

# How to Use Your Herbalife Program

*(Optimized for Day Shift Work & Regular 3<sup>rd</sup> Meal)*

<p>_____ <b>AM</b> <b>Breakfast</b></p> <p><b>Protein</b> _____</p>	<ul style="list-style-type: none"> <li>Mix your <b>Formula 1</b> Shake in 8 oz of water with _____ scoop(s) of PDM and blend with 1-2 cups of ice</li> <li><i>(See "Shake Recipes" for more ideas.)</i></li> <li>Drink 2 glasses of water.</li> </ul>	<ul style="list-style-type: none"> <li><b>Formula 2</b> – 1 Tablet</li> <li><b>Cell Activator</b> – 1 Capsules</li> <li><b>Herbal Concentrate</b> – ½ tsp</li> <li><b>Cell-u-loss</b> – 1 Tablet</li> <li><b>Total Control</b> – 1 Tablet</li> <li><b>Aminogen</b> – 1 Tablet</li> <li><b>Snack Defense</b> -1 Tablet</li> </ul>
<p>_____ <b>AM</b> <b>Mid-Morning</b> <b>Protein</b> _____</p>	<ul style="list-style-type: none"> <li>Drink 1 glass of water.</li> <li>Eat 7-15g Protein + ComplexCarb</li> </ul>	<ul style="list-style-type: none"> <li><b>Herbalife Protein Snack</b> – if needed</li> </ul>
<p>_____ <b>PM</b> <b>Lunch</b></p> <p><b>Protein</b> _____</p>	<ul style="list-style-type: none"> <li>Mix your <b>Formula 1</b> Shake in 8 oz of water with _____ scoop(s) of PDM and blend with 1-2 cups of ice</li> <li><i>(See "Shake Recipes" for more ideas.)</i></li> <li>Drink 2 glasses of water.</li> </ul>	<ul style="list-style-type: none"> <li><b>Formula 2</b> – 1 Tablet</li> <li><b>Cell Activator</b> – 1 Capsules</li> <li><b>Herbal Concentrate</b> – ½ tsp</li> <li><b>Cell-u-loss</b> – 1 Tablet</li> <li><b>Total Control</b> – 1 Tablet</li> <li><b>Aminogen</b> – 1 Tablet</li> <li><b>Snack Defense</b> -1 Tablet</li> </ul>
<p>_____ <b>PM</b> <b>Mid-Afternoon</b> <b>Protein</b> _____</p>	<ul style="list-style-type: none"> <li>Drink 1 glass of water.</li> <li>Eat 7-15g Protein + ComplexCarb</li> </ul>	<ul style="list-style-type: none"> <li><b>Herbalife Protein Snack</b> – if needed</li> <li><b>Herbal Concentrate</b> – ½ tsp</li> </ul>
<p>_____ <b>PM</b> <b>Evening</b></p> <p><b>Protein</b> _____</p> <p><b>*Only protein food after dinner</b></p>	<ul style="list-style-type: none"> <li>Eat: <ul style="list-style-type: none"> <li>4-6 oz lean meat &amp; 4 cups of salad</li> <li>or</li> <li>4-6 oz lean meat &amp; 2 cups of vegetables</li> <li>or</li> </ul> </li> <li>Sometimes: 4-6 oz lean meat &amp; 1 cup veg and ½ cup Fruit/Grain</li> <li>Drink 2 glasses of water.</li> </ul>	<ul style="list-style-type: none"> <li><b>Formula 2</b> – 1 Tablet</li> <li><b>Cell Activator</b> – 2 Capsules</li> <li><b>Cell-u-loss</b> – 1 Tablet</li> <li><b>Snack Defense</b> – 2 Tablets</li> <li><b>Formula 2</b> – 1 Tablet</li> <li><b>Cell Activator</b> – 1 Capsules</li> <li><b>Cell-u-loss</b> – 1 Tablet</li> <li><b>Total Control</b> – 1 Tablet</li> <li><b>Aminogen</b> – 1 Tablet</li> <li><b>Snack Defense</b> -1 Tablet</li> <li><b>Thermobond</b> – 1-3 with main meal</li> </ul>

## Some Helpful Hints:

- See "Shake Recipes" page for shake ideas.
- Inch loss is more desirable than pounds and may occur first.
- Use 2 scoops of Formula 1 powder for each shake with 8oz of water and 1-2 cups of ice.
- Use 1-2 scoop(s) of Protein Drink Mix (PDM) for each shake.
- Water is one of the MOST important catalysts for losing weight with any program. You should drink half your body weight in ounces every day.
- If you forget a set of tablets, just pick back up and continue when your realize it. Don't "double up" to make it up or stop for the day.
- Snacking during the day is important BUT your snacks should be from the snack list, Herbalife product line of protein snacks or additional shakes.