

# PROTEIN OPTIONS & SHOPPING LIST

## LEAN PROTEIN SNACK OPTIONS

- 1/4c Almonds
- Herbalife Protein Bar
- 1/2c Edamame + 2 oz Chicken Breast Strips
- 8oz Plain Greek Yogurt Mixed w/1 scoop HLF Beverage Mix
- 1 Rice Cake + 1 tbsp Natural Peanut Butter
- 1 String Cheese + 4 Turkey Meat Slices
- Herbalife Chicken Soup Mix + 1/4c Whole Wheat Couscous
- Herbalife Soy Nuts
- 8oz Low Fat Cottage Cheese w/ 5 Strawberries
- 1 can Tuna + 1 Sandwich Thin

## HERBALIFE® SNACK FOODS

- Formula 1 shake (w/8oz. nonfat milk), (1 serving ~ 18g P)
- Formula 1 Shake (w/Protein Drink Mix & 8oz. water), (1 serving ~ 24g P)
- Rebuild Strength Protein Shake, (1 serving ~ 24g P)
- Soup Mix, (1 serving ~ 16g P)
- Beverage Mix, (1 serving ~ 15g P)
- Protein Bar, (~ 12g P)
- Protein Bar Deluxe, (~ 10g P)

**PROTEIN BASED & COMPLEX CARB FOODS:** *The following is a list of foods that you can get at any grocery store*

## LEAN MEATS

- Extra Lean Turkey Burger Patties, (~ 35g P)
- Lean Beef (96%), Chicken, Fish, Turkey, Pork Tenderloin, (3oz ~ 25g P)
- Rotisserie Chix
- Grilled Chicken Strips
- Deli Sandwich Meat, (2oz ~ 9g P)
- Beef Jerky
- Canned Chicken, (2oz ~ 13g P)

## FISH

- Wild Salmon Patties, (~ 20g P)
- Canned Albacore, (2oz ~ 15g P)
- Ocean-caught fish, (4oz ~ 25 - 31g P)
- Shrimp, crab, lobster, (4oz ~ 22 - 24g P)
- Scallops, (4oz ~ 22 - 24g P)

## FRUITS & VEGGIES

- Whole Fruits
- Salads in a bag (just add chicken and watch the dressing)
- Frozen/fresh/canned veggies: *Sweet Potato/Yams, Asparagus, Broccoli, Green Beans, Zucchini, Squash, Bell Peppers*
- Veggie burger (varies by brand), (~ 5 to 20g P)

## LEAN BALANCED MEAL OPTIONS

- 4 Egg Whites + 1 Yolk + 1/4c Natural Oatmeal (Not Instant)
- 4-5oz Chicken Breast/Tofu/Turkey + 1/2c Brown Rice + 10 Asparagus Spears
- 4-5oz Tilapia/Salmon + 3oz Yams/Sweet Potato + 1c Broccoli
- 4-5oz Tofu + 1/2c Brown Rice 1c Eggplant
- 1 Hard Boiled Egg + 1 can Tuna
- 4oz Tuna + Sandwich Thin + 1c Baby Carrots + 2 tbsp Hummus
- 4oz Ground Turkey + 1 Low Carb Tortilla (<15g carbs) + 1 tsp Olive Oil + Hot Sauce
- 4-5oz Chicken Breast + 2c Spinach + 1/3c Mushrooms + 1/3c Peas
- 4oz Salmon, 1c Zucchini & Squash + Side Salad w/ 1 tbsp Balsamic Vinaigrette
- 15 Shrimp + 1/2c Cooked Whole Wheat Pasta + 1/3c Marinara Sauce + 1/2 Bell Pepper

## DAIRY/MISC

- 2% Cottage Cheese, (1/2c ~ 14g P)
- Fage 0% Greek Yogurt, (1c ~ 20g P)
- Eggs (Hard Boiled / Whites), (7 whites ~ 25g P)
- Soy Milk / Cow's Milk, (1c ~ 7-9g P)
- Mozzarella Cheese (Nonfat), (1 1oz stick ~ 8g P)
- Yogurt (Nonfat, Plain), (1c ~ 14g P)
- Dried/Frozen Edamame Beans, (1/2c Beans ~ 10g P)
- Hummus, (2tb ~ 2g P)

## BEANS, LENTILS AND WHOLE GRAINS

- Whole Wheat/Grain Breads: *Sliced, English Muffins, Lavash Bread, Tortilla, Deli Flat Bread (100 calorie)*
- Brown Rice (frozen/pre-made)
- Old Fashion Oatmeal, (1 /2c ~ 5g P)
- Beans (Black, Pinto, etc.), (1/2c ~ 7 g P)
- Lentils, (1/2c ~ 9 g P)
- Quinoa, (1/2c ~ 6 g P)
- Tofu, (1/4 block ~ 7g P)

## NUTS

- Organic/Natural Peanut Butter, 2tb ~ 8g P)
- Almonds, Walnuts, Shelled Pistachios, Pumpkin Seeds, Flax Seeds, (1/4c ~ 5-8g P)