

Shaklee 180 nutrition guides

As America's #1 Natural Nutrition Company, it's important to us that you lose weight the healthy way.

Take a look at these nutritional guides based on your Shaklee 180 kit to see a suggested food plan and calorie-level to meet your goals.

On the Turnaround™ Kit?

A safe rate of weight loss is 1-2 pounds per week. To lose one pound per week, you need a daily deficit of 500 calories.

Your weight	Daily calories
Up to 150 lbs	1,200 calories
151 – 200 lbs	1,500 calories
201-250 lbs	1,800 calories
251 lbs or more	2,100 calories



For a more personalized calorie recommendation be sure to download the Shaklee 180 Mobile App as soon as it becomes available.

For even more helpful tips visit:
<http://members.myshaklee.com/180recipes>



On the Lean & Healthy Kit?

Female* age	Daily calories
19- 30 yrs	2,100 calories
31 -50	1,800 calories
51+	1,500 calories
Male* age	
19-30 yrs	2,400 or more calories
31-50	2,100 calories
51 plus	1,800 calories











or

*For people who exercise less than 30 minutes a day and are looking to maintain their current weight. If you're more active you may need additional calories to meet your needs.

Shaklee Turnaround™

1,200 calories



Breakfast	Lunch	Afternoon snack	Dinner
<p> Energizing smoothie</p> <p> Metabolic Boost*</p> <p> Fruit</p> <hr/> <p>Try adding your morning fruit into your smoothie with one of our tasty smoothie recipes.</p> <p>Fruit - choose one</p> <ul style="list-style-type: none">1 small banana½ pink grapefruit1 medium apple1 cup melon1 cup strawberries½ cup blueberries	<p> Energizing smoothie or Meal-in-a-Bar</p> <p> Metabolic Boost*</p> <hr/>	<p> Snack Bar or Snack Crisps</p> <p> Energizing tea</p> <p> Veggies</p> <hr/> <p>Guilt-free snack idea</p> <p>1 cup of raw veggies</p>	<p> Shaklee 180 healthy meal</p> <p> Metabolic Boost*</p> <hr/> <p>Try one of our tasty 180 meals designed specifically for the Shaklee 180 nutrition program to help you keep muscle as you lose weight. Find recipes here: members.myshaklee.com/180recipes</p>

*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

Shaklee Turnaround™

1,500 calories



Breakfast	Morning snack	Lunch	Afternoon snack	Dinner
Energizing smoothie Metabolic Boost* Fruit	Healthy snack	Energizing smoothie or Meal-in-a-Bar Metabolic Boost*	Snack Bar or Snack Crisps Energizing tea Veggies	Shaklee 180 healthy meal Metabolic Boost*
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	Snack ideas - choose one Nonfat Greek yogurt (6 oz.) Scrambled eggs (2) + 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	Try one of our smoothie recipes!	Guilt-free snack idea 1 cup of raw veggies	Try one of our tasty 180 meals designed specifically for the Shaklee 180 nutrition program to help you keep muscle as you lose weight. Find recipes here: members.myshaklee.com/180recipes

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Shaklee Turnaround™

1,800 calories



Breakfast	Morning snack	Lunch	Afternoon snack	Dinner
Energizing smoothie Metabolic Boost* Fruit	Healthy snack	Energizing smoothie or Meal-in-a-Bar Metabolic Boost*	Snack Bar or Snack Crisps Energizing tea Veggies	Shaklee 180 healthy meal Metabolic Boost*
<p>Try adding your morning fruit into your smoothie with one of our tasty smoothie recipes.</p> <p>Fruit - choose one 1 small banana ½ pink grapefruit 1 medium apple 1 cup melon 1 cup strawberries ½ cup blueberries</p>	<p>Snack ideas - choose one Nonfat Greek yogurt (6 oz.) 2 scrambled eggs + English muffin Smoked salmon (2 oz.) + lite cream cheese (1 T) + cucumber slices + 1 brown rice cake Peanut butter (1½ T) + whole wheat bagel</p> <p>And a fruit - choose one 1 banana, 1 pear, 1 large peach, 1 medium orange, ½ cup blueberries</p>	<p>Try one of our smoothie recipes!</p>	<p>Guilt-free snack idea 1 cup of raw veggies</p>	<p>Try one of our tasty 180 meals designed specifically for the Shaklee 180 nutrition program to help you keep muscle as you lose weight. Find recipes here: members.myshaklee.com/180recipes</p>

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Shaklee Turnaround™

2,100 calories




Breakfast	Morning snack	Lunch	Afternoon snack	Dinner
<p> Energizing smoothie</p> <p> Metabolic Boost*</p> <p> Fruit</p> <p> Starch</p> <hr/> <p>Try adding your morning fruit into your smoothie with one of our tasty smoothie recipes.</p> <p>Fruit - choose one</p> <ul style="list-style-type: none"> 1 small banana ½ pink grapefruit 1 medium apple 1 cup melon 1 cup strawberries ½ cup blueberries <p>+ Starch - choose one</p> <ul style="list-style-type: none"> 1 slice wheat toast ½ medium bagel 1 english muffin ½ whole wheat pita <p>Try Smart Balance® Spread as a butter substitute.</p>	<p> Healthy snack</p> <hr/> <p>Snack ideas - choose one</p> <p>Nonfat Greek yogurt (8 oz.)</p> <p>4 scrambled egg whites + Canadian bacon (2 oz.) + English muffin + fruit</p> <p>Smoked salmon (2 oz.) + lite cream cheese (2 T) + cucumber slices + 1 brown rice cake + Fruit</p> <p>Peanut butter (2 T) + whole wheat bagel + fruit</p> <p>And a fruit - choose one</p> <p>1 banana, 1 pear, 1 large peach, 1 medium orange, ½ cup blueberries, ½ cup grapes</p>	<p> Energizing smoothie or Meal-in-a-Bar</p> <p> Metabolic Boost*</p> <hr/> <p>Try one of our smoothie recipes!</p>	<p> Snack Bar or Snack Crisps</p> <p> Energizing tea</p> <p> Veggies</p> <hr/> <p>Guilt-free snack idea</p> <p>2 cups of raw veggies</p>	<p> Shaklee 180 healthy meal</p> <p> Metabolic Boost*</p> <hr/> <p>Try one of our tasty 180 meals designed specifically for the Shaklee 180 nutrition program to help you keep muscle as you lose weight. Find recipes here: members.myshaklee.com/180recipes</p>

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Shaklee Lean & Healthy

1,500 calories




Breakfast	Morning snack	Lunch	Afternoon snack	Dinner
<p> Energizing smoothie</p> <p> Vitalizer™</p> <p> Fruit</p>	<p> Healthy snack</p>	<p> Healthy lunch</p> <p> Fruit</p>	<p> Snack Bar or Snack Crisps</p> <p> Energizing tea</p> <p> Veggies</p>	<p> Shaklee 180 healthy meal</p>
<p>Try adding your morning fruit into your smoothie with one of our tasty smoothie recipes.</p> <p>Fruit - choose one</p> <ul style="list-style-type: none"> 1 small banana ½ pink grapefruit 1 medium apple 1 cup melon 1 cup strawberries ½ cup blueberries 	<p>Snack ideas - choose one</p> <ul style="list-style-type: none"> Nonfat yogurt (6 oz.) 2 scrambled egg whites Peanut butter (1 T) + whole wheat crackers ½ cup nonfat cottage cheese ½ cup oatmeal + ½ cup nonfat milk + 1 slice whole wheat toast with 1 t Smart Balance® Spread 	<p>Lunch ideas - choose one</p> <p>Veggie burrito</p> <ul style="list-style-type: none"> 1 whole wheat tortilla ¼ cup black beans ¼ cup brown rice ¼ cup salsa 1 T fat-free sour cream <p>Southwest baked potato</p> <ul style="list-style-type: none"> 1 medium baked potato ½ cup steamed broccoli 2 oz. reduced-fat cheddar 2 T salsa <p>180 Turkey sandwich</p> <ul style="list-style-type: none"> 3 oz. roast turkey breast 3 tomato slices + lettuce 1 T light mayo 2 slices sourdough <p>With one fruit</p> <ul style="list-style-type: none"> 1 medium orange ½ cup grapes 1 medium pear 1 cup mixed berries 1 medium apple 1 small banana 	<p>Guilt-free snack idea</p> <ul style="list-style-type: none"> 1 cup of raw veggies 	<p>Try one of our tasty 180 meals designed specifically for the Shaklee 180 nutrition program to help you keep muscle as you lose weight.</p> <p>Find recipes here:</p> <p>members.myshaklee.com/180recipes</p>

Shaklee Lean & Healthy

1,800 calories



Breakfast	Morning snack	Lunch	Afternoon snack	Dinner
<p>  Energizing smoothie  Vitalizer™  Fruit </p> <hr/> <p>Try adding your morning fruit into your smoothie with one of our tasty smoothie recipes.</p> <p>Fruit - choose one</p> <ul style="list-style-type: none"> 1 banana ½ pink grapefruit 1 medium apple 1 cup melon 1 cup strawberries ½ cup blueberries 	<p>  Healthy snack </p> <hr/> <p>Snack ideas - choose one</p> <p>Nonfat yogurt (6 oz.) + ½ bagel with 1 t Smart Balance® Spread</p> <p>2 scrambled egg whites + ½ english muffin with 1 t Smart Balance® Spread</p> <p>Peanut butter (2 T) + 5 whole wheat crackers</p> <p>½ cup nonfat cottage cheese + 2 brown rice cakes</p> <p>½ cup oatmeal + ½ cup nonfat milk + 1 slice whole wheat toast with 1 t Smart Balance® Spread</p> <p>Nonfat yogurt (6 oz.) + ¼ cup low-fat granola</p>	<p>  Healthy lunch  Fruit </p> <hr/> <p>Lunch ideas - choose one</p> <p>Veggie burrito</p> <ul style="list-style-type: none"> 1 whole wheat tortilla ¼ cup black beans ¼ cup brown rice ¼ cup salsa 1 T fat-free sour cream <p>Southwest baked potato</p> <ul style="list-style-type: none"> 1 Medium baked potato ½ cup steamed broccoli 2 oz. reduced-fat cheddar 2 T salsa <p>180 tuna sandwich</p> <ul style="list-style-type: none"> 3 oz. canned tuna 3 tomato slices + lettuce 1T light mayo 2 slices whole wheat bread <p>With one fruit</p> <ul style="list-style-type: none"> 1 medium orange ½ cup grapes 1 medium pear 1 cup mixed berries 1 medium apple 1 small banana 	<p>  Snack Bar or Snack Crisps  Energizing tea  Veggies </p> <hr/> <p>Guilt-free snack idea</p> <p>1 cup of raw veggies</p>	<p>  Shaklee 180 healthy meal </p> <hr/> <p>Try one of our tasty 180 meals designed specifically for the Shaklee 180 nutrition program to help you keep muscle as you lose weight.</p> <p>Find recipes here: members.myshaklee.com/180recipes </p>

Shaklee Lean & Healthy

2,100 calories






Breakfast	Morning snack	Lunch	Afternoon snack	Dinner
<p> Energizing smoothie</p> <p> Vitalizer™</p> <p> Fruit</p> <hr/> <p>Try adding your morning fruit into your smoothie with one of our tasty smoothie recipes.</p> <p>Fruit - choose one</p> <ul style="list-style-type: none"> 1 banana ½ pink grapefruit 1 medium apple 1 cup melon 1 cup strawberries ½ cup blueberries 	<p> Healthy snack</p> <hr/> <p>Snack ideas - choose one</p> <p>Nonfat yogurt (6 oz.) + ½ bagel with 1 t Smart Balance® Spread</p> <p>2 scrambled egg whites + ½ English muffin with 1 t Smart Balance® Spread</p> <p>Peanut butter 2 T + 6 Whole wheat crackers</p> <p>1 cup nonfat cottage cheese + 2 brown rice cakes</p> <p>¾ cup oatmeal + ½ cup nonfat milk + 2 slices whole wheat toast with 1 t Smart Balance® Spread</p> <p>Nonfat yogurt (8 oz.) + ½ cup low-fat granola</p>	<p> Healthy lunch</p> <p> Fruit</p> <hr/> <p>Lunch ideas - choose one</p> <p>Veggie burrito</p> <ul style="list-style-type: none"> 1 whole wheat tortilla ½ cup black beans ½ cup brown rice ¼ cup salsa 1 T fat-free sour cream <p>Southwest baked potato</p> <ul style="list-style-type: none"> 1 Medium baked potato 1 cup steamed broccoli 2 oz. reduced-fat cheddar ¼ cup salsa <p>180 tuna sandwich</p> <ul style="list-style-type: none"> 3 oz. canned tuna 3 tomato slices + lettuce 1 T light mayo 2 slices whole wheat bread <p>With one fruit</p> <ul style="list-style-type: none"> 1 medium orange ½ cup grapes, 1 medium pear, 1 cup mixed berries, 1 medium apple 1 small banana 	<p> Snack Bar or Snack Crisps</p> <p> Energizing tea</p> <p> Veggies</p> <hr/> <p>Guilt-free snack idea</p> <p>1 cup of raw veggies</p>	<p> Shaklee 180 healthy meal</p> <p> Veggies</p> <p> Starch</p> <p> Salad</p> <hr/> <p>Try one of our tasty 180 meals designed specifically for the Shaklee 180 nutrition program.</p> <p>Find recipes here: members.myshaklee.com/180recipes</p> <p>And veggies</p> <ul style="list-style-type: none"> 1 cup steamed: zucchini, green beans, carrots, asparagus, mixed veggies <p>And a starch</p> <ul style="list-style-type: none"> 1 medium baked potato 1 whole wheat bun 1 cup cous cous 1 cup brown rice 1 cup whole grain pasta with ½ cup marinara 1 cup wild rice <p>And a salad</p> <ul style="list-style-type: none"> mixed green salad with 2 T light dressing

Shaklee Lean & Healthy

2,400 calories



Breakfast	Morning snack	Lunch	Afternoon snack	Dinner
<p> Energizing smoothie</p> <p> Vitalizer™</p> <p> Fruit</p> <hr/> <p>Try adding your morning fruit into your smoothie with one of our tasty smoothie recipes.</p> <p>Fruit - choose one</p> <ul style="list-style-type: none"> 1 banana ½ pink grapefruit 1 medium apple 1 cup melon 1 cup strawberries ½ cup blueberries 	<p> Healthy snack</p> <hr/> <p>Snack ideas - choose one</p> <p>Nonfat yogurt (8 oz.) + 1 bagel with 1 t Smart Balance® Spread</p> <p>Scrambled egg whites (3) + 1 English muffin with 1 t Smart Balance® Spread</p> <p>Peanut Butter 2 T + 6 whole wheat crackers</p> <p>1 cup nonfat cottage cheese + 2 brown rice cakes</p> <p>¾ cup oatmeal + ½ cup nonfat milk + 2 slices whole wheat toast with 1 tsp Smart Balance® Spread</p> <p>Nonfat yogurt (8 oz.) + ½ cup low-fat granola</p>	<p> Healthy lunch</p> <p> Fruit</p> <hr/> <p>Lunch ideas - choose one</p> <p>Veggie burrito</p> <ul style="list-style-type: none"> 1 whole wheat tortilla ½ cup black beans ½ cup brown rice ¼ cup salsa 1 T fat-free sour cream <p>Southwest baked potato</p> <ul style="list-style-type: none"> 1 Medium baked potato 1 cup steamed broccoli 2 oz. reduced-fat cheddar ¼ cup salsa <p>180 turkey sandwich</p> <ul style="list-style-type: none"> 4 oz roast turkey breast 3 tomato slices + lettuce 2 T light mayo 2 slices sourdough <p>With one fruit</p> <ul style="list-style-type: none"> 1 medium orange, ½ cup grapes, 1 medium pear, 1 cup mixed berries, 1 medium apple, 1 small banana 	<p> Snack Bar or Snack Crisps</p> <p> Energizing tea</p> <p> Veggies</p> <hr/> <p>Guilt-free snack idea</p> <p>1 cup of raw veggies</p>	<p> Shaklee 180 healthy meal</p> <p> Veggies</p> <p> Starch</p> <p> Salad</p> <hr/> <p>Try one of our tasty 180 meals designed specifically for the Shaklee 180 nutrition program.</p> <p>Find recipes here: members.myshaklee.com/180recipes</p> <p>And veggies</p> <ul style="list-style-type: none"> 1 cup steamed: zucchini green beans carrots asparaugs mixed veggies <p>And a starch</p> <ul style="list-style-type: none"> 1 medium baked potato 1 whole wheat bun 1 cup cous cous 1 cup brown rice 1 cup whole grain pasta with ½ cup marinara 1 cup wild rice <p>And a salad</p> <ul style="list-style-type: none"> mixed green salad with 2 T light dressing