

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?

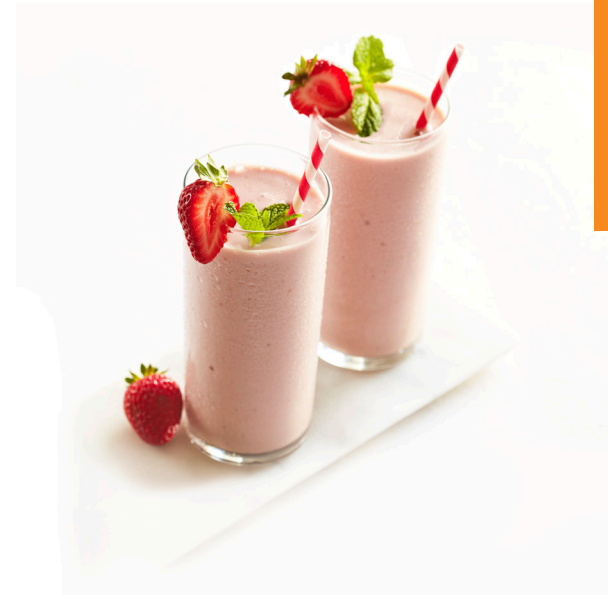
A safe rate of weight loss is 1-2 pounds per week. To lose one pound per week, you need a daily deficit of 500 calories.

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



For a more personalized calorie recommendation be sure to download the Shaklee 180 Mobile App as soon as it becomes available.

For even more helpful tips visit:
<http://members.myshaklee.com/180recipes>



On the Lean & Healthy Kit?

Female* age	Daily calories
19- 30 yrs	2,100 calories
31 -50	1,800 calories
51+	1,500 calories
Male* age	
19-30 yrs	2,400 or more calories
31-50	2,100 calories
51 plus	1,800 calories











or

*For people who exercise less than 30 minutes a day and are looking to maintain their current weight. If you're more active you may need additional calories to meet your needs.

Shaklee Turnaround™

1,200 calories












Breakfast	Lunch	Afternoon snack	Dinner
<p> Energizing smoothie</p> <p> Metabolic Boost*</p> <p> Fruit</p>	<p> Energizing smoothie or Meal-in-a-Bar</p> <p> Metabolic Boost*</p>	<p> Snack Bar or Snack Crisps</p> <p> Energizing tea</p> <p> Veggies</p>	<p> Shaklee 180 healthy meal</p> <p> Metabolic Boost*</p>
<hr/> <p>Try adding your morning fruit into your smoothie with one of our tasty smoothie recipes.</p> <p>Fruit - choose one</p> <ul style="list-style-type: none">1 small banana½ pink grapefruit1 medium apple1 cup melon1 cup strawberries½ cup blueberries	<hr/>	<hr/> <p>Guilt-free snack idea</p> <p>1 cup of raw veggies</p>	<hr/> <p>Try one of our tasty 180 meals designed specifically for the Shaklee 180 nutrition program to help you keep muscle as you lose weight. Find recipes here:</p> <p>members.myshaklee.com/180recipes</p>

*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	Morning snack	Lunch	Afternoon snack	Dinner
<ul style="list-style-type: none">  Energizing smoothie  Metabolic Boost*  Fruit 	<ul style="list-style-type: none">  Healthy snack 	<ul style="list-style-type: none">  Energizing smoothie or Meal-in-a-Bar  Metabolic Boost* 	<ul style="list-style-type: none">  Snack Bar or Snack Crisps  Energizing tea  Veggies 	<ul style="list-style-type: none">  Shaklee 180 healthy meal  Metabolic Boost*
<p>Try adding your morning fruit into your smoothie with one of our tasty smoothie recipes .</p> <p>Fruit - choose one</p> <ul style="list-style-type: none"> 1 small banana ½ pink grapefruit 1 medium apple 1 cup melon 1 cup strawberries ½ cup blueberries 	<p>Snack ideas - choose one</p> <ul style="list-style-type: none"> Nonfat Greek yogurt (6 oz.) Scrambled eggs (2) + 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 	<p>Try one of our smoothie recipes!</p>	<p>Guilt-free snack idea</p> <p>1 cup of raw veggies</p>	<p>Try one of our tasty 180 meals designed specifically for the Shaklee 180 nutrition program to help you keep muscle as you lose weight. Find recipes here:</p> <p>members.myshaklee.com/180recipes</p>

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Shaklee Turnaround™

1,800 calories















Breakfast	Morning snack	Lunch	Afternoon snack	Dinner
<ul style="list-style-type: none"> Energizing smoothie Metabolic Boost* Fruit	<ul style="list-style-type: none"> Healthy snack	<ul style="list-style-type: none"> Energizing smoothie or Meal-in-a-Bar Metabolic Boost*	<ul style="list-style-type: none"> Snack Bar or Snack Crisps Energizing tea Veggies	<ul style="list-style-type: none"> Shaklee 180 healthy meal Metabolic Boost*
<p>Try adding your morning fruit into your smoothie with one of our tasty smoothie recipes.</p> <p>Fruit - choose one</p> <ul style="list-style-type: none">1 small banana½ pink grapefruit1 medium apple1 cup melon1 cup strawberries½ cup blueberries	<p>Snack ideas - choose one</p> <p>Nonfat Greek yogurt (6 oz.)</p> <p>2 scrambled eggs + English muffin</p> <p>Smoked salmon (2 oz.) + lite cream cheese (1 T) + cucumber slices + 1 brown rice cake</p> <p>Peanut butter (1½ T) + whole wheat bagel</p> <p>And a fruit - choose one</p> <p>1 banana, 1 pear, 1 large peach, 1 medium orange, ½ cup blueberries</p>	<p>Try one of our smoothie recipes!</p>	<p>Guilt-free snack idea</p> <p>1 cup of raw veggies</p>	<p>Try one of our tasty 180 meals designed specifically for the Shaklee 180 nutrition program to help you keep muscle as you lose weight. Find recipes here:</p> <p>members.myshaklee.com/180recipes</p>

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Shaklee Turnaround™

2,100 calories



Breakfast	Morning snack	Lunch	Afternoon snack	Dinner
<ul style="list-style-type: none">  Energizing smoothie  Metabolic Boost*  Fruit  Starch 	<ul style="list-style-type: none">  Healthy snack 	<ul style="list-style-type: none">  Energizing smoothie or Meal-in-a-Bar  Metabolic Boost* 	<ul style="list-style-type: none">  Snack Bar or Snack Crisps  Energizing tea  Veggies 	<ul style="list-style-type: none">  Shaklee 180 healthy meal  Metabolic Boost*
<p>Try adding your morning fruit into your smoothie with one of our tasty smoothie recipes.</p> <p>Fruit - choose one</p> <ul style="list-style-type: none"> 1 small banana ½ pink grapefruit 1 medium apple 1 cup melon 1 cup strawberries ½ cup blueberries <p>+ Starch - choose one</p> <ul style="list-style-type: none"> 1 slice wheat toast ½ medium bagel 1 english muffin ½ whole wheat pita <p>Try Smart Balance® Spread as a butter substitute.</p>	<p>Snack ideas - choose one</p> <p>Nonfat Greek yogurt (8 oz.)</p> <p>4 scrambled egg whites + Canadian bacon (2 oz.) + English muffin + fruit</p> <p>Smoked salmon (2 oz.) + lite cream cheese (2 T) + cucumber slices + 1 brown rice cake + Fruit</p> <p>Peanut butter (2 T) + whole wheat bagel + fruit</p> <p>And a fruit - choose one</p> <p>1 banana, 1 pear, 1 large peach, 1 medium orange, ½ cup blueberries, ½ cup grapes</p>	<p>Try one of our smoothie recipes!</p>	<p>Guilt-free snack idea</p> <p>2 cups of raw veggies</p>	<p>Try one of our tasty 180 meals designed specifically for the Shaklee 180 nutrition program to help you keep muscle as you lose weight. Find recipes here:</p> <p>members.myshaklee.com/180recipes</p>

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Shaklee Lean & Healthy

1,500 calories




Breakfast	Morning snack	Lunch	Afternoon snack	Dinner
<ul style="list-style-type: none">  Energizing smoothie  Vitalizer™  Fruit 	<ul style="list-style-type: none">  Healthy snack 	<ul style="list-style-type: none">  Healthy lunch  Fruit 	<ul style="list-style-type: none">  Snack Bar or Snack Crisps  Energizing tea  Veggies 	<ul style="list-style-type: none">  Shaklee 180 healthy meal
<p>Try adding your morning fruit into your smoothie with one of our tasty smoothie recipes.</p> <p>Fruit - choose one</p> <ul style="list-style-type: none"> 1 small banana ½ pink grapefruit 1 medium apple 1 cup melon 1 cup strawberries ½ cup blueberries 	<p>Snack ideas - choose one</p> <ul style="list-style-type: none"> Nonfat yogurt (6 oz.) 2 scrambled egg whites Peanut butter (1 T) + whole wheat crackers ½ cup nonfat cottage cheese ½ cup oatmeal + ½ cup nonfat milk + 1 slice whole wheat toast with 1 t Smart Balance® Spread 	<p>Lunch ideas - choose one</p> <p>Veggie burrito</p> <ul style="list-style-type: none"> 1 whole wheat tortilla ¼ cup black beans ¼ cup brown rice ¼ cup salsa 1 T fat-free sour cream <p>Southwest baked potato</p> <ul style="list-style-type: none"> 1 medium baked potato ½ cup steamed broccoli 2 oz. reduced-fat cheddar 2 T salsa <p>180 Turkey sandwich</p> <ul style="list-style-type: none"> 3 oz. roast turkey breast 3 tomato slices + lettuce 1 T light mayo 2 slices sourdough <p>With one fruit</p> <ul style="list-style-type: none"> 1 medium orange ½ cup grapes 1 medium pear 1 cup mixed berries 1 medium apple 1 small banana 	<p>Guilt-free snack idea</p> <ul style="list-style-type: none"> 1 cup of raw veggies 	<p>Try one of our tasty 180 meals designed specifically for the Shaklee 180 nutrition program to help you keep muscle as you lose weight.</p> <p>Find recipes here:</p> <p>members.myshaklee.com/180recipes</p>

Shaklee Lean & Healthy

1,800 calories



Breakfast	Morning snack	Lunch	Afternoon snack	Dinner
<ul style="list-style-type: none">  Energizing smoothie  Vitalizer™  Fruit 	<ul style="list-style-type: none">  Healthy snack 	<ul style="list-style-type: none">  Healthy lunch  Fruit 	<ul style="list-style-type: none">  Snack Bar or Snack Crisps  Energizing tea  Veggies 	<ul style="list-style-type: none">  Shaklee 180 healthy meal
<p>Try adding your morning fruit into your smoothie with one of our tasty smoothie recipes.</p> <p>Fruit - choose one</p> <ul style="list-style-type: none"> 1 banana ½ pink grapefruit 1 medium apple 1 cup melon 1 cup strawberries ½ cup blueberries 	<p>Snack ideas - choose one</p> <ul style="list-style-type: none"> Nonfat yogurt (6 oz.) + ½ bagel with 1 t Smart Balance® Spread 2 scrambled egg whites + ½ english muffin with 1 t Smart Balance® Spread Peanut butter (2 T) + 5 whole wheat crackers ½ cup nonfat cottage cheese + 2 brown rice cakes ½ cup oatmeal + ½ cup nonfat milk + 1 slice whole wheat toast with 1 t Smart Balance® Spread Nonfat yogurt (6 oz.) + ¼ cup low-fat granola 	<p>Lunch ideas - choose one</p> <p>Veggie burrito</p> <ul style="list-style-type: none"> 1 whole wheat tortilla ¼ cup black beans ¼ cup brown rice ¼ cup salsa 1 T fat-free sour cream <p>Southwest baked potato</p> <ul style="list-style-type: none"> 1 Medium baked potato ½ cup steamed broccoli 2 oz. reduced-fat cheddar 2 T salsa <p>180 tuna sandwich</p> <ul style="list-style-type: none"> 3 oz. canned tuna 3 tomato slices + lettuce 1T light mayo 2 slices whole wheat bread <p>With one fruit</p> <ul style="list-style-type: none"> 1 medium orange ½ cup grapes 1 medium pear 1 cup mixed berries 1 medium apple 1 small banana 	<p>Guilt-free snack idea</p> <ul style="list-style-type: none"> 1 cup of raw veggies 	<p>Try one of our tasty 180 meals designed specifically for the Shaklee 180 nutrition program to help you keep muscle as you lose weight.</p> <p>Find recipes here:</p> <p>members.myshaklee.com/180recipes</p>

Shaklee Lean & Healthy

2,100 calories





Breakfast	Morning snack	Lunch	Afternoon snack	Dinner
<ul style="list-style-type: none">  Energizing smoothie  Vitalizer™  Fruit 	<ul style="list-style-type: none">  Healthy snack 	<ul style="list-style-type: none">  Healthy lunch  Fruit 	<ul style="list-style-type: none">  Snack Bar or Snack Crisps  Energizing tea  Veggies 	<ul style="list-style-type: none">  Shaklee 180 healthy meal  Veggies  Starch  Salad
<p>Try adding your morning fruit into your smoothie with one of our tasty smoothie recipes.</p> <p>Fruit - choose one</p> <ul style="list-style-type: none"> 1 banana ½ pink grapefruit 1 medium apple 1 cup melon 1 cup strawberries ½ cup blueberries 	<p>Snack ideas - choose one</p> <p>Nonfat yogurt (6 oz.) + ½ bagel with 1 t Smart Balance® Spread</p> <p>2 scrambled egg whites + ½ English muffin with 1 t Smart Balance® Spread</p> <p>Peanut butter 2 T + 6 Whole wheat crackers</p> <p>1 cup nonfat cottage cheese + 2 brown rice cakes</p> <p>¾ cup oatmeal + ½ cup nonfat milk + 2 slices whole wheat toast with 1 t Smart Balance® Spread</p> <p>Nonfat yogurt (8 oz.) + ½ cup low-fat granola</p>	<p>Lunch ideas - choose one</p> <p>Veggie burrito</p> <ul style="list-style-type: none"> 1 whole wheat tortilla ½ cup black beans ½ cup brown rice ¼ cup salsa 1 T fat-free sour cream <p>Southwest baked potato</p> <ul style="list-style-type: none"> 1 Medium baked potato 1 cup steamed broccoli 2 oz. reduced-fat cheddar ¼ cup salsa <p>180 tuna sandwich</p> <ul style="list-style-type: none"> 3 oz. canned tuna 3 tomato slices + lettuce 1 T light mayo 2 slices whole wheat bread <p>With one fruit</p> <ul style="list-style-type: none"> 1 medium orange ½ cup grapes, 1 medium pear, 1 cup mixed berries, 1 medium apple 1 small banana 	<p>Guilt-free snack idea</p> <p>1 cup of raw veggies</p>	<p>Try one of our tasty 180 meals designed specifically for the Shaklee 180 nutrition program.</p> <p>Find recipes here: members.myshaklee.com/180recipes</p> <p>And veggies</p> <p>1 cup steamed: zucchini green beans carrots asparaugs mixed veggies</p> <p>And a starch</p> <p>1 medium baked potato 1 whole wheat bun 1 cup cous cous 1 cup brown rice 1 cup whole grain pasta with ½ cup marinara 1 cup wild rice</p> <p>And a salad</p> <p>mixed green salad with 2 T light dressing</p>

Shaklee Lean & Healthy

2,400 calories



Breakfast	Morning snack	Lunch	Afternoon snack	Dinner
<ul style="list-style-type: none">  Energizing smoothie  Vitalizer™  Fruit 	<ul style="list-style-type: none">  Healthy snack 	<ul style="list-style-type: none">  Healthy lunch  Fruit 	<ul style="list-style-type: none">  Snack Bar or Snack Crisps  Energizing tea  Veggies 	<ul style="list-style-type: none">  Shaklee 180 healthy meal  Veggies  Starch  Salad
<p>Try adding your morning fruit into your smoothie with one of our tasty smoothie recipes.</p> <p>Fruit - choose one</p> <ul style="list-style-type: none"> 1 banana ½ pink grapefruit 1 medium apple 1 cup melon 1 cup strawberries ½ cup blueberries 	<p>Snack ideas - choose one</p> <p>Nonfat yogurt (8 oz.) + 1 bagel with 1 t Smart Balance® Spread</p> <p>Scrambled egg whites (3) + 1 English muffin with 1 t Smart Balance® Spread</p> <p>Peanut Butter 2 T + 6 whole wheat crackers</p> <p>1 cup nonfat cottage cheese + 2 brown rice cakes</p> <p>¾ cup oatmeal + ½ cup nonfat milk + 2 slices whole wheat toast with 1 tsp Smart Balance® Spread</p> <p>Nonfat yogurt (8 oz.) + ½ cup low-fat granola</p>	<p>Lunch ideas - choose one</p> <p>Veggie burrito</p> <ul style="list-style-type: none"> 1 whole wheat tortilla ½ cup black beans ½ cup brown rice ¼ cup salsa 1 T fat-free sour cream <p>Southwest baked potato</p> <ul style="list-style-type: none"> 1 Medium baked potato 1 cup steamed broccoli 2 oz. reduced-fat cheddar ¼ cup salsa <p>180 turkey sandwich</p> <ul style="list-style-type: none"> 4 oz roast turkey breast 3 tomato slices + lettuce 2 T light mayo 2 slices sourdough <p>With one fruit</p> <ul style="list-style-type: none"> 1 medium orange, ½ cup grapes, 1 medium pear, 1 cup mixed berries, 1 medium apple, 1 small banana 	<p>Guilt-free snack idea</p> <p>1 cup of raw veggies</p>	<p>Try one of our tasty 180 meals designed specifically for the Shaklee 180 nutrition program.</p> <p>Find recipes here: members.myshaklee.com/180recipes</p> <p>And veggies</p> <ul style="list-style-type: none"> 1 cup steamed: zucchini green beans carrots asparaugs mixed veggies <p>And a starch</p> <ul style="list-style-type: none"> 1 medium baked potato 1 whole wheat bun 1 cup cous cous 1 cup brown rice 1 cup whole grain pasta with ½ cup marinara 1 cup wild rice <p>And a salad</p> <ul style="list-style-type: none"> mixed green salad with 2 T light dressing