

WELCOME TO YOUR 3 DAY TRIAL

Welcome to your N E W lifestyle. The purpose of this one-on-one coaching is to create accountability, consistency, & results all while having fun. Please use this document as a guide to assist in getting started.

Why Herbalife? Herbalife products have been helping people for over 35 years in over 90 countries around the world. As an Herbalife Distributor, our mission is to make an impact in our community and each success story puts us one step closer. We look forward to working with you on your wellness goals and making the next success story YOURS!

Herbalife is the most successful weight management company in the world. The secret to our success lies not just in our fabulous nutrition products, but also in the fact that each customer receives personalized coaching from their very own Wellness Coach – that's us!

Below you will find a few photos to get you started – please take the time to review each of them as they will help set you up for success.

3 DAY TRIAL

IMPORTANT INFORMATION

With your coach, schedule the day that you will be starting your 3 Day Trial. After choosing what day works best, you will then schedule your before & after photos.

Before Pictures & Weigh – In Video

Due: before NOON on day 1

After Pictures & Weigh – Out Video

Due: before NOON on day 4

BEFORE & AFTER PICTURES

Please review the below 4 photos for examples of how to take your Before & After Photos. We know this is the most vulnerable part of the journey but it's WORTH IT! You will be so proud when the after picture is next to your before photo. *Pictures will not be posted publicly – unless permission is given from challenge participant* SEND your photo to your coach privately through text to let them know, your ready.

All pictures should include:

- Note: Your name & date
- Great lighting, solid plain background
- Clothing
 - tightly-fitted, comfortable clothing
 - wear the same clothing in both photos
 - do not feel obligated to wear bathing suits/sports bras



this must be your Weigh-In Video

WHAT'S YOUR PLAN?

After reviewing your plan, message your coach & let them know which meal plan you will be following.

get ready for your results.



3 DAY TRIAL

LET'S GET **You** STARTED

EXAMPLE OF YOUR DAY

BREAKFAST: shake & tablets

SNACK: protein base snack

LUNCH: shake & tablets

SNACK: protein based snack

DINNER: healthy meal

TIPS

- Have your breakfast with the 1st 30 minutes of waking up.
- Eat your meals & snacks within every 2 - 3 hours from one another.
- Water Goal: 1/2 your body weigh in ounces



3 DAY TRIAL

GETTING STARTED

how to make a shake

IN A BLENDER

ADD 8oz of cold water FIRST
ADD F1 + PDM on-the-go pack
ADD 8oz of ice
BLEND

IN A SHAKER CUP

ADD 8oz of cold water FIRST (up to 12oz if desired)
DD F1 + PDM on-the-go pack
ADD handful of ice (optional)
SHAKE



3 DAY TRIAL



MEAL PLANNING

Ok, so here's the good stuff... we all have goals for this challenge and the truth is they are 80% nutrition and 20% fitness! The goal is not to give you a cookie-cutter meal plan, but to give you the tools to be successful in creating your own (with the help of your coach of course)!

After completing your wellness profile with your coach, you will be alerted with the appropriate meal plan! These are meant to be a visual interpretation not so much the literal interpretation (like you won't be eat hard boiled eggs with tomatoes every day.)

3 DAY TRIAL

PLANNING

TIPS FOR A SUCCESSFUL JOURNEY

It is highly suggested that you meal prepare the weekend before you start your trial on Monday. You will only have 1 meal a day so it will be much easier to prep since your shakes will replace two meals. Trying to find something to eat on the spot might have you eating the wrong things.

PREPARATION IS KEY!

Things to stay away from... Alcohol, fried foods, candy, chips, soda, juice, white rice and bread, ice cream, cake, cookies, fast food, energy drinks, high sugars, high sodium, and so on. If you have questions, feel free to ask!

If you are relatively active, please aim for 1 gallon of water each day, if not $\frac{3}{4}$ gallon each day. Nothing less. WATER is ALSO KEY!! Please send updates to your coach keep you on track!



3 DAY TRIAL

SHOPPING GUIDE

Shop when your
BELLY IS FULL



Go in
WITH A LIST

Shop for
WHAT'S IN SEASON.



Stick to the **PERIMETER**
OF THE STORE for the
fresher foods

Try one new **FRUIT OR**
VEGGIE each week



Turn things around and read
your **NUTRITION FACTS**

3 DAY TRIAL

SNACK LIST

GOAL: PROTEIN + FRUIT / VEGGIE

7 - 15 GRAM PROTEIN SNACKS

	AMOUNT OF PROTEIN
½ cup of non-fat cottage cheese	13 grams
1 rice cake with 1 tsp of peanut butter	7 grams
Mixed berries with 1 serving of mixed nuts	7 grams
1 serving of Greek yogurt	10 grams
1 piece of low-fat mozzarella string cheese	7 grams
3 – 4 egg whites	15 grams
Fresh deli turkey meats (2 oz)	11 grams
½ can of tuna	13 grams
Low sodium beef jerky	12 grams
Herbalife's Protein Bar Deluxe	10 grams
Herbalife's Beverage Mix	15 grams
Herbalife Creamy Chicken Soup Mix	16 grams

20 GRAM PROTEIN SNACKS

	AMOUNT OF PROTEIN
1 Herbalife Protein Bar & Beverage Mix	25 grams
¾ cup of non-fat cottage cheese & fruit	20 grams
1 full can of tuna & 1 tbsp. of mustard	20 grams
1 piece of sting cheese & 2 oz deli turkey	20 grams
1 Greek yogurt & 1 serving of almonds	20 grams
5 hard boiled egg whites & 1 yolk	20 grams



HEALTHY DINNER OPTIONS

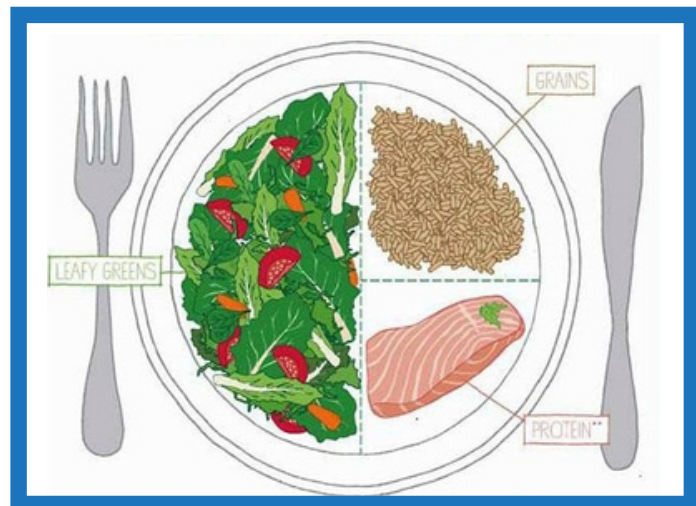
PROTEIN SOURCE

Beef (lean)	4 oz (cooked)	25 grams
Chicken breast	4 oz (cooked)	25 grams
Turkey breast or Ground Turkey	4 oz (cooked)	25 grams
Ocean-fish	4 oz (cooked)	25 to 31 grams
Salmon, shrimp, crab, lobster	4 oz (cooked)	22 to 24 grams
Tuna	4 oz (water packed)	27 grams
Scallops	4 oz (cooked)	25 grams

HEALTHY CARBOHYDRATES

Black Beans
Brown Rice
Wild Rice
Sweet Potato
Yams
Quinoa/ Couscous

THIS IS HOW YOUR PLATE SHOULD LOOK



Fill 1/2 your plate with leafy greens & crunchy vegetables

Fill no more than 1/4 of your plate with whole grains and/or legumes.

For the last 1/4, choose a palm-sized portion of healthy protein.

CHECKLIST

Breakfast & Lunch Shakes with Total Control / Herbal Tea Concentrate

2 Healthy Snacks

Healthy Colorful Meal

Water Goal

Followed-Up with coach

