

# Personal Wellness Evaluation & Meal Plan for   Date:

**Your BMI is =**   (<18.5 = Underweight, 18.5–24.9 = Normal, 25–29.9 = Increased level of risk for disease, 30+ = Obesity - high risk of disease)

**Your Current Protein Factor =**   **- Grams per day** The protein factor is an estimate of the optimum amount of protein that your nutrition plan should provide based on the amount of lean body mass you have. This will help you maintain lean muscle but lose fat.

**Target Calories to Reach Your Goals = Consume**   **Calories**

**Your Customized Meal Plan is below. When you follow this plan, you will be in FAT-BURNING MODE!! Don't stress about the #s above.**

\* PPP = Personalized Protein Powder, PDM = Protein Drink Mix, Bev Mix = Beverage Mix. If you don't have any of these toning products, you can either add one, or eat an additional 5-10 grams of protein with your shake. They help boost your protein which keeps you fuller longer as well as fuels the lean muscles to burn fat easier.

If you are hungry after your shakes, meal and snack(s) - and have had your recommended water - go ahead and have an additional BALANCED snack. Once you reach your goal, to simply maintain your ideal weight, have your coach update your numbers and meal plan, then switch to ONE Shake and 2 MEALS.

In your main meal, enjoy lean protein, vegetables, fruits, nuts/seeds as a part of your colorful meal. Limiting Gluten filled foods (such as breads, pasta, sweets, wheat based foods) and cutting down on high carb grains will help you lose faster. To make things SIMPLE, choose from the Balanced Food List

Your Coach:  
Order Online:

Meal Plan B	Formula #1 Healthy Meal	*Protein Booster (PPP, PDM, or Bev mix) If using Rebuild Strength – use ½ the amount below	16 oz Water	Metabolism Booster (Herbal Concentrate or Total Control)	Herbal Aloe Juice	Snack(s)	Cell-u-loss, Formula #2 Multi-Vitamin, Thermobond	Aminogen, Snack Defense	Cell Activator, Herbalifeline
<b>Breakfast</b>	2 Scoops	2 scoop of any of them in your Shake	X	½ tsp of tea or 1 Total Control	Concentrated = 3 capfuls in H2O, Quart = 4 oz	1 unit of carbs with your shake	X		X
Snack: 2-3 hours later			X			1 protein, 1 Carb & 1 Fat from list			
<b>Lunch</b>	2 Scoops	2 scoop in Shake	X	½ tsp tea or 1 Total Control		1 unit of carbs with your shake	X		
Snack: 2-3 hours later			X			1 protein, 1 Carb & 1 Fat from list			
<b>Dinner</b>	Pick 3 Proteins, 3 Carbs, & 3 fats from list		X	Note: You can have your main meal for ANY meal, just be sure to have 2 shakes and 1 meal each day.			X	2 of each	X
<b>Post Work Out</b>		Protein 12-20 Grams	X						