

SNACK LIST

| Protein Snack/Meal (Adjust portion accordingly to suit) | Calories | Protein (G) |
|---|----------|-------------|
| 5-10 GRAMS PROTEIN SNACK | | |
| 20 Almonds VEGAN OPTION | 150 | 5 |
| Avocado (100g) VEGAN OPTION | 320 | 5 |
| Herbalife Protein Drink Mix (100ml of made up product) | 43 | 6 |
| Canned Black Beans (100g) VEGAN OPTION | 85 | 5 |
| 10 GRAMS PROTEIN SNACK | | |
| 2 Slices of Turkey (not processed) | 60 | 10 |
| Herbalife Protein Bar | 135 | 10 |
| Herbalife Soy Beans | 115 | 10 |
| Herbalife Formula 1 Shake | 90 | 10 |
| Total Fage Greek Yogurt 0 Fat and 0 sweeteners (100g) | 60 | 10 |
| Cottage Cheese (100g) | 70 | 10 |
| Soy Milk (250ml) | 155 | 10 |
| Herbalife Gourmet Tomato Soup (45g) | 155 | 10 |
| Lentils (100g) VEGAN OPTION | 115 | 10 |
| Tofu (115g) VEGAN OPTION | 90 | 10 |
| Quinoa (200g) VEGAN OPTION | 240 | 10 |
| 15 GRAMS PROTEIN SNACK | | |
| 5 Fish Sticks (125g) | 270 | 15 |
| 2 Slices of Ham (not processed) | 90 | 15 |
| Herbalife Formula 1 Bar | 205 | 15 |
| Almond Butter (100g) VEGAN OPTION | 630 | 15 |
| 20 GRAMS PROTEIN SNACK | | |
| Prawns (100g) | 100 | 20 |
| 3 Eggs | 200 | 20 |
| 5 Egg Whites | 80 | 20 |
| Tempeh (100g) VEGAN OPTION | 200 | 20 |
| 25 GRAMS PROTEIN SNACK | | |
| Tuna Steak (131g) | 165 | 25 |
| Herbalife Rebuild Shake | 190 | 25 |
| Canned Sardines (92g) | 190 | 25 |
| Peanut Butter | 590 | 25 |
| 30-45 GRAMS PROTEIN SNACK | | |
| Steak (110g) lean cuts | 220 | 30 |
| Hemp Seed (100g) VEGAN OPTION | 580 | 35 |
| Canned Tuna (165g) – in spring water | 190 | 40 |
| Salmon Fillet (178g) | 370 | 40 |
| Cod Fillet (231g) | 190 | 40 |
| Chicken Breast (150g) | 220 | 45 |

PROTEIN SOURCES TO AVOID OR LIMIT

- Luncheon meats
- Whole milk
- Fatty minced
- Processed ham & bacon
- High-fat cheese

THE SIMPLE RULE

If in doubt, choose protein from foods that are unprocessed or minimally processed and as lean as possible.