

How to Use Your Herbalife Program

(Optimized for Day Shift Work & Regular 3rd Meal)

Breakfast Protein _____	<ul style="list-style-type: none"> • Mix 1 to 2 scoops of your Formula 1 Shake Mix with • Protein Powder(PPP) = 1 or 2 scoops (consult with your coach) • <i>(See “Shake Recipes” for more ideas.)</i> • Drink 2 glasses of water. 	<ul style="list-style-type: none"> • Formula 2 – 1 Tablet • Herbalife Nutrients – Based on Program you are on! (Lean & Fit/Lean Fit Fast or Lean & Fit Ultimate) • Beverage – ½ - 1 tsp • Aloe Concentrate – 1-2 Caps
Mid-Morning Protein	<ul style="list-style-type: none"> • Drink 1 glass of water. • Eat Healthy Protein Based Snack with a small serve of Complex Carbs (Refer to chart) • Eat 1 serving fruits OR vegetables. 	<ul style="list-style-type: none"> • Herbalife Protein Snack – If needed
Lunch Protein _____	<ul style="list-style-type: none"> • Mix 1 to 2 scoops of your Formula 1 Shake Mix with • Protein Powder(PPP) = 1 or 2 scoops (consult with your coach) • <i>(See “Shake Recipes” for more ideas.)</i> • Drink 2 glasses of water. 	<ul style="list-style-type: none"> • Formula 2 – 1 Tablet • Herbalife Nutrients – Based on Program you are on! (Lean & Fit/Lean Fit Fast or Lean & Fit Ultimate) • Herbal Beverage – ½ - 1 tsp • Aloe Concentrate – 1-2 Caps
Mid-Afternoon Protein	<ul style="list-style-type: none"> • Drink 1 glass of water. • Eat Healthy Protein Based Snack with a small serve of Complex Carbs (Refer to chart) • Eat 1 serving fruits OR vegetables. 	<ul style="list-style-type: none"> • Herbalife Protein Snack – Protein based snack if needed • Herbal Beverage – ½ - 1 tsp
Evening Protein _____	<ul style="list-style-type: none"> • Eat: 110–170–Gram piece of meat/chicken/fish 4 cups of salad 2 cups of vegetables • Drink 2 glasses of water. 	<ul style="list-style-type: none"> • Formula 2 – 1 Tablet • Herbalife Nutrients – Based on Program you are on! (Lean & Fit/Lean Fit Fast or Lean & Fit Ultimate) • Aloe Concentrate – 1-2 Caps

Aloe Concentrate & Herbal Beverage – The more you drink the more you shrink!!!

Chitosan – Take 1-2 tablets 20 minutes before eating your main meal.

Some Helpful Hints:

- See “Shake Recipes” page for shake ideas.
- Centre metre loss is more desirable than Kilograms and may occur first.
- Use 2 scoops of Formula 1 powder for each shake.
- Use 1 or 2 scoops Protein Powder(PPP) for each shake-Follow the plan your coach gives you.
- Water is one of the MOST important catalysts for losing weight with any program.
- If you forget a set of tablets, just pick back up and continue when your realise it. Don’t “double up” to make it up or stop for the day.
- Snacking during the day is important BUT your snacks should be from the snack list, Herbalife product line of protein snacks or additional shakes.
- These times are general and may need to be customised to your schedule by your coach on your follow-up appointment.
- Stick to your Follow-Up Schedule with your Coach!!