

SNACK LIST

7-15 Grams of Protein

- ½ cup Cottage Cheese (non fat) 13 grams
- 1 String Cheese 7 grams
- 1 Greek yogurt (Fage or Chobani) 12-20 grams
- 3-4 Egg Whites 12-16 grams
- 2oz of Deli Meat 10-12 grams
- ½ can of Tuna 13 grams
- 3.2 oz. of Sardines 19 grams
- Tofu (firm raw) 12.8 grams
- 1 Soy/Garden Burger 13-18 grams
- 1 oz. of Beef Jerky 12 grams
- 1 Herbalife Protein Bar Deluxe 10 grams
- 1 Herbalife Protein Drink Mix, 15g
- Herbalife Creamy Chicken Soup Mix 16 grams
- 1 pack of Herbalife Soy Nuts 9 grams
- 1 serving of Herbalife Beverage Mix 15 grams
- ½ cup of Dried/Frozen Edamame Beans 10 grams
- 1 serving of vegies with dip (1 cup of plain Greek yogurt with ½ pack of Herbalife soup mix with ¼ pack ranch)
- 1 serving of vegies with ranch salad dressing (½ cup Cottage Cheese with ½ pack of Herbalife soup mix with ¼ pack ranch)

20 Grams of Protein

- 1 Herbalife Protein Bar Deluxe and ½ cup cottage cheese
- ¾ cup cottage cheese (non-fat) and fruit
- 1 large bag tuna and 1 Tbsp. lite mayo
- 1 string cheese and 2 oz. deli meat
- 1 yogurt and Herbalife Protein Bar Deluxe
- 1 yogurt and Herbalife Creamy Chicken Soup Mix
- 5 hard-boiled egg whites and 1 yolk
- ½ cup of Edamame and 2 oz. of chicken breast strips
- 8 oz. of plain Greek yogurt mixed with 1 scoop of Herbalife Beverage Mix
- 2 scoops of Wild Berry Beverage Mix and ¼ cup of instant oatmeal

25 Grams of Protein

- 1 cup of cottage cheese (non fat) and fruit
- 6 hard-boiled egg whites
- 1 protein bar and 1 beverage drink mix
- 1 pack of Herbalife soy nuts and 1 beverage drink mix
- 1 garden burger and yogurt
- 1 large bag/can of tuna/1 Tbsp. lite mayo with one serving soy Crisps
- 1 string cheese and 4 turkey meat slices
- 1 can of tuna and flat out wrap
- Formula 1 Shake with Protein Drink Mix and 8 oz. water
- Rebuild Strength Protein Shake

WITH EACH SNACK, HAVE 1 SERVING OF FRUIT OR VEGETABLES