




Shaklee Turnaround™

1,500 calories

Shaklee
180

Breakfast

-  Energizing Smoothie
-  Metabolic Boost*
-  Fruit

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

Fruit - choose one

- 1 small 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 English muffin
- 2 scrambled eggs
+ ½ English muffin
- Smoked salmon (2 oz)
+ Lite cream cheese (1 T)
+ cucumber slices
+ 1 brown rice cake
- Peanut butter (1½ T)
+ whole wheat bagel

Lunch

-  Energizing Smoothie or
-  Meal-in-a-Bar
-  Metabolic Boost*

Try one of our Smoothie recipes!



Afternoon snack

-  Snack Bar or Snack Crisps
-  Energizing Tea
-  Veggies

Fruit - choose one

- 1 cup of raw veggies

Dinner

-  Shaklee 180 healthy meal
-  Metabolic Boost*

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)

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.