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.

<table>
<thead>
<tr>
<th>Your weight</th>
<th>Daily calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to 150 lbs</td>
<td>1,200 calories</td>
</tr>
<tr>
<td>151 - 200 lbs</td>
<td>1,500 calories</td>
</tr>
<tr>
<td>201 - 250 lbs</td>
<td>1,800 calories</td>
</tr>
<tr>
<td>251 lbs or more</td>
<td>2,100 calories</td>
</tr>
</tbody>
</table>
Shaklee Turnaround™
1,200 calories

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Afternoon snack</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>🍌 Life Shake</td>
<td>🍌 Life Shake or Meal-in-a-Bar</td>
<td>🍌 Snack Bar or Snack Crisps</td>
<td>⚠️ Shaklee 180 healthy meal</td>
</tr>
<tr>
<td>🍊 Metabolic Boost*</td>
<td>🍏 Meal-in-a-Bar</td>
<td>🍵 Energizing tea</td>
<td>⚠️ Metabolic Boost*</td>
</tr>
<tr>
<td>🍓 Fruit</td>
<td>🍓 Metabolic Boost*</td>
<td>🥗 Veggies</td>
<td></td>
</tr>
</tbody>
</table>

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

**Guilt-free snack idea**
- 1 cup 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

*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

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<tr>
<td>Life Shake</td>
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<tr>
<td>Fruit</td>
<td></td>
<td></td>
<td>Veggies</td>
<td></td>
</tr>
</tbody>
</table>

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

**Snack ideas - choose one**
- Nonfat Greek yogurt (6 oz)
- 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

Try one of our Shake recipes!

**Fruit - choose one**
- 1 cup of raw veggies

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# Shaklee Turnaround™

1,800 calories

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<tr>
<td><img src="logo.png" alt="Shaklee Turnaround™" /> Life Shake</td>
<td><img src="logo.png" alt="Healthy snack" /> Healthy snack</td>
<td><img src="logo.png" alt="Life Shake or Meal-in-a-Bar" /> Life Shake or Meal-in-a-Bar</td>
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<td><img src="logo.png" alt="Fruit" /> Fruit</td>
<td><img src="logo.png" alt="Snack Bar or Snack Crisps" /> Snack Bar or Snack Crisps</td>
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<td>Try adding your morning fruit into your Shake with one of our tasty Shake recipes.</td>
<td>• 1 small banana • ½ pink grapefruit • 1 medium apple • 1 cup melon • 1 cup strawberries • ½ cup blueberries</td>
<td>Try one of our Shake recipes!</td>
<td>• 1 cup of raw veggies</td>
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## Shaklee Turnaround™

### 2,100 calories

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<td></td>
<td>Veggies</td>
<td></td>
</tr>
<tr>
<td>Starch</td>
<td></td>
<td></td>
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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

**Snack ideas - choose one**
- Nonfat Greek yogurt (8 oz)
- 4 scrambled eggs
  + 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

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myshaklee.com 180 Tab