

Breakfast - 7am

2 Whole Eggs + 1/2 Cup Cooked Oatmeal + 2 Scoops of Formula 1 Sport + 1/4 cup Blueberries

Mix Oatmeal, F1 Sport and Blueberries

**Suggested Supplements - 1 Multi-Vitamin + 1 Cell Activator*

Workout Time: 9:00am**Pre/ During Workout Formula**

CR7 - 1 Scoop

Prepare - 2 Scoops

Beverage Mix - 1 Scoops

Drink 1/2 10 minutes before workout

Drink remaining 1/2 during workout

10:30am: Post workout - within 30 minutes after workout

Rebuild Strength - 2 Scoops

.5 cup cooked Jasmine Rice

Lunch - 1:00pm

Protein: 4 oz of chicken breast, fish, or turkey breast, bison

Carbs: 1 cup of green vegetables + 6oz sweet potato or 1 Cup Cooked Jasmine Rice

**Suggested Supplements: 1 Multi-Vitamin*

PM Meal - 4:00pm

Protein: 4 oz of chicken breast, fish, or turkey breast, bison

Carbs: 1 cup of green vegetables

Fat: 1/4 Avocado or 1 Teaspoon Extra Virgin Olive Oil

Dinner - 7:00pm

Protein: 6 oz of chicken breast, fish, or turkey breast, bison, Lean Beef

Carbs: 1 cup of green vegetables

Fat: 1/4 Avocado or 1 Teaspoon Extra Virgin Olive Oil

**Suggested Supplements: 1 Multi-Vitamin + Cell Activator*

Evening Snack - 9:00pm

Herbalife Formula 1 Meal Replacement Shake

2 Scoops of Formula 1 + 1 Scoop of PDM + 1 Scoop of PPP

NON-WORKOUT DAYS

On these days you will replace the sports nutrition during and after your workout with:

Formula 1 Meal Replacement Shake - 2 Scoops F1 & 2 Scoops PDM + 1 serving of fruit