CUSTOMIZED NUTRITION MADE EASY

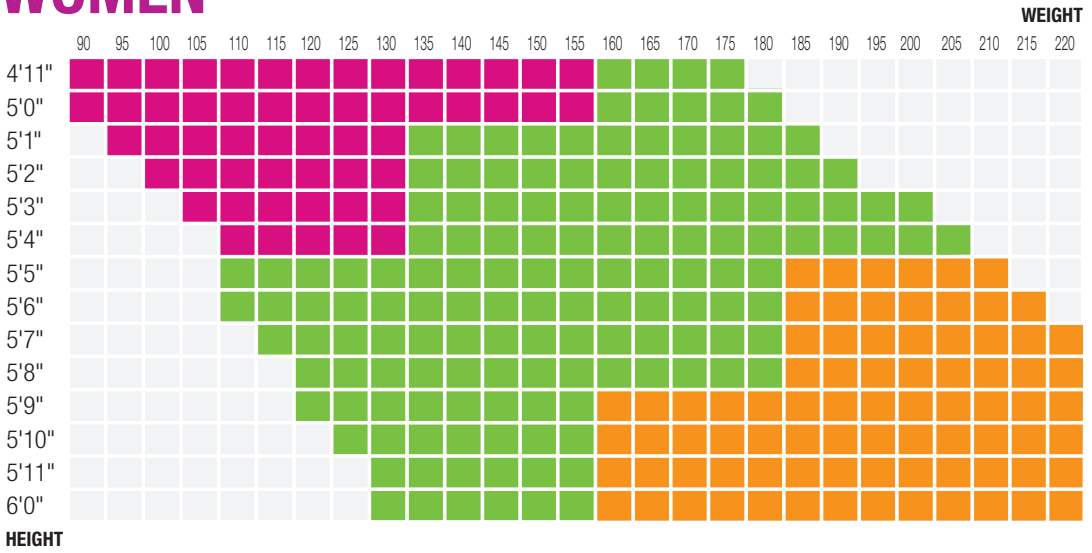
So you want to **maintain a healthy weight**, but where do you start? Since everyone's protein and calorie counts vary, it's important to seek a **customized approach**. The Meal Plan Selection Tools for Women and Men shown on the right provide a great foundation. They will help you quickly determine the suggested meal plan for you, and will match your individual needs for protein and calories.

STEP 1.

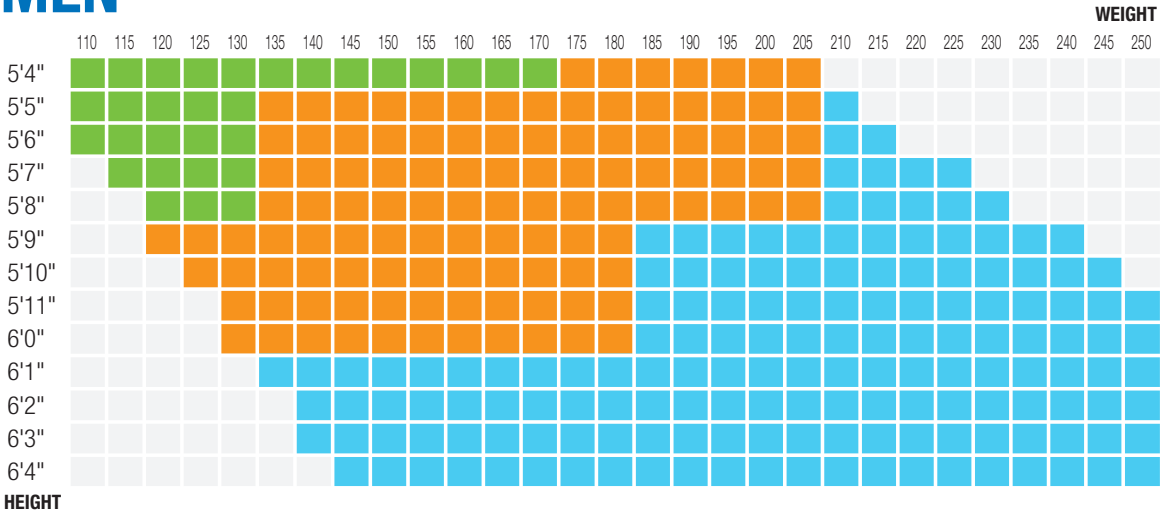
Based on your current height and weight, determine whether you should follow Plan A, B, C or D.

Plan A | Plan B | Plan C | Plan D

WOMEN



MEN



HERBALIFE NUTRITION