

Congratulations
on Starting Your
3 DAY
ENERGY
pack



Congratulations on your decision to complete your Energy Pack.

I'm very excited for you. The Herbalife products have been helping people for 40 years in 90 countries. Our mission is to make a big impact in our community and each success story puts us one step closer. I look forward to working with you on your health goals! Herbalife is the most successful weight management company in the world. As your health and wellness coach, I will personalize a program to best fit your needs by using these great nutrition products.

To achieve your best results, follow these guidelines.

INSTRUCTIONS:

1. Download the free app Telegram - this is how we'll communicate. Join The Expo with the QR code below & I'll send the link to the Energy Pack group later this week.
2. Weigh yourself on a digital scale Monday morning before starting your Energy Pack. Send a photo of your weight to your coach by **11:59am CST**.
3. Use one Formula 1 **"On the Go"** packet for **breakfast** and one Formula 1 **"On the Go"** packet for **lunch OR dinner** for 3 **CONSECUTIVE** days.
4. Have your first shake **within 30 minutes** of getting up in the morning.
5. Drink one Herbalife Tea Bomb (**Liftoff** and **Herbal Tea Concentrate**) with your breakfast shake and one Herbalife Tea with your lunch shake or mid-afternoon snack. These products will ignite your metabolism and give you a refreshing boost of energy and alertness. **Pay attention to the change in your energy level.**
 - 5a. To make your Tea Bomb, place a little bit of **warm water** in a 16 oz. glass, add 1 Liftoff tablet and 1 packet of the Raspberry Tea Concentrate, and let dissolve. Then add ice and fill with water.
6. Have the second Formula 1 shake no more than 4 hours after the first (i.e. 8 am & 12 noon).
7. To make each Formula 1 **"On the Go"** shake: Blend the contents of one packet with, at least, **8 oz. of cold water and 6-8 oz. of ice**. You can also mix it into a Shaker Cup with 12-14 oz. of cold water. Please do not use coconut water, almond milk or juice to mix with the packets. I'll be following up with you to check on how you feel.
8. Drink **16 oz. of water and/or your tea bomb** after EACH Formula 1 **"On the Go"** shake.
9. Drink at least **1/2 your weight in ounces of water** per day. For example, a 150 lbs. person would need to drink 75 oz. of water. If you are exercising, drink more!
10. Around 3pm, eat an afternoon snack. Choose 12-15g of protein (i.e. 2-3 hard-boiled eggs; 6 oz. of Greek yogurt, single serve tuna packet, etc.) along with a healthy carb (i.e. 1/2 cup fruit or veggies).
11. Eat dinner between 5-8 pm. **Women:** eat a 4 oz. portion of protein. **Men:** eat a 6 oz. portion of protein. Fill half the plate with vegetables.
12. Weigh in on Thursday morning, Day 4, and send a picture of your weight to your coach by **11:59am CST**.
13. Tune in **Thursday night at 8pm** for Winner's Night! Watch the video and comment to be eligible for prizes!

I'm committed to your results and excited for you to FEEL the results!



The Expo