

# MEAL BUILDER MADE EASY



With the right support, eating well every day can be as easy as **1, 2, 3, 4, 5!** Simply follow our step-by-step meal builder to make healthy, balanced eating a breeze.

**25g PROTEIN**  
400 CALORIES

**40g PROTEIN**  
600 CALORIES

**P**  
PROTEIN

## STEP 1 - START WITH PROTEIN



CHICKEN OR TURKEY

FISH

LEAN BEEF

SHELLFISH

PORK OR LAMB (LOIN)

3 OUNCES,  
COOKED

5 OUNCES,  
COOKED

**V**  
VEGETABLES

## STEP 2 - ADD VEGETABLES



COOKED VEGETABLES, VEGETABLE SOUP, TOMATO SAUCE (1 CUP)

CHOOSE 1

CHOOSE 2



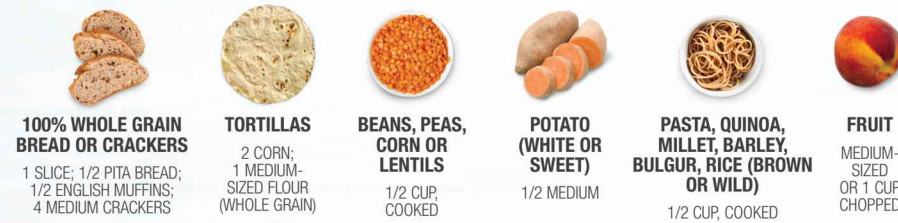
RAW VEGETABLES

ANY  
AMOUNT

ANY  
AMOUNT

**C**  
CARBOHYDRATES

## STEP 3 - ADD HEALTHY CARBOHYDRATES



**100% WHOLE GRAIN BREAD OR CRACKERS**  
1 SLICE; 1/2 PITA BREAD;  
1/2 ENGLISH MUFFINS;  
4 MEDIUM CRACKERS

**TORTILLAS**  
2 CORN;  
1 MEDIUM-SIZED FLOUR (WHOLE GRAIN)

**BEANS, PEAS, CORN OR LENTILS**  
1/2 CUP, COOKED

**POTATO (WHITE OR SWEET)**  
1/2 MEDIUM

**PASTA, QUINOA, MILLET, BARLEY, BULGUR, RICE (BROWN OR WILD)**  
1/2 CUP, COOKED

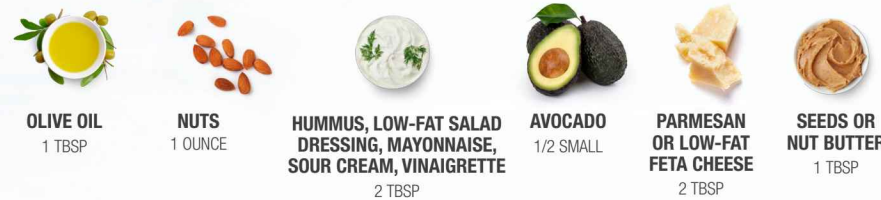
**FRUIT**  
MEDIUM-SIZED OR 1 CUP CHOPPED

CHOOSE 1

CHOOSE 2

**F**  
FAT

## STEP 4 - ADD SOME HEALTHY FAT FOR FLAVOR



**OLIVE OIL**  
1 TBSP

**NUTS**  
1 OUNCE

**HUMMUS, LOW-FAT SALAD DRESSING, MAYONNAISE, SOUR CREAM, VINAIGRETTE**  
2 TBSP

**AVOCADO**  
1/2 SMALL

**PARMESAN OR LOW-FAT FETA CHEESE**  
2 TBSP

**SEEDS OR NUT BUTTER**  
1 TBSP

CHOOSE 1

CHOOSE 1

## STEP 5 - SEASON IT UP!



HERBS & SPICES

LEMON

GARLIC

VINEGAR

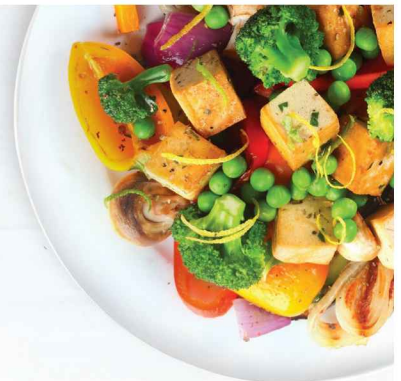
SALSA & HOT SAUCE

MUSTARD

ANY  
AMOUNT

ANY  
AMOUNT

# MEAL BUILDER MADE EASY



## VEGETARIAN EDITION

With the right support, eating well every day can be as easy as **1, 2, 3, 4, 5!** Simply follow our step-by-step meal builder to make healthy, balanced eating a breeze.

**25g PROTEIN**  
400 CALORIES

**40g PROTEIN**  
600 CALORIES



### STEP 1 - START WITH PROTEIN



**GREEK-STYLE YOGURT (NON-FAT OR LOW-FAT)**  
1/2 CUP



**EGGS**  
1 WHOLE



**COTTAGE CHEESE; RICOTTA (NON-FAT OR LOW-FAT)**  
1/2 CUP



**BEANS, LENTILS OR SOY BEANS**  
1/2 CUP, COOKED



**TOFU**  
3 1/2 OUNCES (1/4 BLOCK)



**TEMPEH OR SEITAN**  
2 OUNCES

CHOOSE 2

CHOOSE 3



### STEP 2 - ADD VEGETABLES



COOKED VEGETABLES, VEGETABLE SOUP, TOMATO SAUCE (1 CUP)

CHOOSE 1

CHOOSE 2



RAW VEGETABLES

ANY AMOUNT

ANY AMOUNT



### STEP 3 - ADD HEALTHY CARBOHYDRATES



**100% WHOLE GRAIN BREAD OR CRACKERS**  
1 SLICE; 1/2 PITA BREAD;  
1/2 ENGLISH MUFFINS;  
4 MEDIUM CRACKERS



**TORTILLAS**  
2 CORN;  
1 MEDIUM-SIZED FLOUR (WHOLE GRAIN)



**BEANS, PEAS, CORN OR LENTILS**  
1/2 CUP, COOKED



**POTATO (WHITE OR SWEET)**  
1/2 MEDIUM



**PASTA, QUINOA, MILLET, BARLEY, BULGUR, RICE (BROWN OR WILD)**  
1/2 CUP, COOKED



**FRUIT**  
MEDIUM-SIZED OR 1 CUP CHOPPED

CHOOSE 1

CHOOSE 2



### STEP 4 - ADD SOME HEALTHY FAT FOR FLAVOR



**OLIVE OIL**  
1 TBSP



**NUTS**  
1 OUNCE



**HUMMUS, LOW-FAT SALAD DRESSING, MAYONNAISE, SOUR CREAM, VINAIGRETTE**  
2 TBSP



**AVOCADO**  
1/2 SMALL



**PARMESAN OR LOW-FAT FETA CHEESE**  
2 TBSP



**SEEDS OR NUT BUTTER**  
1 TBSP

CHOOSE 1

CHOOSE 1

### STEP 5 - SEASON IT UP!



HERBS & SPICES



LEMON



GARLIC



VINEGAR



SALSA & HOT SAUCE



MUSTARD

ANY AMOUNT

ANY AMOUNT

# HIT THE SPOT WITH HEALTHY MEALS



At last...eating healthy can be simple and delicious! We've mapped out meal suggestions that will add color to your plate and bring goodness to your day. For specific ingredient amounts, check out our Meal Builder.

## SALAD

### SHRIMP AND SPINACH PASTA



- Baby spinach
- Cooked shrimp
- Cherry tomatoes
- 100% whole grain pasta
- Bell pepper
- Parmesan cheese
- Cucumber, onion
- Make a dressing with olive oil, balsamic vinegar, garlic, basil
- Grilled zucchini
- Eggplant

Combine ingredients and enjoy.

## SALAD

### SOUTHWEST SIRLOIN STEAK



- Mixed greens, sautéed peppers and onions
- Grilled top sirloin
- Black beans and corn or hominy
- Avocado
- Pre-prepared tomato salsa

Combine ingredients and enjoy.

## SALAD

### SOBA NOODLE



- Cooked soba noodles
- Grated carrots, scallions, cooked broccoli florets
- Grilled shrimp, chicken or lean beef (or tempeh for a vegetarian version)
- Rice vinegar-sesame oil-soy sauce dressing

Combine ingredients and enjoy.

## SALAD

### GRILLED CHICKEN AND QUINOA



- Grilled chicken breast
- Mixed leafy greens
- Cherry tomatoes
- Baby carrots
- Cooked quinoa
- Olive oil and lemon dressing

Combine ingredients and enjoy.

# SHAKE IT UP!

Love to change things up? Then you'll love how versatile Herbalife® shakes are. Enjoy them on their own or mix them with fruit, seeds and other ingredients for a deliciously healthy treat.



## SHAKE

### PIÑA COLADA ESCAPE



- 2 scoops Herbalife Formula 1 Healthy Meal Nutritional Shake Mix, Piña Colada
- 3 capfuls Herbalife Herbal Aloe Concentrate, Mango
- 1 cup Non-fat milk
- ½ cup Pineapple chunks, fresh or frozen
- 3-5 Ice cubes

Combine ingredients in a blender and mix well.

**18g PROTEIN** 230 CALORIES

## SHAKE

### PRE-WORKOUT PROTEIN POWER



- 2 scoops Herbalife Formula 1 Healthy Meal Nutritional Shake Mix, French Vanilla
- 2 tbsp. Herbalife Personalized Protein Powder
- ½ tsp. Herbalife Herbal Tea Concentrate
- 1 cup Water
- ½ Medium banana
- 3-5 Ice cubes

Combine ingredients in a blender and mix well.

**19g PROTEIN** 185 CALORIES

## SHAKE

### BERRY & GREEK YOGURT BLAST



- 2 scoops Herbalife Formula 1 Healthy Meal Nutritional Shake Mix, French Vanilla
- 2 scoops Herbalife Protein Drink Mix, Vanilla
- 1 cup Water
- ¾ cup Greek-style strawberry yogurt
- ½ cup Strawberry halves, fresh or frozen
- 3-5 Ice cubes

Combine ingredients in a blender and mix well.

**36g PROTEIN** 345 CALORIES

## SHAKE

### VERY BERRY PINEAPPLE



- 2 scoops Herbalife Formula 1 Healthy Meal Nutritional Shake Mix Wild Berry
- 2 scoops Herbalife Protein Drink Mix Vanilla
- 1 cup Water
- 1 cup Pineapple chunks, frozen or fresh
- 3-5 Ice cubes

Combine ingredients in a blender and mix well.

**25g PROTEIN** 280 CALORIES