

3 DAY ENERGY PACK

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
			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