

HOW TO PREP

HEALTHY MEALS



1

TOOLS:

PICK 1-2 + ADJUST

HERBALIFE
SIX PACK MEAL BAGS
MEAL PREP

ASSESS EVERY 30 DAYS

SAMPLE DAY:

MEAL 1: HERBALIFE SHAKE

MEAL 2: CHICKEN + BROWN RICE
+ VEGGIES

MEAL 3: TURKEY + VEGGIES

MEAL 4: SHAKE + PEANUT
BUTTER

MEAL 5: HERBALIFE BEV MIX /
SNACK

ASSESS EVERY WEEK - 30 DAYS

2

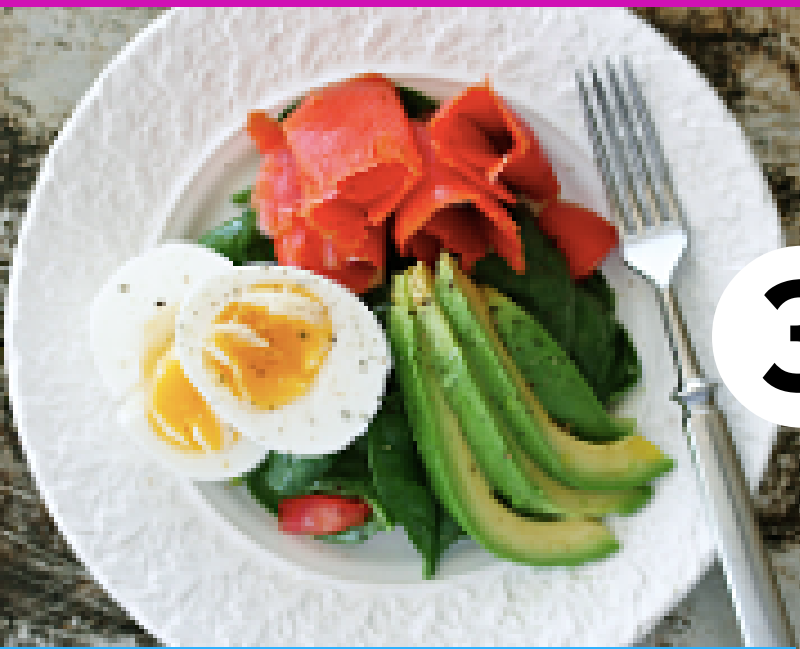


SOURCES:

USE GROCERY LISTS,
CONSIDER MEAL BAGS,
SHAKES, MEAL PREP, AND
TOOLS FOR CONVENIENCE.

SET YOURSELF UP FOR
SUCCESS

ASSESS EVERY 30 DAYS



3

FINANCIAL ENHANCEMENT:

PICK 1-3 SOURCES + ADJUST

ALCOHOL
EATING OUT
SHOPPING
ACTIVITIES
GIVING

4



CREATE YOUR FIT

LET'S TRANSFORM + INSPIRE

PROGRAMS | ACADEMIES |
RETREATS | AMBASSADORSHIPS |
FUNDRAISERS

TOOLS + TECHNOLOGY

5



WWW.FITLIFECREATION.COM

INFO@FITLIFECREATION.COM