

# Shaklee Lean & Healthy

2,100 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 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) + 6 whole wheat crackers
- 1 cup nonfat cottage cheese + 2 brown rice cakes
- ¾ cup oatmeal + ½ cup nonfat milk + 2 slices whole wheat toast with 1 t Smart Balance® Spread
- Nonfat yogurt (8 oz) + ½ cup low-fat granola

## Lunch

- Healthy lunch
- Fruit

### *Lunch ideas - choose one*

#### *Veggie burrito*

- 1 whole wheat tortilla
- ½ cup black beans
- ½ cup brown rice
- ¼ cup salsa
- 1 T fat-free sour cream

#### *Southwest baked potato*

- 1 medium baked potato
- 1 cup steamed broccoli
- 2 oz reduced-fat cheddar
- ¾ cup 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
- Veggies
- Starch
- Salad

Try one of our tasty 180 meals designed specifically for the Shaklee 180 weight-loss program. Find recipes here:

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

### *And veggies*

- 1 cup steamed:
  - zucchini
  - green beans
  - carrots
  - asparagus
  - mixed veggies

### *And a starch*

- 1 medium baked potato
- 1 whole wheat bun
- 1 cup couscous
- 1 cup brown rice
- 1 cup whole grain pasta with ½ cup marinara sauce
- 1 cup wild rice

### *And a salad*

- mixed green salad with 2 T light dressing