

www.GoShape.com - Weight-Management Eating Guide

The Ideal Meal

Making your own high-protein shake puts you in control of your meal. Set up your shake area in the kitchen and keep it clean and well-stocked, because you'll be using this area every day. Having a nice, clean blender and keeping your spoon and powder handy is as important as having non-fat milk or soy milk and fresh or frozen fruit available. Try different flavors and fruits to give yourself some variety when you need it.

Herbalife's Ideal Meal includes soy protein and essential vitamins and minerals, along with the healthy fruits you've added—all in one delicious meal! The combination of protein and fruit found in ShapeWorks™ shakes make them more filling, so you feel satisfied and your cravings are kept at bay. Replacing

two meals with two shakes a day will help you lose weight fast and stay motivated. You can replace just one meal a day if you want to maintain your weight.



Why Is Protein Important?

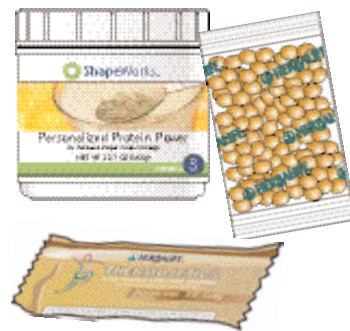
Making sure you get adequate protein intake every day is a simple and safe way to support losing or maintaining your ideal weight. Protein helps you feel fuller during a meal—and keeps you satisfied well after you've eaten. Because protein is filling, you won't be as tempted to snack between meals or consume "junk food" that's high in sugar, fat and calories, and low in nutritional value.

Protein also helps reduce carbohydrate cravings. Carbohydrates, especially sweets and starches, can trigger the brain to crave more of the same—which leads to a vicious cycle of overeating. Protein foods help block cravings. When you eat protein with healthy carbohydrates, such as fruits, vegetables and whole grains, the protein will keep you satisfied, while reducing your cravings for sweets and starches. This makes protein a powerful ally in your quest to lose weight.

In addition, protein helps maintain and build lean body mass, which is important because it determines your metabolic rate. To safely lose weight, you need to maintain a healthy lean body mass. Not only does too little protein leave dieters feeling weak and hungry, but the body may begin burning lean body mass for energy. The protein in

ShapeWorks™ shakes and products is lean, easily digestible and lower calorie than eating meats.

Women need, on average, 100 grams of protein daily to build and maintain an optimal amount of lean-body mass. Men need more—averaging 150 grams of protein daily. The Ideal Meal allows you to meet these protein goals at a very low-calorie cost. These protein guidelines are designed to keep you from feeling hungry, and the calorie-controlled shakes allow you to incorporate plenty of healthy fresh fruits and vegetables into a balanced meal plan. Everyone has different protein needs based upon their size, build and age, so personalize your protein intake according to your needs.



Identify Trigger Foods

Trigger foods are often used for emotional eating. They can trigger you to eat too much, lose control and not lose weight. These foods are often highly flavorful, but caloric and with little nutritional value. That's why it's important to identify your trigger foods and find healthy substitutes. These simple changes will empower you over the long term.

Instead of...

Chips, peanuts, crackers, pretzels
Cheese pizza
Mayonnaise, margarine, butter
Regular (full-fat) salad dressings
Red meat and fatty fish
Colas and juices
Pastries and ice cream
Beans, potatoes, pasta

Try...

Soy nuts and high-protein snacks
Tomato vegetable soup
Mustard, ketchup, "no-added sugar" jam, tabasco
Balsamic, rice or wine vinegar dressing
Skinless white chicken, turkey, halibut, tuna
Water, Herbal Aloe Drink
Fresh fruit
Steamed vegetables



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