

Shaklee 180

Meal Plans



How to Make the Perfect Life Shake™

DIRECTIONS

1. Combine 2 scoops of powder with 8 oz of nonfat cow's milk or 8 oz of organic unsweetened soymilk.
2. If mixing with water, add an additional scoop of Life Shake (3 scoops total) to ensure a healthy meal replacement with adequate calories and protein.
3. Add 1/2 cup of berries or flavored extract (vanilla, peppermint, etc.) for additional flavor and ice if desired.

CALORIE COUNT

| | |
|---------------------|----------------|
| Powder | 150 |
| Unsweetened soymilk | 80 |
| 1/2 cup berries | 40 |
| Flavored extract | 10 per serving |
| Total calories | 280 |

PERFECT ADD-ONS FOR LIFE SHAKE

Aim for under 50 calories.

| | |
|-------------------------------------|-----------|
| 1/2 cup blueberries | 41 cal |
| 1/2 cup strawberries | 49 cal |
| 1/2 cup mixed berries | 44 cal |
| Extracts: vanilla, peppermint, etc. | 10–15 cal |

ADDITIONAL ADD-ONS

| | |
|--------------------------------|--------|
| 1 scoop Organic Greens Booster | 10 cal |
| 1/2 banana | 52 cal |
| 1 cup spinach | 7 cal |
| 1 tsp peanut butter | 31 cal |

100-CALORIE SNACK PACKS

- Almond packet
- String cheese
- Small apple

FREE FOODS

- 1/2 cup zucchini
- 6–8 baby carrots
- 6–8 cherry tomatoes
- Celery
- Jicama
- Cucumber



Select a meal plan based on your current weight. These meal plans are provided as examples with calorie targets.

However, you may notice in a typical day your total calorie count may fluctuate up or down by as much as 50 calories.

1,200 CALORIES FOR CURRENT WEIGHT UP TO 150 LBS.

| BREAKFAST 280 CAL | MORNING SNACK | LUNCH 280 CAL | SNACK 140 CAL | DINNER 445 CAL | TOTAL CALORIES |
|--|------------------------------|--|---|---|---------------------|
| <p>LIFE SHAKE™ OR MEAL-IN-A-BAR</p> <ol style="list-style-type: none"> Mix 2 scoops of Life Shake with 8 oz of milk or dairy substitute. Add in fruit or berries. | <p>ENERGIZING TEA</p> | <p>LIFE SHAKE™ OR MEAL-IN-A-BAR</p> | <p>SNACK BAR OR SNACK CRISPS</p> | <p>5-oz chicken breast, baked (234 cal) Vegetables (100 cal) 1/2 cup quinoa (111 cal)</p> | <p>1,145</p> |

1,500 CALORIES FOR CURRENT WEIGHT BETWEEN 151-200 LBS.

| BREAKFAST 280 CAL | MORNING SNACK | LUNCH 280 CAL | SNACK 240 CAL | DINNER 692 CAL | TOTAL CALORIES |
|--|------------------------------|--|--|--|---------------------|
| <p>LIFE SHAKE™ OR MEAL-IN-A-BAR</p> <ol style="list-style-type: none"> Mix 2 scoops of Life Shake with 8 oz of milk or dairy substitute. Add in fruit or berries. | <p>ENERGIZING TEA</p> | <p>LIFE SHAKE™ OR MEAL-IN-A-BAR</p> | <p>SNACK BAR (140 CAL) + 100-CALORIE SNACK (almond pack, string cheese, small apple)</p> | <p>6-oz chicken breast, baked (281 cal) Vegetables (100 cal) 1/2 cup quinoa (111 cal) Add healthy fat: 1 tbsp olive oil (120 cal) 1/4 avocado (approx. 80 cal)</p> | <p>1,492</p> |

1,800 CALORIES FOR CURRENT WEIGHT BETWEEN 201–205 LBS.

| BREAKFAST 280 CAL | MORNING SNACK 100 CAL | LUNCH 280 CAL | SNACK 240 CAL | DINNER 868 CAL | TOTAL CALORIES |
|---|---|--|--|--|---------------------|
| <p>LIFE SHAKE™ OR MEAL-IN-A-BAR</p> <p>1. Mix 2 scoops of Life Shake with 8 oz of milk or dairy substitute.</p> <p>2. Add in fruit or berries.</p> | <p>ENERGIZING TEA + 100-CALORIE SNACK</p> <p>(almond pack, string cheese, small apple)</p> | <p>LIFE SHAKE™ OR MEAL-IN-A-BAR</p> | <p>SNACK BAR + 100-CALORIE SNACK</p> <p>(almond pack, string cheese, small apple)</p> | <p>6-oz chicken breast, baked (281 cal)</p> <p>Vegetables (200 cal)</p> <p>3/4 cup quinoa (167 cal)</p> <p>Add healthy fat: 1 tbsp olive oil (120 cal)</p> <p>1/3 avocado (approx. 100 cal)</p> | <p>1,768</p> |

2,100 CALORIES FOR CURRENT WEIGHT 251 LBS OR MORE.

| BREAKFAST 345 CAL | MORNING SNACK 240 CAL | LUNCH 280 CAL | SNACK 240 CAL | DINNER 848 CAL | EVENING SNACK 183 CAL | TOTAL CALORIES |
|---|---|--|---|---|---|---------------------|
| <p>LIFE SHAKE™</p> <p>2 scoops + 8 oz milk and 1 medium banana (105 cal)</p> | <p>ENERGIZING TEA + SNACK BAR + 100-CALORIE SNACK</p> <p>(almond pack, string cheese, small apple)</p> | <p>LIFE SHAKE™ OR MEAL-IN-A-BAR</p> | <p>SNACK BAR + HEALTHY SNACK</p> | <p>6-oz chicken breast, baked (281 cal)</p> <p>Vegetables (200 cal)</p> <p>3/4 cup quinoa (167 cal)</p> <p>Add healthy fat: 1 tbsp olive oil (120 cal)</p> <p>1/4 avocado (approx. 80 cal)</p> | <p>Popcorn: 3 cups of oil-popped popcorn, no butter (105 cal)</p> <p>+ Apple (78 cal)</p> | <p>2,136</p> |