

GOOD HEALTH ON HAND

The key to getting healthy meals on the table quickly is having a well-stocked kitchen, refrigerator and freezer with the basic items that you will use frequently. Here are some suggestions for stocking up. You don't need to have all of these on hand, but these lists may encourage you to try new foods to add variety to your diet.

STORE CUPBOARD

Beans

- Dried beans such as black, pinto, chick peas, cannellini, white beans for soups and spreads

Grains

- Barley
- Brown rice, wild rice, brown basmati rice
- Whole grain couscous
- Millet
- Quinoa
- Buckwheat
- Whole grain pasta
- Whole grain breads, English muffins, bagels
- Corn tortillas

Stock

- Low-salt chicken or vegetable stock; some stores have other varieties.

Canned Foods

- Tomatoes
- Beans
- Artichoke hearts
- Roasted peppers
- Apple sauce to replace fats in baked goods
- Canned tuna in water, salmon, mussels, prawns, crab, chicken breast

Protein Powder

- Herbalife® Formula 1 Shake Mix

Cereals

- High-protein cold cereals
- Rolled oats
- Multigrain hot cereals

Crackers

- Low-fat, whole grain crackers

Dried Foods

- Sun-dried tomatoes
- Dried mushrooms

Baking

- Whole wheat white whole-wheat flours
- Dark cocoa powder
- Evaporated low fat milk
- Cornflour for thickening

Snack

- Herbalife® Protein Bar

SECTION FIVE: Week 4: Carbohydrates; Shopping and Cooking; Core Nutrition

Tea

- Green tea
- White tea
- Oolong
- Black tea
- Redbush
- Herbal blends

REFRIGERATOR AND FREEZER

Nuts

- Pecans
- Walnuts
- Pine nuts
- Almonds and other tree nuts stored in the freezer

Fruit

- Frozen fruit loose-pack and unsweetened, frozen fruits are great for protein shakes. Also, you can thaw them quickly in the microwave and mix with yogurt or cottage cheese for a quick breakfast.
- Frozen berries
- Apples
- Cherries
- Mango
- Pineapple
- Peaches

Frozen Vegetables—All kinds, but particularly the following, which are loose-pack and great for soups, stir-fry dishes and pasta:

- Spinach
- Green beans
- Sliced peppers
- Mixed stir-fry vegetables
- Broccoli and cauliflower

Fish

- Loose-pack frozen prawns and scallops

Vegetarian Foods

- Veggie burgers, quorn burgers and sausages

Dairy Products

- Semi-skimmed milk or soy milk
- Eggs or egg whites
- Low-fat cottage cheese
- Low-fat yogurt
- Low-fat string cheese
- Low-fat Parmesan cheese
- Low-fat ricotta cheese

Grains

- Whole grain breads
- Corn tortillas

SEASONINGS AND CONDIMENTS

Vinegars

- Balsamic
- Rice
- Apple cider

Oils

- Olive oil (cooking spray form also)
- Sesame oil
- Walnut oil
- Avocado oil

Spices and Herbs

- Allspice
- Ginger
- Cinnamon
- Nutmeg
- Cloves

GOOD HEALTH ON HAND (CONTINUED)

Spices and Herbs (continued)

- Coriander
- Turmeric
- Cardamom
- White pepper
- Black pepper
- Red pepper flakes
- Cumin
- Oregano
- Basil
- Rosemary
- Thyme
- Sage
- Dill
- Curry powder
- Garlic powder
- Onion powder
- Chili powder (regular and chipotle)
- Dry mustard
- Wasabi

Other Seasonings

- Dijon mustard
- Tabasco
- Light soy sauce
- Tomato sauce
- Miso paste
- Oyster sauce
- Thai fish sauce
- Chili-garlic sauce
- Salsa

Extracts

- All-natural vanilla, maple, almond, orange, lemon, mint

Fresh Fruits and Vegetables

Try to purchase your fruits and vegetables locally and seasonally. For convenience, you can use ready cut carrots; pre-washed salad leaves and other vegetables; shredded cabbage; chopped onions and garlic; and fresh-cut fruit.

LIGHTEN UP YOUR MEALS

YOUR WEEKLY CHALLENGE

There are two challenges this week. This first challenge is to try a new fruit or vegetable each week. Most of us eat the same foods day after day, and do our shopping almost subconsciously—buying the same things every week. If you like spinach, try another leafy green like kale, Swiss chard or spring greens. If you eat oranges or apples, try deep-red blood oranges or a new apple variety. Instead of the usual white potato, try a sweet potato for a change. Fruits and vegetables each have their own unique health benefits, and enjoying a wider variety of fruits and vegetables is a great way to make improvements in the nutritional value of your diet.

The second challenge this week is to take a favorite recipe and “lighten it up.” Look at the table of ingredient substitutions below and see how they might work with your favorite recipe. Also look at the tips for cutting down on fat and calories during preparation. You might be surprised to find that you like the lighter version better.

INGREDIENT SUBSTITUTIONS FOR RECIPES

IF THE RECIPE CALLS FOR:	USE THIS INSTEAD:	COMMENTS:
Ground beef	Ground turkey or chicken, tofu or quorn mince	Spray pan with cooking spray before browning; drain any fat from pan after browning.
Butter or margarine for baking	Apple sauce; baby food prunes or carrots	You will need to experiment, but you can replace ½ or more of the fat in the recipe and get a nutritional boost.
Butter to sauté vegetables	Cooking spray; stock, wine, vegetable juice	Spray pan with cooking spray; sauté in wine, stock or vegetable juice. Cover pan to “sweat” vegetables.
Cheese	Low-fat cheese	Use reduced-fat cheese, and reduce the total amount in the recipe if possible.
Cream (not for whipping)	Evaporated Low-fat milk; semi-skimmed and skimmed	Evaporated skimmed milk can be used in recipes and in coffee.
Eggs in baking	Egg whites or egg substitutes	Egg substitutes are 99% egg white; you can also use two egg whites to replace one whole egg in baking.
Mayonnaise	Low-fat mayonnaise	
Nuts	Use less	Reduce amount by half, and toast first to enhance flavour.
Soured cream, cream cheese, cottage cheese	Use low-fat versions; plain low-fat yogurt can replace soured cream	Try whirling cottage cheese in the blender with a little lemon juice; it makes a smooth, soured cream substitute.

TASTY TIPS

- Use cooking sprays regularly. Spray the pan when it is cold, then place over the flame. You can reduce fat considerably by taking this first step. Once the pan is hot, you can add a small amount of healthy olive oil for flavour.
- Replace refined starches with whole grain: Try brown rice, whole wheat pasta, whole wheat bread and crackers, whole-wheat cous-cous, and oatmeal instead of cream of wheat. You can buy quick-cooking brown rice that can be ready in 15 minutes.
- Add diced vegetables to soups, chili, stews, casseroles, tuna or chicken salad and pasta sauce to reduce overall calories and boost nutrition.
- Season steamed vegetables with lemon, vinegar, herbs, garlic, onion and spices rather than relying on butter or sauces.
- Add fruits to salad for a change. Try fresh orange or tangerine sections, apples or kiwi. Use deep-green leafy vegetables, instead of iceberg lettuce, for more nutrition.
- Frozen vegetables and fruits are just as nutritious and fresh, may be less expensive, and allow you to eat foods that might not be in season any time of the year. For example, loose-leaf frozen spinach or chopped vegetables can easily be added to soups and stews.
- Take advantage of the healthy convenience items such as ready washed salad greens, prepared fruit and baby carrots. They may cost more, but if you keep buying fruits and vegetables and throwing them away because you don't take time to prepare them, it may be less expensive in the long run. If your market has a salad bar, you can buy washed, prepared vegetables like broccoli, mushrooms, cauliflower and carrots, which are ideal to steam or stir-fry.
- Visit your local farmer's market. The produce is usually much fresher than what you find in the supermarkets, which means vegetables won't wilt as quickly and the foods retain their nutritional value. You can find new varieties of fruits and vegetables to try, and you will be eating foods that are in season.
- You can thicken soups without added butter, flour or cream. Place stock and vegetables in a blender and then stir back into the soup. Or make your own "cream" soups by cooking vegetables with stock, onions, garlic and seasoning—then puree it all in the blender with a little evaporated low fat milk or soft tofu for a delicious creamy soup.
- Try different mustards and vinegars for seasoning salads and vegetables without fat.

SECTION FIVE: Week 4: Carbohydrates; Shopping and Cooking; Core Nutrition

- Double the recipe for dishes that freeze well, such as soups, stews and casseroles. That way, when you're tired and don't want to cook, you can pull something healthy from the freezer rather than opting for a takeaway.
- You've heard it many times, but don't shop when you are hungry. It's too tempting to pick up the wrong foods. Make a list and stick to it, for the most part, but be flexible.
- Supermarkets are carefully laid out to tempt you so don't get tempted by the sweets at the checkout. Also, studies show that people who buy large containers of foods tend to serve themselves more from those containers, so try to keep portion sizes consistent if you buy economy-sized packages.

RECIPE MAKEOVER

Here's an example of how you can give your recipes a makeover for healthier results. Make sure to experiment with your recipes at home.

This prawn risotto is real comfort food, and with a tossed salad and fruit for dessert, it makes a great dinner. But as with many one-dish meals, the original is loaded with fats such as butter, cheese and condensed soups. The original recipe called for ½ cup of butter, a can of cream of mushroom soup, and 2 cups (8 ounces) of grated cheddar cheese.

The strategies for improving the nutritional value of the dish included reducing the cheese by half, reducing the fat from 8 tablespoons down to 2 (and replacing the butter with heart-healthy olive oil), and making a simple mushroom sauce to replace the canned soup which is loaded with fat and sodium. An additional nutritional boost was made by substituting brown rice for white. You could also add some cooked broccoli florets to this dish for a true one-dish meal.

OLD VERSION (6 SERVINGS)

- 1 large green pepper, chopped
- 1 medium onion, chopped
- ½ cup butter or margarine
- 1 pound uncooked medium prawns, peeled and deveined
- ½ tablespoon salt
- ¼ tablespoon cayenne pepper
- 3 cups cooked long-grain rice
- 1 can (10¾ ounces) condensed cream of mushroom soup
- 2 cups (8 ounces) grated cheddar cheese

Nutrition Facts per Serving:

Calories: 642
Fat: 42 grams
Protein: 33 grams
Fibre: 2 grams

MAKEOVER VERSION

- 1 large green pepper, chopped
- 1 medium onion, chopped
- 1 pound uncooked medium prawns, peeled and deveined
- 2 tablespoons olive oil, divided
- ¾ tablespoon salt
- 12 ounces fresh mushrooms, sliced
- 3 cups cooked brown rice
- 3 tablespoons all-purpose flour
- ⅛ tablespoon cayenne pepper
- 1⅓ cup semi-skimmed milk
- 1 cup (4 ounces) grated low-fat cheddar cheese

Nutrition Facts per Serving:

Calories: 320 (cut in half)
Fat: 10 grams (cut by 75%)
Protein: 24 grams (a bit less because cheese was reduced, but still plenty for a serving)
Fibre: 4 grams (doubled)

*nutritional values are approximate and may vary depending what brand and products you use.

SECTION FIVE: Week 4: Carbohydrates; Shopping and Cooking; Core Nutrition

Directions:

Preheat the oven to 180 degrees. Coat a 25x31cm baking dish with non-stick cooking spray and set aside.

In a large non-stick saucepan over medium-high heat, sauté prawns in 1 tablespoon olive oil for 2 to 3 minutes or until prawns turn pink. Remove and set aside. In the same saucepan, sauté the mushrooms, green pepper and onion in the remaining olive oil until tender. Stir in the flour, salt and cayenne pepper, and cook for a minute or so to remove the raw taste of the flour. Gradually add the milk, and stir until blended. Bring to a boil, cook and stir for 2 minutes, or until thickened. Add the rice, ½ cup cheese and prawns, and stir until combined. Pour into the baking dish and bake for 30 to 35 minutes, or until heated through. Sprinkle with remaining cheese; cover and let stand for 5 minutes, until cheese is melted.

PROTEIN-POWERED SHAKE RECIPES WITH HERBALIFE® FORMULA 1

HAZELNUT DELIGHT

- 2 scoops of Herbalife Formula 1 Vanilla
- 150ml soy milk
- 2 tablespoons low fat natural yoghurt
- 1 tablespoon crushed hazelnuts

Place all ingredients in blender and blend thoroughly

CHOCOLATE-RASPBERRY SHAKE

- 2 tablespoons Chocolate Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalised Protein Powder
- 250ml semi-skimmed milk or plain soy milk
- 1 cup frozen raspberries
- 1/8 teaspoon orange extract
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

STRAWBERRY-KIWI SHAKE

- 2 tablespoons Vanilla Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalised Protein Powder
- 250ml semi-skimmed milk or plain soy milk
- 1/2 cup frozen whole strawberries
- 1 very ripe kiwi, peeled
- 1/8 teaspoon lemon extract
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

PERSIAN CAPPUCCINO

- 2 scoops of Herbalife Formula 1 Cappuccino
- 250ml semi-skimmed milk
- 3 dates

Place all ingredients in blender and blend thor-

oughly

BANANA BREAD SHAKE

- 2 tablespoons Vanilla Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalised Protein Powder
- 250ml semi-skimmed milk or plain soy milk
- 1/2 very ripe banana
- 1/8 tablespoon walnut or almond flavouring
- Few drops vanilla extract
- A dash cinnamon
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

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PINEAPPLE-ORANGE-COCONUT SHAKE

- 2 tablespoons Vanilla Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalised Protein Powder
- 250ml semi-skimmed milk or plain soy milk
- 1 cup frozen pineapple chunks
- 1/8 tablespoon coconut extract
- 1/4 tablespoon orange extract
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

VERY BERRY SHAKE

- 2 tablespoons Vanilla Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalised Protein Powder
- 1/3 cup semi-skimmed dry milk powder
- 1 cup low-calorie cranberry juice
- 1 cup frozen mixed berries
- Few drops vanilla extract
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

ORANGE-MANGO SHAKE

- 2 tablespoons Vanilla Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalised Protein Powder
- 250ml semi-skimmed milk or plain soy milk
- 1/2 cup frozen mango chunks
- 1/2 cup canned mandarin oranges, drained
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely

crushed.

CHOCOLATE-STRAWBERRY SHAKE

- 2 tablespoons Chocolate Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalised Protein Powder
- 250ml semi-skimmed milk or plain soy milk
- 1 cup frozen strawberries
- Few drops vanilla extract
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

ORANGE JULIUS SHAKE

- 2 tablespoons Vanilla Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalised Protein Powder
- 250ml semi-skimmed or plain soy milk
- 3 tablespoons frozen orange juice concentrate
- 1/4 tablespoon vanilla extract
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

PROTEIN-POWERED SHAKE RECIPES WITH HERBALIFE® FORMULA 1 (CONTINUED)

APPLE PIE SHAKE

- 2 tablespoons Vanilla Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalised Protein Powder
- 1 cup semi-skimmed milk or plain soy milk
- 1 cup frozen apple slices
- Few dashes each of cinnamon, nutmeg, cloves
- ¼ tablespoon vanilla extract
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

PEACH-ALMOND SHAKE

- 2 tablespoons Vanilla Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalised Protein Powder
- 1 cup skimmed milk or plain soy milk
- 1 cup frozen peach slices
- Few dashes ground ginger
- ¼ tablespoon almond extract
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

CAFÉ MOCHA SHAKE

- 2 tablespoons Chocolate Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalised Protein Powder
- 250ml semi-skimmed milk or plain soy milk
- ½ medium banana

- 2 tablespoon Instant coffee granuals
- A dash cinnamon
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

BLUEBERRY-CRANBERRY SHAKE

- 2 tablespoons Vanilla Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalised Protein Powder
- ⅓ cup semi-skimmed dry milk
- 1 cup low-calorie cranberry juice
- 1 cup frozen blueberries
- Few drops orange extract
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

HEALTHY ADDITIONS!

- 2 to 4 ounces Herbalife® Herbal Aloe Concentrate
- 1 tablespoon Herbalife® Personalised Protein Powder

ADDITIONAL PROTEIN-POWERED RECIPES WITH HERBALIFE® FORMULA 1

HERBALIFE® FORMULA 1 PIE – BASIC RECIPE

- ¾ cups Formula 1 Shake Mix (any flavour)
- 500mls semi-skimmed milk or plain soy milk
- 1 small package sugar-free or regular instant dessert mix
- 1 ready-made pie crust

Combine the Formula 1 Shake Mix with the semi-skimmed milk or soymilk; mix until smooth. Add pudding, and mix well. Place the ready-made pie crust in a 1-quart plastic storage bag and crush well. Press 1 tablespoon of crust into the bottom of an 8-ounce container. Measure ½ cup of the pie mixture, and place on top of crust. Add 1 tablespoon of whipped cream, and cover with a lid. Makes six pies.

You can create your own variations by trying different flavours of Herbalife® Formula 1 Shake Mix and instant dessert mix, and garnishing with different fruits. These freeze well, so you can make several flavours for the freezer. Have them as an occasional treat to replace a meal, and be sure to round it out with a serving of fruit (either on the side or as a garnish).

HERBALIFE® FORMULA 1 AND PORRIDGE

- 2 scoops Formula 1 Shake Mix (any flavour)
- ⅓ cup dry rolled oats
- ⅔ cup semi-skimmed milk

Cook the dry rolled oats in the semi-skimmed milk, and then stir in the Formula 1 Shake Mix. One serving = 1 meal replacement.

HERBALIFE® FORMULA 1 AND YOGURT

Stir 2 scoops of Formula 1 Shake Mix (any flavour) into 8 ounces of low-fat yogurt (any flavour), and enjoy! One serving = 1 meal replacement.

MAPLE-PECAN BAR SNACKS

- 1 cup Vanilla Formula 1 Shake Mix
- 1 cup dry rolled oats
- ½ cup peanut butter
- ½ cup pure maple syrup
- 1-2 capfuls of maple flavouring
- ½ cup chopped pecans

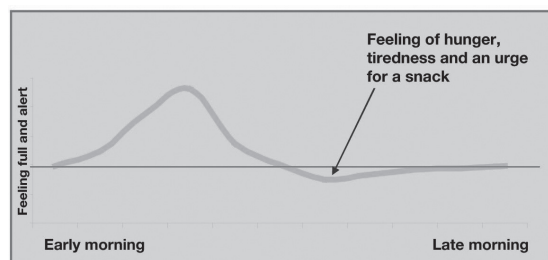
Combine all ingredients, and press mixture into an 8 by 8-inch pan. Cut into 16 pieces. One serving = 1 meal replacement.

HEALTHY BREAKFAST

Feel Good and Control Your Weight

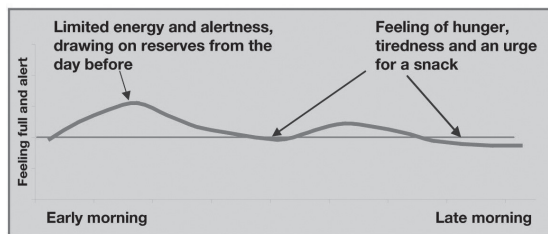
⊗ UNBALANCED BREAKFAST

In the morning, simple carbohydrates such as sugary refined cereals, white bread, toasts may give you a bit of energy and satisfy your hunger - but the effect isn't lasting. Your body responds with a drop in sugar levels. You are also missing all the other nutrients necessary for your body to function properly such as protein, fibres, vitamins and minerals & good non saturated fats. As a result you can soon feel tired, lose your concentration and feel hungry again before lunchtime, craving more carbohydrates. If you give in it becomes a vicious circle! Repeated excesses and drops in energy makes your body out of balance and as a result can have long term effects on your weight and well being.



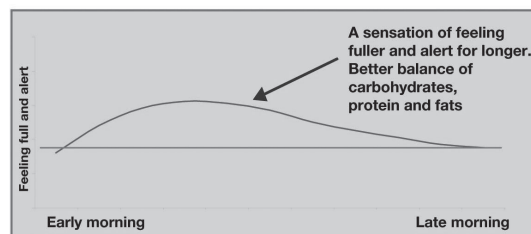
⊗ SKIPPING BREAKFAST

You may not feel hungry in the morning or you might be short of time. But skipping breakfast can have undesirable effects. Your body tries to draw on your reserves of nutrients and water which it needs to function properly but which have been depleted during the night. If you don't eat anything you are likely to feel tired and hungry a little later and want to snack on such things as chocolate or sweet coffee or biscuits to find some energy and raise your sugar level. Once more, the ups and downs of this vicious circle can effect your weight and well being long term.



☑ BALANCED PROTEIN-BASED BREAKFAST

Such a breakfast supplies our body longer lasting vital nutrients, water and energy. A healthy breakfast which includes protein can help you feel fuller for longer and helps to avoid mid morning snacking. A well balanced breakfast providing sustainable energy and the right nutrients can help keep your body in equilibrium during the day and contribute notably to better weight management and well being in the long term.



Note: Charts as illustration only.

CORE NUTRITION

Through Core Nutrition, healthy nutrients help nourish your cells with our exclusive blends of nutrients that provide vitamins, antioxidants and minerals to support cell function. In this way, our products deliver healthy nutrients to cells throughout the body, as part of a healthy diet. Cells are the basic unit of the human body, providing the power for everything you do – from thinking to growing.

Herbalife maximises Core Nutrition through unique, scientific formulations. It's the select blends of high-quality ingredients and the methods used to preserve their nutrient value. It's the way we personalise programmes to address each individual's needs...it's the Herbalife advantage.