**Snack List**

If you are eating the right foods for you in the right amount on most days you will not need a snack. The exception may be workout days.

You may find that 4 meals work best on workout days. If you are requiring a snack on most days, check in with your body to determine if you are actually hungry or if you are stressed, bored, lonely, etc.

If you are hungry begin to modify your meals to include more protein, fat, or quantity so that you can stay full and satisfied for 4-6 hours.

**ALL of the snacks below are portable!!**

1. Herbalife Shake 2 Scoops Formula 1, 1 scoop protein drink mix
2. Herbalife Beverage Mix 2 scoops
3. Protein Bar or ½ of one. Herbalife Achieve Bar
4. 2 tbsp nut butter with celery or 1 plain rice cake
5. 4 oz lean meat and veggies or small salad