

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[™] 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






Shaklee Turnaround™

1,200 calories



Breakfast




-  Life Shake
-  Metabolic Boost*
-  Fruit

Try adding your morning fruit into your Life Shake with one of our tasty Life Shake recipes.




Fruit - choose one

- 1 small banana
- ½ pink grapefruit
- 1 medium apple
- 1 cup melon
- 1 cup strawberries
- ½ cup blueberries

Lunch

-  Life Shake or
-  Meal-in-a-Bar
-  Metabolic Boost*



Afternoon snack

-  Snack Bar or Snack Crisps
-  Energizing tea
-  Veggies

Guilt-free snack idea

- 1 cup of raw veggies

Dinner

-  Shaklee 180 healthy meal
-  Metabolic Boost*

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](http://myshaklee.com/180Tab)




*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.

Shaklee Turnaround™

1,500 calories



Breakfast

-  Life Shake
-  Metabolic Boost*
-  Fruit

Try adding your morning fruit into your Shake with one of our tasty Shake recipes.

Fruit - choose one

- 1 small banana
- ½ pink grapefruit
- 1 medium apple
- 1 cup melon
- 1 cup strawberries
- ½ cup blueberries




Morning snack

-  Healthy snack

Snack ideas - choose one




- Nonfat Greek yogurt (6 oz)
+ ½ English muffin
- 2 scrambled eggs
+ ½ English muffin
- Smoked salmon (2 oz)
+ Lite cream cheese (1 T)
+ cucumber slices
+ 1 brown rice cake
- Peanut butter (1½ T)
+ whole wheat bagel

Lunch

-  Life Shake or
-  Meal-in-a-Bar
-  Metabolic Boost*

Try one of our Shake recipes!



Afternoon snack

-  Snack Bar or Snack Crisps
-  Energizing Tea
-  Veggies

Fruit - choose one

- 1 cup of raw veggies

Dinner

-  Shaklee 180 healthy meal
-  Metabolic Boost*

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Shaklee Turnaround™

1,800 calories

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180

Breakfast

-  Life Shake
-  Metabolic Boost*
-  Fruit

Try adding your morning fruit into your Shake with one of our tasty Shake recipes.

Fruit - choose one

- 1 small banana
- ½ pink grapefruit
- 1 medium apple
- 1 cup melon
- 1 cup strawberries
- ½ cup blueberries

Morning snack

-  Healthy snack




Snack ideas - choose one

- Nonfat Greek yogurt (6 oz)
+ English muffin
- Smoked salmon (2 oz)
+ Lite cream cheese (1 T)
+ cucumber slices
+ 1 brown rice cake
- Peanut butter (1½ T)
+ whole wheat bagel

+ Fruit - choose one




- 1 banana, 1 pear,
1 large peach, 1 medium
orange, ½ cup blueberries

Lunch

-  Life Shake or
-  Meal-in-a-Bar
-  Metabolic Boost*

Try one of our Shake recipes!



Afternoon snack

-  Snack Bar or Snack Crisps
-  Energizing Tea
-  Veggies

Fruit - choose one

- 1 cup of raw veggies

Dinner

-  Shaklee 180 healthy meal
-  Metabolic Boost*

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Shaklee Turnaround™

2,100 calories

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180

Breakfast

-  Life Shake
-  Metabolic Boost*
-  Fruit
-  Starch

Try adding your morning fruit into your Shake with one of our tasty Shake recipes.

Fruit - choose one

- 1 small banana
- ½ pink grapefruit
- 1 medium apple
- 1 cup melon
- 1 cup strawberries
- ½ cup blueberries

+ Starch - choose one

- 1 slice wheat toast
- ½ medium bagel
- 1 English muffin
- ½ whole wheat pita

Morning snack

-  Healthy snack




Snack ideas - choose one

- Nonfat Greek yogurt (8 oz)
+ Canadian bacon (2 oz)
+ English muffin + fruit
- Smoked salmon (2 oz)
+ Lite cream cheese (2 T)
+ cucumber slices
+ 1 brown rice cake
+ fruit
- Peanut butter (2 T)
+ whole wheat bagel
+ fruit

+ Fruit - choose one




- 1 banana, 1 pear,
1 large peach, 1 medium
orange, ½ cup blueberries,
½ cup grapes

Lunch

-  Life Shake or
-  Meal-in-a-Bar
-  Metabolic Boost*

Try one of our Shake recipes!



Afternoon snack

-  Snack Bar or Snack Crisps
-  Energizing Tea
-  Veggies

Fruit - choose one

- 2 cups of raw veggies

Dinner

-  Shaklee 180 healthy meal
-  Metabolic Boost*

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