## Your 3 day Trial Plan

Each day you will have 3 meals, ie 2 shakes and 1 main colourful healthy evening meal. You will have either 1 or 2 healthy snacks*. Please ask your Wellness Coach to insert your snack plan here.

<table>
<thead>
<tr>
<th></th>
<th>Day one plan</th>
<th>Day two plan</th>
<th>Day three plan</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Breakfast Shake</td>
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</tr>
<tr>
<td><strong>Mid morning snack</strong></td>
<td>Mid morning snack* if required 1 x Thermocomplete Tablet (10.30-11.30am)</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>Lunch Shake</td>
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<tr>
<td><strong>Mid afternoon snack</strong></td>
<td>1 x Thermocomplete Tablet (2.30-3.30pm) Mid afternoon snack* if required</td>
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<tr>
<td><strong>Dinner</strong></td>
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The daily calorie target for women is usually 1100 to 1200 calories—for men around 1500 to 1700 calories. Drink 2 litres of water throughout the day.

Your Calorie target is

Your protein target is

Each shake will contain around 220—250 calories depending on how you make it plus 18–20 grams of protein.

*snacks are typically 70-140 calories such as Herbalife Protein bar, piece of fruit or yoghurt
Typical Weightloss Plans

Typical plans to follow. For detailed information please speak with your coach.

Women under 13 stone

Calorie target is 1100—1200 calories per day and protein target 70-80 grams per day.

The normal programme is 2 meal replacement shakes (meal bar), 1 healthy snack and a colourful main meal. A shake normally contains 210 –250 calories depending on how it is made, ie with added yoghurt and fruit, plus 20 grams of protein.

Women over 13 stone

Calorie target is 1200-1350 calories per day and protein target 100-140 grams per day.

The normal programme is 2 meal replacement shakes (or meal bar), 2 healthy snacks and a colourful main meal. A shake normally contains 210-250 calories depending on how it is made, ie with added yoghurt and fruit, plus 20 grams* of protein.

Men under 15 stone

Calorie target is 1500-1700 calories per day and protein target 80-100 grams per day.

The normal programme is 2 meal replacement shakes (or meal bar), 2 healthy snacks and a colourful main meal. A shake normally contains 210-250 calories depending on how it is made, ie with added yoghurt and fruit, plus 20 grams* of protein.

Men over 15 stone

Calorie target is 1700-1900 calories per day and protein target 100-140 grams per day.

The normal programme is 2 meal replacement shakes (or meal bar), 3 healthy snacks and a colourful main meal. A shake normally contains 210-250 calories, depending on how it is made, ie with added yoghurt and fruit, plus 20 grams * of protein.

You may wish to add an extra 5 grams of protein per shake by adding Formula 3 Protein Powder.

Please speak to your coach for shake recipe ideas.