



**ShapeWorks®**

Personalised weight management for healthy results.

**Congratulations  
on Choosing  
ShapeWorks!**

**A Practical  
Guide to your  
Programme**

# How to Make a Shake

## Step 1

Take 2 dessert spoons of Formula 1 powder.



## Step 2

Add your customer's personalised level of Formula 3 – Personalised Protein Powder.



## Step 3

Add 250ml semi-skimmed milk



## Step 4

Shake! Don't forget to use a sealable container for shaking. Or otherwise try a whisk or a liquidiser. Then sit back and enjoy!



## 2 Shake Plan

Replace 2 meals a day with a delicious Formula 1 shake.

Add your personalised level of Formula 3 Personalised Protein Powder.

Take 1 Formula 2 multivitamin tablet 3 times a day with your meal.

Enjoy a colourful meal with lean protein, plenty of fresh vegetables and fibre.

## 1 Shake Plan

Replace 1 meal a day with a delicious Formula 1 shake.

Add your personalised level of Formula 3 Personalised Protein Powder.

Take 1 Formula 2 multivitamin tablet 3 times a day with your meal.

Enjoy two colourful meals with lean protein, plenty of fresh vegetables and fibre.



## Hydrate your Body

Water is your body's life force. Your body's need for water is second only to its need for oxygen. Water helps you maintain radiant skin and hair. And when it comes to weight management water is an essential component of your success.

Why? Because water assists the digestion, absorption and elimination of the food you eat, helping your body to flush out toxins. But not only that, water is also a natural appetite suppressant. If you don't drink enough water you'll be more likely to overeat as your brain doesn't differentiate between

thirst and hunger. Remember to drink a large glass of water before your colourful meal.

### How many glasses a day?

8 large glasses is the optimum amount that you should be drinking every day.

To liven up your water intake add a slice of fresh lemon or ask your ShapeWorks Coach about Herbal Aloe Concentrate – a delicious, refreshing beverage and a great excuse to drink more water!

## Sculpt your Shape

### Protein + Exercise = a better shape

Exercise is an integral part of your ShapeWorks programme. To get your best shape you need to exercise!

Exercise, when combined with protein, helps to build muscle. The more muscle you have the higher your metabolism and the more calories your body burns at rest.

### Try the following:

- Burn just as many calories by walking a mile in 20 minutes as running a mile in 10 minutes
- Use the stairs, park your car further from your destination so that you have to walk or run for the bus... or better still, walk everywhere!
- Let go of stress and frustration and watch your mood lift!

Ask your Coach for great exercise ideas to help you change your shape!

# Daily Meal Plans

2 Shake Plan Solutions					
	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	2 dessert spoons Vanilla Formula 1, personalised amount of Formula 3/PPP and 250ml semi-skimmed milk	1 cottage cheese	2 dessert spoons Chocolate Formula 1, personalised amount of Formula 3/PPP and 250ml semi-skimmed milk	1 chocolate covered protein bar	One chicken breast with vegetable broth, carrots, celery, onions and green beans, dark green salad with reduced-calorie dressing
Day 2	2 dessert spoons Strawberry Formula 1, personalised amount of Formula 3/PPP and 250ml semi-skimmed milk	1 apple	1 cup tomato soup, tuna mixed with chopped vegetables, 1/4 avocado and light Italian dressing	1 packet of crunchy soy nuts	2 dessert spoons Vanilla Formula 1, personalised amount of Formula 3/PPP and 250ml semi-skimmed milk
Day 3	2 dessert spoons Vanilla Formula 1, personalised amount of Formula 3/PPP and 250ml semi-skimmed milk	1 protein bar, Instant Herbal Beverage	2 dessert spoons Tropical Fruit Formula 1, personalised amount of Formula 3/PPP and 250ml semi-skimmed milk	Celery and carrots with low fat dressing	Crab meat, 1/2 avocado, dark green salad leaves, sliced mango and reduced calorie dressing
Day 4	2 dessert spoons Tropical Fruit Formula 1, personalised amount of Formula 3/PPP and 250ml semi-skimmed milk	1 packet of crunchy soy nuts	2 dessert spoons Vanilla Formula 1, personalised amount of Formula 3/PPP and 250ml semi-skimmed milk	1 nectarine	Soy protein burger, grilled peppers, onion and aubergine, tossed green salad with low fat dressing
Day 5	2 dessert spoons Strawberry Formula 1, personalised amount of Formula 3/PPP and 250ml semi-skimmed milk	1 Tomato soup	1 egg, tomatoes, salsa, 1 slice wholegrain toast, 1/2 grapefruit	1 protein bar	2 dessert spoons Chocolate Formula 1, personalised amount of Formula 3/PPP and 250ml semi-skimmed milk
Day 6	2 dessert spoons Vanilla Formula 1, personalised amount of Formula 3/PPP and 250ml semi-skimmed milk	1 fresh pear	2 dessert spoons Chocolate Formula 1, personalised amount of Formula 3/PPP and 250ml semi-skimmed milk	1 protein bar, Instant Herbal Beverage	Turkey breast, carrots, celery, green beans, green salad with low calorie dressing
Day 7	2 dessert spoons Strawberry Formula 1, personalised amount of Formula 3/PPP and 250ml semi-skimmed milk	1 protein bar	2 dessert spoons Vanilla Formula 1, personalised amount of Formula 3/PPP and 250ml semi-skimmed milk	1 apple, Instant Herbal Beverage	Grilled halibut, 2 cups spinach, grilled peppers and onion



## 1 Shake Plan Solutions

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	2 dessert spoons Vanilla Formula 1, personalised amount of Formula 3/PPP and 250ml semi-skimmed milk	1 nectarine, Instant Herbal Beverage	1 cup tomato soup, tuna mixed with chopped vegetables, 1/4 avocado and light dressing	1 protein bar and one orange	Turkey burger on 1/2 wholegrain bun, salad with tomato and avocado and low fat dressing, 2 cups steamed vegetables
Day 2	2 dessert spoons Chocolate Formula 1, personalised amount of Formula 3/PPP and 250ml semi-skimmed milk	1 Tomato soup and 2 plums	Turkey breast, tossed salad with low fat dressing, 2 cups steamed spinach with vinegar, 1/2 cup brown rice, 1 slice of melon	1 protein bar, Instant Herbal Beverage	Stew with sliced chicken breast, celery, carrots, onions and vegetable broth, green salad with low fat dressing
Day 3	2 dessert spoons Vanilla Formula 1, personalised amount of Formula 3/PPP and 250ml semi-skimmed milk	1 protein bar	1 egg, tomatoes, salsa, 1 slice wholegrain toast, 1/2 grapefruit	1 packet of soy nuts and 1 orange	Crab meat, 1/2 avocado, dark green salad leaves, sliced mango and reduced calorie dressing
Day 4	2 dessert spoons Strawberry Formula 1, personalised amount of Formula 3/PPP and 250ml semi-skimmed milk	1 packet of soy nuts and 1 apple	Turkey breast, tossed salad with low fat dressing, 2 cups steamed spinach with vinegar, 1/2 cup brown rice, 1 slice of melon	1 protein bar	Soy burger on 1/2 whole grain bun, salad with tomato and avocado and low fat dressing, 2 cups steamed vegetables
Day 5	2 dessert spoons Vanilla Formula 1, personalised amount of Formula 3/PPP and 250ml semi-skimmed milk	1 protein bar and 2 plums	1 cup tomato soup, tuna mixed with chopped vegetables, 1/4 avocado and light dressing	1 apple, Instant Herbal Beverage	Lean steak, onions and peppers, tossed green salad with low fat dressing
Day 6	1 egg, tomatoes, salsa, 1 slice wholegrain toast, 1/2 grapefruit	Celery and carrots with low fat dressing	2 dessert spoons Vanilla Formula 1, personalised amount of Formula 3/PPP and 250ml semi-skimmed milk	1 cottage cheese	Small chicken breast, tossed salad with low fat dressing, 2 cups steamed spinach with vinegar, 1/2 cup brown rice
Day 7	2 dessert spoons Vanilla Formula 1, personalised amount of Formula 3/PPP and 250ml semi-skimmed milk	1 orange	1 egg, tomatoes, salsa, 1 slice wholegrain toast, 1 cup strawberries	1 packet of soy nuts and 1 apple	Grilled halibut, grilled peppers, onion and aubergine, tossed green salad with low fat dressing, 1 poached pear with cinnamon

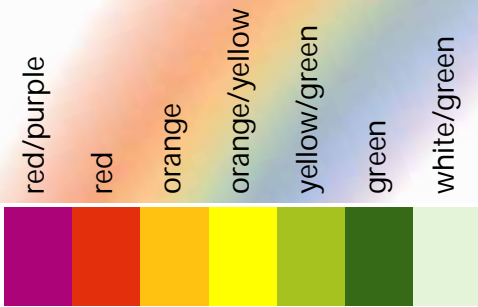
# Fill your Plate with Colour

## Creating Your Colourful Meal

Colourful fruits and vegetables are the foundation of your daily menus. Full of vitamins and minerals, they help maintain your organs and immune system, keeping your body strong.

ShapeWorks makes it easy to choose the right fruits and vegetables for your meal plan by organising them into seven unique colour groups. Each colour group provides vital but different phytonutrients, which help our bodies to perform more efficiently. Eat food from all the colour groups to reap all the benefits.

Simply eating more fruits and vegetables is not the answer – they must be the right fruits and vegetables. Starchy vegetables such as peas or lentils (200 to 250 calories per cup) are healthy, but they contain more calories than you may want. If you need to eat more to satisfy your hunger, add colourful vegetables. For example, spinach and asparagus are better choices than higher calorie corn and peas. A cup of spinach topped with  $\frac{1}{2}$  cup of tomato sauce has only about 90 calories, but it gives you nutrients from two colour groups.



### Why not Brown and Beige?

When considering which foods to enjoy sparingly, also use colour as a guideline. Many brown and beige carbohydrates, like pasta, beans and potatoes, while healthy, also tend to be high in calories.

#### Colour Counts:

2 cups of spinach = 80 calories

2 cups of rice or potatoes = 600 calories

# Choose Healthy Carbohydrates

## Enjoy often

	servicing size	calories
Most Vegetables:	1 cup, cooked	40-60
Apple	1 medium	80-100
Banana	1 average	90
Cherries	15 cherries	85
GrapeFruit	1/2 fruit	40
Kiwi	1 large	50-60
Mango	1/2 fruit	80
Orange	1 large	85
Peach	1 large	60-70
Plums	2 small	60
Strawberries	1/2 cup	40-50
Tomato Juice	1 cup	40-50
Apricots	2 whole	50-60
Orange Juice	1/2 cup	50-60
Papaya	1/2 large	75
Pineapple	1/2 cup	75
Pumpkin	1 cup	70-80
Shredded wheat	1 cup	110-140
Toasted oats	1 cup	120
Watermelon	1 cup	50

## Eat occasionally

	servicing size	calories
Apple juice	1 cup	150
Grapefruit juice	1/2 cup	50
Pear	1 medium	100
Peas	1 cup	140-150
Pineapple juice	1 cup	140-150
Whole grain bread	1 slice	80-100
Barley	1 cup cooked	207
Black beans	1/2 cup	120 - 150
Grapes	1 cup	100-120
Kidney Beans	1 cup cooked	200-230
Lentils	1/2 cup	90 - 120
Soy Beans	1/2 cup cooked	150-160
Cranberry juice	1/2 cup	60-80
Oatmeal	1 cup	130



## Reach for infrequently

	servicing size	calories		servicing size	calories
Cashews	1/2 cup	400-500	Corn chips	6g	300-350
Ice Cream	1 cup	300-400	Corn Flakes	1 cup	100
Low fat Ice Cream	1 cup	250-300	Croissant	1 average	270-300
Peanuts	1/2 cup	400-500	French Fries	1 large order	515
Popcorn full fat	2 cups	120-150	Pizza	1 large slice	300
Crisps	57g	300-350	Raisins	1/2 cup	270-300
Whole milk	1 cup	150-160	Waffles	1 average	150
Vanilla pudding	1 cup	200-270	White bread	1 slice	150-180
Fruit Yogurt	1 cup	200-250	White rice	1/2 cup	150
Soy Yogurt	1 cup	200-220	Cream	100g	50-70
Baked potato	1 small	220	Mayonnaise	10g	70-80
Brown rice	1/2 cup	120	Meat high fat	100g	215
Corn	1 ear	75	Butter/margarine	1 tbsp	36

Remember a cup is a container that holds 250ml of water! Use your Herbalife Shaker #8151 to measure portion size.

# Top ShapeWorks Tips!

- Vary the flavour of your Formula 1 shakes
- Fill your plate with fresh, colourful vegetables
- Sculpt your shape by exercising
- Drink 8 glasses of water a day
- Don't give up. You can do it!



Your ShapeWorks Coach is:

[www.HealthyLifeNow.com](http://www.HealthyLifeNow.com)

Independent Herbalife Distributor



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