



SHAKLEE 180 MEAL PLANS

Set the amount of weight you want to lose (a BMI chart can be a helpful reference). Next, based on your current weight, find the calorie level that's right for you on the chart to the right.

The right calorie level should promote a slow, safe rate of weight loss (1–2 lbs per week) and provide enough calories to control hunger and leave you feeling satisfied. The following meal plans can help you stay on target for your specific calorie goal.

Your Weight (lbs)	Your Calorie Level
up to 150	1,200
151–200	1,500
201–250	1,800
251+	2,100

Shaklee 180 Meal Plan

1,200 calories



BREAKFAST

330 calories

- Life Shake or Meal-in-a-Bar
- Metabolic Boost
- Fruit (optional)

If you add fruit to your shake, aim for under 60 calories

Choose one:

- ½ small banana
- ½ cup berries, fresh or frozen
- ½ cup peaches, fresh or frozen

LUNCH

270 calories

- Life Shake or Meal-in-a-Bar
- Metabolic Boost

SNACK

200 calories

- Snack Bar or Snack Crisps
- Veggies (optional)

If you add veggies, aim for under 60 calories

Choose one:

- ½ cup zucchini
- 6–8 baby carrots
- 6–8 cherry tomatoes
- Celery

DINNER

400 calories

- Healthy meal
- Metabolic Boost

Fill at least half your plate with veggies



Tasty shake and meal recipes
member.myshaklee.com/180recipes.

For additional recipes, check out our blog, *Naturally* – Your Resource for a Healthier Life.



Life Shake directions

Combine 2 scoops powder with 8 oz. skim milk or soy milk in blender. Add optional fruit or veggies, and ice as desired.

Or combine 3 scoops powder with 8 oz. water in blender. Add optional fruit or veggies, and ice as desired.

Shaklee 180 Meal Plan

1,500 calories



BREAKFAST

330 calories

- Life Shake or Meal-in-a-Bar
- Metabolic Boost
- Fruit (optional)

If you add fruit to your shake, aim for under 60 calories

Choose one:

- ½ small banana
- ½ cup berries, fresh or frozen
- ½ cup peaches, fresh or frozen

LUNCH

270 calories

- Life Shake or Meal-in-a-Bar
- Metabolic Boost

SNACK

200 calories

- Snack Bar or Snack Crisps
- Veggies (optional)

If you add veggies, aim for under 60 calories

Choose one:

- ½ cup zucchini
- 6–8 baby carrots
- 6–8 cherry tomatoes
- Celery

DINNER

650–700 calories

- Healthy meal
- Metabolic Boost

Fill at least half your plate with veggies



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Life Shake directions

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Shaklee 180 Meal Plan

1,800 calories



BREAKFAST 330 calories

- Life Shake or Meal-in-a-Bar
- Metabolic Boost
- Fruit (optional)

If you add fruit to your shake, aim for under 60 calories

Choose one:

- ½ small banana
- ½ cup berries, fresh or frozen
- ½ cup peaches, fresh or frozen

OPTIONAL SNACK 100 calories

- 18 almonds
- String cheese
- Small apple

LUNCH 330 calories

- Life Shake or Meal-in-a-Bar
- Metabolic Boost
- Veggies (optional)

If you add veggies to your shake, aim for under 60 calories

Choose one:

- 1 cup spinach or kale
- ½ cup zucchini
- ½ cup shredded carrots

SNACK 200 calories

- Snack Bar or Snack Crisps
- Veggies (optional)

If you add veggies, aim for under 60 calories

Choose one:

- ½ cup zucchini
- 6–8 baby carrots
- 6–8 cherry tomatoes
- Celery

DINNER 900 calories

- Healthy meal
- Metabolic Boost

Fill at least half your plate with veggies



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Life Shake directions

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Shaklee 180 Meal Plan

2,100 calories



BREAKFAST 330 calories

- Life Shake or Meal-in-a-Bar
- Metabolic Boost
- Fruit (optional)

If you add fruit to your shake, aim for under 60 calories

Choose one:

- ½ small banana
- ½ cup berries, fresh or frozen
- ½ cup peaches, fresh or frozen

SNACK 100 calories

- 18 almonds
- String cheese
- Small apple

LUNCH 330 calories

- Life Shake or Meal-in-a-Bar
- Metabolic Boost
- Veggies (optional)

If you add veggies to your shake, aim for under 60 calories

Choose one:

- 1 cup spinach or kale
- ½ cup zucchini
- ½ cup shredded carrots

SNACK 200 calories

- Snack Bar or Snack Crisps
- Veggies (optional)

If you add veggies, aim for under 60 calories

Choose one:

- ½ cup zucchini
- 6–8 baby carrots
- 6–8 cherry tomatoes
- Celery

DINNER 1,200 calories

- Healthy meal
- Metabolic Boost

Fill at least half your plate with veggies



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Life Shake directions

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