

Herbalife Weight Loss Kickstart Plan

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This 7–14 day kickstart plan is designed to help you begin your weight loss journey using Herbalife Nutrition products alongside real, nourishing food. The goal is to support steady, healthy progress – not restriction – while balancing energy, hydration, and protein intake.

Always consult a health professional if you have medical conditions or significant weight loss goals. Herbalife products work best when used as part of a balanced diet that includes real food, regular activity, and hydration.

Daily Structure

- **Morning:** Herbalife Formula 1 Shake with protein boost and water/herbal tea.
- **Mid-morning:** Real-food snack (boiled egg, handful of nuts, or yoghurt).
- **Lunch:** Balanced meal with lean protein (chicken, fish, tofu), vegetables, and a small portion of complex carbs (quinoa, brown rice, or sweet potato).
- **Mid-afternoon:** Herbalife Protein Bar or shake plus water or green tea.
- **Evening:** Real-food dinner – focus on lean protein, cooked vegetables, and healthy fats.
- **Hydration:** Aim for 1.5–2 litres of water daily (include Herbalife Aloe or Tea Concentrate if preferred).
- **Activity:** Gentle daily movement – walking, stretching, or light cardio.

Example Day

Meal	Example	Goal
Breakfast	Formula 1 Shake + Protein Drink Mix	Kickstart metabolism, steady energy
Snack	Greek yoghurt + berries	Add protein, reduce cravings
Lunch	Grilled chicken salad + olive oil dressing	Balanced nutrients
Snack	Protein Bar or boiled egg	Keep blood sugar stable
Dinner	Salmon + green veg + small portion of rice	Protein & fibre for recovery

Tips for Success

- Start your day with hydration before your first shake.
- Avoid skipping meals – consistency supports metabolism.
- Combine Herbalife with colourful, real foods wherever possible.
- Track your progress weekly (weight, mood, energy).

- Focus on how you feel, not just the scale.
- Prepare snacks in advance to avoid reaching for convenience foods.

Important: This guide is for general wellbeing and educational purposes. Herbalife products are food and food supplements and should be used as part of a balanced diet. If you are pregnant, breastfeeding, under 18, or have a medical condition, seek advice from a healthcare professional before starting any new nutrition plan.