



Company Wellness Group



The Weight Loss Programme Basics

- With this programme you eat 3 healthy meals a day.
- 2 meals will be Herbalife healthy nutrition products as shakes (for breakfast and lunch), using Formula 1 balanced nutrition with added protein Formula 3. Getting the right protein levels each day means you won't feel hungry and it supports your lean muscle tissue which helps burn more calories. Mix in milk or diluted pure fruit juice.
- All products are naturally based and give the body the important nutrition it needs to function correctly at the same time as reducing calories.
- The 3rd meal will be a healthy meal of your choice. A serving of healthy protein - white meat or fish with as many colourful vegetables as you like. Cut down or cut out potatoes/rice/pasta – these are high calorie carbohydrates so won't help when trying to lose weight. We need carbohydrates. Colourful vegetables are also carbohydrates but lower in calories.
- With each meal you take a Formula 2 tablet which is a high quality multivitamin and mineral supplement. This is essential for good health and to ensure optimum nutrition is achieved, along with Formula 1. Also have 2 Fibre & Herb tablets with each meal. A nutritional supplement to help you increase your daily fibre intake to support digestive health.
- You can snack between meals too, if you need to. A piece of fresh fruit or one of our healthy protein snacks.
- Drink 2 litres of water a day. This is very important on this programme and for good health.
- Exercise 30-minutes a day to help improve your health and weight loss.
- Your Personal Wellness Coach will monitor your progress and provide ongoing support. But only if you're serious about losing weight.
- Average weight loss is 2lb per week (1kg).
- Cost for 1-Month: (2 x Formula 1) + Formula 2 + (2 x Formula 3) + Fibre & Herbs = £129.75 = less than £2 per meal. Maybe choose two different flavours of Formula 1 for variety.
- Formula 1 and Formula 3 lasts on average 2-weeks, it depends how much you use. Formula 2 and Fibre & Herbs are a 30-day supply.
- Formula 1 comes in 6 flavours: Vanilla, Chocolate, Strawberry, Tropical Fruit, Cappuccino, Cookies & Cream.
- Formula 1 Healthy Meal Bar: A nutritionally balanced and tasty meal in a convenient and portable bar, for those who want to chew instead of drink their Formula 1 meal for a change. £15.65 for a box of 7 bars (choice of two flavours).
- Boost weight loss and energy with Thermojetic Herbal Beverage. Drink 2-3 times a day instead of tea/coffee. 100g (Original flavour) £34.80, 50g (Peach/Raspberry/Lemon flavours) £19.85