

## **Herbalife Plan**

Take one snack defense upon waking up

### ***Breakfast:***

Herbalife shake made with Formula 1- Two scoops in 6-8 oz soy milk, 2% milk or juice, you can add fruit, ice, a spoonful of oatmeal or yogurt. See our recipes.

You can add 1 or 2 scoops of protein powder for hunger control or if you exercise.

1 cup of Herbal Tea Concentrate (1/2 teaspoon in 8 to 10 oz cold or hot water)

Formula 2 (Multivitamin)- 1 Tablet

Cell Activator - 1 to 2 capsules

Optional

Total Control- 1 Tablet

Cell-U-Loss- 1 to 2 tablets

Aminogen- 1 tablet

Herbal aloe – 1 cap in the shake or in 4oz water

### ***10:00 AM:***

1 snack if necessary. Herbalife protein bar or similar, small fruit, some cheese or other.

1 cup of Herbal Tea Concentrate (1/2 teaspoon in 8 to 10 oz cold or hot water). If desired

### ***LUNCH:***

Herbalife shake made with Formula 1- Two scoops in 6-8 oz soy milk, 2% milk or juice, you can add fruit, ice, a spoonful of oatmeal or yogurt. See our recipes.

You can add 1 or 2 scoops of protein powder..

Formula 2 (Multivitamin)- 1 Tablet

Cell Activator - 1 to 2 capsules

Optional

Total Control- 1 Tablet

Cell-U-Loss- 1 to 2 tablets

Aminogen- 1 tablet

### ***3:00 PM:***

Total Control – 1 tablet

1 snack if necessary.

1 cup of Herbal Tea Concentrate (1/2 teaspoon in 8 to 10 oz cold or hot water). If desired

***DINNER:***

ThermoBond– 2-3 tablets\*\* Approximately 20 mins before dinner, optional. This makes you feel fuller.

Eat a Healthy colorful balanced meal with protein, 2 cups of raw or cooked vegetables and one cup multigrain starch, see our meal planner for ideas.

Formula 2 (Multivitamin)- 1 Tablet  
Cell Activator - 1 to 2 capsules

Optional  
Snack Defense 1 tablet  
Cell-U-Loss- 1 to 2 tablets  
Aminogen- 1 tablet

**DO NOT SKIP MEALS, BE CONSISTENT WITH THE TABLETS.**

You can have a glass of white or red wine once a week, avoid mixed drinks and sodas!!!

**DRINK A LOT OF WATER!!!!**