

## **SNACK LIST**

GOAL: PROTEIN + FRUIT / VEGGIE

## 7 - 15 GRAM PROTEIN SNACKS

½ cup of non-fat cottage cheese

1 rice cake with 1 tsp of peanut butter

Mixed berries with 1 serving of mixed nuts

1 serving of Greek yogurt

1 piece of low-fat mozzarella string cheese

3 - 4 egg whites

Fresh deli turkey meats (2 oz)

½ can of tuna

Low sodium beef jerky

Herbalife's Protein Bar Deluxe

Herbalife's Beverage Mix

Herbalife High Protein Iced Coffee

#### AMOUNT OF PROTEIN

13 grams

7 grams

7 grams

10 grams

7 grams

15 grams

11 grams

13 grams

12 grams

10 grams

15 Grams

15 Grams

## **20 GRAM PROTEIN SNACKS**

1 Herbalife Protein Bar & Beverage Mix

3/4 cup of non-fat cottage cheese & fruit

1 full can of tuna & 1 tbsp. of mustard

1 piece of sting cheese & 2 oz deli turkey

1 Greek yogurt & 1 serving of almonds

5 hard boiled egg whites & 1 yolk

## **AMOUNT OF PROTEIN**

25 grams

20 grams

20 grams

20 grams

20 grams

20 grams













# 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

## Find more recipes at:









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**

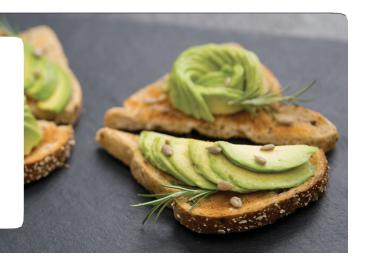
When done right, snacking helps in several ways. A nutritious snack can help keep you energized between meals. And when snacks are properly timed, they can reduce the risk of feeling overly hungry at mealtimes, which can help reduce the risk of overeating. Another plus? Snacks help you work more nutritious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



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



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



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



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