

Snack List

10 calories	1 large stalk of celery(add peanut butter or cream cheese to make into 100 cal. snack) Cucumbers Green/Red/Yellow peppers
25-30 calories	1 cup raw vegetables 6 medium baby carrots
60 -80 calories	2 cups air-popped or light popcorn 1 cup of cantaloupe or grapes 1 small can of vegetable juice 1 cup sweet cherries with pits 2 Tbls. Hummus = 1 Plain rice cake 1/3 cup Wasabi peas 1 Apple 1 Hard Boiled Egg 1 container of Yoplait Light Yogurt 1 Medium Orange 1 Medium Grapefruit
100 calories	1 cup sliced bananas or fresh raspberries 2 domino-sized slices low-fat Colby or cheddar cheese 1 fat-free chocolate pudding cup 1 Tuna Pack 1 Single serving Cottage Cheese

Lose One Pound a Week

By Tracy Teare

Here are a few quick facts about losing a pound: It will make your jeans feel a smidge looser, it's the equivalent of four sticks of butter (picture that for a second!), and it requires that you burn and/or cut a total of 3,500 calories. Sound like a lot? It adds up faster than you think.

To lose one pound in seven days you need to reduce your net calories by 500 every day. The easiest way to do that is a 250 split: Cut half from your diet and burn the other half through exercise. By following the suggestions, after seven days you will have cut out 3,500 calories. Losing four sticks of butter has never been such a cinch!

Diet Strategies

- ~ Replace your morning bagel and cream cheese with an English muffin and cottage cheese or have a piece of Herbalife pie or an Herbalife shake!
- ~ Skip the large bakery muffin in favor of 1 slice of whole wheat toast topped with 1 tablespoon of peanut butter or have a piece of Herbalife pie or an Herbalife shake!
- ~ Swap your large bran muffin for 3/4 cup of bran flakes or have a piece of Herbalife pie or a Herbalife shake!
- ~ Replace eggs and cheese with scrambled egg whites or have a piece of Herbalife pie or a Herbalife shake!
- ~ Replace your 450-calorie lunch with a 200-calorie Herbalife protein shake!
- ~ Replace large french fries with a yogurt-and-fruit parfait or have a piece of Herbalife pie or a Herbalife shake!
- ~ Modify your lunch: Skip the cheese on your salad or sandwich, substitute mustard for mayo, and replace potato chips with soy chips or have a piece of Herbalife pie or an Herbalife shake!
- ~ Have half a tuna salad sandwich instead of a whole, plus two cups of raw vegetables or have a piece of Herbalife pie or a Herbalife shake!
- ~ Switch from cream soup to vegetable-based soup at lunch and dinner or have a piece of Herbalife pie or a Herbalife shake!
- ~ Switch from one cup premium to light ice cream.
- ~ Cut out 1 biscotti and 1 large mocha and have a Herbalife shake!
- ~ Switch from a chai tea latte to herbal concentrate tea!
- ~ Have 1 ounce of soy nuts instead of 3 ounces of roasted almonds.
- ~ Substitute a serving of beef with shrimp or a white flaky fish like cod at two meals.
- ~ Have 1 cup of strawberries instead of a whole banana, and cauliflower instead of a baked potato with sour cream.
- ~ Replace ranch or blue cheese dressing with low-fat vinaigrette at lunch and dinner.

Calorie Worksheet

Target weight _____

Calorie Intake for weight loss _____

How many 100 calorie snacks per day would you like to do? _____ $\times 100 =$ _____

Calorie intake – calories from snacks = edible calories for meals _____

How much water per day should you drink for optimal weight loss? _____

Take your current weight and divide by 2 and that will equal the amount of ounces per day you should be drinking.

One half of your total protein intake divided by two is equal to the amount of soy protein you should get per day – e.g. total protein per day = _____ $\div 2 =$ _____

How many grams of soy protein should you get per day? _____

THE IMPORTANCE OF CELLULAR NUTRITION

What makes Herbalife different?

It's the science behind the products. Technology and years of research enable us to deliver targeted nutritional supplements tailored to your special needs. Our products have been designed and manufactured from only the highest quality raw ingredients and herbs.

What makes our product line work so well?

Our Cellular Nutrition Program actually addresses the underlying problem we're experiencing by giving the body what it needs on a daily basis, Hence allowing the body to do what it does best: heal itself.

Mastering the concept behind absorption and delivery has made it possible to "Feel the Difference." This breakthrough in nutritional science has opened new doors. For example, once your body is able to absorb key nutrients and actually deliver them to your cells, you can then feel the difference these vital nutrients make on your daily life.

This entire process begins in the small intestine. In your small intestine lives tiny microscopic fingerlike protrusions called villi (villi is the plural of 'villus'). The villi is where our bodies absorb the nutrients from the foods and supplements we consume. However, these villi become damaged or what they call ~ Energetically impaired. As a result they retain little surface area for them to work.

Factors that damage villi are: stress, smoking, alcohol, airborne toxins, medications, preservatives, fats, additives, and drugs to name just a few.

Over the years as your villi break down your body absorbs less and less of the nutrients you need from the food you eat. This is one reason our bodies begin to break down prematurely and we feel worse and worse as time goes on.

Why are we feeling worse instead of better?

When our bodies cannot absorb the nutrients from our food and supplements, often times we find ourselves eating more and more food because our appetites and cravings increase in order to 'call out' for more and better nutrition. (which we're not getting). We crave fats and sugars because they are easiest for our body to absorb. We then become increasingly more tired and fatigued because our body is not getting the proper nutrition it needs, daily.

Due to our villi being unhealthy and damaged our body thinks its starving because it's not getting the vital nutrients it needs to stay healthy. For people trying to lose weight, they know this better than anyone. When your body thinks it's starving, it stores fat instead of burning fat.

If you are trying to lose weight, it becomes almost impossible because your body is in the mode of storing fat versus burning fat. No matter what you do, it doesn't want to burn the fat off.

Even for those of you not trying to lose weight, the concept is the same. You might find yourself eating healthy, natural, low fat foods, taking vitamins and exercising regularly, yet you're still experiencing either no or slow weight loss (if that's your goal), moodiness and fatigue because your body is not absorbing enough of the nutrition from the good foods you are consuming.

So what's the answer?

By starting with our program called Cellular Nutrition and adding our targeted products you have the best chance of fighting the problems nutritionally. By using our products daily your body will begin to repair and rebuild its villa back to the healthy state it was in when you were younger (this process begins within 24 hours of starting the products). Your body is then able to absorb not only the vital nutrients our Cellular Nutrition and targeted health and weight loss products provide, but also the key nutrients from the foods you are eating. You will feel the difference within days of being on the products. You may experience things like less moodiness, more mental clarity, more natural energy and stamina.

Once you start using our products you can be assured you are moving in the right direction toward better health and a happier you! Herbalife does not claim to cure any disease.

This is the power of nutrition on a cellular level. Give it a try today and you'll understand why.

Keeping Your Weight in Balance!

Nutrition holds a key to good health and lifelong weight management. Your body is composed of trillions of living cells that grow, die and are replaced many times over during your lifetime. These cells need proper nutrition to perform the vital functions of metabolism, growth, repair, detoxification and reproduction.

Unfortunately, the average modern diet does not always provide you with a correct nutrient balance for ideal good health.

Cellular Nutrition Technology

Herbalife's ShapeWorks WeightManagement Program uses three advanced technologies to improve our nutrition: food science, micronutrients supplementation and herbal science. Scientifically based formulas are at the very heart of Herbalife's ShapeWorks WeightManagement Program. They allow you to reduce your caloric intake while maintaining the vitamins, minerals and nutrients essential to good health.

We provide these factors in an easily digestible form, so that your cells can function at their highest level of efficiency.

Cell Activators

So many people believe that the body efficiently and completely absorbs all the nutrients from food and supplements. However, nutrient absorption may be diminished and impaired by poor eating habits, persistent dieting, stress or other factors.

A key difference with Herbalife's products is the inclusion of natural enzymes and herbs that act as cell activators. These cell activators aid digestion and further improve your health and vitality.

The Herbalife ShapeWorks product line is the most advanced approach to nutrition, vitality and weight loss on the market today.