

3 DAY ENERGY PACK *Guidebook*



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Introduction

The Herbalife products have been helping people for over 44 years, in 90+ countries and is the most successful weight management company in the world. Our mission is to make a big impact in our community and each success story puts us one step closer.

For long-term sustainable changes, you want to develop healthy habits and create a lifestyle change. This involves increasing the nutrient rich foods we consume and decreasing the processed foods. The goal is to maximize energy and enhance overall health & well-being. As part of this overall lifestyle, we encourage you to incorporate regular exercise, restful sleep, and effective stress management.

The fundamentals include eating healthy snacks and colorful balanced meals. We'll provide you with tips and suggestions for what types of foods to incorporate, and guidance on portion sizes as well. In addition to all of these resources, you'll have a coach with you every step along the way and personalizing a program to best fit your needs using these great nutrition products as supplementation.

To achieve your best results, follow the guidelines on the upcoming pages. We look forward to working with you on your health goals!

Let's get started!

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Getting Started...

INSTRUCTIONS:

1. Determine how we'll communicate.
2. Weigh yourself on a digital scale 1st thing Monday morning before you start, and send a picture of your weight to your coach.
3. Use one Healthy Meal "shake" packet for breakfast and one Healthy Meal 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 Tea Kit, aka. "Energy Drink" (Liftoff + Herbal Tea Concentrate + Collagen) with your breakfast shake or mid-afternoon snack. This will ignite your metabolism and give you a boost of energy and alertness.

To make your Tea Kit: empty 1 Liftoff stick + 1 packet of Herbal Tea + 1 packet of Collagen in a 24-32 oz. glass, add splash of warm water, and let dissolve. Then add ice and fill cup with cold water.

6. Have your second shake no more than 4 hours after the first (i.e. 8 am & 12 noon).
7. To make each Healthy Meal 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 in a Shaker Cup with 12-14 oz. of cold water. 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 after EACH Healthy Meal shake.
9. Drink at least 1/2 your weight in ounces of water per day. For example, a 150 lb. 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 paired with a healthy carb. *Take a peek at the snack list for recommendations!*
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. *Check out the recipes for ideas!*
12. Weigh in again on Thursday morning, Day 4, and send a picture of your weight to your coach.



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Healthy Snack Recommendations

Here is a list of protein sources and healthy carbohydrates. With each snack, you're looking to get around **10-15g of protein** (you may need a different amount based on your personalized meal plan) AND a **healthy carb**. This combination will help keep you full and satisfied, while also boosting your metabolism to get the results you're after.

DAIRY/MEAT (PROTEIN)			PLANT/HERBALIFE (PROTEIN)		
	SERVING SIZE	GRAMS		SERVING SIZE	GRAMS
Baby Bell	1 wedge	7g	Edamame	1/2 cup	13g
Cottage Cheese	1/2 cup	15g	Tofu	3 oz	7g
Greek Yogurt	5.3 oz	12g	Plant Based Yogurt	5.3 oz	5-10g
String Cheese	1 stick	7g	Chickpeas	1/4 cup	10g
Chicken Breast	2 oz	15g	Beverage Mix	2 scoops	15g
Deli Meat (chicken or turkey)	2 oz	10-12g	High Protein Iced Coffee	2 scoops	15g
Eggs	1 egg	6g	Instant Soup Mix	2 scoops	15g
Ground Turkey	1/2 cup	7g	Protein Bar Deluxe	1 bar	10g
Jerky, Beef or Turkey	2 oz	14g	Protein Drink Mix	2 scoops	15g
Tuna Packet	2.6 oz	16g	Roasted Soy Nuts	1 packet	9g

FRUITS (HEALTHY CARB)			VEGETABLES (HEALTHY CARB)		
	SERVING SIZE	GRAMS OF FIBER		SERVING SIZE	GRAMS OF FIBER
Apples	1 medium	4g	Bell Pepper	1 large	2g
Blackberries	1 cup	8g	Broccoli	1 cup	2.4g
Blueberries	1/2 cup	2g	Carrots	1 cup	3g
Frozen Berries	1/2 cup	2g	Celery	2 stalks	2g
Grapefruit	1/2 grapefruit	2g	Cucumber	1/2 cup	0.3g
Oranges	1 medium	2.5g	Green Beans	1 cup	3.4g
Raspberries	1/2 cup	4g	Kale	1 cup	1.3g
Strawberries	1 cup	2g	Spinach, raw	2 cups	1.4g
			Tomatoes	1 cup	1.8g
			Zucchini	1 cup	1g

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How to build

A BALANCED MEAL



Your dinner plate should be colorful, and have the right balance of proteins, carbs and fats. Eating a variety of foods helps ensure you're getting a wide range of nutrients, and here's an indication of what a balanced meal should like.

VEGETABLES

Make sure to include some greens and other colors. Have a goal to differentiate at every meal as each vegetable provides different nutrients.

Asparagus
Bell Pepper
Beets
Broccoli
Brussel Sprouts
Carrots
Cauliflower
Onion
Spinach
Zucchini

PROTEIN *4 oz. Cooked Weight*

Choose high quality protein that is lean. Plant-based proteins are also great. Avoid highly processed meats that are high in saturated fats.

Beef, lean	25g
Chicken Breast, boneless skinless	25g
Fish, ocean caught	28g
Pork, lean	25g
Shrimp/Crab/Lobster	22g
Scallops	25g
Turkey Breast	25g
Tofu (1/2 cup)	21g
Veggie Burgers	10-20g
4 Egg Whites + 2 Yolks	20g

CARBS

Choose carbs high in fiber and rich in nutrients. Avoid "the whites" (you can do it, at least for the 1st 3 days): bread, rice, pasta, potatoes, baked goods & sweets.

Beans
Chickpeas
Couscous
Fruit
Lentils
Sweet Potato
Quinoa

FATS

Choose fats that are rich in omega-3s. Consume in moderation as they are higher in calories. Avoid saturated and trans fats.

Avocado
Eggs
Ghee
Coconut Oil
Extra Virgin Olive Oil
Flaxseed Oil

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Recipes





SALMON & AVOCADO POKE BOWL



Makes : 4



Cooks In: 20 minutes

Ingredients

Poke:

1 lb previously frozen wild salmon,
skinned and cut into 3/4-in cubes
1 medium ripe avocado, diced
1/2 cup thinly sliced yellow onion
1/2 cup thinly sliced scallion greens
1/2 cup chopped fresh cilantro
1/4 cup tobiko or other caviar
3 tbsp reduced-sodium tamari
2 tsp toasted sesame oil
1/2 tsp Sriracha

Brown Rice Salad:

2 cups cooked brown rice
2 cups packed greens (arugula)
2 tbsp rice vinegar
2 tbsp extra virgin olive oil
1 tbsp dijon mustard

Nutritional Values

Calories: 442
Fat: 22g
Carbs: 34g
Protein: 30g
Sugar: 4g
Sodium: 792mg

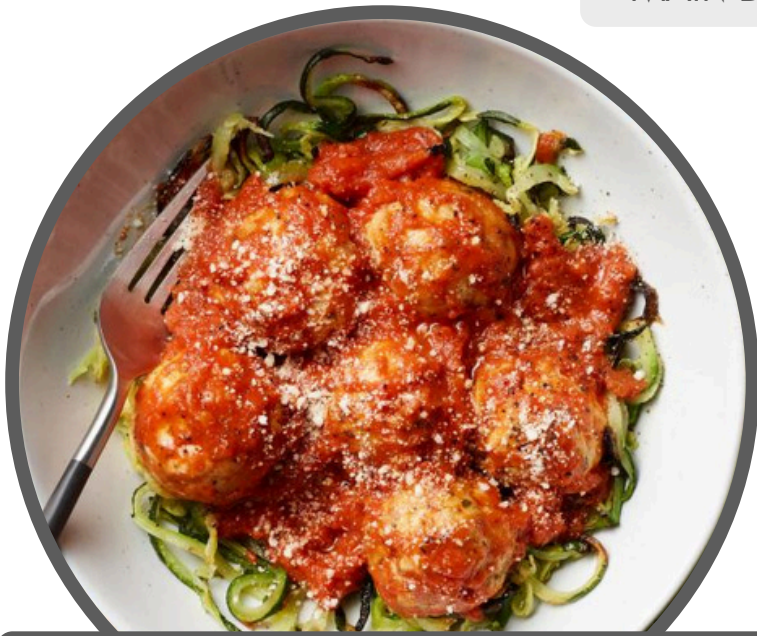
Directions

Gently combine the salmon, avocado, onion, scallion greens, cilantro, tobiko (or caviar), tamari, sesame oil and Sriracha in a medium bowl.

Combine rice and greens in a large bowl. Whisk vinegar, oil and mustard in a small bowl. Add to the rice salad and mix well. Serve the poke on the rice salad.

To make vegetarian/vegan:

- swap out the salmon for tofu
- skip the tobiko or caviar



TURKEY MEATBALLS WITH ZOODLES

 Makes : 2  Cooks In: 40 minutes

Ingredients

1 1/2 pounds spiralized zucchini noodles (aka. zoodles)
 salt
 1/3 cup plain breadcrumbs
 1/4 cup skim or 1% milk
 8 oz ground turkey
 1/4 cup cottage cheese
 2 tablespoons parsley
 1 tablespoon finely grated parmesan,
 plus more for serving
 1/2 tsp dried oregano
 freshly ground black pepper
 1 1/4 cups jarred tomato sauce

Nutritional Values

Calories: 395
 Fat: 14g
 Carbs: 41g
 Protein: 27g
 Sugar: 3g
 Sodium: 510mg

Directions

Toss zoodles with a pinch of salt in a large bowl. Let sit until zoodles begin to soften and release some excess liquid, about 10 minutes. Pat them dry and set aside.

Meanwhile, combine breadcrumbs and milk in a medium bowl and let sit while the breadcrumbs soften and absorb most of the liquid, about 5 minutes. Add turkey, cottage cheese, parsley, Parmesan, oregano, 1/2 tsp salt and several grinds of pepper to the breadcrumb mixture, then mix thoroughly with hands to combine. Form into 12 meatballs.

Preheat air fryer to 400°. Add meatballs, leaving some space between for air circulation. Air fry until golden brown on the outside and just cooked through, about 10 minutes, turning the meatballs about halfway through the cooking time.

Meanwhile, warm the sauce in a medium saucepan over medium heat. Add the meatballs, lower heat to low and keep warm.

Season the zoodles with a 1/4 tsp salt and several grinds of pepper. Air fry at 400°, tossing halfway through, until tender and starting to brown at the edges, 5-6 minutes. Divide the zoodles between 2 dinner plates or shallow bowls, then top each with 6 meatballs and spoon the warm tomato sauce over top. Serve with a sprinkle of Parmesan.



SHRIMP & CAULIFLOWER GRITS

 Makes : 4  Cooks In: 35 minutes

Ingredients

1 large head cauliflower, trimmed and cut into small florets
 1 1/2 cups plain unsweetened almond milk
 4 tbsp extra virgin olive oil
 salt & freshly ground black pepper
 1/3 cup nutritional yeast
 6 collard green leaves, stems removed, halved length wise, and thinly shredded
 1 1/4 lbs peeled & deveined shrimp
 2 large cloves garlic, minced
 pinch of cayenne pepper, optional
 1/4 cup fresh parsley
 juice of 1/2 lemon

Nutritional Values

Calories: 255
 Fat: 15g
 Carbs: 10g
 Protein: 20g
 Sugar: 3g
 Sodium: 195mg

Directions

Pulse half the cauliflower in a food processor until florets break down to fine pieces about the size of rice grains (it's okay if they clump; think of this step as cauliflower "rice" gone wrong). Transfer to a medium saucepan, pulse the remaining cauliflower and add that to the pan too. Add the almond milk, 1 Tbsp oil, 1/2 tsp salt and several grinds of pepper and bring to a simmer over medium-high heat. Simmer, stirring frequently, until mixture is soft, smooth and looks like grits, about 10 minutes. Remove from heat, stir in nutritional yeast, and adjust the seasoning with more salt and pepper if you'd like. Cover and keep warm.

Heat 1 Tbsp oil in a large skillet over medium-high heat. Add the collards, sprinkle with salt and pepper, and cook, tossing, until slightly wilted and tender, 2-3 minutes. Transfer to a bowl and keep warm. Wipe the skillet clean.

Sprinkle the shrimp with salt and pepper. Heat the remaining 2 Tbsp oil over medium-high heat. Add the shrimp, garlic and cayenne, if using. Cook, tossing, until shrimp are pink and just cooked through, 3-4 minutes. Remove from heat, add parsley, lemon juice and 1 Tbsp water. Stir to coat shrimp with the sauce.

Divide the cauliflower grits among shallow bowls. Top with the collards and then shrimp and sauce. Serve with lemon wedges.

Can swap out shrimp for protein of choice: chicken, tofu, fish, etc.



THAI CURRY VEGGIE NOODLES WITH CHICKEN

 Makes : 4  Cooks In: 40 minutes

Ingredients

1.5 lbs boneless, skinless chicken breast
1 tbsp extra virgin olive oil
salt & freshly ground black pepper
1/2 cup coconut milk
juice of 2 limes
2 tbsp almond butter
2 tsp red curry paste
1 large carrot, spiralized
1/2 small head red cabbage, sliced thin
1 large English cucumber, spiralized
2 scallions, thinly sliced
chopped roasted, salted cashews

Directions

Preheat the broiler and line a baking sheet with foil. Drizzle the chicken with olive oil and sprinkle with some salt and pepper. Transfer to the prepared baking sheet and broil, flipping halfway, until cooked through, about 10 minutes.

Meanwhile, whisk together the coconut milk, lime juice, almond butter and curry paste in a large bowl. Add the carrots, cabbage and 1 teaspoon salt and toss to coat completely. Let sit for 15 minutes. Add the cucumber to the bowl and toss to combine.

Thinly slice the chicken. Divide the veggies among 4 bowls and top with the chicken, scallions and some cashews. Serve with lime wedges.

Nutritional Values

Calories: 400
Fat: 19g
Carbs: 16g
Protein: 43g
Sugar: 7g
Sodium: 590mg