

## **Protein Snack and Other Tips**

Make sure you have a morning and afternoon protein snack in between your meals and do not go longer than 3-4 hours without eating anything.

### **Protein Snack suggestions:**

Carrots, peppers or other raw vegetables with a serving of humus  
Low fat cream cheese or cottage cheese on 2 crisp bread with raw vegetables/cherry tomatoes

Boiled or scrambled egg with tomato slices

2-3 dessert spoons of natural yoghurt with handful of berries or nuts, drizzle with honey if extra sweetness required

A palm full (25g) of almonds or walnuts and a piece of fruit

Small lean chicken/turkey salad

Apple slices with 1-2 teaspoons of peanut butter (organic, sugar free variety)

Herbalife Protein Bars are great tasting snacks and contain a good amount of protein, as do the Roasted Soy Beans.

The Gourmet Tomato Soup can be used for a snack or with a wholemeal roll for a light lunch.

### **Main meal:**

Average size portion of chicken or fish etc.

Your carbohydrates (potatoes, rice, pasta etc) should be the same size as your clenched fist and preferably wholegrain.

Your vegetables or salad should be 50% of your plate and please ensure that you are having at least 5 servings of fruit and vegetables a day.

Ideal plate size is 9 1/2" (24cm)

### **Water**

It is very important to stay hydrated as everything works better when you do. We recommend drinking 2 litres (8 glasses) of water a day.

If you don't like the taste of tap water, then adding a capful of the Mango Herbalife Aloe Concentrate makes it easier to drink.