



ShapeWorks™

Personalised weight management for healthy results.

30-Day
Success
Tracker

Steps for using your ShapeWorks™ 30-Day Success Tracker.

The Success Tracker helps you track your weight management goals, stick to your meal plan and set contact points with your Coach. Think of it as your personal assistant!

Getting Started

Work with your Coach to determine your:

- *Body measurements*
- *Target weight management goal*
- *Daily protein and calorie needs*
- *Shake plan and snack plan*
- *Daily meal plan*
- *Exercise programme*

Every Day

- *Tick the number of shakes, snacks and food portions you consume. Record protein totals. Circle whether you exercised and how many glasses of water you drank.**
- *Record daily thoughts in the Notes section on every page. How did you feel at the end of the day? Did you feel hungry? What type of exercise did you do?*
- *Day 1, Day 3 and Day 7 are your first contact points with your Coach.*

Every Week

- *Record your progress on your Weekly Record Page. List any obstacles you faced during the week and any strategies you have for the next week. Tick the appropriate boxes to record your success.*
- *At the end of the month, on your Monthly Reflections Page, record your progress toward your final goal and set your next month's meal plan.*

**To maximise your weight management success and stay hydrated, it's recommended you drink at least four glasses of water per day, but eight glasses is optimal.*

My 30-Day ShapeWorks™ Plan

Date		Protein Grams				Calories	
Body Measurements	Chest	Waist	Hips	Thighs	Current weight	Target weight	
Shake Plan	Number of shakes per day:		Number of tablespoons of Protein		Milk choice		
Supplements							
Exercise Plan							



Representative images – products on this page may vary by country.

Body Measurements

<i>Week</i>	<i>Chest</i>	<i>Waist</i>	<i>Hips</i>	<i>Thighs</i>	<i>Current weight</i>	<i>Target weight</i>
<i>0</i>						
<i>1</i>						
<i>2</i>						
<i>3</i>						
<i>4</i>						



My Daily Record Example Day 1 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.

Simple and easy to use!



	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
<i>Breakfast</i>	✓			23	✓				
<i>Snack 1</i>		✓		12					
<i>Lunch</i>	✓			23	✓				
<i>Snack 2</i>		✓		12					
<i>Dinner</i>			✓	25-30	✓	✓	✓		
Total Protein				95-100					
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 1 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.

Day 1 of your programme. Call your Coach today.



	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
Breakfast									
Snack 1									
Lunch									
Snack 2									
Dinner									
Total Protein									
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 2 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.



“The first wealth is health.”

Ralph Waldo Emerson
1803–1882

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
<i>Breakfast</i>									
<i>Snack 1</i>									
<i>Lunch</i>									
<i>Snack 2</i>									
<i>Dinner</i>									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 3 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.



“My doctor told me to stop having intimate dinners for four. Unless there are three other people.”

Orson Welles
1915–1985

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
<i>Breakfast</i>									
<i>Snack 1</i>									
<i>Lunch</i>									
<i>Snack 2</i>									
<i>Dinner</i>									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 4 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.



“Thou shouldst eat to live; not live to eat.”

Socrates
C. 470–399 B.C.

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
Breakfast									
Snack 1									
Lunch									
Snack 2									
Dinner									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 5 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.



“Even if you’re on the right track, you’ll get run over if you just sit there.”

Will Rogers
1879–1935

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
<i>Breakfast</i>									
<i>Snack 1</i>									
<i>Lunch</i>									
<i>Snack 2</i>									
<i>Dinner</i>									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 6 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.



“Good habits result from resisting temptation.”

Proverb

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
<i>Breakfast</i>									
<i>Snack 1</i>									
<i>Lunch</i>									
<i>Snack 2</i>									
<i>Dinner</i>									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 7 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.

“Congratulations!

You’ve reached the end of your first week.

Remember to call your Coach!”

“Do or do not.

There is no try.”

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains
	Shakes	Snack	Food				
Breakfast							
Snack 1							
Lunch							
Snack 2							
Dinner							
Total Protein							

Yoda

A long time ago in a galaxy far, far away...

Exercise	Yes	No	Water (in 250ml glasses)	6	7	8	9	10
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Notes:

My Daily Record

Day 8 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.

Strawberry #0143



Dont forget that Formula 1 comes in five mouth-watering flavours! Why not try Formula 1 Strawberry

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
<i>Breakfast</i>									
<i>Snack 1</i>									
<i>Lunch</i>									
<i>Snack 2</i>									
<i>Dinner</i>									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 9 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.



“Food is an important part of a balanced diet.”

Fran Lebowitz
1950-

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
Breakfast									
Snack 1									
Lunch									
Snack 2									
Dinner									
Total Protein									
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 10 Date: _____

Vanilla #0141



Try mixing strawberry and vanilla Formula 1 to create a strawberries and cream shake!

Use the food charts at the back of this booklet to help with healthy choices.

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
<i>Breakfast</i>									
<i>Snack 1</i>									
<i>Lunch</i>									
<i>Snack 2</i>									
<i>Dinner</i>									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 11 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.



“Obstacles are those frightful things you see when you take your eyes off your goal.”

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains
	Shakes	Snack	Food				
<i>Breakfast</i>							
<i>Snack 1</i>							
<i>Lunch</i>							
<i>Snack 2</i>							
<i>Dinner</i>							
	Total Protein						

Henry Ford
1863–1947

Exercise	Yes	No	Water (in 250ml glasses)	6	7	8	9	10
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Notes:

My Daily Record

Day 12 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.



“Success is the ability to go from one failure to another with no loss of enthusiasm.”

Sir Winston Churchill
1874–1965

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
<i>Breakfast</i>									
<i>Snack 1</i>									
<i>Lunch</i>									
<i>Snack 2</i>									
<i>Dinner</i>									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 13 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.

Cappuccino #1171



Try creamy and delicious Formula 1 Cappuccino

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
Breakfast									
Snack 1									
Lunch									
Snack 2									
Dinner									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 14 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.

“You’re doing well.

*Keep motivated
by calling your
ShapeWorks Coach!”*

*“Things do not change;
we change.”*

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
<i>Breakfast</i>									
<i>Snack 1</i>									
<i>Lunch</i>									
<i>Snack 2</i>									
<i>Dinner</i>									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Henry David Thoreau
1817–1862

Notes:

My Daily Record

Day 15 Date: _____

Chocolate #0142



Try mixing chocolate Formula 1 with some ice in a blender to create a chocolate lover's treat – chocolate crush!

Use the food charts at the back of this booklet to help with healthy choices.

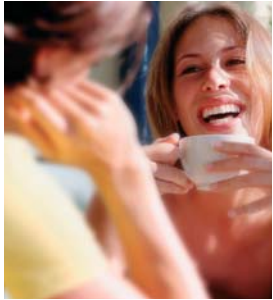
	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
<i>Breakfast</i>									
<i>Snack 1</i>									
<i>Lunch</i>									
<i>Snack 2</i>									
<i>Dinner</i>									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 16 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.



“The most thoroughly wasted of all days is that on which one has not laughed.”

Nicholas Chamfort
1741–1794

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
<i>Breakfast</i>									
<i>Snack 1</i>									
<i>Lunch</i>									
<i>Snack 2</i>									
<i>Dinner</i>									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 17 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.

Cappuccino #1171



Take one dessert spoon of vanilla Formula 1 and one dessert spoon of cappuccino Formula 1 and blend with semi-skimmed milk – a toffee sensation awaits!

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
Breakfast									
Snack 1									
Lunch									
Snack 2									
Dinner									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 18 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.



“He who has health, has hope; and he who has hope, has everything.”

Arabian Proverb

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
<i>Breakfast</i>									
<i>Snack 1</i>									
<i>Lunch</i>									
<i>Snack 2</i>									
<i>Dinner</i>									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 19 Date: _____

Tropical Fruit #0144



For a refreshing shake with a tempting tropical taste, try some tropical flavour Formula 1 mixed with crushed ice and semi-skimmed milk – then lie back and relax!

Use the food charts at the back of this booklet to help with healthy choices.

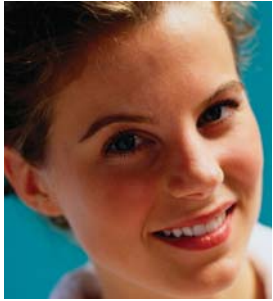
	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
<i>Breakfast</i>									
<i>Snack 1</i>									
<i>Lunch</i>									
<i>Snack 2</i>									
<i>Dinner</i>									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 20 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.



“I’ve always tried to go a step past wherever people expected me to end up.”

Beverly Sills
1929–

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
Breakfast									
Snack 1									
Lunch									
Snack 2									
Dinner									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 21 Date: _____

Vanilla #0141



Use the food charts at the back of this booklet to help with healthy choices.

Try mixing
Formula 1
flavours to
make a shake that
stimulates your senses.

Try choco-vanilla today!

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
Breakfast									
Snack 1									
Lunch									
Snack 2									
Dinner									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

Weekly Record

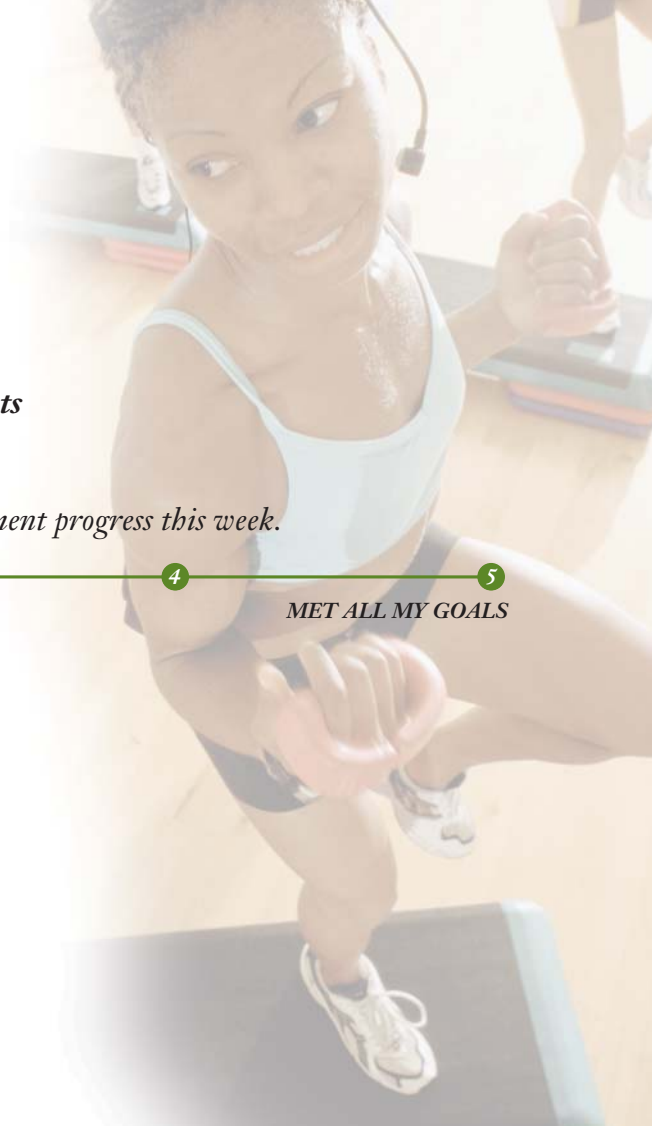
Number of days of exercise? _____

Did I follow my protein target? yes no

Did I feel hungry? yes no

Go to page 4 and add your Week 3 body measurements

Mark the scale to show how you feel about your weight management progress this week.



My Daily Record

Day 22 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.

#0025



Try Herbal Aloe Concentrate for a healthy digestion.

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
<i>Breakfast</i>									
<i>Snack 1</i>									
<i>Lunch</i>									
<i>Snack 2</i>									
<i>Dinner</i>									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 23 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.



“It is not of importance where we stand, but in what direction we are moving.”

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains
	Shakes	Snack	Food				
Breakfast							
Snack 1							
Lunch							
Snack 2							
Dinner							
Total Protein							

Unknown

Exercise	Yes	No	Water (in 250ml glasses)	6	7	8	9	10
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Notes:

My Daily Record

Day 24 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.



“We can do anything we want to do if we stick to it long enough.”

Helen Keller
1880–1968

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
<i>Breakfast</i>									
<i>Snack 1</i>									
<i>Lunch</i>									
<i>Snack 2</i>									
<i>Dinner</i>									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 25 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.



Increase your water intake with delicious and refreshing Instant Herbal Beverages.

- Original (100g) #0106
- Original (50g) #0105
- Lemon (50g) #0255
- Raspberry (50g) #0256
- Peach (50g) #0257

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
<i>Breakfast</i>									
<i>Snack 1</i>									
<i>Lunch</i>									
<i>Snack 2</i>									
<i>Dinner</i>									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 26 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.



“Ninety-nine percent of the failures come from people who have the habit of making excuses.”

George Washington
1732–1799

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
<i>Breakfast</i>									
<i>Snack 1</i>									
<i>Lunch</i>									
<i>Snack 2</i>									
<i>Dinner</i>									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 27 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.



#0104

Ask your ShapeWorks Coach about Cell Activator for increased nutrient absorption.

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
Breakfast									
Snack 1									
Lunch									
Snack 2									
Dinner									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 28 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.



“Success depends in a very large measure upon individual initiative and exertion, and cannot be achieved except by a dint of hard work.”

Anna Pavlova
1881–1931

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
<i>Breakfast</i>									
<i>Snack 1</i>									
<i>Lunch</i>									
<i>Snack 2</i>									
<i>Dinner</i>									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 29 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.



You're doing well on the programme. As a reward, pamper yourself with our range of Herbal Aloe products.

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
<i>Breakfast</i>									
<i>Snack 1</i>									
<i>Lunch</i>									
<i>Snack 2</i>									
<i>Dinner</i>									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

My Daily Record

Day 30 Date: _____

Use the food charts at the back of this booklet to help with healthy choices.



Congratulations on sticking to the programme! If you've reached your target weight, ask your ShapeWorks Coach to put you on the weight maintenance programme so you can keep your new shape for life!

	Protein-Rich			Protein grams	Fruits	Vegetables	Grains		
	Shakes	Snack	Food						
<i>Breakfast</i>									
<i>Snack 1</i>									
<i>Lunch</i>									
<i>Snack 2</i>									
<i>Dinner</i>									
	Total Protein								
Exercise	Yes	No	Water (in 250ml glasses)		6	7	8	9	10

Notes:

Representative images – products on this page may vary by country.

Weekly Record

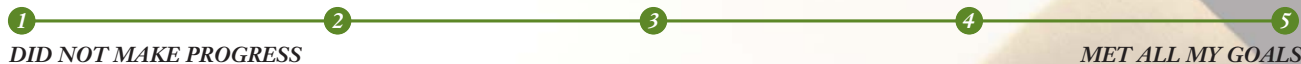
Number of days of exercise? _____

Did I follow my protein target? yes no

Did I feel hungry? yes no

Go to page 4 and add your Week 4 body measurements

Mark the scale to show how you feel about your weight management progress this week.



Monthly Reflections

Did I stay on my weight management plan this month? yes no

Did I meet my weight management goal this month? yes no

Did I meet my exercise goal this month? yes no

Did I often feel hungry this month? yes no

The next meeting with my Coach is on _____

(If yes, be sure to inform your Coach so that he or she can recommend solutions to help you.)



Eating With Colour

Fruits and Vegetables

Food Item	Portion	Calories	
Red/Purple	Beetroot, cooked	1 cup	80-90
	Aubergine, cooked	1 cup	30-40
	Red Cabbage, cooked	1 cup	30-40
	Blackberries	1 cup	60-70
	Blueberries	1 cup	90-100
	Grapes	1 cup	100-120
	Plums	2 small	60

Red	Tomato Juice	1 cup	40-50
	Tomato Sauce/puree	1 cup	80-100
	Tomato Soup, made with water	1 cup	80-90
	Tomato Vegetable Juice	1 cup	50
	Tomatoes, cooked	1 cup	50-60

Orange	Carrots, cooked	1 cup	60-70
	Pumpkin, cooked	1 cup	70-80
	Sweet Potato	1 cup	200-250
	Winter Squash, baked	1 cup	70
	Apricots	2 whole	50-60

Orange/Yellow	Nectarine	1 large	70
	Orange	1 large	85
	Orange Juice	½ cup	50-60
	Papaya	½ large	75
	Peach	1 large	60-70

Food Item	Portion	Calories
Prunes	3 whole	50-60
Red Apple	1 medium	80-100
Red Pear	1 medium	100
Red Wine	125ml	80-90
Strawberries	½ cup, sliced	40-50
Peppers, red, chopped	1 cup	50-60

Pink Grapefruit	½ fruit	40
Pink Grapefruit Juice	½ cup	50
Watermelon	1 cup balls	50
Tomatoes, raw, chopped	1 cup	40

Cantaloupe	1 cup cubes	50-60
Mango	½ large	80
Carrots, raw	1 cup	50

Pineapple	½ cup, diced	75
Tangerine	1 medium	45
Yellow Grapefruit	½ fruit	45

Remember a cup is a container that holds 250ml of water! Use this to measure portion size.



Fruits and Vegetables

	Food Item	Portion	Calories
Yellow/Green	Collard Greens, cooked	1 cup	50
	Corn	1 ear	75
	Green Beans, cooked	1 cup	50-60
	Green Peas	1 cup	140-150
	Mustard Greens, cooked	1 cup	20
	Spinach, cooked	1 cup	40
	Turnip Greens, cooked	1 cup	30-40
	Courgette with skin, cooked	1 cup	30
Green	Broccoli, cooked	1 cup	50
	Brussels Sprouts	1 cup	60
	Cabbage, cooked	1 cup	40
	Cauliflower, cooked	1 cup	30
White/Green	Artichoke	1 medium	60
	Asparagus	1 cup	30-50
	Celery, diced	1 cup	20-30
	Leeks, cooked	1 cup	30

Food Item	Portion	Calories
Avocado	1/2 average fruit	80-100
Honeydew	1 cup cubes	60
Kiwi	1 large	50-60
Cucumber	1 cup	30-40
Pepper, green, chopped	1 cup	30-40
Pepper, yellow, chopped	1 cup	30-40
Romaine Lettuce	1 cup	10
Spinach, raw	1 cup	10
Chinese Cabbage, cooked	1 cup	20
Kale, cooked	1 cup	35
Swiss Chard, cooked	1 cup	30-40
Cabbage, raw	1 cup	20
Mushrooms, cooked	1 cup	40-50
Onion, cooked	1 cup	100-120
Endive, raw	1 cup	10

Remember a cup is a container that holds 250ml of water! Use this to measure portion size.



Protein Foods

	Food Item	Portion	Calories	Protein (g)
Protein Foods	Egg Whites	7 whites	115	25
	Nonfat Cottage Cheese	1 cup	140-150	30
	Formula 1 + semi-skimmed Milk + PPP	2 dessert spoons Formula 1 + 1 cup semi-skimmed Milk + 2 dessert spoons PPP	260	29
	Soy Bacon	4 slices	80	21 (varies)
	Soy Cereal	½ cup	140-150	27 (varies)
	Formula 1 + Soy Milk + PPP	2 dessert spoons Formula 1 + 1 cup Soy Milk + 2 dessert spoons PPP	260	29
	Turkey Breast	100g	100-130	30
	Chicken Breast	100g	100-120	22
	Lean Red Meat	100g	150-170	28
	Meat – high fat	100g	215	17
	Ocean-Caught Fish	100g	130-170	25-31
	Prawns, Crab, Lobster	100g	100	22
	Tuna	100g	120-130	26
	Scallops	100g	120	22
	Soy Hot Dog	2	110	22 (varies)
Soy Burgers	2	160	26	
Tofu, firm	½ cup	170-190	22 (varies)	

Herbalife Proteins

	Food Item	Serving size	Calories	Fibre (g)	Protein (g)
Herbalife Proteins	Formula 1 Shake	2 dessert spoons	90	2.5	9
	Personalised Protein Powder	2 dessert spoons	23	0	5
	HPLC Shake	2 dessert spoons	110	0	15
	Peach Mango Drink	1 packet	73	0	15
	Cream of Chicken Soup	1 packet	76	0	16
	Chocolate Coconut Bar	1 bar	150	1	12
	Soy Nuts	1 packet	110	7.5	11

Remember a cup is a container that holds 250ml of water! Use this to measure portion size.

Starch/Grain

	Food Item	Serving size	Calories	Fibre (g)	Protein (g)
Starch/Grain	Cooked Beans	1/2 cup, cooked	120-150	5-7	8
	Brown Rice	1/2 cup, cooked	120	2	3
	Lentils	1/2 cup, cooked	90-120	9	10
	Wholegrain Pasta	1/2 cup, cooked	90-110	2	3
	Shredded Wheat, bite size	1 cup	110-140	4	5
	High-Fibre Bran Cereal	1/2 cup	90-120	15-18	4
	Oatmeal	1 cup, cooked	130	4	7
	Bread, Wholegrain*	1 slice	80-100	3	5
	Bread, Sprouted Wheat*	1 slice	80	3	4
	Bread, Sprouted Multigrain*	1 slice	50-60	2	3
	Cheese, reduced fat	30g	50-80	0	2-5

Taste Enhancers

	Food Item	Portion	Calories	Fibre (g)	Protein (g)
Taste Enhancers	Cheese, Parmesan	3 tbsp	80	0	5
	Nuts	14g	80	0	2
	Olive Oil	1 tsp	40	0	0
	Olives	10 large	50	0	0
	Pine nuts, Sesame Seeds	1 tbsp (40 nuts)	50	1	4-7
	Butter or Margarine	1 tbsp	36	0	0
	Cream 0% Fat	100g	46	0	7.5

Remember a cup is a container that holds 250ml of water! Use this to measure portion size.

*Women: 0-3 per day Men: 0-5 per day



