

HERBALIFE 3 DAY TRIAL MEAL PLAN

[EVERYDAY THINGS]

- Low Fat Milk or Almond Milk
- Eggs
- Oats
- Sea Salt
- Seasonings
- Fruits

[PROTEINS]

- Chicken
- Salmon
- Ground Turkey
- Turkey Breast
- Deli Cut Turkey
- Tuna
- Tilapia
- Lean Cuts of Steak

[CARBS]

- Sweet Potatoes
- Quinoa
- White Rice
- Brown Rice
- Brown Rice Pasta

[VEGETABLES]

- ANYTHING GREEN!!

[HIGH PROTEIN SNACKS]

- 1 Can of Tuna
- String Cheese
- 2 Hard Boiled Eggs
- 2 Small Strips of Chicken
- 8oz Cottage Cheese & Berries
- 8oz Greek Yogurt
- 2 Multigrain Rice Cakes & Peanut Butter
- Celery & Peanut Butter
- Green Apples & Peanut Butter
- Herbalife Protein Bar

[Menu Plan]

•Meal One:

- -Healthy Meal Nutritional Shake
- 1 Total Control Tablet

•HIGH PROTEIN SNACK

- (Choose from "high protein snacks")

•Meal Two:

- Healthy Meal Nutritional Shake
- 1 Total Control Tablet

•HIGH PROTEIN SNACK

- (Choose from "high protein snack")

•Meal Three:

- 4-6oz of Protein, 1Cup of Veggies & 1/2Cup of carbs
- Water

•LATE NIGHT SNACK (if still hungry)

- 3-4 Eggs!!!
- Water

[PRE-WORKOUT SNACKS]

- Rice Cakes/Peanut Butter
- Oats
- Wheat Bread/Peanut Butter
- Quest Bars

[How to make your shakes]

- 1 Packet
- 10oz of water
- Either shake it or blend it with 5-6 ice cubes

[SHAKE RECIPES]

- 1 Shake Packet, dash of cinnamon, pecans or sliced almonds
- 1 Shake Packet, 1/2 banana, 2-3 strawberries
- 1 Shake Packet, 1 tsp peanut butter
- 1 Shake Packet, hand full of mixed berries
- 1 Shake Packet, 1/2 tsp cinnamon, 1tsp peanut butter
- 1 Shake Packet, 1tsp peanut butter, handful of blueberries, 2 strawberries

DISCLAIMER: The lists given above are not the only food you can eat!

You want to shoot for a gallon of water a day!

*Thank You,
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