

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

**A** **DAILY NUTRITION**  
about 90g protein  
and 1350 calories

**BREAKFAST**  
20g Protein  
250 Calories

**SNACK**  
10g Protein  
150 Calories

**LUNCH**  
25g Protein  
400 Calories

**SNACK**  
10g Protein  
150 Calories

**DINNER**  
25g Protein  
400 Calories

**A** **WEIGHT LOSS**  
about 85g protein  
and 1200 calories

**BREAKFAST**  
20g Protein  
250 Calories

**SNACK**  
10g Protein  
150 Calories

**LUNCH**  
20g Protein  
250 Calories

**SNACK**  
10g Protein  
150 Calories

**DINNER**  
25g Protein  
400 Calories

**WEIGHT GAIN**  
Supplement the Daily Nutrition Plan with additional Herbalife Formula 1 shakes, up to total of 3 shakes per day.

**B** **DAILY NUTRITION**  
about 105g protein  
and 1550 calories

**BREAKFAST**  
20g Protein  
250 Calories

**SNACK**  
10g Protein  
150 Calories

**LUNCH**  
25g Protein  
400 Calories

**SNACK**  
10g Protein  
150 Calories

**DINNER**  
40g Protein  
600 Calories

**B** **WEIGHT LOSS**  
about 100g protein  
and 1400 calories

**BREAKFAST**  
20g Protein  
250 Calories

**SNACK**  
10g Protein  
150 Calories

**LUNCH**  
20g Protein  
250 Calories

**SNACK**  
10g Protein  
150 Calories

**DINNER**  
40g Protein  
600 Calories

**WEIGHT GAIN**  
Supplement the Daily Nutrition Plan with additional Herbalife Formula 1 shakes, up to total of 3 shakes per day.

**C** **DAILY NUTRITION**  
about 130g protein  
and 1800 calories

**BREAKFAST**  
30g Protein  
300 Calories

**SNACK**  
10g Protein  
150 Calories

**LUNCH**  
40g Protein  
600 Calories

**SNACK**  
10g Protein  
150 Calories

**DINNER**  
40g Protein  
600 Calories

**C** **WEIGHT LOSS**  
about 120g protein  
and 1500 calories

**BREAKFAST**  
30g Protein  
300 Calories

**SNACK**  
10g Protein  
150 Calories

**LUNCH**  
30g Protein  
300 Calories

**SNACK**  
10g Protein  
150 Calories

**DINNER**  
40g Protein  
600 Calories

**WEIGHT GAIN**  
Supplement the Daily Nutrition Plan with additional Herbalife Formula 1 shakes, up to total of 3 shakes per day.

+ Add 2 tbsp of Personalized Protein Power to each shake.

**D** **DAILY NUTRITION**  
about 170g protein  
and 2250 calories

**BREAKFAST**  
30g Protein  
300 Calories

**SNACK**  
20g Protein  
300 Calories

**LUNCH**  
40g Protein  
600 Calories

**SNACK**  
30g Protein  
300 Calories

**DINNER**  
40g Protein  
600 Calories

**SNACK**  
10g Protein  
150 Calories

**WEIGHT GAIN**  
Supplement the Daily Nutrition Plan with additional Herbalife Formula 1 shakes, up to total of 3 shakes per day.

**D** **WEIGHT LOSS**  
about 160g protein  
and 1950 calories

**BREAKFAST**  
30g Protein  
300 Calories

**SNACK**  
20g Protein  
300 Calories

**LUNCH**  
30g Protein  
300 Calories

**SNACK**  
10g Protein  
150 Calories

**DINNER**  
40g Protein  
600 Calories

**SNACK**  
30g Protein  
300 Calories

+ Add 2 tbsp of Personalized Protein Power to each shake.

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