

WEIGHTLOSS CHALLENGE LIVE

WELCOME !

We are pleased that you have accepted our invitation to join us for the Weight Loss Challenge, and we trust that the benefits of your participation will meet your expectations. We are excited that you have decided to make a positive change in your life. This is a 12-week program, and your attendance at the weekly meetings is key to learning important facts about proper nutrition and weight management.

As part of our commitment to helping you lose those unwanted pounds and inches, each challenger will be assigned a personal coach who will monitor and guide you toward your goal. Your coach will be in touch with you prior to our next meeting in order to get acquainted and answer any questions you may have.

We encourage you to get involved and join in our group discussions. Some of the various topics we will be discussing in the upcoming weeks are:

- Protein intake
- Calorie intake
- Digestive health
- Making sense of carbohydrates
- The importance of hydration
- Understanding fats
- Dining out
- Exercise
- Heart health

For optimal results, we highly recommend you keep in regular contact with your coach throughout the Challenge.

Warmest Regards,

WLC Live Weightloss Challenge Coaches

		FOOD LOG: If you are a 'biting, you are a 'writing'	Grains	Vegetables	Fruits	Protein	Diary	Extras	Total Calories
Mon	Breakfast								
	Lunch								
	Dinner								
	Snacks								
Tues	Breakfast								
	Lunch								
	Dinner								
	Snacks								
Wed	Breakfast								
	Lunch								
	Dinner								
	Snacks								
Thurs	Breakfast								
	Lunch								
	Dinner								
	Snacks								
Fri	Breakfast								
	Lunch								
	Dinner								
	Snacks								
Sat	Breakfast								
	Lunch								
	Dinner								
	Snacks								
Sun	Breakfast								
	Lunch								
	Dinner								
	Snacks								

WEIGHTLOSS CHALLENGE LIVE-WEEK 1

Many of the facts that will be talked about are referenced in the following books, DVDs and websites:

BOOKS

Keep It Simple, Author: Luigi Gratton, M.D., M.P.H.

The L.A. Shape Diet, Author: David Heber, M.D., Ph.D.

What Color Is Your Diet?, Authors: David Heber, M.D., Ph.D., and Susan Bowerman, M.S. R.D., C.S.S.D.

NO More Heart Disease, Author: Lou Ignarro, Ph.D.

Born To Be Healthy and Thin-Your Body's Own Manual, Author: Dr. Steve Komadina

Your Personal Guide to Wellness-What Your Doctor Doesn't Have Time To Tell You, Author: Jamie McManus, MD

DVDS

Digestive Health – This informative Herbalife DVD may be borrowed from your coach.

Personalize Your Program – An overview of all of Herbalife's weight-management and nutrition

products. This DVD may be borrowed from your coach.

Super Size Me- A documentary

WEBSITES

Weight Loss Challenge (WLCLIVE.com) – Handouts for the weekly topics are available here. You can also check out inspiring success stories of past Weight Loss Challenge participants, and find more articles and recipes to help you live healthier.

Start Herbalife (StartHerbalife.com) – This website is a great resource where you can learn more about Herbalife® weight-management, as well as targeted nutrition, energy & fitness and personal care | outer nutrition, products.

www.Fitday.com

www.calorieking.com

www.Chefmd.com

PROTEIN 101

By David Heber, M.D., Ph.D.

It seems everywhere we look someone is promoting a new diet that praises the power of protein. But whether you want to lose or gain weight, or maintain your current weight, the importance of protein goes far beyond physical appearance and muscle building.

A NECESSITY FOR EVERY BODY

Protein is an important component of every cell in the body. It is an organic compound, composed of 22 amino acids, otherwise known as the building blocks of life. Protein is stored in muscles and organs, and the body utilizes it to build and repair tissues, as well as for the production of enzymes and hormones.

Protein also makes it possible for blood to carry oxygen throughout the body. Along with fat and carbohydrates, protein is a "macronutrient," meaning the body needs relatively large amounts of it. The Institute of Medicine of the National Academy of Sciences has concluded that our daily protein requirements should be 10 percent to 35 percent of our total caloric intake, with men needing slightly more than women. A lack of protein can cause loss of muscle mass, decreased immunity, as well as weakening of the heart and respiratory system.

HOW PROTEIN AFFECTS YOUR WEIGHT

The widespread popularity of high-protein diets is due in large part to their ability to help manage hunger. When protein is absorbed, it sends a signal to the brain to decrease your hunger. Another benefit of protein is that it raises your resting metabolism by maintaining muscle mass. As we age, muscle mass decreases without exercise, so staying fit is a key to burning fat by keeping your metabolism high. Protein also leads to a much less rapid rise and fall of blood sugar and insulin, so you avoid the "sugar highs and lows" after eating sweets without adequate protein. Certain foods, however, provide a healthier resource for protein than others.

CONSIDER THE SOURCE

You can obtain healthy sources of protein without high levels of saturated fat. For example, soybeans, nuts and whole grains provide protein without much saturated fat and offer plenty of healthful fiber and micronutrients as well. If you're looking for yet another great way to obtain healthy protein, vegetable sources of protein found in Herbalife's Formula 1 shakes, are high quality and have lower calorie levels with virtually no added fat. Herbalife® products personalize your daily protein intake to match your body's needs. With a variety of shakes and snacks, Herbalife's weight-management program helps you build or maintain lean muscle while providing healthy weight-management support. Now that you've increased your knowledge of protein, you can effectively enhance your diet and allow good health to take shape.

PROTEIN FOODS AT-A-GLANCE

The following is a list of foods and their protein content in grams:

DAIRY PRODUCTS

- Egg whites: 7 whites = 25 grams
- Cottage cheese (nonfat): 1 cup = 28 grams
- Mozzarella cheese (nonfat): one 1-ounce stick = 8 grams
- Yogurt (nonfat, sugar-free): one 6-ounce carton = 5 grams
- Yogurt (nonfat, plain): 1 cup = 14 grams
- Milk (nonfat): 1 cup = 10 grams

MEATS

- Beef (lean): 3 ounces (cooked weight) = 25 grams
- Chicken breast: 3 ounces (cooked weight) = 25 grams
- Turkey breast: 3 ounces (cooked weight) = 25 grams
- Turkey ham: 4 ounces (cooked weight) = 18 grams
- Pork tenderloin: 3 ounces (cooked weight) = 24 grams

FISH

- Ocean-caught fish: 4 ounces (cooked weight) = 25 to 31 grams
- Shrimp, crab, lobster: 4 ounces (cooked weight) = 22 to 24 grams
- Tuna: 4 ounces (water packed) = 27 grams
- Scallops: 4 ounces (cooked weight) = 25 grams

BEANS, LENTILS AND GRAINS

- Beans (black, pinto, etc.): ½ cup (cooked) = 7 grams
- Lentils: ½ cup (cooked) = 9 grams
- Quinoa: ½ cup (cooked) = 6 grams
- Tofu: ¼ block = 7 grams
- Veggie burger: one burger = 5 to 20 grams (varies by brand)

Note: Some ready-to-eat cereals are also good protein sources. Check labels—some have more than 10 grams of protein per serving.

HERBALIFE® FOODS

- Formula 1 shake (with 8 fl. oz. nonfat milk): one serving = 18 grams
- Soup Mix (with 6 to 8 fl. oz. of water): one serving = 16 grams
- Protein Drink Mix (with 6 to 8 fl. oz. water): one serving = 15 grams
- Beverage Mix (with 6 to 8 fl. oz. water): one serving = 15 grams
- Roasted Soy Nuts with Cardia®* Salt: one packet (1 ounce) = 11 grams
- Protein Bar: one bar (1.23 ounces) = 12 grams
- Protein Bar Deluxe: one bar (1.41 ounces) = 10 grams

*Cardia® is a registered trademark of Nutrition 21, Inc.

Protein Snacks

**By David Heber, M.D., Ph.D., F.A.C.P., F.A.C.N.
Chairman of the Herbalife Nutrition and Scientific Advisory Boards**

It is well established that the typical person eating a western type diet consumes more daily calories than he needs. High-calorie snacks filled with fats and sugars contribute to these extra calories. Protein packed bars, drinks, soups, and nuts are far superior to other snacks because of the inherent differences between protein and sugars and fats.

First off, protein is more satisfying than the other two macronutrients because of specific signals it sends to the brain. When we snack on protein instead of sugars and fats, the body feels more full which helps people control their appetite between meals, thus cutting calories and controlling their weight. Recent clinical research has supported this physiologic phenomenon.

A second reason for choosing protein as a snack is its thermogenic effect. This refers to the metabolic tax a food puts on the body after we eat it. This metabolic tax for protein is much higher than sugar or fat because the body uses more energy to digest it. This means that when you choose protein over the other two, you are burning more calories during the process of digestion. Having this higher tax rate is good because protein tends to be low in caloric content, so the body is working harder on fewer calories.

A third reason to choose protein snacks over sugars and fats is the body's need to replenish the building blocks of muscle tissue. Muscle is important for our daily activities and it determines our metabolism. So the more we maintain our healthy lean muscle mass, the higher we maintain metabolism.

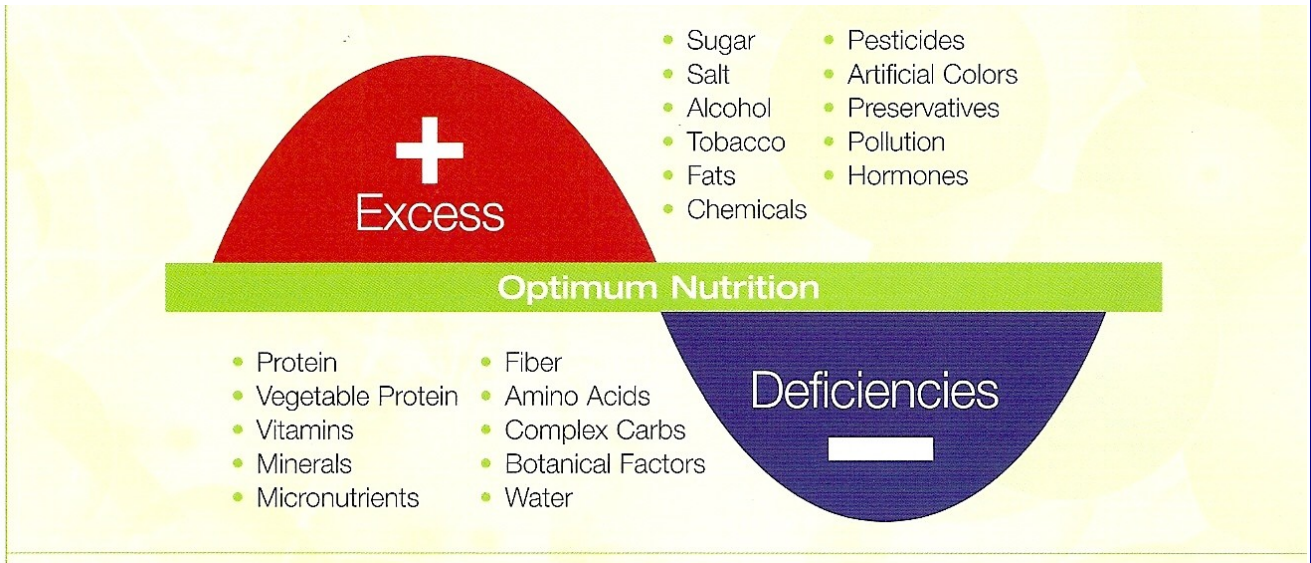
So the next time you reach for a snack, choose a protein-rich bar, drink, or soup. Avoid high-calorie chips, cookies, candies and sweets. They are generally much higher in calories, and they offer little nutritional value to the body.

What the Body Needs



The body's daily needs according to the American Medical Association are:

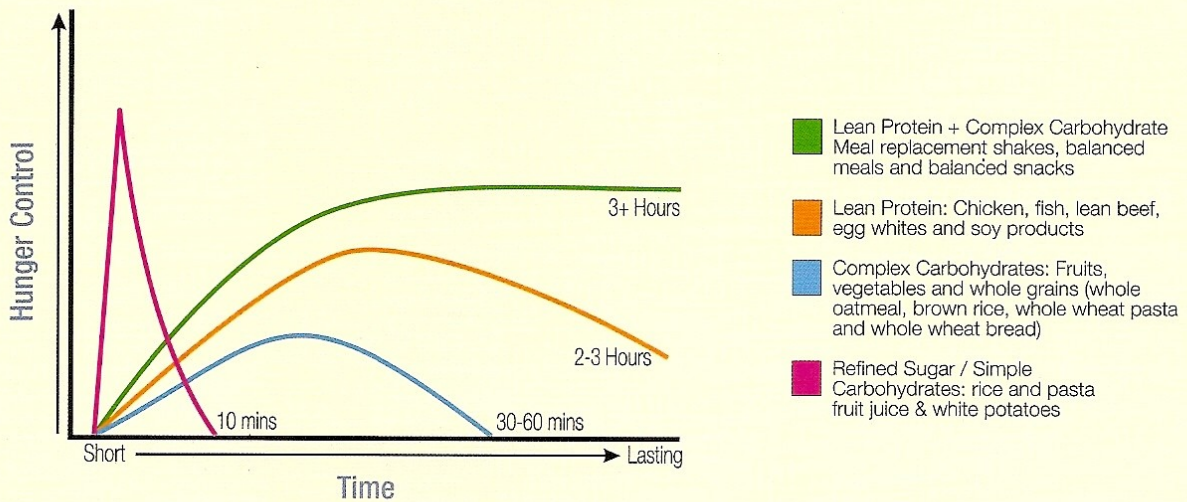
- Protein • Minerals
- Carbohydrates • Fats and Oils
- Vitamins • Herbs



The Power of Protein

Your muscle mass works like a furnace, burning calories and stored fat for energy. The more muscle you have, the higher your metabolism, the faster you burn calories. Eating plenty of protein daily is essential to maintaining your muscle mass for good health, energy and effective weight management.

Energy levels, blood sugar levels and hunger control



FOOD LISTS FOR MEAL PLANNING

Protein Foods

FOOD ITEM	ONE UNIT	CALORIES	PROTEIN/GRAMS
Egg whites	7 whites	115	25
Cottage cheese, nonfat 1 cup		140	28
Herbalife	2 tablespoons		
Formula 1 Shake Mix + nonfat milk	Formula 1 Shake Mix 1 cup nonfat milk	180	18
Beef, lean	3 ounces, cooked weight	145-160	25
Chicken breast	3 ounces, cooked weight	140	25
Turkey breast	3 ounces, cooked weight	135	25
Turkey ham	4 ounces, cooked weight	135	18
Ocean caught fish	4 ounces, cooked weight	130-170	25-31
Shrimp, crab, lobster	4 ounces, cooked weight	120	22-24
Tuna	4 ounces, water packed	145	27
Scallops	4 ounces, cooked weight	135	25
VEGETARIAN			
Soy Canadian Bacon	4 slices	80	21 (varies)
Soy hot dog	2 links	110	22 (varies)
Soy ground round	$\frac{3}{4}$ cup	120	24
Soy burgers	2 patties	160	26
Tofu, firm	$\frac{1}{2}$ cup	180	20 (varies)

Fruits

FOOD ITEM	ONE UNIT	CALORIES	FIBER (GRAMS)
Apple	1 medium	75	3
Apricots	3 whole	50	3
Avocado	$\frac{1}{4}$ average fruit	80	2
Banana	1 small	100	3
Blackberries	1 cup	75	8
Blueberries	1 cup	110	5
Cantaloupe	1 cup cubed	55	1
Cherries	20	80	2
Grapes	1 cup	115	2
Grapefruit	$\frac{1}{2}$ fruit	40	2
Honeydew melon	1 cup, cubed	60	1
Kiwi	1 large	55	3
Mango	$\frac{1}{2}$ large	80	3
Nectarine	1 large	70	2
Orange	1 large	85	4
Papaya	$\frac{1}{2}$ large	75	3
Peach	1 large	70	3
Pear	1 medium	100	4
Pineapple	1 cup, diced	75	2
Plums	2 small	70	2
Strawberries	1 cup, sliced	50	4
Tangerine	1 medium	45	3
Watermelon	1 cup balls	50	1

Note: Calorie average is 76 calories per unit.

MEAL PLANNING LIST (CONT)

Cooked Vegetables

FOOD ITEM	ONE UNIT	CALORIES	FIBER (GRAMS)
Acorn squash, baked	1 cup	85	6
Artichoke	1 medium	60	6
Asparagus	1 cup	45	4
Beets	1 cup	75	3
Broccoli	1 cup	45	5
Brussels sprouts	1 cup	60	4
Cabbage	1 cup	35	4
Cauliflower	1 cup	30	3
Carrots	1 cup	70	5
Celery, diced	1 cup	20	2
Chinese cabbage	1 cup	20	3
Collard greens	1 cup	50	5
Corn	1 ear	75	2
Eggplant	1 cup	30	3
Green beans	1 cup	45	4
Green peas	1 cup	140	8
Kale	1 cup	35	3
Leeks	1 cup	30	1
Mushrooms	1 cup	40	3
Mustard greens	1 cup	20	3
Onion	1 cup	105	4
Pumpkin	1 cup	50	3
Red cabbage	1 cup	30	3
Spinach	1 cup	40	4
Sweet potato	1 cup	200	4
Swiss chard	1 cup	20	2
Tomato juice	1 cup	40	1
Tomato sauce/puree	1 cup	100	5
Tomato soup,made with water	1 cup	85	0
Tomato vegetable juice	1 cup	45	2
Tomatoes	1 cup	70	3
Turnip greens	1 cup	30	5
Winter squash, baked	1 cup	70	7
Zucchini with skin	1 cup	30	3

Note: Calorie average is 56 calories per unit.

Raw Vegetables

Cabbage	1 cup	20	2
Carrots	1 cup	50	4
Cucumber	1 cup	15	1
Endive	1 cup	10	2
Pepper, green, chopped	1 cup	30	2
Peppers, red, chopped	1 cup	30	2
Pepper, yellow, chopped	1 cup	30	2
Romaine lettuce	1 cup	10	1
Spinach	1 cup	10	1
Tomatoes, chopped	1 cup	40	2

Note: Calorie average is 25 calories per unit.

MEAL PLANNING LIST (CONT)

Starches and Grains

STARCH/GRAIN	SERVING SIZE	CAL.	FIBER (GMS)	PROTEIN (GMS)
Beans (black, pinto, etc.)	½ cup, cooked	115-140	5-7	7
Bread (whole grain preferred)	1 slice	80-100	3	3-5
English muffin	½ muffin	80	1	2
Lentils	½ cup, cooked	115	8	9
Rice (brown preferred)	½ cup, cooked	110	2	3
Pasta (whole grain preferred)	½ cup, cooked	85	2	3
Potato, baked	½ medium	100		
Rice cakes	2 large	70	1	1
Tortilla, corn	2 tortillas	120	4	2
CEREALS				
Bran flakes	¾ cup	100	3	5
Oatmeal, cooked	1 cup	130	4	6
Shredded wheat, bite size	¾ cup	115	3	4

Note: Calorie average is 100 calories per serving.

Taste Enhancers

FOOD ITEM	SERVING SIZE	CALORIES	FIBER (GMS)	FAT (GMS)
Cheese, reduced fat	1 ounce	50-80	0	2-5
Cheese, Parmesan	3 tablespoons	80	0	5
Nuts	½ ounce	80-100	0	6-11
Olive oil	1 teaspoon	40	0	4
Olives	10 large	50	0	7
Pine nuts, sesame seeds	1 tablespoon	50	1	4-7
Salad dressing, fat-free or low-fat	2 tablespoons	40-80	0	0-2

Note: Calorie average is 65 calories per serving.

Protein Snacks

FOOD ITEM	SERVING SIZE	CALORIES	PROTEIN (GRAMS)
Cheese, mozzarella, low-fat	1 ounce (1 stick)	70	8
Cottage cheese, nonfat	½ cup	70	14
Egg, hard boiled	1	80	4
Herbalife® Protein Bar Deluxe	1 bar	140	10
Herbalife® Peach Mango or Wild Berry Beverage Mix	1 packet	70	15
Herbalife® Protein Drink Mix	2 tablespoons in water	110	15
Herbalife® Creamy Chicken Soup Mix	1 packet	70	15
Milk, nonfat or 1%	1 cup	90-110	9
Soup, tomato, made with nonfat milk	1 cup	120	6
Soy crisps	1 oz. (about 17 crisps)	110	7
Herbalife® Roasted Soy Nuts with Cardia®* Salt	1 packet	110	11
Yogurt, nonfat, sugar-free	1 six-ounce carton	100	5

Note: Calorie average is 100 calories per serving.

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