

# 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?

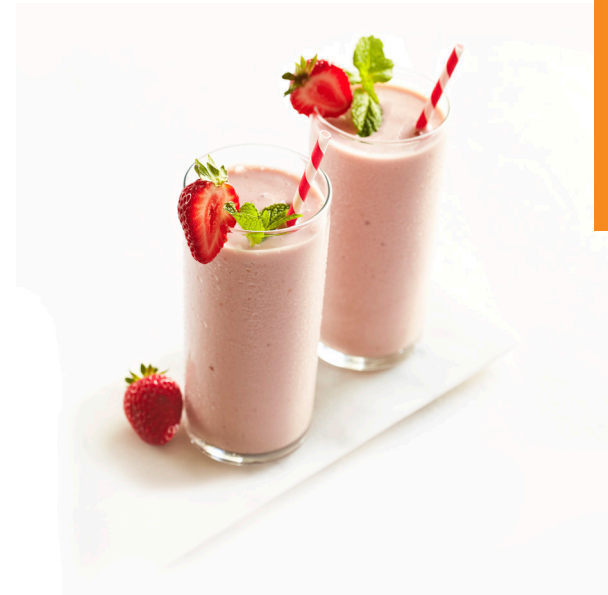
A safe rate of weight loss is 1-2 pounds per week. To lose one pound per week, you need a daily deficit of 500 calories.

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
<ul style="list-style-type: none"><li> Energizing smoothie</li><li> Metabolic Boost*</li><li> Fruit</li></ul>	<ul style="list-style-type: none"><li> Energizing smoothie or Meal-in-a-Bar</li><li> Metabolic Boost*</li></ul>	<ul style="list-style-type: none"><li> Snack Bar or Snack Crisps</li><li> Energizing tea</li><li> Veggies</li></ul>	<ul style="list-style-type: none"><li> Shaklee 180 healthy meal</li><li> Metabolic Boost*</li></ul>
<p>Try adding your morning fruit into your smoothie with one of our tasty smoothie recipes.</p> <p><b>Fruit - choose one</b></p> <ul style="list-style-type: none"><li>1 small banana</li><li>½ pink grapefruit</li><li>1 medium apple</li><li>1 cup melon</li><li>1 cup strawberries</li><li>½ cup blueberries</li></ul>		<p><b>Guilt-free snack idea</b></p> <p>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: <a href="https://members.myshaklee.com/180recipes">members.myshaklee.com/180recipes</a></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
<ul style="list-style-type: none"> <li> Energizing smoothie</li> <li> Metabolic Boost*</li> <li> Fruit</li> </ul>	<ul style="list-style-type: none"> <li> Healthy snack</li> </ul>	<ul style="list-style-type: none"> <li> Energizing smoothie or Meal-in-a-Bar</li> <li> Metabolic Boost*</li> </ul>	<ul style="list-style-type: none"> <li> Snack Bar or Snack Crisps</li> <li> Energizing tea</li> <li> Veggies</li> </ul>	<ul style="list-style-type: none"> <li> Shaklee 180 healthy meal</li> <li> Metabolic Boost*</li> </ul>
<p>Try adding your morning fruit into your smoothie with one of our tasty smoothie recipes .</p> <p><b>Fruit - choose one</b></p> <ul style="list-style-type: none"> <li>1 small banana</li> <li>½ pink grapefruit</li> <li>1 medium apple</li> <li>1 cup melon</li> <li>1 cup strawberries</li> <li>½ cup blueberries</li> </ul>	<p><b>Snack ideas - choose one</b></p> <ul style="list-style-type: none"> <li>Nonfat Greek yogurt (6 oz.)</li> <li>Scrambled eggs (2) + ½ English muffin</li> <li>Smoked salmon (2 oz.) + lite cream cheese (1 T) + cucumber slices + 1 brown rice cake</li> <li>Peanut butter (1½ T) + whole wheat bagel</li> </ul>	<p>Try one of our smoothie recipes!</p>	<p><b>Guilt-free snack idea</b></p> <p>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:</p> <p><a href="https://members.myshaklee.com/180recipes">members.myshaklee.com/180recipes</a></p>

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# Shaklee Turnaround™

1,800 calories















Breakfast	Morning snack	Lunch	Afternoon snack	Dinner
<ul style="list-style-type: none"><li> Energizing smoothie</li><li> Metabolic Boost*</li><li> Fruit</li></ul>	<ul style="list-style-type: none"><li> Healthy snack</li></ul>	<ul style="list-style-type: none"><li> Energizing smoothie or Meal-in-a-Bar</li><li> Metabolic Boost*</li></ul>	<ul style="list-style-type: none"><li> Snack Bar or Snack Crisps</li><li> Energizing tea</li><li> Veggies</li></ul>	<ul style="list-style-type: none"><li> Shaklee 180 healthy meal</li><li> Metabolic Boost*</li></ul>
<p>Try adding your morning fruit into your smoothie with one of our tasty smoothie recipes.</p> <p><b>Fruit - choose one</b></p> <ul style="list-style-type: none"><li>1 small banana</li><li>½ pink grapefruit</li><li>1 medium apple</li><li>1 cup melon</li><li>1 cup strawberries</li><li>½ cup blueberries</li></ul>	<p><b>Snack ideas - choose one</b></p> <p>Nonfat Greek yogurt (6 oz.)</p> <p>2 scrambled eggs + English muffin</p> <p>Smoked salmon (2 oz.) + lite cream cheese (1 T) + cucumber slices + 1 brown rice cake</p> <p>Peanut butter (1½ T) + whole wheat bagel</p> <p><b>And a fruit - choose one</b></p> <p>1 banana, 1 pear, 1 large peach, 1 medium orange, ½ cup blueberries</p>	<p>Try one of our smoothie recipes!</p>	<p><b>Guilt-free snack idea</b></p> <p>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:</p> <p><a href="https://members.myshaklee.com/180recipes">members.myshaklee.com/180recipes</a></p>

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# Shaklee Turnaround™

2,100 calories



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

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# Shaklee Lean & Healthy

1,500 calories





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

# Shaklee Lean & Healthy

1,800 calories



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

# Shaklee Lean & Healthy

2,100 calories







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



# Shaklee Lean & Healthy

2,400 calories



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