

## Herbalife 7-day Healthy Eating Plan

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	Two spoons <b>Formula 1</b> , Personalized amount of <b>Formula 3</b> , mix with ½ water and ½ semi skim milk	Raw celery and carrots with low fat dressing <u>or</u> a <b>Herbalife Protein Bar + Thermojetics Herbal Beverage</b>	Two spoons <b>Formula 1</b> , Personalized amount of <b>Formula 3</b> , mix with ½ water and ½ semi skim milk	1 Cottage Cheese <u>or</u> a <b>Herbalife Protein Bar, + Thermojetics Herbal Beverage</b>	One chicken breast with soy sprouts, carrots, celery, squash, onion, green beans + dark green salad with reduced calorie dressing
Day 2	Two spoons <b>Formula 1</b> , Personalized amount of <b>Formula 3</b> , mix with ½ water and ½ semi skim milk	1 apple and cottage cheese, + <b>Thermojetics Herbal Beverage</b>	1 cup <b>Herbalife Tomato Soup</b> , tuna mix with chopped veggies, ¼ avacado & light Italian Dressing	Low Fat Yoghurt	Two spoons <b>Formula 1</b> , Personalized amount of <b>Formula 3</b> , mix with ½ water and ½ semi skim milk
Day 3	Two spoons <b>Formula 1</b> , Personalized amount of <b>Formula 3</b> , mix with ½ water and ½ semi skim milk	<b>Thermojetics Herbal Beverage</b> + Cottage Cheese <u>or</u> a <b>Herbalife Protein Bar</b>	Two spoons <b>Formula 1</b> , Personalized amount of <b>Formula 3</b> , mix with ½ water and ½ semi skim milk	<b>Herbalife Protein Bar, + Tomato Juice &amp; 1 Fruit</b>	Crab meat, ½ avacado, dark green salad leaves, soy sprouts, grated reduced fat cheese, sliced mango and reduced calorie dressing
Day 4	Two spoons <b>Formula 1</b> , Personalized amount of <b>Formula 3</b> , mix with ½ water and ½ semi skim milk	Cottage cheese, + <b>Thermojetics Herbal Beverage</b>	Two spoons <b>Formula 1</b> , Personalized amount of <b>Formula 3</b> , mix with ½ water and ½ semi skim milk	Low Fat Yoghurt + 1 Nectarine <u>or</u> <b>Herbalife Protein Bar</b>	Soy protein burger, grilled peppers, onion, aubergine, soy sprouts, tossed green salad with low fat dressing
Day 5	Two spoons <b>Formula 1</b> , Personalized amount of <b>Formula 3</b> , mix with ½ water and ½ semi skim milk	Low fat yoghurt with Oatmeal	1 egg, tomato salsa, 1 slice wholegrain toast, ½ grapefruit	Raw celery and carrots with low fat dressing	Two spoons <b>Formula 1</b> , Personalized amount of <b>Formula 3</b> , mix with ½ water and ½ semi skim milk
Day 6	Two spoons <b>Formula 1</b> , Personalized amount of <b>Formula 3</b> , mix with ½ water and ½ semi skim milk	1 fresh pear and low fat yoghurt + <b>Thermojetics Herbal Beverage</b>	Two spoons <b>Formula 1</b> , Personalized amount of <b>Formula 3</b> , mix with ½ water and ½ semi skim milk	Cottage cheese, + <b>Thermojetics Herbal Beverage</b>	Turkey breast, carrots, celery, squash, green beans and green salad with low calorie dressing
Day 7	Two spoons <b>Formula 1</b> , Personalized amount of <b>Formula 3</b> , mix with ½ water and ½ semi skim milk	Tomato Juice and 1 Apple	Two spoons <b>Formula 1</b> , Personalized amount of <b>Formula 3</b> , mix with ½ water and ½ semi skim milk	<b>Thermojetics Herbal Beverage</b> and 1 low fat Yoghurt	Grilled Fish, 2 cups spinach, soy sprouts and grilled peppers & onion

For more information regarding the Herbalife Weight Loss Programme, please contact **Danita Nortje** via email [danita@shapelife.co.za](mailto:danita@shapelife.co.za)