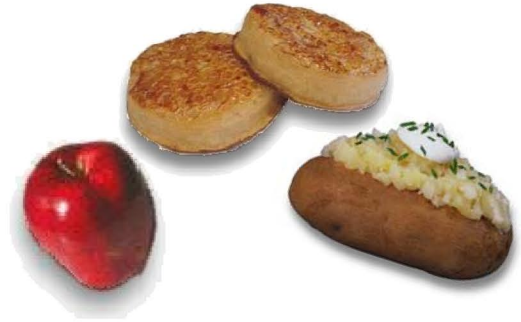


negative 500 calories

Lose 1lb each week



By creating a deficit of 500 calories, you can lose a pound a week (over 50 pounds in just one year!). Here are some easy-to-remember examples of lower-calorie choices to reduce your intake by 500 calories that will still satisfy your cravings.

Breakfast

Instead of: Large bagel with cream cheese and coffee with cream and sugar

Choose: Bran Flakes cereal with skim milk and coffee with non-dairy creamer

Cuts Back: 500 calories!

OR Choose: Herbalife Cookies n Cream Instant Meal with Raspberry Herbal Tea

Cuts Back: 500 calories!

Beverages

Instead of: 20-ounce soda, one cup orange juice, and second glass of wine

Choose: Water, unsweetened tea, LiftOff energy drink or unflavored seltzer water

Cuts Back: 500 calories!

Lunch

Instead of: Sub roll, mayo, high fat meats and cheese (bologna, salami, pastrami, etc.)

Choose: Whole wheat bread, spicy mustard, lean turkey or ham, reduced fat cheese

Cuts Back: 500 calories!

Snacks

Instead of: Candy bar, chips, and 20oz soda

Choose: Baby Carrots, Herbalife Deluxe Protein Bar, and an apple

Cuts Back: 500 calories!



Dinner

Instead of: Steak, fried potatoes, dinner roll, buttery vegetables

Choose: Grilled chicken or fish, baked potato with tablespoon sour cream, sautéed spinach (in 1-2 teaspoons olive oil and garlic)

Cuts Back: 500 calories!

For more tips about creating calorie deficits see other documents and information available on our website.