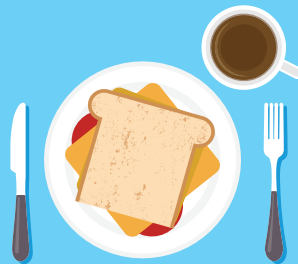


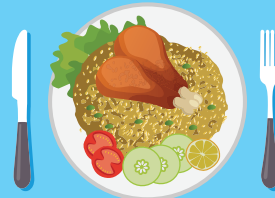
MEAL PLANNER

A meal is an eating occasion that takes place at a certain time and includes specific, prepared food, or the food eaten on that occasion. It covers any of the regular occasions, such as breakfast, lunch, dinner, etc., when food is served and eaten.

GENERALLY 3 MEALS A DAY PRACTICE IS PREDOMINANT.



BREAKFAST



LUNCH



DINNER

FIVE MEALS CAN BE BETTER THAN THREE!!!

We usually get hungry about every three to four hours, so several smaller portion controlled meals spread throughout the day can be more beneficial than the outdated idea that you must only eat three times a day*.



Eating more may help prevent you from over-eating at meal times and ensure you stay energized all day long.



It's important to supplement your meals with nutritious snacks in between – like fruit, nuts and seeds - that will keep your appetite at bay, along with minimum of 45 minutes of physical activity which may help you to manage your weight with ease.

This documents is only for general information and not intended to be a substitute for the advise of a qualified and registered nutritionist and/or an expert.

MEAL PLANNER

Follow our easy 5-meal plan to help you reach your target !

Five meals can be better than three

We usually get hungry about every three to four hours, so several smaller meals spread throughout the day can be more beneficial than the out-dated idea that you must only eat three times a day. Eating more often can help prevent you from over-eating at meal times and ensure you stay energized all day long.

It's important to supplement your meals with healthy snacks in between – like fruit, nuts and seeds - that will keep your appetite at bay, along with minimum of 45minutes of physical activity which will help you to manage your weight with ease.

FIT YOUR FAVORITE JEANS

Two shakes a day



DAILY ESSENTIAL NUTRITION AND SUSTAINED ENERGY

One shake a day



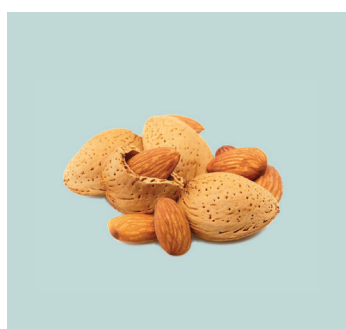
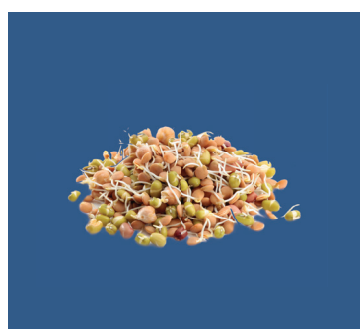
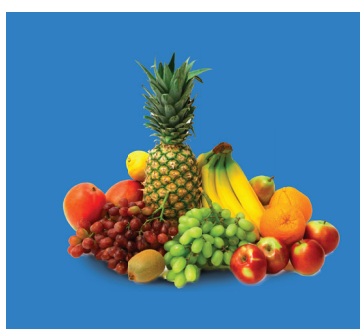
	Healthy Breakfast	
	Healthy Snack	
 OR 	Healthy Lunch	
	Healthy Snack	
	Healthy Dinner	

If you are looking to gain weight add an extra F1 shake to your morning and afternoon snacks.

We all want something to nibble on between meals from time to time, but it's still important to ensure they're nutritious. [a healthy snack is about 100 KCal and a mix of protein, healthy carbs, fats, vitamins, minerals and fiber consumed about halfway between meals to keep energy level constant.]

Eating nutritious snacks is not mandatory, can be opted based on personal choice. Nutritious snacks is an effective way to fit required nutrients into one's diet and prevent overeating at mealtimes.

Nutritious snack options: fruit, vegetables, nuts, sprouts etc.



YOU CAN TRY SOME OF THE FOLLOWING NUTRITIOUS SNACKS RECIPES

FRUIT SALAD

Make a fruit salad with your favorite fruits then top with quality low fat yoghurt (no-added sugars) and crushed nuts and seeds.



FRUITS

+



LOW FAT
YOGURT

+



SPRINKLE ROASTED & GROUNDED
FLAX SEED POWDER

=



DELICIOUS FRUIT SALAD!

SOME NUTRITIOUS SNACKS RECIPES

HARD BOILED EGG ON TOMATO SLICES

Slice a medium fresh tomato and one hard boiled egg. Top tomato slices with egg slices, season with salt and pepper. About 120 calories, 6 grams protein.



TOMATO

+



BOILED EGG

+



SALT AND PEPPER

=



A PROTEIN RICH SNACK!

OATMEAL WITH A BOOST

Cook 1 packet low-sugar instant oatmeal in water; stir in 1 tablespoon (6g) plain protein powder.



LOW-SUGAR OATMEAL

+



HERBALIFE PERSONALIZED PROTEIN POWDER

=



HEALTHY OATMEAL

LOW FAT COTTAGE CHEESE + CHOPPED VEGGIES

3/4 cup (160g) low fat cottage cheese + 1/2 cup (60g) chopped mixed veggies (carrots, cucumber, peppers). Add a few twists of fresh ground pepper.



LOW FAT COTTAGE CHEESE

+



MIXED VEGETABLES

=



FRESH LOW FAT SALAD

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