#### Shaklee 180° nutrition guides

As America's #1 Natural Nutrition Company, it's important to us that you lose weight the healthy way.

Take a look at these nutritional guides based on your Shaklee 180 Kit to see a suggested food plan and calorie-level to meet your goals.

#### On the Turnaround<sup>™</sup> Kit?

A safe rate of weight loss is 1-2 pounds per week. To lose one pound per week, you need a daily deficit of 500 calories.

Your weight	Daily calories
Up to 150 lbs	1,200 calories
151 - 200 lbs	1,500 calories
201 - 250 lbs	1,800 calories
251 lbs or more	2,100 calories





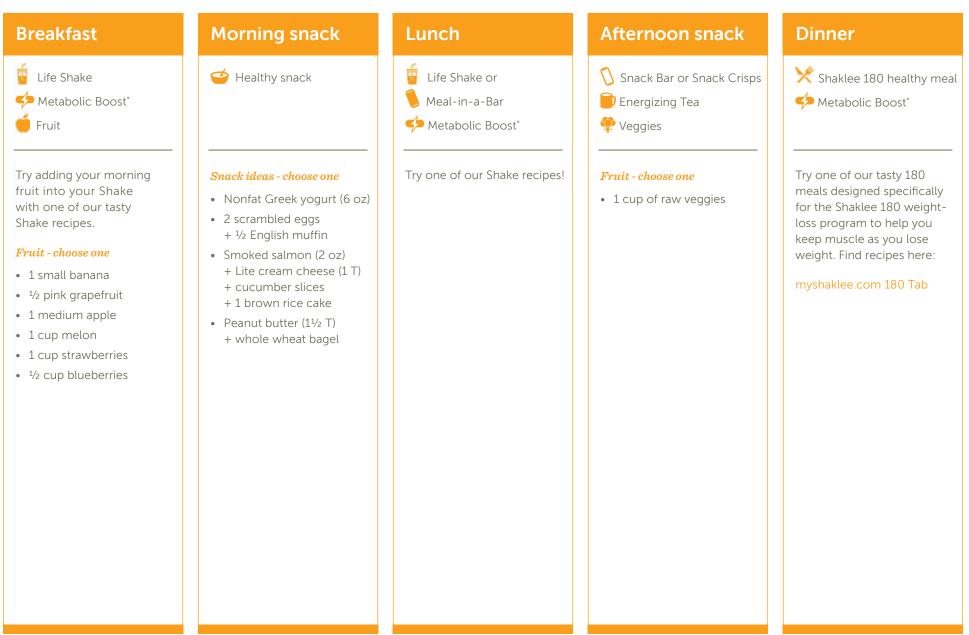
1,200 calories



Breakfast	Lunch	Afternoon snack	Dinner
<ul> <li>Breakfast</li> <li>№ Life Shake</li> <li>№ Metabolic Boost*</li> <li>● Fruit</li> <li>Try adding your morning fruit into your Life Shake with one of our tasty Life Shake recipes.</li> <li>Fruit - choose one</li> <li>1 small banana</li> <li>½ pink grapefruit</li> <li>1 medium apple</li> <li>1 cup melon</li> <li>1 cup strawberries</li> <li>½ cup blueberries</li> </ul>	Lunch if if Shake or Meal-in-a-Bar ✓ Metabolic Boost*	Afternoon snack <ul> <li> <ul> <li> <ul> <li>Snack Bar or Snack Crisps</li> <li> <ul> <li>Energizing tea</li> <li> <ul> <li>Veggies</li> </ul> </li> </ul> </li> <li> <ul> <li>Cuilt-free snack idea</li> <li>1 cup of raw veggies</li> </ul> </li> </ul></li></ul></li></ul>	Dinner

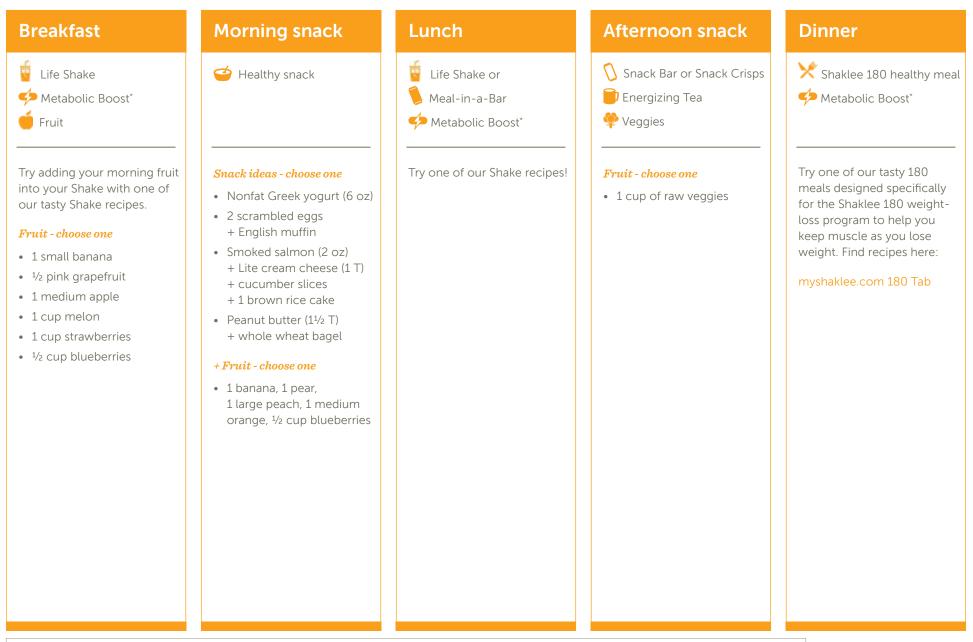
\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

1,500 calories





1,800 calories



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2,100 calories



Breakfast	Morning snack	Lunch	Afternoon snack	Dinner
<ul> <li>Life Shake</li> <li>Metabolic Boost*</li> <li>Fruit</li> <li>Starch</li> </ul>	<caption> Healthy snack</caption>	<ul> <li>Life Shake or</li> <li>Meal-in-a-Bar</li> <li>Metabolic Boost*</li> </ul>	<ul> <li>Snack Bar or Snack Crisps</li> <li>Energizing Tea</li> <li>Veggies</li> </ul>	★ Shaklee 180 healthy meal ★ Metabolic Boost*
Try adding your morning fruit into your Shake with one of our tasty Shake recipes. <i>Fruit - choose one</i> • 1 small banana • <sup>1</sup> / <sub>2</sub> pink grapefruit • 1 medium apple • 1 cup melon • 1 cup strawberries • <sup>1</sup> / <sub>2</sub> cup blueberries <i>+ Starch - choose one</i> • 1 slice wheat toast • <sup>1</sup> / <sub>2</sub> medium bagel • 1 English muffin • <sup>1</sup> / <sub>2</sub> whole wheat pita	<ul> <li>Snack ideas - choose one</li> <li>Nonfat Greek yogurt (8 oz)</li> <li>4 scrambled eggs <ul> <li>Canadian bacon (2 oz)</li> <li>English muffin + fruit</li> </ul> </li> <li>Smoked salmon (2 oz) <ul> <li>Lite cream cheese (2 T)</li> <li>cucumber slices</li> <li>1 brown rice cake</li> <li>fruit</li> </ul> </li> <li>Peanut butter (2 T) <ul> <li>whole wheat bagel</li> <li>fruit</li> </ul> </li> <li>Fruit - choose one</li> <li>1 banana, 1 pear, <ul> <li>large peach, 1 medium orange, ½ cup blueberries,</li> <li>cup grapes</li> </ul> </li> </ul>	Try one of our Shake recipes!	Fruit - choose one • 2 cups of raw veggies	Try one of our tasty 180 meals designed specifically for the Shaklee 180 weight- loss program to help you keep muscle as you lose weight. Find recipes here: myshaklee.com 180 Tab

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