

# Shaklee Lean & Healthy

1,800 calories



## Breakfast

- Energizing Smoothie
- Vitalizer™
- Fruit

Try adding your morning fruit into your Smoothie with one of our tasty Smoothie recipes.

### *Fruit - choose one*

- 1 banana
- ½ pink grapefruit
- 1 medium apple
- 1 cup melon
- 1 cup strawberries
- ½ cup blueberries

## Morning snack

- Healthy snack

### *Snack ideas - choose one*

- Nonfat Greek 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

## Lunch

- Healthy lunch
- Fruit

### *Lunch ideas - choose one*

#### *Veggie burrito*

- 1 whole wheat tortilla
- ¼ cup black beans
- ¼ cup brown rice
- ¼ cup salsa
- 1 T fat-free sour cream

#### *Southwest baked potato*

- 1 medium baked potato
- ½ cup steamed broccoli
- 2 oz reduced-fat cheddar
- 2 T salsa

#### *180 tuna sandwich*

- 3 oz canned tuna
- 3 tomato slices + lettuce
- 1 T light mayo
- 2 slices whole wheat bread

#### *With one fruit*

- 1 medium orange
- ½ cup grapes
- 1 medium pear
- 1 cup mixed berries
- 1 medium apple
- 1 small banana

## Afternoon snack

- Snack Bar or Snack Crisps
- Energizing Tea
- Veggies

### *Guilt-free snack idea*

- 1 cup of raw veggies

## Dinner

- Shaklee 180 healthy meal

Try one of our tasty 180 meals designed specifically for the Shaklee 180 weight-loss program to help you keep muscle as you lose weight. Find recipes here:

[member.myshaklee.com/180recipes](http://member.myshaklee.com/180recipes)