

Healthy Snacking Tips

From your wellness coach: _____

- Plan to eat every 3 to 4 hours
- **Never skip meals!**
- The best snacks have 10-15 g of protein, are low in sugar and less than 200 calories, giving you energy and satisfying hunger without causing you to crash later
- Avoid choosing snacks high in sugar and carbohydrates, or going too long without eating, which will cause a crash in blood sugar and lead to overeating late in the day
- Include fruits and veggies to help you get your 5-7 servings each day
- Drinking Herbalife Herbal Tea throughout the day will also boost your metabolism, give you energy, and enhance appetite control, while burning 80 calories!
- Remember that thirst is often mistaken for hunger, so before you reach for a snack, reach for water or your Herbalife tea
- Drink half your weight in ounces of water throughout the day (if you weigh 150 lbs, drink 75 oz of water) and more before and after exercising
- Keep stress levels low and get plenty of sleep – very important for appetite control!
- If you fall off your plan today, don't beat yourself up – just renew your commitment to eating well and being consistent with your shakes and healthy eating
- Remember: Nothing TASTES as good as HEALTHY feels!!

Choose 1 snack daily - usually between lunch and dinner. If you are feeling hungry please let your wellness coach know so we can adjust your program.

Herbalife Snacks

Herbalife Deluxe Protein Bar (Chocolate Peanut, Vanilla Almond, or Citrus Lemon)

140 calories, 10g protein

Herbalife Beverage Mix (Peach Mango or Wild Berry)

70 calories, 0g sugar, 15g protein

Herbalife High Protein Iced Coffee (House Blend or Mocha)

100 calories, 15g protein, 2g sugar

Herbalife Roasted Soy Nuts – Chili Lime Flavor

100 calories, 9g protein

Herbalife 24 Achieve Bar (Dark Chocolate Brownie or Chocolate Chip Cookie Dough)

230 calories, 20g protein, 12g fiber

Other suggestions:

- 8 oz Greek yogurt with berries and 2 TB granola
- Medium apple with 1 TB peanut butter
- Light string cheese and ¼ cup (12) raw almonds
- ½ cup plain oatmeal – option to add 2 scoops Herbalife Formula 1
- ¼ cup hummus with celery and carrot sticks
- Celery filled with low-fat cream cheese
- Tuna on whole wheat crackers
- ½ cup shelled edamame (soy beans - found in freezer section)
- ½ cup low-fat cottage cheese
- 2 hard-boiled eggs

Can't beat those snack cravings? Try:

Total Control - curb cravings for fats and sweets, feel fuller longer, natural energy and metabolism boost!

Snack Defense - all day craving control, caffeine free, especially designed for late-night snacking!