

Lost: 20 kilos

Gained: so much energy!

ShapeWorks™
Success
Guide



Lisa Sowle Before: 72 kg After: 52 kg 20 KILOS LOST



Welcome to ShapeWorks™

You've made the right choice with ShapeWorks!

Not only will you get great nutrition, but because your programme is personalised with the right amount of protein for your body and supplements personalised to your individual needs, it keeps hunger at bay and helps you achieve great results. Imagine a weight management programme that doesn't leave you feeling deprived—but satisfied!

Optimising Your Health With Cellular Nutrition

To feel healthy, you have to be healthy. And to be healthy, you need to nourish your cells. We call this Cellular Nutrition, and it's the scientific foundation of every product we offer. By supplying your cells with the proper balance of nutrients, your cells become more receptive, allowing them to efficiently absorb and process nutrients. Through Cellular Nutrition, Herbalife has created the best foundation for weight loss and lasting results.

Why has losing weight seemed so difficult in the past? Maybe it's because you hadn't found a weight-loss programme that could help you take off the kilos and inches, while being healthy at the same time. ShapeWorks™ can do this for you.

It's a healthy, well-balanced programme personalised for your unique body composition and shape. It helps control hunger and keeps you feeling your best.

The Power of Protein and Personalisation

Your Herbalife Distributor will recommend the right amount of protein for you to personalise your programme. Protein helps you to manage your weight in two important ways:

Hunger Control: Protein-rich shakes, meals and snacks help control hunger because protein is digested slowly and it sends a message to the brain that the body is full and satisfied.

Fat Burning: Eating the right amount of protein daily helps maintain and build lean body mass as you lose weight, which in turn keeps your metabolism up, so you continue to burn fat.

Here's how to get started on your programme



Formula 1 Nutritional Shake Mix, along with our Protein Powder and our various protein snacks help satisfy your hunger immediately and help control your hunger throughout the day. You'll be amazed by the difference it makes in your weight-loss results to have the right amount of protein.

3

3 Times a Day

Take your supplements three times daily to enhance health and give your body the benefits of Cellular Nutrition.



2 Shakes, Personalised

Enjoy two meal-replacement shakes, personalised to the protein needs of your body, plus protein snacks to keep metabolism up and hunger at bay.



1

1 Colourful Meal

Eat a healthy, well-balanced meal with plenty of colourful fruits and vegetables.



Depending on your body weight, activity level and metabolism, in general terms a 4200 - 5720 kilojoule diet per day should effect a weight reduction in the average adult. See the suggestions for meals included in this brochure.

Protein & Personalisation



Protein is a key success factor in weight loss because it can help keep your metabolism up and keep hunger at bay.

Protein intake helps to control appetite and maintain lean body mass.

The more lean body mass you have, the higher your metabolism and the more calories you'll burn. Eating the right amount of protein for your body helps control your appetite and build and maintain lean muscle mass, thus making weight loss easier.

Protein + healthy carbohydrates = success.

The right amount of protein combined with healthy fruits and vegetables result in less hunger and a more balanced approach to losing weight.

You need protein to stay strong and healthy.

If you don't eat enough of it every day, your body will steal protein from your muscles and organs.

Remember, not all protein is created equal.

15% to 35% of your diet should be lean protein. Some sources of protein also have a lot of fat and should be avoided.

The Herbalife Difference

Our programme helps you customise your protein intake and control hunger with delicious, meal-replacement shakes.

- *ShapeWorks Formula 1 Shake* is loaded with healthy soy protein. It offers you all the nutrition of a meal with a minimum of calories.

Protein Options

- *ShapeWorks Personalised Protein Powder* is our own proprietary blend of whey and soy proteins. This soy/whey blend is pure protein. One serving provides 5 grams protein, and just 20 calories. Add it to your Formula 1 Shake to customise your protein with minimal calories and fat.

- *ShapeWorks Protein Snacks* offer variety. Protein Bars, in citrus lemon, vanilla almond or chocolate peanut. Soy Nuts are also part of the selection of Herbalife's high protein healthy snack options.

Soy protein

is the highest-quality plant protein available. It's an excellent source of the amino acids your body needs to help you maintain healthy cells. Soy protein is slowly metabolised.

Whey protein

provides different amino acids than soy. Whey protein is fast-acting and quickly metabolised.

That's why our Protein Powder provides a balance of both kinds of protein.



Formula 1 Shake–Personalised

ShapeWorks™ is based on Herbalife's delicious, easy-to-use meal-replacement shakes, made with Formula 1 Shake Mix and, as needed, Personalised Protein Powder. They taste so good, you'd never know how nutritious they are!

- Helps control hunger and boosts energy
 - Contains soy protein, to your hunger
 - Low in saturated fat, cholesterol and calories
 - A good source of fibre
 - Easily digestible
- Includes a variety of flavours, so you'll never get bored

MAKE A MEAL IN TWO MINUTES

Try various Formula 1 Shake flavours with your favourite fruits for variety. A few minutes of preparation will build a lifetime of benefits.



Make a Shake

In a blender, combine:

- 1 cup of nonfat milk or soy milk
- 1 serve of Formula 1 Nutritional Shake Mix
- Personalised Protein Powder (as needed)
- 1 cup fruit (fresh or frozen)

Blend well and enjoy. Consider using fresh or frozen blueberries, strawberries, mangos or a combination for the cup of fruit, along with Herbal Aloe Drink. If you like your shakes thick and extra cold, add one-half cup of crushed ice to the blender and/or use frozen fruit. Add Personalised Protein Powder as needed. Or reach for ShapeWorks™ protein snacks to meet your suggested protein needs.

ShapeWorks™ Protein Snacks

Our programme helps you create a healthy lifestyle without making you feel hungry or deprived. You don't even have to give up snacks, thanks to these Herbalife alternatives.

Craving sweets? Treat yourself to one of the several flavours of delicious **Protein Bars**. These bars will satisfy your sweet tooth and provide a protein boost to help reduce your hunger and maintain your energy.

Do you have the urge for chips or nuts? Grab a packet of **Roasted Soy Nuts**. So, you can enjoy the crunch and taste that you want without falling off the wagon.

Instead of reaching for a soda, power up with an iced Peach or Original Instant Thermo Beverage.

reality check

A 600ml cola contains about 250 calories—almost a quarter of many people's daily limit.



Keep Your Colourful Meals Fun



food myth

To lose weight, you need to cut out all the fat you eat.

food fact

Reduced-fat foods often have the same number of calories, or even more calories, than full-fat products due to added sugar. And, because they are “low-fat,” you may be tempted to eat a larger serving.

A 25-30 gram protein portion

is a serving of lean meat about the size of your palm or a Formula 1 Shake made with nonfat milk or non fat soy milk and adding 1 serve of Personalised Protein Powder.

A portion of fruits or vegetables

is about the size of your fist.

These **guidelines** are, of course, not exact.

In addition to your two Formula 1 Shakes, enjoy a healthy, well-balanced meal.

Now that you know more about your nutritional needs, you can create a personal meal plan with the right amounts of protein, fruits, vegetables, whole grains and fibre.

Did you ever think that a personalised meal plan would let you eat a vegetable salad, barbeque chicken, corn-on-the-cob and sliced kiwi with strawberries and a drizzle of chocolate? Colourful eating is about good choices, not about doing without.

Pick the foods and flavours that you enjoy. Remember that protein plus healthy carbohydrates will help you burn calories and keep you feeling full. In the following pages, you'll learn more colourful ways to meet your food requirements and learn more about other Herbalife products that will support your ShapeWorks® Programme.

Healthy Carbohydrates: A Rainbow of Foods



the doctor says
Colourful foods provide nutrition from the family of chemicals called phytonutrients or “plant” nutrients. These substances contribute to your healthy-food programme.

Colourful fruits and vegetables are healthy carbohydrates that are the foundation of your daily meals. Full of vitamins and minerals, they help maintain your organs and immune system, keeping your body strong as the weight comes off.

ShapeWorks™ makes it easy to choose the right fruits and vegetables by organising them into seven unique colour groups. Both men and women should include at least one serving from each colour group every day.

Simply eating more fruits and vegetables is not the answer—they must be the right fruits and vegetables. Starchy vegetables such as peas or corn are healthy, but they contain more calories. Spinach and asparagus are better choices than higher-calorie peas and corn.

Why Not Brown and Beige?

When considering which foods to enjoy sparingly, use colour as a guideline. Many brown and beige carbohydrates, like pasta, beans and potatoes, while healthy, also tend to be high in calories.








Colour Counts:

- 2 cups of spinach = 80 calories
- 2 cups of rice or potatoes = 500 calories

carb facts
Your body converts carbohydrates into sugar, which gives you energy. That’s the good news. The bad news is that some carbohydrate foods turn into too much sugar too fast, with too many calories.

Food Charts

Are you wondering what are the best food choices? These charts allow you to look up the calories and protein content of popular foods.

	Food Item	Portion	Calories	Food Item	Portion	Calories
 Red/Purple	Beets, cooked	1 C	75	Prunes	3 whole	60
	Eggplant, cooked	1 C	30	Red Apple	1 medium	100
	Red Cabbage, cooked	1 C	30	Red Pear	1 medium	100
	Blackberries	1 C	75	Red Wine	120ml glass	80
	Blueberries	1 C	110	Strawberries	1 C, sliced	50
	Grapes	1 C	115	Peppers, red, chopped	1 C	30
	Plums	2 small	70			
 Red	Tomato Juice	1 C	40	Pink Grapefruit	½ fruit	40
	Tomato Sauce or Puree	1 C	100	Pink Grapefruit Juice	½ C	50
	Tomato Soup, made w/ water	1 C	85	Watermelon	1 C balls	50
	Tomato Vegetable Juice	1 C	45	Tomatoes, raw, chopped	1 C	40
	Tomatoes, cooked	1 C	70			
 Orange	Acorn Squash, baked	1 C	85	Apricots	3 whole	50
	Carrots, cooked	1 C	70	Cantaloupe	1 C cubes	55
	Pumpkin, cooked	1 C	50	Mango	½ large	80
	Sweet Potato	1 C	200	Carrots, raw	1 C	50
	Winter Squash, baked	1 C	70			
 Orange/Yellow	Nectarine	1 large	70	Peach	1 large	70
	Orange	1 large	85	Pineapple	1 C, diced	75
	Orange Juice	½ C	50	Tangerine	1 medium	45
	Papaya	½ large	75	Yellow Grapefruit	½ fruit	40
 Yellow/Green	Collard Greens, cooked	1 C	50	Avocado	½ average fruit	80
	Corn	1 cob	75	Honeydew	1 C cubes	60
	Green Beans, cooked	1 C	45	Kiwi	1 large	55
	Green Peas	1 C	140	Cucumber	1 C	15
	Mustard Greens, cooked	1 C	20	Pepper, green, chopped	1 C	30
	Spinach, cooked	1 C	40	Pepper, yellow, chopped	1 C	30
	Turnip Greens, cooked	1 C	30	Romaine Lettuce	1 C	10
	Zucchini, with skin, cooked	1 C	30	Spinach, raw	1 C	10
 Green	Broccoli, cooked	1 C	45	Chinese Cabbage, cooked	1 C	20
	Brussels Sprouts	1 C	60	Kale, cooked	1 C	35
	Cabbage, cooked	1 C	35	Swiss Chard, cooked	1 C	20
	Cauliflower, cooked	1 C	30	Cabbage, raw	1 C	20
 White/Green	Artichoke	1 medium	60	Mushrooms, cooked	1 C	40
	Asparagus	1 C	45	Onion, cooked	1 C	105
	Celery, diced	1 C	20	Endive, raw	1 C	10
	Leeks, cooked	1 C	30			

Food Charts



Protein Foods

Food Item	Portion	Calories	Protein (gm)
Egg Whites	7 whites	115	25
Nonfat Cottage Cheese	1 C	140	28
Soy Canadian Bacon	4 slices	80	21 (varies)
Soy Cereal	½ C	140	25 (varies)
Turkey Breast	85g (cooked wt.)	135	25
Chicken Breast	85g (cooked wt.)	140	25
Lean Red Meat	85g (cooked wt.)	145–160	25
Ocean-Caught Fish	113g (cooked wt.)	130–170	25–31
Prawns, Crab, Lobster	113g (cooked wt.)	120	22–24
Tuna	113g, water pack	145	27
Scallops	113g (cooked wt.)	135	25
Soy Hot Dog	2 links	110	22 (varies)
Soy Ground Round	¾ C	120	24
Soy Burgers	2 patties	160	26
Tofu, firm	½ C	180	20 (varies)



Herbalife Proteins

Food Item	Portion	Calories	Protein (gm)
Formula 1 Shake	1 serve	101	9
Formula 1 + Skim or Soy Milk + 2 servings Personalised Protein Powder	1 serve Formula 1 + 300ml Skim Milk + 2 servings protein powder	245	29
Formula 1 + Skim Milk or Soy Milk	1 serve Formula 1 + 300ml Skim Milk	205	19
Personalised Protein Powder	1 serve	20	5
Protein Bar	1 bar	135	10
Roasted Soy Nuts	1 packet	110	11



Starch/Grain

Food Item	Portion	Calories	Protein (gm)
Cooked Beans	½ C, cooked	115–140	7
Brown Rice	½ C, cooked	110	3
Lentils	½ C, cooked	115	9
Whole-Grain Pasta	½ C, cooked	85	3
Shredded Wheat, bite size	1 C	110	5
High-Fiber Bran Cereal	½ C	90–120	4
Oatmeal	1 C, cooked	130	6
Bread, Whole Grain	1 slice	100	5
Bread, Sprouted Wheat	1 slice	80	4
Bread, Sprouted Multigrain	1 slice	60	3
Cheese, reduced fat	1 oz	50–80	2–5



Taste Enhancers

Food Item	Portion	Calories	Protein (gm)
Cheese, Parmesan	3 tablespoons	80	5
Nuts	½ oz	80–100	6–11
Olive Oil	1 teaspoon	40	4
Olives	10 large	50	7
Pine Nuts, Sesame Seeds	1 tablespoon (40 nuts)	50	4–7

7-Day Meal Plan A

Your Herbalife Distributor will help you choose Meal Plan A, B, C or D, depending on your protein needs. These sample meal plans can be followed exactly—or used as a guide to developing your own meal plan.

70-99 grams of protein
1200 calories



	Breakfast	Lunch	Snack	Dinner
Day 1	1 serving French Vanilla Formula 1, 1 cup blueberries, 1 cup soy milk or skim milk (protein powder as needed)	1 serving French Vanilla Formula 1, 1 peach, 1 cup soy milk or skim milk (protein powder as needed)	1 ShapeWorks® Protein Bar, 1 cup raw vegetables	Open-faced soy burger with condiments on single-side multi-grain roll or bun; green salad with tomato and carrots and lowfat dressing; 1 cup fruit for dessert
Day 2	1 serving French Vanilla Formula 1, 1 cup raspberries, 1 cup soy milk or skim milk (protein powder as needed)	Stew with 85g chicken breast, vegetable broth, sliced carrots, celery, summer squash, onions and green beans; green salad with reduced calorie dressing; 1 slice whole grain bread; fruit for dessert	1 packet Soy Nuts, 1 cup mixed vegetables	1 serving French Vanilla Formula 1, 1 cup strawberries, 1 cup soy milk or skim milk (protein powder as needed)
Day 3	7 egg-white omelet, ½ cup broccoli, ½ cup chopped tomato, 1 cup spinach, ½ cup salsa; 1 cup melon balls; 1 slice whole grain toast	1 serving Dutch Chocolate Formula 1, ½ banana, 1 cup soy milk or skim milk	1 ShapeWorks® Protein Bar 1 cup green salad with lowfat dressing	1 serving French Vanilla Formula 1, 1 cup frozen apple slices, dash cinnamon and nutmeg, 1 cup soy milk or skim milk (protein powder as needed)
Day 4	1 serving French Vanilla Formula 1, 1 cup mango cubes, 1 cup soy milk or skim milk (protein powder as needed)	1 serving French Vanilla Formula 1, 1 cup skim milk or soy milk, ½ kiwi and ½ cup strawberries (protein powder as needed)	1 cup (total): carrot sticks, celery sticks, broccoli florets; 85 grams sliced turkey breast	85g chicken breast with BBQ sauce, tossed salad with lowfat dressing, 2 cups steamed spinach with vinegar, 1 corn cob, 1 cup melon balls
Day 5	1 cup nonfat cottage cheese; 1 cup mixed berries, 1 cup tomato juice	1 serving French Vanilla Formula 1, ½ banana, dash cinnamon, 1 cup soy milk or skim milk	1 packet Soy Nuts, 1 cup chopped vegetable salad (tomato, carrot, cucumber, capsicum) with lowfat dressing	1 serving French Vanilla Formula 1, 3 diced apricots, dash almond extract, 1 cup soy milk or skim milk (protein powder as needed)
Day 6	1 serving Dutch Chocolate Formula 1, ½ banana, 1 teaspoon instant coffee, 1 cup soy milk or skim milk; 1 slice whole grain toast (protein powder as needed)	110g crab meat, ½ avocado, dark lettuce, grated reduced fat cheese, ½ cup whole beans, sliced mango and reduced calorie dressing	1 ShapeWorks® Protein Bar 1 cup mixed vegetable juice	1 serving French Vanilla Formula 1, ½ cup mandarin orange segments, dash coconut extract, 1 cup soy milk or skim milk (protein powder as needed)
Day 7	1 serving French Vanilla Formula 1, 1 cup blackberries, dash orange extract, 1 cup soy milk or skim milk (protein powder as needed)	1 serving Dutch Chocolate Formula 1, 1 cup strawberries, 1 cup soy milk or skim milk (protein powder as needed)	1 packet Soy Nuts 1 cup tomato juice	110g grilled fish topped with grilled capsicum, onion and eggplant, tossed salad with lowfat dressing, ½ cup brown rice; 1 baked apple

Note: Soy milk reference based on non-fat varieties.

7-Day Meal Plan B

100-124 grams of protein

1500 calories

	Breakfast	Lunch	Snack	Dinner
Day 1	1 serving French Vanilla Formula 1, 2 servings protein powder, 1 cup blueberries, 1 cup soy milk or skim milk	1 serving French Vanilla Formula 1, 2 servings protein powder, 1 peach, 1 cup soy milk or skim milk	1 ShapeWorks-Protein Bar 1 cup raw vegetables	2 Soy burger patties w/ condiments on multi-grain roll or bun; Green salad with tomato and carrots and lowfat dressing; 1 cup fruit for dessert
Day 2	1 serving French Vanilla Formula 1, 2 servings protein powder, 1 cup raspberries, 1 cup soy milk or skim milk	Stew with 170g chicken breast, vegetable broth, sliced carrots, celery, summer squash, onions and green beans and 1 cup whole grain pasta; green salad with reduced calorie dressing; 1 cup fruit for dessert	1 packet Soy Nuts with 1 cup mixed vegetables	1 serving French Vanilla Formula 1, 2 servings protein powder, 1 cup strawberries, 1 cup soy milk or skim milk
Day 3	7 egg-white omelet, ½ cup broccoli, ½ cup chopped tomato, 1 cup spinach, ½ cup salsa; 2 slices whole grain toast	1 serving Dutch Chocolate Formula 1, 2 servings protein powder, ½ banana, 1 cup soy or skim milk	1 ShapeWorks-Protein Bar 1 apple ½ cup cottage cheese	1 serving French Vanilla Formula 1, 2 servings protein powder, 1 cup frozen apple slices, dash cinnamon and nutmeg, 1 cup soy milk or skim milk
Day 4	1 serving French Vanilla Formula 1, 2 servings protein powder, 1 cup mango cubes, 1 cup soy milk or skim milk	1 serving French Vanilla Formula 1, 2 servings protein powder, ½ kiwi and ½ cup strawberries, 1 cup soy milk or skim milk	1 cup (total): carrot sticks, celery sticks, broccoli florets; 85g sliced turkey breast on one slice whole grain bread	170g chicken breast with BBQ sauce, tossed salad with lowfat dressing, 2 cups steamed spinach with vinegar, 1 cob corn, 1 cup melon balls
Day 5	1 serving French Vanilla Formula 1, 2 servings protein powder, 3 diced apricots, dash almond extract, 1 cup soy milk or skim milk	1 serving Vanilla Formula 1, 2 servings protein powder, ½ banana, dash cinnamon, 1 cup soy milk or skim milk	1 packet Soy Nuts; 1 cup chopped vegetable salad (tomato, carrot, cucumber, peppers) with lowfat dressing	170g grilled sirloin steak, green salad with lowfat dressing, 2 cups sauteed mushrooms, onions and green beans, 1 cup brown rice; 1 cup fruit for dessert
Day 6	1 serving Dutch Chocolate Formula 1, 2 servings protein powder, ½ banana, 1 teaspoon instant coffee, 1 cup soy milk or skim milk	225g crab meat, ½ avocado, dark salad greens, grated reduced fat cheese, sliced mango, 1 cup cooked white beans tossed with reduced calorie dressing	1 ShapeWorks-Protein Bar 1 cup raw vegetables	1 serving French Vanilla Formula 1, 2 servings protein powder, ½ cup mandarin orange segments, dash coconut extract, 1 cup soy milk or skim milk
Day 7	1 serving French Vanilla Formula 1, 2 servings protein powder, 1 cup blackberries, dash orange extract, 1 cup soy milk or skim milk; 1 slice whole grain toast	1 serving Dutch Chocolate Formula 1, 2 servings protein powder, 1 cup strawberries, 1 cup soy milk or skim milk	1 packet Soy Nuts 1 cup tomato juice	225g grilled fish topped with grilled capsicum, onion and eggplant, tossed salad with lowfat dressing, whole grain dinner roll, 1 baked apple

7-Day Meal Plan C

125-149 grams of protein
1800 calories



	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	1 serving French Vanilla Formula 1, 2 servings protein powder, 1 cup blueberries, 1 cup soy milk or skim milk; ½ whole grain English muffin	1 packet Soy Nuts	1 serving French Vanilla Formula 1, 2 servings protein powder, 1 peach, 1 cup soy milk or skim milk	1 ShapeWorks® Protein Bar 1 orange 1 cup raw vegetables	2 soy burger patties with condiments on multi-grain roll or bun; Green salad with tomato and carrots and lowfat dressing; fruit for dessert
Day 2	1 serving French Vanilla Formula 1, 2 servings protein powder, 1 cup raspberries, 1 cup soy milk or skim milk; 1 slice whole grain toast	1 ShapeWorks® Protein Bar	Stew 170g chicken breast, vegetable broth, sliced carrots, celery, summer squash, onions, green beans and 1 cup whole grain pasta; green salad, reduced calorie dressing; 1 cup fruit for dessert	1 packet Soy Nuts; 1 cup mixed vegetables; 1 cup fresh berries	1 serving French Vanilla Formula 1, 2 servings protein powder, 1 cup strawberries, 1 cup soy milk or skim milk
Day 3	7 egg-white omelet, ½ cup broccoli, ½ cup chopped tomato, 1 cup spinach, ½ cup salsa; 2 slices whole grain toast	1 packet Soy Nuts; 85g cooked chicken breast and ½ cup cooked brown rice	1 serving Dutch Chocolate Formula 1, 2 servings protein powder, ½ banana, 1 cup soy milk or skim milk	1 ShapeWorks® Protein Bar 1 apple 1 cup cucumber salad with seasoned vinegar	1 serving French Vanilla Formula 1, 2 servings protein powder, 1 cup frozen apple slices, dash cinnamon and nutmeg, 1 cup soy milk or skim milk
Day 4	1 serving French Vanilla Formula 1, 2 servings protein powder, 1 cup mango cubes, 1 cup soy milk or skim milk; ½ English muffin	½ cup cottage cheese ½ cup pineapple	1 serving French Vanilla Formula 1, 2 servings protein powder, ½ kiwi and ½ cup strawberries, 1 cup soy milk or skim milk	Carrot sticks, celery sticks, broccoli florets; 85g sliced turkey breast on one slice whole grain bread	170g chicken breast with BBQ sauce, tossed salad with lowfat dressing, 2 cups steamed spinach with vinegar, 1 ear corn, 1 cup melon balls
Day 5	1 serving French Vanilla Formula 1, 2 servings protein powder, 3 diced apricots, dash almond extract, 1 cup soy milk or skim milk; 1 slice whole grain toast	1 packet Soy Nuts	1 serving French Vanilla Formula 1, 2 servings protein powder, ½ banana, dash cinnamon, 1 cup soy or skim milk	3 tbspc cottage cheese, chopped vegetable salad (tomato, carrot, cucumber, peppers) with lowfat dressing; 1 small banana	170g grilled sirloin steak, green salad with lowfat dressing, 2 cups sauteed mushrooms, onions and green beans, 1 cup brown rice; 1 cup fruit for dessert
Day 6	1 serving Dutch Chocolate Formula 1, 2 servings protein powder, ½ banana, 1 teaspoon instant coffee, 1 cup soy or skim milk	1 packet Soy Nuts; 1 cup mixed chopped vegetables	225g crab meat, ½ avocado, dark salad greens, grated reduced fat cheese, sliced mango, 1 cup cooked white beans tossed with reduced calorie dressing	1 ShapeWorks® Protein Bar ½ fresh papaya with lime juice	1 serving French Vanilla Formula 1, 2 servings protein powder, ½ cup mandarin orange segments, dash coconut extract, 1 cup soy milk or skim milk; 1 slice whole grain toast
Day 7	1 serving French Vanilla Formula 1, 2 servings protein powder, 1 cup blackberries, dash orange extract 1 cup soy milk or skim milk; 1 slice whole grain toast	1 ShapeWorks® Protein Bar 1 fresh peach	1 serving Dutch Chocolate Formula 1, 2 servings protein powder, 1 cup strawberries, 1 cup soy milk or skim milk	1 packet Soy Nuts 1 cup tomato juice	225g grilled fish topped with grilled capsicum, onion and eggplant, tossed salad with lowfat dressing, whole grain dinner roll, 1 baked apple

7-Day Meal Plan D

150-175 grams of protein

2100 calories

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	1 serving French Vanilla Formula 1, 3 servings protein powder, 1 cup blueberries, 1 cup soy milk or skim milk; ½ whole grain English muffin	½ cup cottage cheese with chopped vegetables, topped with 1 packet Soy Nuts	1 serving French Vanilla Formula 1, 3 servings protein powder, 1 peach, 1 cup soy milk or skim milk	1 ShapeWorks Protein Bar 1 orange 1 cup raw vegetables	2 Soy burger patties with condiments on multi-grain roll or bun; Green salad with tomato and carrots and lowfat dressing; fruit for dessert
Day 2	1 serving French Vanilla Formula 1, 3 servings protein powder, 1 cup raspberries, 1 cup soy milk or skim milk; 1 slice whole grain toast	1 ShapeWorks Protein Bar	Stew 170g chicken breast, vegetable broth, sliced carrots, celery, summer squash, onions, green beans and 1 cup whole grain pasta; green salad, reduced calorie dressing; 1 cup fruit for dessert	1 packet Soy Nuts; 1 cup mixed vegetables and 85g diced turkey breast; 1 cup fresh berries	1 serving French Vanilla Formula 1, 3 servings protein powder, 1 cup strawberries, 1 cup soy milk or skim milk
Day 3	7 egg-white omelet, ½ cup broccoli, ½ cup chopped tomato, 1 cup spinach, ½ cup salsa; 2 slices whole grain toast	1 packet Soy Nuts; 1 cup spinach and with 85g cooked chicken and ½ cup cooked brown rice; 1 apple	1 serving Dutch Chocolate Formula 1, 3 servings protein powder, ½ banana, 1 cup soy milk or skim milk	1 ShapeWorks Protein Bar; 1 cup cucumber salad tossed with seasoned vinegar and 110g cooked prawns	1 serving French Vanilla Formula 1, 3 servings protein powder, 1 cup frozen apple slices, dash cinnamon and nutmeg, 1 cup soy milk or skim milk
Day 4	1 serving French Vanilla Formula 1, 3 servings protein powder, 1 cup mango cubes, 1 cup soy or skim milk; ½ English muffin	1 cup cottage cheese ½ cup pineapple	1 serving French Vanilla Formula 1, 3 servings protein powder, ½ kiwi and ½ cup strawberries, 1 cup soy milk or skim milk	1 cup (total): carrot sticks, celery sticks, broccoli florets; 85g sliced turkey breast on one slice whole grain bread	170g chicken breast with BBQ sauce, tossed salad with lowfat dressing, 2 cups steamed spinach with vinegar, 1 corn cob, 1 cup melon balls
Day 5	1 serving French Vanilla Formula 1, 3 servings protein powder, 3 diced apricots, dash almond extract, 1 cup soy milk or skim milk; 1 slice wheat toast	1 packet Soy Nuts	1 serving French Vanilla Formula 1, 3 servings protein powder, ½ banana, dash cinnamon, 1 cup soy or skim milk	3 tbspc cottage cheese, 1 cup chopped vegetable salad (tomato, carrot, cucumber, peppers) with lowfat dressing; 1 small banana	255g grilled sirloin steak, green salad with lowfat dressing, 2 cups sauteed mushrooms, onions and green beans, 1 cup brown rice; 1 cup fruit for dessert
Day 6	1 serving Dutch Chocolate Formula 1, 3 servings protein powder, ½ banana, 1 teaspoon instant coffee, 1 cup soy milk or skim milk	1 packet Soy Nuts; 1 cup mixed chopped vegetables and 85g tuna	225g crab meat, ½ avocado, dark salad greens, grated reduced fat cheese, sliced mango, 1 cup cooked white beans tossed with reduced calorie dressing	1 ShapeWorks Protein Bar ½ fresh papaya with lime juice	1 serving French Vanilla Formula 1, 3 servings protein powder, ½ cup mandarin orange segments, dash coconut extract, 1 cup soy or skim milk; 1 slice whole grain toast
Day 7	1 serving French Vanilla Formula 1, 3 servings protein powder, 1 cup blackberries, dash orange extract 1 cup soy milk or skim milk; 1 slice whole grain toast	1 ShapeWorks Protein Bar 1 fresh peach	1 serving Dutch Chocolate Formula 1, 3 servings protein powder, 1 cup strawberries, 1 cup soy milk or skim milk	1 packet Soy Nuts 1 cup tomato juice	255g grilled fish topped with grilled capsicum, onion and eggplant, tossed salad with lowfat dressing, whole grain dinner roll, 1 baked apple

Overcoming Hurdles

As you begin eating healthier, your body may need time to adjust. Here are some common problems that can be experienced by anyone on a weight-loss programme.

Energy

- As your body adjusts to less calories, you may feel more tired than usual.

Solution:

Eat every meal and shake on time. Don't skip meals, be sure you are following your programme as outlined and get plenty of rest. If you need extra energy, try our Instant Herbal Beverage in Peach or Original.

Hunger

- Are you really hungry or just craving certain foods?
- Are you eating the right amount of protein for your body's needs?

Solution:

Be sure you are drinking the shakes and adding enough Personalised Protein Powder to support your body's protein needs.

Digestive Upset

- Do you experience mild indigestion, gasiness or bloating?

Solution:

Herbal Aloe Drink and Concentrate can also help your digestive system.

Regularity

- Do you have a change in your digestive functions?
- Is constipation a problem?

Solution:

If eating foods with fibre does not solve constipation problems, try Herbalife Chitosan or florafibre. Be sure you are drinking plenty of water and Herbal Aloe Drink.



Trigger Foods

Trigger foods are the foods that you love and crave. Then, you feel guilty because you know they're sabotaging your weight loss efforts.

Have you ever started with just one potato chip or one chocolate-chip cookie and ended up eating the whole bag? These little snacks can add up to big doses of fat and calories.

Below are some healthy alternatives to common trigger foods.

support

Your Herbalife Distributor is your #1 resource for encouragement, motivation and help overcoming weight-loss hurdles.

Healthy Alternatives

Once you settle into the healthy eating habit, you'll start thinking of the nutritious option first. These are a few suggestions to get you started.

INSTEAD OF	CHOOSE
creamy salad dressing	balsamic vinegar, rice vinegar or reduced-calorie dressing
red meat	white chicken meat with low-sodium steak sauce
colas	water with a slice of lemon
orange juice	an orange
double cheeseburger	grilled chicken sandwich with no mayonnaise
pasta	spaghetti squash or whole-wheat pasta with sauce
ice cream	mixed fruits & berries with a drizzle of chocolate syrup
corn chips	raw vegetables with salsa

INSTEAD OF	CHOOSE SHAPEWORKS™ SNACKS
chocolate bar	Dutch Chocolate Formula 1 Nutritional Shake Mix
peanuts	Roasted Soy Nuts
candy bar	Chocolate Peanut Protein Bar

Holidays & Special Occasions

Many of us celebrate holidays and occasions such as birthdays and anniversaries with big meals and parties. You can still enjoy these events by using some simple strategies.

- Drink a Formula 1 Shake before going out. It will fill you up and make it easier to resist snacking and overeating.
- At turkey dinners, choose white meat with real cranberry sauce instead of gravy. Enjoy vegetable and fruit dishes. Keep sweets and starches to a minimum.
- Drink sparkling water with lime or a glass of red wine rather than hard liquor or beer at parties.
- Plan holidays and occasions around special activities instead of elaborate meals.



Dining Out and Traveling

You can still have a great time and maintain your programme by learning to eat smart when you eat out.

- Don't fill up on chips or bread. If you ask, some restaurants may substitute cut-up vegetables.
- Order a salad with dark lettuce, rather than iceberg lettuce. If it includes colourful raw vegetables, that's even better. Request wine vinegar or rice vinegar instead of vinaigrettes or creamy dressings.
- Order a low-fat meat main, such as chicken, turkey or white fish – always grilled or baked. Eat only a standard portion.
- If your meal is served with potato or rice, skip that starch and double the vegetables instead.
- Order fresh fruit such as strawberries, raspberries or kiwi for dessert.

Try these tips while traveling:

- Bring Formula 1 Nutritional Shake Mix and combine with skim milk or plain soy milk for breakfast.
- Keep fruits, raw vegetables, ShapeWorks[®] Protein Bars and Roasted Soy Nuts available for snacking.
- Avoid alcohol and sodas. Ask for spicy tomato juice or water.
- Turn down complimentary snack chips and nuts. Bring a ShapeWorks[®] Protein Bar or Roasted Soy Nuts to tide you over.
- If you eat an airline meal, take high-fat items off the plate so that they won't tempt you.
- Avoid airport fast-food locations. Find a deli with healthy options or

enjoy a protein snack to take the edge off until you reach your destination.

- Have a bowl of fruit and a serving of scrambled egg whites or a portion of lean meat as another breakfast alternative. Stay away from high-fat meats, fried eggs, pancakes or potatoes.
- Stock up on bottled water, so you can stay away from the soft drink machine.

Tips for Healthy Living

You're changing your shape and your lifestyle—now reorganise some regular routines to support your new life.

Shape Up Your Kitchen

Your kitchen pantry can support or sabotage your weight-loss plan. If a high-fat snack is the first thing you see when you open a cabinet, it can undermine your best intentions.

The Herbalife Kitchen

Rule: "If you don't have it, you can't eat it."

Go through your cabinets and refrigerator and get rid of the foods

that don't match your healthy new lifestyle. That will make room for delicious and nutritious alternatives.

Some ideas to get you started. . .

- Keep a Protein Bar handy for a quick snack. It will fill you up without filling you out.
- Dump those fattening chips and replace them with crunchy, Roasted Soy Nuts.



- Get rid of the ice cream and replace it with fresh or frozen sweet berries. Eat fresh fruit for snacks or on the side with your shakes.
- Rework your cooking staples. Herbs, spices, nuts, seeds and small amounts of olive oil will enhance your meals with contrasting flavors. Salsa and chili peppers add a nutritious snap to any dish, and citrus fruits add a sweet and tangy twist.

Stock Up for a Healthy Life

Once you have your kitchen in shape, keep it filled with healthy foods by using these simple tips.

3 tips

• **Always shop with a list**

When you have a list, you can simply walk on by your trigger foods!

• **Never shop hungry**

Do your shopping right after you've had a meal, a Formula 1 Shake or a protein snack.

• **Know what you're buying**

Use the food charts on pages 8 and 9 to help you identify the right, low-calorie foods.

Prioritise your shopping

Start with the produce section and choose plenty of low-calorie fruits and vegetables. Always buy whole fruit rather than higher-calorie fruit juices. Next, pick up the low-calorie proteins on your list. Save the grains for last and buy fewer of them.

Spice it up

Stock up on spices and other low-calorie flavor enhancers that can liven up a meal without fattening it up.

- balsamic, rice, tarragon vinegars
- chicken or vegetable broth
- Dijon mustard
- salsas and relishes
- dried herbs and spices
- garlic
- red-pepper flakes

food myth

Frozen fruits and vegetables aren't as good as fresh.

food fact

Fruits and vegetables selected for freezing are picked ripe and frozen immediately. This may make them more nutritious than those harvested before ripening and placed in the produce section.

Shape Up

Shaping up can be fun! Find the exercise that works best for your lifestyle, whether in a gym, on a hiking path or on the go. And make sure to check with your doctor before substantially increasing your level of exercise. Then go for it! Consider a personal fitness routine that includes both aerobic and anaerobic exercise, as described below.

Aerobic Exercise

Aerobic exercise involves large muscle movements over a sustained period of time. Running, fast walking and exercise classes are good examples. You breathe harder, your heart beats faster and your muscles get a workout.

- Your metabolic rate increases and you burn more calories.
- You build muscle as you lose fat.
- Your heart and cardiovascular system become much healthier.
- Your mood improves, as exercise relieves feelings of stress and tension.



Anaerobic Exercise

Anaerobic exercise includes activities such as lifting weights and resistance training. This kind of workout builds new muscle and has some great benefits.

- More muscle mass burns more calories.
- Building muscle tones and reshapes your body.
- Muscle mass helps protect bone mass, which is especially important for women.

Only 20 minutes of anaerobic exercise per day can make a dramatic change in your body's shape and condition. Combine it with a daily aerobic workout and your ShapeWorks[™] meal plan, and you'll have longer lasting results as your metabolism increases due to building lean muscle.

Don't forget that everyday activities offer the opportunity to burn calories.

- use stairs not elevators
- gardening
- dancing
- walking your dog

what's your shape?

Women can carry weight in either their upper body, lower body or proportionally. Men carry weight in their upper body. Fat around the waist (upper body) usually means that there is also internal fat, which may cause serious health problems.



Walking is a great calorie burner.

A recent research study found that women who walked just over 1.5km in 20 minutes burned just as many or more calories than those who ran the same distance in 12 minutes. A 69kg person can burn 132 calories on a fast 20-minute walk.

“We are all one happy, healthy family now!”

With the recent addition of a newborn baby, Carmen Ramirez also faced unwanted extra kilos. As she struggled to lose weight, Carmen had no desire to leave her house and instead spent most of her day crying. Her husband, Alfredo, would return from work every day to find his wife and newborn baby quite unhappy. “My whole body was reacting badly to all the different diets I was putting it through.”

Because Alfredo had problems resulting from an ulcer, their family friend introduced them to Herbalife products to improve his health. When he began to feel better, Carmen realised she and Alfredo could further benefit from Herbalife through the ShapeWorks™ weight-loss programme. “Now things are totally different. We have so much energy!”

“We’ve learned so much about how to eat right and live better!”

Prior to Herbalife, Carmen felt numerous physical ill effects from fad diets and knew that she was causing her body harm. But, when she began the Shapeworks™ Programme, she never felt like she was on a diet. Why did it work? Carmen believes that ShapeWorks™ products were effective because they concentrate on nutrition and all-around health for long-term weight

loss. Some diets focus on restricting certain foods or food groups, which can leave dieters experiencing a sense of deprivation. “With ShapeWorks™, I learned how to eat better, and now my body craves healthier foods,” she says.

Carmen and Alfredo have reshaped their bodies—and their lives.

Today, Carmen is 33.5kg lighter and her husband weighs 44.5kg less. While their family still eats many of the same foods they used to enjoy, the trio has incorporated more fruits and vegetables into the mix. Carmen loves the fact that her entire family looks and feels better than ever. “We have both reshaped our bodies, and I have the confidence to look everyone in the face and be proud of who I am,” Carmen exclaims!



CARMEN RAMIREZ

BEFORE: 89KG

AFTER: 59.5KG

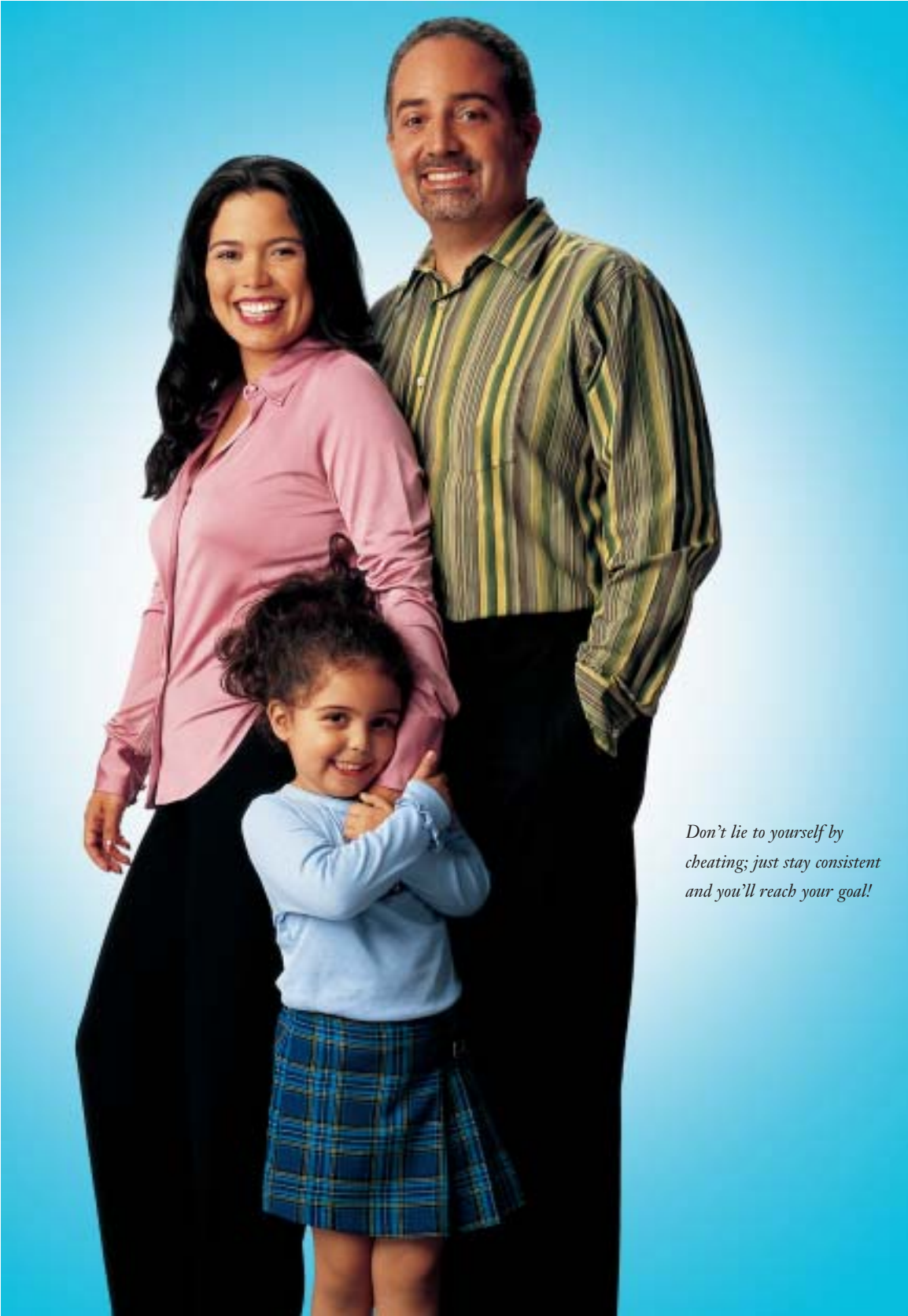
LOST: 33.5KG

ALFREDO RODRIGUEZ

BEFORE: 136KG

AFTER: 91.5KG

LOST: 44.5KG



*Don't lie to yourself by
cheating; just stay consistent
and you'll reach your goal!*

“I look better now than I did in high school.”



Sometimes, it's important to indulge and not deprive yourself and with the snack options available you can.

After the birth of her second child, Lisa worried that the added weight would never come off. But, using ShapeWorks™ products, she dropped 6 dress sizes – and has kept the weight off for three years.

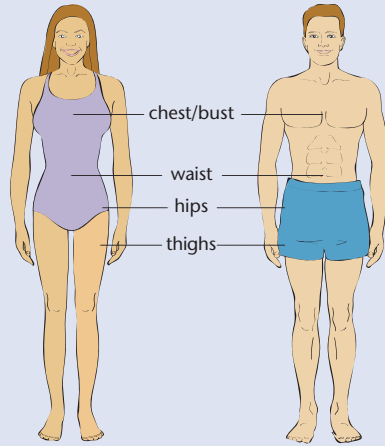
Though in the past, Lisa was frustrated at not being able to squeeze into fashionable clothes, she now has the freedom to buy whatever she likes. Not only has her wardrobe changed, but so have her eating habits. Even with her sweet tooth, ShapeWorks™ products keep Lisa feeling completely satisfied.



LISA SOWLE
20.5KG TOTAL LOST
BEFORE: 72.5KG
AFTER: 52KG

Your Personal Vision of Success

As you begin your personalised ShapeWorks[®] Programme, look ahead to your goals and write them down. When you compare the “Starting You” to the “New You,” you’ll be amazed at the ShapeWorks[®] difference!



Measurements

Starting You

New You

Chest/Bust _____

Waist _____

Hips _____

Thighs _____

Sizes

Pants _____

Shirt/Blouse _____

Dress _____

Shoe _____

Men’s inseam trouser length: _____

Current Weight: _____

My reasons for wanting to lose weight.

Target Weight: _____

1. _____

Dress-size Goal (Woman): _____

2. _____

Waist-size Goal (Man): _____

3. _____

Date: _____

4. _____



To ensure that ShapeWorks™ produces lasting results, we've selected foods that are tasty, satisfying and introduce variety into your everyday meals. These irresistible meals will help you reach your weight-loss goals - while making mealtime a real treat.

Colourful Dining

A key component of your ShapeWorks® Programme is ensuring you eat the right amount of protein for your body. A good hunger-fighting meal has 25 grams of protein or more. You can find 29 to 30 grams in our delicious shake recipes.

Colourful dishes

From sumptuous salads to gourmet mains, the following recipes promote colourful dining. These easy-to-make meals are heavy on flavour and light on guilt. Variety is an essential element of any successful weight-loss Programme. If you get bored with foods, you're much more likely to abandon your programme altogether. ShapeWorks® recipes include colourful fruits and vegetables with a variety of nutrients, plus flavour and visual appeal. Each recipe is accompanied by a nutritional analysis for those who like to count calories, carbohydrates, fat and protein grams.

Shakes

Directions:

Place all ingredients in the blender and mix thoroughly until the ice cubes are completely crushed. Ice cubes are optional. Add the suggested amount of Personalised Protein Powder for your body's needs.



VERY BERRY SHAKE

Ingredients:

- 1 serving Berry Formula 1 Nutritional Shake Mix
- 2 servings Personalised Protein Powder*
- ½ cup dry skim milk powder
- 1 cup low-calorie cranberry juice
- 1 cup frozen mixed berries
- few drops vanilla extract
- 4 ice cubes

Nutritional Analysis (with skim milk)

Calories: 310

Protein: 30 grams

Fat: 1 gram

Carbohydrates: 39 grams

PINEAPPLE ORANGE COCONUT SHAKE

Ingredients:

- 1 serving French Vanilla
Formula 1 Nutritional Shake Mix
- 2 servings Personalised
Protein Powder*
- 1 cup plain soy milk or skim milk
- 1 cup frozen pineapple chunks
- ⅛ teaspoon coconut extract
- ¼ teaspoon orange extract
- 4 ice cubes

Nutritional Analysis (with skim milk)

Calories: 295

*Protein: 30 grams**

Fat: 1 gram

Carbohydrates: 44 grams

*Refer to product labels for serving sizes.

Shakes

APPLE PIE SHAKE

Ingredients:

- 2 serving French Vanilla
Formula 1 Nutritional Shake Mix
- 2 servings Personalised
Protein Powder
- 1 cup plain soy milk or skim milk
- 1 cup frozen apple slices
- few dashes each cinnamon, nutmeg, cloves
- ¼ teaspoon vanilla extract
- 4 ice cubes

Nutritional Analysis (with skim milk)

Calories: 300

*Protein: 30 grams**

Fat: 1 gram

Carbohydrates: 46 grams

CHOCOLATE RASPBERRY SHAKE

Ingredients:

- 2 serving Dutch Chocolate
Formula 1 Nutritional Shake Mix
- 2 servings Personalised
Protein Powder
- 1 cup plain soy milk or skim milk
- 1 cup frozen raspberries
- ⅓ teaspoon orange extract
- 4 ice cubes

Nutritional Analysis (with skim milk)

Calories: 280

*Protein: 30 grams**

Fat: 1 gram

Carbohydrates: 39 grams



*Refer to product labels for serving sizes.



ORANGE MANGO SHAKE

Ingredients

- 2 serving French Vanilla
Formula 1 Nutritional Shake Mix
- 2 servings Personalised
Protein Powder
- 1 cup plain soy milk or skim milk
- ½ cup frozen mango chunks
- ½ cup canned mandarin oranges, drained
- 4 ice cubes

Nutritional Analysis (with skim milk)

Calories: 320

*Protein: 30 grams**

Fat: 0.5 gram

Carbohydrates: 47 grams

For variety, try all four
Formula 1 flavours!

French Vanilla
Dutch Chocolate
Berry
Tropical Fruits

Main-Meal Salads

CHEF'S SALAD WITH BALSAMIC VINAIGRETTE (serves 2)

Ingredients:

- 2 cups bite-sized pieces romaine lettuce
- 2 cups fresh spinach leaves
- 1 scallion, chopped
- 2 tomatoes, chopped
- 12 egg whites, hard cooked and diced
- 12 slices vegetarian turkey, sliced
- 2 tablespoons finely minced parsley

Dressing:

- 2 teaspoons olive oil
- 2 teaspoons balsamic vinegar
- 1 clove garlic, minced
- ½ teaspoon Dijon-style mustard
- ¼ teaspoon salt
- freshly ground pepper to taste

Directions:

About ½ hour before serving, wash lettuce and spinach leaves thoroughly and dry. Place in refrigerator to chill. Mix dressing ingredients in a bowl or shake in a jar and set aside. When ready to serve, toss lettuce, spinach, scallion and tomatoes with dressing and arrange on two plates. Arrange half the egg whites and half the turkey slices on top of each plate of greens. Sprinkle with minced parsley and serve.

Nutritional Analysis Per Serving:

Calories: 305

Protein: 46 grams

Fat: 4 grams

Carbohydrates: 9 grams

SPINACH AND PRAWN SALAD (serves 4)

Ingredients:

For vinaigrette dressing:

- ½ cup fresh lemon juice
- 2 minced garlic cloves
- 1 tablespoon Dijon mustard
- 1 tablespoon virgin olive oil
- 2 tablespoons chopped parsley
- 1 tablespoon chopped oregano
- ½ teaspoon crushed fennel seeds
- 2 tablespoons water
- 1 teaspoon salt
- ¼ teaspoon crushed red pepper

For the salad, combine:

- 8 cups baby-spinach leaves
- 2 tablespoons shredded, fresh basil
- 500 grams medium-cooked and peeled prawns
- ½ cup thinly sliced red onion

Directions:

Whisk vinaigrette ingredients together and refrigerate until chilled. Toss salad with vinaigrette and serve on chilled plates.

Nutritional Analysis Per Serving:

Calories: 205

Protein: 27 grams

Fat: 6 grams

Carbohydrates: 12 grams



Mains

GRILLED COUNTRY MUSTARD CHICKEN

(serves 4)

Ingredients:

- 4 chicken breast halves, boneless and skinless
- 1 teaspoon Dijon-style mustard
- 2 garlic cloves
- ½ teaspoon dried basil
- ¼ cup lemon juice
- 2 tablespoons soy sauce
- ½ cup green onions, chopped
- 2 cups cauliflower florets

Directions:

Preheat oven to 245 degrees. In a small bowl combine mustard, garlic, basil, lemon juice, soy sauce and onion. Blend well. Coat chicken with marinade. Place chicken on grilling pan sprayed with pan spray and bake about 15 minutes per side until crispy brown. Steam cauliflower in salted water and serve with chicken and sauce.

Nutritional Analysis Per Serving:

Calories: 315

Protein: 28 grams

Fat: 3 grams

Carbohydrates: 11 grams

CHICKEN TARRAGON

(serves 2)

Ingredients:

- 2 chicken breast halves, boneless and skinless
- ¼ teaspoon salt
- 1 tablespoon fresh tarragon
- ½ cup low-sodium chicken broth
- 1 tablespoon Dijon mustard

Directions:

Season chicken with salt and tarragon. In a nonstick skillet sprayed with pan spray, cook chicken for 3 minutes on each side over medium-high heat until brown. Remove chicken breasts to a plate and set aside. Deglaze the pan with broth, stirring up any bits that stick to the bottom. Add mustard and stir, and cook until reduced and thickened, about 3 minutes. Return chicken to pan and turn to coat with sauce.

Nutritional Analysis Per Serving:

Calories: 150

Protein: 28 grams

Fat: 3.5 grams

Carbohydrates: 0 grams



Mains

SPICY CHICKEN CACCIATORE

(serves 2)

Ingredients:

- 2 chicken breast halves, boneless and skinless
- ½ teaspoon salt
- pepper to taste
- ½ red onion, chopped
- 6 garlic cloves, minced
- 1 tablespoon capers
- 2 tablespoons fresh basil or
2 tablespoons dried basil
- ½ teaspoon dried red chili flakes
- 1 400 gram can peeled tomatoes
- 2 red capsicums, chopped

Directions:

Season chicken with salt and pepper. Spray a large skillet with pan spray and brown chicken over medium heat, 3 minutes on each side. Transfer chicken to a plate and set aside. Add remaining ingredients to skillet and simmer for 10 minutes. Return chicken and juices to skillet, spoon sauce over chicken. Cover and simmer for an additional 7 minutes or until chicken is tender and cooked through.

Nutritional Analysis Per Serving:

Calories: 242

Protein: 30 grams

Fat: 3.5 grams

Carbohydrates: 24 grams



MOROCCAN GRILLED CHICKEN

(serves 6)

Ingredients (for marinade):

- ¾ cup lemon juice
- 1 teaspoon turmeric
- ½ teaspoon cumin
- ½ teaspoon allspice
- 1½ teaspoons olive oil
- 1 pinch pepper
- 1 pinch cardamom
- 1 pinch salt
- 3 minced garlic cloves
- 6 boneless, skinless chicken breasts
- 1 head white cabbage for garnish
- 3 chopped tomatoes for garnish

Directions:

Prepare marinade. Place chicken breasts in a large resealable plastic bag and cover with marinade. Seal bag and place in refrigerator for at least eight hours. Grill chicken until cooked through. Thinly slice cooked chicken breasts diagonally into strips. Serve chicken garnished with shredded cabbage and chopped tomato.

Nutritional Analysis Per Serving:

Calories: 275

Protein: 40 grams

Fat: 5 grams

Carbohydrates: 15 grams

Mains

TURKEY PICCATA

(serves 4)

Ingredients:

- 1 whole lemon
- ½ cup all-purpose flour
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 kg turkey-breast cutlets
- 1 tablespoon olive oil
- 2 fresh garlic cloves
- ¾ cup low-sodium chicken broth
- 1 tablespoon capers
- ½ teaspoon sugar
- 2 tablespoons chopped, fresh parsley

Directions:

With a sharp knife, remove skin and white pith from lemon and discard. Working over a bowl, cut lemon segments from their surrounding skin. Chop segments and reserve with the juice.

In a shallow dish, combine flour, salt and pepper. Lightly dredge turkey cutlets in flour mixture, shaking off excess. In a large nonstick skillet, heat oil over medium-high heat. Add turkey and cook until golden brown on the outside and no longer pink inside, 2 to 3 minutes per side.

Transfer to a platter and keep warm. Add garlic to the skillet and cook, stirring for several seconds. Add chicken broth and bring to a boil, stirring and scraping up any browned bits. Cook for 1 minute. Stir in reserved lemon segments and juice, capers and sugar. Cook for 30 seconds.

Spoon sauce over turkey. Sprinkle with parsley and a grinding of black pepper.

Nutritional Analysis Per Serving:

Calories: 320

Protein: 58 grams

Fat: 5 grams

Carbohydrates: 7 grams



Mains

GRILLED CITRUS SNAPPER

(serves 2)

Ingredients:

- ¼ cup bottled citrus marinade
- ¼ cup green onion, chopped
- 1 garlic clove, minced
- 1 teaspoon minced, fresh ginger root
- 500 grams red-snapper filets
- 500 grams asparagus
- 1 lemon
- 1 garlic clove

Directions:

Prepare marinade by combining the first four ingredients in a bowl. Then pour marinade over snapper, flesh side down, and let set for 15 minutes. Prepare grill. Remove snapper from marinade and pat dry. Season snapper with salt and pepper. Grill skin side down on an oiled rack set around 10cm over glowing coals for 4 minutes. Place lid on the grill to cover, grilling snapper until just cooked through for another 4 minutes.* Carefully transfer snapper with a metal spatula to a platter and remove skin before serving. Serve with steamed asparagus tossed with lemon and garlic and season to taste.

*Note: Alternatively, snapper may be grilled in a hot, well-seasoned grill pan with a lid over moderate heat.

Nutritional Analysis Per Serving:

Calories: 335

Protein: 48 grams

Fat: 3 grams

Carbohydrates: 22 grams



CHIPOTLE GRILLED SWORDFISH

(serves 4)

Ingredients:

- ½ cup orange juice
- ¼ cup low-sodium soy sauce
- 2 fresh garlic cloves, peeled and minced
- ¼ cup scallions, chopped
- ¼ cup fresh cilantro leaves
- ½ cup canned mild green chiles
- 1 kilogram swordfish or other mild fish filet

Directions:

Combine orange juice, soy sauce, garlic, scallion, cilantro and chiles in a food processor. Place marinade in a flat dish and add the fish, turning a few times to coat with the marinade. Marinate fish in the refrigerator for 30 minutes, turning occasionally. Preheat broiler or barbecue. Removing swordfish from marinade, place on rack sprayed with pan spray. Transfer marinade to small saucepan and boil for 1 minute. Grill swordfish until just opaque in center, basting with marinade, about 4 minutes per side.

Nutritional Analysis Per Serving:

Calories: 305

Protein: 47 grams

Fat: 9 grams

Carbohydrates: 7 gram

Mains

SPICY SEAFOOD STEW

(serves 4)

Ingredients:

- 1 tablespoon olive oil
- 1 cup diced yellow onion
- ½ cup coarsely chopped red capsicum
- ½ cup coarsely chopped green capsicum
- ¾ cup sliced mushrooms
- 2 cloves garlic, finely minced
- 1 cup low-sodium chicken stock
- 2 x 410g cans diced tomatoes
- ½ teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 bay leaf
- 225g fresh or frozen cooked prawns, peeled and devined
- 170g fresh or frozen scallops
- 1 tablespoon chopped parsley

Directions:

In a large soup pot, heat olive oil over medium heat. Add onion, capsicum, mushrooms and garlic, and stir and cook for 8 to 10 minutes, stirring frequently. Add chicken stock, tomatoes, cumin, cayenne, salt, pepper and bay leaf. Simmer, uncovered, for 30 minutes, stirring occasionally. Add the prawns and scallops to the sauce, cover the pot and simmer another 10 to 15 minutes, depending on the size of the scallops, until the scallops are cooked and the dish is heated through.* Finally, adjust seasonings, remove bay leaf and stir in parsley before serving.



*Note: This recipe is very flexible, and you can experiment with different vegetables and a variety of seafood. Frozen prawns and scallops are widely available and make this dish quick and easy, but you can use any kind of fish. Some seafood markets sell mixed fish pieces for chowders that are perfect for this, and much less expensive than whole fillets.

Nutritional Analysis Per Serving:

Calories: 215

Protein: 23 grams

Fat: 5 grams

Carbohydrates: 21 grams

Mains

HALIBUT AND VEGETABLE KABABS

(serves 4)

Ingredients:

- 1 kilogram fresh halibut fillet
- ½ red capsicum
- ½ yellow capsicum
- 1 white onion
- 16 cherry tomatoes
- 16 medium white mushrooms

Ingredients for basting sauce:

- 8 tablespoons low-sodium soy sauce
- 4 cloves garlic
- 1 slice fresh ginger root ½-inch thick
- 2 tablespoons + 2 teaspoons brown sugar
- 2 tablespoons + 2 teaspoons rice wine vinegar

Directions:

Cut the halibut fillet into 2-3 cm cubes, making enough to evenly thread onto 8 skewers.* Sprinkle with salt and pepper and set aside. Cut the red and yellow capsicum into 2-3cm squares. Cut the onion into 8 large chunks, and then separate each chunk into 2 pieces for easier threading. Wash the mushrooms and snap out the stems.

If you plan to barbecue the kababs and are using wooden skewers, soak the skewers in water briefly before threading so they don't burn. Thread the fish, peppers, tomatoes, onion chunks and mushrooms onto 4 large or 8 small skewers. If you are not going to cook the kababs right away, place in the refrigerator, loosely covered with waxed paper.

Whirl all ingredients for the basting sauce in the blender. The basting sauce can be made in advance and refrigerated.

Preheat grill (or prepare barbecue) and spray cold grilling pan with pan spray. Place the skewers carefully on the hot pan. This will sear the fish and vegetables quickly. Spoon some of the basting sauce over the fish, and broil 3 to 4 minutes, or until fish and vegetables begin to brown. Turn skewers, spoon basting sauce over, and cook the other side for another 2 to 3 minutes. Spoon any additional basting sauce over the fish when serving.

*Note: Any firm fish will work for this recipe, as will cubed chicken breast. Vary the vegetables according to your taste, but mushrooms, tomatoes and capsicum are a classic.

Nutritional Analysis Per Serving:

Calories: 335

Protein: 52 grams

Fat: 6 grams

Carbohydrates: 19 grams

VEGETARIAN BREAKFAST BURRITO

(serves 2)

Ingredients:

- ¼ avocado
- 4 corn tortillas
- 6 egg whites
- 2 soy sausage patties
- prepared tomato salsa
- 1 scallion, chopped

Directions:

Peel avocado, dice and set aside. Wrap tortillas in foil and place in a 175 degree oven to heat while preparing the eggs and sausage. In a nonstick skillet or a skillet sprayed with pan spray over medium-low heat, crumble sausage patties and stir just long enough to heat the sausage thoroughly. Remove the sausage to a covered bowl and set aside. Wipe out the skillet with a paper towel, spray with pan spray and return skillet to the heat. Whisk the egg whites with a fork and pour into the heated pan. Cook, stirring frequently, until eggs are scrambled.

To assemble, place two tortillas on each of two plates. Evenly divide sausage, egg whites and avocado among the tortillas. Top with chopped scallions and salsa, and roll tortilla around filling.

Nutritional Analysis Per Serving:

Calories: 310

Protein: 33 grams

Fat: 5 grams

Carbohydrates: 36 grams





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