<td>1 serve (28 grams) Formula 1 + 300mL skim milk</td>
<td>205</td>
<td>19</td>
</tr>
<tr>
<td>Beef, lean</td>
<td>85g, cooked weight</td>
<td>145-160</td>
<td>25</td>
</tr>
<tr>
<td>Chicken breast</td>
<td>85g, cooked weight</td>
<td>140</td>
<td>25</td>
</tr>
<tr>
<td>Turkey breast</td>
<td>85g, cooked weight</td>
<td>135</td>
<td>25</td>
</tr>
<tr>
<td>Turkey ham</td>
<td>115g, cooked weight</td>
<td>135</td>
<td>18</td>
</tr>
<tr>
<td>Ocean-caught fish</td>
<td>115g, cooked weight</td>
<td>130-170</td>
<td>25-31</td>
</tr>
<tr>
<td>Prawns, crab, lobster</td>
<td>115g, cooked weight</td>
<td>120</td>
<td>22-24</td>
</tr>
<tr>
<td>Tuna</td>
<td>115g, water packed</td>
<td>145</td>
<td>27</td>
</tr>
<tr>
<td>Scallops</td>
<td>115g, cooked weight</td>
<td>135</td>
<td>25</td>
</tr>
</tbody>
</table>

**VEGETARIAN**

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>ONE UNIT</th>
<th>CALORIES</th>
<th>PROTEIN (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soy Canadian bacon</td>
<td>4 slices</td>
<td>80</td>
<td>21 (varies)</td>
</tr>
<tr>
<td>Soy hot dog</td>
<td>2 links</td>
<td>110</td>
<td>22 (varies)</td>
</tr>
<tr>
<td>Soy burgers</td>
<td>2 patties</td>
<td>160</td>
<td>26</td>
</tr>
<tr>
<td>Tofu, firm</td>
<td>½ cup</td>
<td>180</td>
<td>20 (varies)</td>
</tr>
</tbody>
</table>

*Note: Calorie average is 135 calories per unit.*

#### Fruits

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

*Note: Nutritional values are approximate and may vary according to brand and product chosen.*
### SECTION FIVE: Week 2: Meal Plans; Snacking; Cellular Nutrition; Water

#### Food Items

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

*Note: Calorie average is 76 calories per unit.*

#### Cooked Vegetables

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

*Nutritional values are approximate and may vary according to brand and product chosen.*
### FOOD ITEM

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>ONE UNIT</th>
<th>CALORIES</th>
<th>FIBRE (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomato soup, made with water</td>
<td>1 cup</td>
<td>85</td>
<td>0</td>
</tr>
<tr>
<td>Tomato vegetable juice</td>
<td>1 cup</td>
<td>45</td>
<td>2</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>1 cup</td>
<td>70</td>
<td>3</td>
</tr>
<tr>
<td>Turnip greens</td>
<td>1 cup</td>
<td>30</td>
<td>5</td>
</tr>
<tr>
<td>Winter Squash</td>
<td>1 cup</td>
<td>70</td>
<td>7</td>
</tr>
<tr>
<td>Zucchini with skin</td>
<td>1 cup</td>
<td>30</td>
<td>3</td>
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</tbody>
</table>

*Note: Calorie average is 56 calories per unit*

### Raw Vegetables

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>ONE UNIT</th>
<th>CALORIES</th>
<th>FIBRE (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cabbage</td>
<td>1 cup</td>
<td>20</td>
<td>2</td>
</tr>
<tr>
<td>Capsicum, green, chopped</td>
<td>1 cup</td>
<td>30</td>
<td>2</td>
</tr>
<tr>
<td>Capsicum, red, chopped</td>
<td>1 cup</td>
<td>30</td>
<td>2</td>
</tr>
<tr>
<td>Capsicum, yellow, chopped</td>
<td>1 cup</td>
<td>30</td>
<td>2</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 cup</td>
<td>50</td>
<td>4</td>
</tr>
<tr>
<td>Cucumber</td>
<td>1 cup</td>
<td>15</td>
<td>1</td>
</tr>
<tr>
<td>Cos lettuce</td>
<td>1 cup</td>
<td>10</td>
<td>1</td>
</tr>
<tr>
<td>Spinach</td>
<td>1 cup</td>
<td>10</td>
<td>1</td>
</tr>
<tr>
<td>Tomatoes, chopped</td>
<td>1 cup</td>
<td>40</td>
<td>2</td>
</tr>
</tbody>
</table>

*Note: Calorie average is 25 calories per unit*

### Starches and Grains

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

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Fiber (grams)</th>
<th>Protein (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bran flakes</td>
<td>¾ cup</td>
<td>100</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Oatmeal, cooked</td>
<td>1 cup</td>
<td>130</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Shredded wheat, bite size</td>
<td>¾ cup</td>
<td>115</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

*Note: Calorie average is 100 calories per serving*

### Taste Enhancers

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Fiber (grams)</th>
<th>Protein (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese, reduced fat</td>
<td>30g</td>
<td>50-80</td>
<td>0</td>
<td>2-5</td>
</tr>
<tr>
<td>Cheese, Parmesan</td>
<td>3 tablespoons</td>
<td>80</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td>Nuts</td>
<td>15g</td>
<td>80-100</td>
<td>0</td>
<td>6-11</td>
</tr>
<tr>
<td>Olive oil</td>
<td>1 teaspoon</td>
<td>40</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td>Olives</td>
<td>10 large</td>
<td>50</td>
<td>0</td>
<td>7</td>
</tr>
<tr>
<td>Pine nuts, sesame seeds</td>
<td>1 tablespoon</td>
<td>50</td>
<td>1</td>
<td>4-7</td>
</tr>
<tr>
<td>Salad dressing (low or fat-free)</td>
<td>2 tablespoons</td>
<td>40-80</td>
<td>0</td>
<td>0-2</td>
</tr>
</tbody>
</table>

*Note: Calorie average is 65 calories per serving*

### Protein Snacks

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Protein (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese, mozzarella, low-fat</td>
<td>30g (1 stick)</td>
<td>70</td>
<td>8</td>
</tr>
<tr>
<td>Cottage cheese, low-fat</td>
<td>½ cup</td>
<td>70</td>
<td>14</td>
</tr>
<tr>
<td>Egg, hard boiled</td>
<td>1</td>
<td>80</td>
<td>4</td>
</tr>
<tr>
<td>Herbalife® Protein Bar</td>
<td>1 bar</td>
<td>134</td>
<td>9.5</td>
</tr>
<tr>
<td>Milk, skim</td>
<td>1 cup</td>
<td>90-110</td>
<td>9</td>
</tr>
<tr>
<td>Soup, tomato (with skim milk)</td>
<td>1 cup</td>
<td>120</td>
<td>6</td>
</tr>
<tr>
<td>Soy chips</td>
<td>30g (about 17 crisps)</td>
<td>110</td>
<td>7</td>
</tr>
<tr>
<td>Yoghurt, low-fat, sugar-free</td>
<td>200g carton</td>
<td>104</td>
<td>13</td>
</tr>
</tbody>
</table>

*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

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Calories</th>
<th>Fat (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muffin and medium frappuccino</td>
<td>930</td>
<td>33</td>
</tr>
<tr>
<td>Formula 1 shake with skim milk</td>
<td>180</td>
<td>1.5</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Calories</th>
<th>Fat (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>170g. lean sirloin steak</td>
<td>660</td>
<td>29</td>
</tr>
<tr>
<td>85g. chicken breast</td>
<td>150</td>
<td>4</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Calories</th>
<th>Fat (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roast beef sandwich + cheese, mayo</td>
<td>850</td>
<td>30</td>
</tr>
<tr>
<td>Turkey sandwich + vegetables, mustard</td>
<td>350</td>
<td>5</td>
</tr>
</tbody>
</table>

You save: 500 calories and 25 grams of fat

EXAMPLE 4: French fries vs. Steamed vegetables

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Calories</th>
<th>Fat (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>35 French fries</td>
<td>560</td>
<td>28</td>
</tr>
<tr>
<td>1 cup zucchini + 1 tablespoon Parmesan cheese</td>
<td>60</td>
<td>2</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Calories</th>
<th>Fat (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chinese chicken salad</td>
<td>Up to 1000</td>
<td>61</td>
</tr>
<tr>
<td>Greens/vegetables/chicken + light dressing</td>
<td>320</td>
<td>11</td>
</tr>
</tbody>
</table>

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 ¼ of an avocado
- 2 rice cakes with 1 slice (20g) light cheese
- ½ cup low-fat cottage cheese with ½ cup blueberries
- One individual carton light low-fat yoghurt with 1 tablespoon raisins
- 1 slice (20g) mozzarella cheese with 1 sesame breadstick
- ¾ 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.
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.