

SNACKING



SNACK LIST

GOAL: PROTEIN + FRUIT/VEGGIE

7 - 15 GRAM PROTEIN SNACKS

½ cup of non-fat cottage cheese	13 grams
1 rice cake with 1 tsp of peanut butter	7 grams
Mixed berries with 1 serving of mixed nuts	7 grams
1 serving of Greek yogurt	10 grams
1 piece of low-fat mozzarella string cheese	7 grams
3 – 4 egg whites	15 grams
Fresh deli turkey meats (2 oz)	11 grams
½ can of tuna	13 grams
Low sodium beef jerky	12 grams
Herbalife's Protein Bar Deluxe	10 grams
Herbalife's Beverage Mix	15 Grams
Herbalife High Protein Iced Coffee	15 Grams

AMOUNT OF PROTEIN

20 GRAM PROTEIN SNACKS

1 Herbalife Protein Bar & Beverage Mix	25 grams
¾ cup of non-fat cottage cheese & fruit	20 grams
1 full can of tuna & 1 tbsp. of mustard	20 grams
1 piece of sting cheese & 2 oz deli turkey	20 grams
1 Greek yogurt & 1 serving of almonds	20 grams
5 hard boiled egg whites & 1 yolk	20 grams

AMOUNT OF PROTEIN





HUMMUS DIP AND RAW VEGETABLES

1/3 cup hummus with cucumber, carrot and celery sticks.

CALORIES: 150 | PROTEIN: 6 g



SOY NUTS & FRUIT

1 packet Herbalife Nutrition Roasted Soy Nuts and 1 small peach.

CALORIES: 150 | PROTEIN: 8 g



HERBALIFE NUTRITION PROTEIN BAR DELUXE

The perfect on-the-go, nutritious snack for wherever life takes you!

CALORIES: 140 | PROTEIN: 10 g

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See our One Shake a Day and Two Shakes a Day Sample Menus, Blank Menus, and additional Formula 1 Meal Recipes in the Reference Tools section.

MORE SNACK IDEAS

When done right, snacking helps in several ways. A nutritious snack can help keep you energized between meals. And when snacks are properly timed, they can reduce the risk of feeling overly hungry at mealtimes, which can help reduce the risk of overeating. Another plus? Snacks help you work more nutritious foods into your day, like fruit or vegetables.

Our meal plans call for one or more snacks per day, with a balance of carbohydrates and protein. Good carbohydrate sources can provide some immediate energy (and many are good sources of fiber too), while a bit of protein helps give snacks more staying power. In general, we recommend snacks with about 150 calories and around 10 grams of protein.

Herbalife Nutrition protein snack bars like Protein Bar Deluxe provide protein for energy and nutrition, are conveniently portable and taste great. Other easy snack options include Greek-style yogurt with fruit, vegetables and hummus dip or a cup of quick-cooking oatmeal with 2 tablespoons of Personalized Protein Powder stirred in.



Healthy snacks for a busy life



Are you always multitasking and/or running somewhere to do something? These healthy snack options can keep you nourished and at your best as you navigate your hectic schedule.



LOAD UP ON OMEGAs

Top a whole grain cracker with avocado and canned salmon; have a side of fresh cherry tomatoes.



PITA & PROTEIN

Fill a whole grain pita bread with hummus, chopped vegetables and sliced hard-boiled eggs.



NUT BUTTER TOP UP

Spread one rice cake with one tablespoon of almond butter; a little goes a long way.



EXPRESS MEAL BAR

Enjoy a Herbalife Nutrition Formula 1 Express Meal Bar; high in protein, and with 21 vitamins and minerals, is a great option when you're on the go.



SNACK RECIPES

Snacking made easy

SPICY ROASTED GARBANZO BEANS

- **2 (15-oz.)** cans chickpeas, thoroughly drained and rinsed
- **2 TBSP** olive oil
- **1 tsp** ground cumin
- **1 tsp** chili powder
- **½ tsp** salt

Heat the oven to 400°F and arrange a rack in the middle. Place the chickpeas in a large bowl and toss with the remaining ingredients until evenly coated. Spread the chickpeas in an even layer on a rimmed baking sheet and bake about 30 to 40 minutes, shaking the pan a few times during baking, until beans are crisp. Check frequently the last 10 minutes to avoid burning. Makes 6 servings.

Per serving

CALORIES: 160 | PROTEIN: 6 g



FRUIT SPRING ROLLS

For the dipping sauce:

- **1 cup** plain, nonfat Greek-style yogurt
- **2 scoops** Herbalife Nutrition Protein Drink Mix, Vanilla
- **2 tsp** lemon juice
- **Dash** of cinnamon

For the filling:

- **2** apples, cut into matchsticks
- **1 TBSP** fresh lemon juice
- **2** fuyu persimmons, cut into matchsticks
- **½ cup** pomegranate arils or dried cranberries
- **1** medium orange, peeled, sliced into 8 rounds, rounds cut in half
- **8** rice paper wrappers
- **4** butter lettuce leaves, cut in half lengthwise

For the sauce: Mix all ingredients together until smooth.

For the filling: Toss apples with lemon juice to prevent browning. Set other ingredients out for assembly.

To assemble: Fill a large, shallow plate with warm water. Place one rice paper in water and soak until softened (just a few seconds). Carefully, remove and place on a flat plate. Place 2 orange slices side by side on the paper, then layer with apples and persimmons. Sprinkle with pomegranate arils and top with ½ leaf of butter lettuce.

Fold the edge closest to you over the filling, then fold the sides toward the center and roll until closed. Cut rolls in half and serve with yogurt dipping sauce. Makes 8 rolls.

Per serving (2 rolls)

CALORIES: 215 | PROTEIN: 10 g