



7 Herbalife Day Meal Plan

Day	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Formula 1 Shake	Grated Apple with Cinnamon	Mix of Green Salads with a Can of Tuna	Fresh Pineapple (or similar) Juice with Ginger	Formula 1 Shake
Tuesday	Formula 1 Shake	Fresh Grapefruit or Fresh Orange Juice	Grilled Chicken Breasts, Broccoli and Cauliflower, Lettuce	Apple	Formula 1 Shake
Wednesday	Formula 1 Shake	Grated Apple with Cinnamon	Mix of Green Salads with a Can of Tuna	Fresh Pineapple (or similar) Juice with Ginger	Formula 1 Shake
Thursday	Formula 1 Shake	Fresh Grapefruit or Fresh Orange Juice	Grilled Chicken Breasts, Broccoli and Cauliflower, Lettuce	Apple	Formula 1 Shake
Friday	Formula 1 Shake	Grated Apple with Cinnamon	Mix of Green Salads with a Can of Tuna	Fresh Pineapple (or similar) Juice with Ginger	Formula 1 Shake
Saturday	Formula 1 Shake	Fresh Grapefruit or Fresh Orange Juice	Grilled Chicken Breasts, Broccoli and Cauliflower, Lettuce	Apple	Formula 1 Shake
Sunday	Formula 1 Shake	Grated Apple with Cinnamon	Steak with 200a of Fresh Beets	Fresh Pineapple (or similar) Juice with Ginger	Formula 1 Shake

