



# Shaklee 180 Weight/Inch Loss Program Guide



Name \_\_\_\_\_





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**Think about it.....**

If you think you are beaten, you are  
if you think you dare not, you don't  
if you like to win but think you can't, it's a cinch you won't.

If you think you'll lose, your lost  
for out in the world we find  
success begins with a fellow's will, it's all a state of mind.

If you think you are out-classed, you are  
you've got to think high to rise  
you've got to be sure of yourself before you can ever win a prize

Life's battles don't always go  
to the strong or faster man  
but sooner or later the man who wins, is the man who thinks he can.

Wishing you all the best for success. *Sarah & Shifra, Shaklee 180 Head Coaches*



*Shaklee*  
180

## **YOUR TURNAROUND STARTS HERE.**

Shaklee 180 is an entirely new way to lose weight –one that’s designed to work and keep on working, so you never have to look back. It’s brought to you by the #1 natural nutrition company in the U.S., and includes easy support tools, professional advice, and a whole bunch of rewards to keep you motivated and that waist shrinking.

In this program guide you can find everything you really need to be successful. However, you should know that we’re always here for you. If you have any questions or need support please don’t hesitate to contact your Shaklee 180 Specialist. In fact we encourage you to stay in touch with your specialist every day in your first week and at least once a week thereafter.

To ensure that you are successful on the program we highly recommend the following:

- To make a 90 day commitment to completely follow the program.
- To commit to doing exercise 3-5 x a week.
- To track your food intake.
- To weigh and measure yourself 2x a month maximum.
- To plan ahead and be prepared.
- To figure out what activities you will do to relieve stress.
- Get very familiar with this booklet and all other resources and support that is available to you.
- To follow the maintenance program this booklet provides you, in order to keep those pounds and inches off.
- As you start to lose weight and people take notice, please tell them what you are doing. By sharing this program with others you can either earn your products for FREE and even create significant income.

So get ready to take shape your in a whole new direction. I’m sure you’ll be happy you did.



# Please Tell Us About Yourself....

- \* Have you ever tried another diet program in the past? Which one? \_\_\_\_\_
- \* Were you successful \_\_\_\_\_
- \* Is there anything you really liked about it? \_\_\_\_\_
- \* Is there anything you disliked about the program?  
\_\_\_\_\_  
\_\_\_\_\_
- \* What is your primary reason for wanting to lose weight now?  
\_\_\_\_\_
- \* Do you currently exercise? \_\_\_\_\_
- \* Do you take any medications? If yes, kindly list them. \_\_\_\_\_

**Please indicate if you have any of the following health issues or concerns:**

**Digestion**

- Constipation
- Heartburn
- Bloating
- Acid reflux
- Hiatus Hernia/GERD
- Ulcers
- Gas
- Indigestion/Burping
- Food Intolerant \_\_\_\_\_

**General Health**

- Diabetes
- Low blood sugar
- High/low blood pressure
- Elevated Cholesterol
- Heart Disease

- Varicose Veins
- \_\_\_\_\_

**Hormonal Health**

- Thyroid Issues
- Pregnant
- Lactating
- Peri-Menopause
- Menopause
- \_\_\_\_\_

**General Well Being**

- Low energy level
- Tire easily after a meal
- Sugar cravings
- Headaches/dizziness
- Irritability or mood swings
- Frequent fatigue



# Shaklee 180 Personal Profile



Your Start Date: \_\_\_\_\_

Weight \_\_\_\_\_

Height \_\_\_\_\_

Age \_\_\_\_\_

Goal Weight \_\_\_\_\_

Current Dress Size \_\_\_\_\_

Goal \_\_\_\_\_

### Current Measurements:

Neck \_\_\_\_\_

Arm \_\_\_\_\_

Chest \_\_\_\_\_

Waist \_\_\_\_\_

Stomach \_\_\_\_\_

Hips \_\_\_\_\_

Thigh \_\_\_\_\_

Calf \_\_\_\_\_

BMI \_\_\_\_\_

Daily Calorie Intake \_\_\_\_\_

Servings of Protein \_\_\_\_\_

Servings of Starch \_\_\_\_\_

Servings of Fruit \_\_\_\_\_

Servings of Fat \_\_\_\_\_

Servings of Veggies \_\_\_\_\_

Water, 1/2 of your weight in ounces = \_\_\_\_ Cups

2 Servings of Shaklee Meals (Smoothies or Meal Bars)

1 or more Shaklee 180 Energy Tea

Metabolic Boost Tablets, 1 per meal

1 Shaklee 180 Snack Bar OR Choose a Snack from the Snack Page (see page 13)

Suggestions for other Shaklee Supplements: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





## What Are Your Goals?



### **Personal Goals:**

Weight/Measurement \_\_\_\_\_

Are these realistic? \_\_\_\_\_

How do you want to feel? \_\_\_\_\_

What do you want to look like? And what dress size do you want to be? \_\_\_\_\_

Why are you doing this? \_\_\_\_\_

Why now? \_\_\_\_\_

What is your commitment level? \_\_\_\_\_

What are you going to do to achieve these health goals and aspirations? \_\_\_\_\_

### **Fitness Goals:**

Current level \_\_\_\_\_

Fitness Goal \_\_\_\_\_

What kind of movement/activity do you enjoy? What do you absolutely hate? \_\_\_\_\_

What is a realistic time frame in which you can do exercise? \_\_\_\_\_

Will you do it at home, outside, with a trainer, at a gym? \_\_\_\_\_

How will you track what you are doing? \_\_\_\_\_

### **Challenges and Fears:**

How have you reached your current weight? \_\_\_\_\_

What has gotten in your way in the past? \_\_\_\_\_

Do you eat for emotional reasons? \_\_\_\_\_

Do you often overeat? \_\_\_\_\_

Can you read and listen to your body's hunger signals? \_\_\_\_\_



## Your 90 Day Progress.....

The scale is an occasional measurement of progress. The tape measure is a visual measurement of health and success, by reducing your fat and increasing your lean muscle. You are lowering your BMI and increasing your metabolism through lean muscle. It is suggested to weigh and measure every 2 weeks.



Date							
Weight							
Neck							
R. Arm							
L. Arm							
Chest/Breast							
Waist							
Stomach							
Hips							
R/L Thigh	/	/	/	/	/	/	/
R/L Calf	/	/	/	/	/	/	/
Weight Loss							
Inch Loss							
<b>Total Weight Loss</b>							
<b>Total Inch Loss</b>							



## Shaklee 180 Nutrition Guide

Determine your calorie needs.....



### **The Weight and Inch Loss Plan** (Done with the Turnaround Kit)

<b>Your Weight</b>	<b>Daily Calories</b>
Up to 150 lbs	1,200 calories
151-200 lbs	1,500 calories
201-250 lbs	1,800 calories
251 lbs or more	2,100 calories

### **The Maintenance Program** (Done with the Shaklee 180 Lean & Healthy kit)

<b>Female* Age</b>	<b>Daily Calories</b>
19-30 years	2,100 calories
31-50 years	1,800 calories
51 + years	1,500 calories
<b>Male* Age</b>	
19-30 years	2,400 calories
31-50 years	2,100 calories
51 + years	1,800 calories

\*For people who exercise less than 30 minutes a day and are looking to maintain their current weight. If you're more active you may need additional calories to meet your needs.

# Servings and Portion Control

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Calories	Lean Protein	Starch	Vegetables	Fruits	Fats
1,200	4 servings	1 serving	3 servings	1 serving	3 servings
1,500	6 servings	2 servings	3 servings	1 serving	3 servings
1,800	8 servings	3 servings	3 servings	1 servings	3 servings
2,100	8 servings	5 servings	4 servings	3 servings	3 servings



## Let's Customize Your Day.....

Tips:

- Use a tracker to record your food.
- Drink 1/2 of your body's weight in water. EX. 150 lb person needs to drink 75 oz of water, which is approximately 9 1/2 cups.



<b>Morning Drink</b>	
<b>Breakfast</b>	
<b>Snack</b>	
<b>Lunch</b>	
<b>Snack</b>	
<b>Dinner</b>	
<b>Snack</b>	



## Food Guide

<b>Starches =1 serving, 15 grams of Carbohydrate, 80 calories</b>		<b>Vegetables: 1 serving, 1/2 cup cooked or 1 cup raw, 25 calories</b>
<b>Cereals 1/2 Cup:</b>	Egg Noodles	Cabbage
All bran/ with extra fiber	* Brown Rice Pasta	Carrots
Oat bran– Quaker Oats	<b>Starchy Vegetables:</b>	Broccoli, Cauliflower
Oatmeal—cooked old fashioned	Peas, fresh/frozen	Chinese cabbage
Bulgar Cooked	*Sweet corn fresh/frozen	Eggplant
<b>Breads: 1 Slice</b>	Sweet potato or yam, baked or boiled	Greens (beet, collard, dandelion, kale, mustard or turnip)
Pumpernickel, whole grain	Squash, Acorn/Butternut	Leeks
Sourdough	Lima beans	Mixed vegetables without corn or peas
100% Stone ground Whole Wheat Bread	New potatoes small with white skin 3-4	Okra
Whole Wheat Pita	*Potato, small, baked or boiled, no skin	Peppers
1 6" round Corn Tortilla	<b>Beans:</b>	Radishes
*Rice Cake — crackers	Kidney beans/Black beans/butter beans 1/2 cup	Rutabaga
Gluten Free Challah or Bread Sprout bread	Lentils green or red 1/2 cup	Sauerkraut
3/4 board Matzoh	Navy beans or Pinto beans 1/2 cup	Snow peas
<b>Grains: 1/2 Cup:</b>	Butter beans 1/2 cup	Spinach
Brown Rice	Black eyed beans/ peas / Split peas 1/2 cup	Summer squash
Barley	Chickpeas 1/3 cup	Swiss chard
Bulgar cooked	<b>Vegetables: 1/2 cup cooked or 1 cup raw, 25 calories</b>	Tomato/tomato sauce
Buckwheat	Artichokes	Turnips
Uncle Ben's converted Rice Wild Rice	Asparagus	Vegetable juice
<b>Pasta: 1/2 Cup</b>	Bamboo shoots	Water chestnuts
Spaghetti	Beans (green, yellow, Italian, wax)	Zucchini



## Food Guide Continued

<b>Fruits 1 Serving = 15 Grams Carbohydrates, 60 calories</b>		<b>Dairy 1 Serving = 12 Grams of Carbohydrates, 8 grams of protein, 80 calories</b>
Apple = 1 medium	Plums = 2 small	Butter milk = 1 cup
Apricot Fresh = 4 small	Raspberries = 1 cup	Milk, fat free or 1% = 1 cup
Banana = 1/2 medium	Strawberries = 1 cup	Yogurt, fat free flavored = 1/2 cup
Blackberries = 1 cup	Tangerine = 2 small	Yogurt, plain fat free = 2/3 cup
Blueberries = 1 cup	Watermelon = 1 1/4 cup	Cottage cheese, low fat = 1/2 cup
Cantaloupe = 1 cup	<b>Protein (Lean) 1 Serving = 7 grams of protein, 55 calories</b>	Cottage cheese, reg = 1/4 cup
Cherries = 12 large	Chicken = 1 oz	*Ice cream low fat (60-80 Calories) No more than once a week
Figs, fresh = 2 medium	Duck = 1 oz	Cheese (low fat under 3 grams of fat) = 1 oz
Grapefruit = 1/2 large	Turkey = 1 oz	<b>Fat 1 Serving = 5 grams of fat, 45 calories</b>
Grapes = 15 small	Canned fish (Tuna, Sardines, Salmon) = 1 oz	Avocado = 1/8
Honeydew = 1 cup	Fish, fresh or frozen = 1 oz	Butter = 1 T
Kiwi = 1 large	Egg Whites = 2	Mayonnaise, light = 1 T
Mango = 1/2 small	Cold cuts (less than 3 grams of fat per serving) = 1 oz	Nuts (pecans, almonds, cashews) 4 to 6 each. Walnuts = 4 halves
Nectarine = 1 small	Tofu and soy, = 1 1/2 cups, 2 T Shaklee instant protein	Olives = 5 large or 10 small
Orange = 1 medium	<b>Protein (medium fat) 1 Serving = 5 grams of protein, 75 calories</b>	Oil (olive or canola) = 1 tsp
Papaya = 1/2 medium	Egg = 1 whole	Peanut Butter = 1/2 T
Peach = 1 medium	Beef, lean = 1 oz	Seeds, Sesame, Sunflower, Pumpkin, = 1 T.
Pear = 1 medium	Lamb chops, lean = 1 oz	Low fat salad dressing = 2 T
Pineapple, fresh = 3/4 cup	Veal chops, lean = 1 oz	Tehina = 2 tsp. Hummus = 1 T



<b>FREE Foods. Calories are not significant. Does not provide proteins, carbohydrates &amp; fats.</b>			
Club Soda /Carbonated water	Spice pepper	Wine in cooking	Sweet pickles = 2 slices
Bean sprouts	Spices	Mustard	Teriyaki sauce = 1 T
Coffee	Flavored extracts	Worcestershire Sauce	Celery
Mineral water	Horseradish	Bouillon or broth (fat free)	Cocoa Powder = 1 T Unsweetened
Tea	Hot pepper sauce	Butter flavoring	Chicory
Lemon or Lime Juice	Soy sauce	Barbeque sauce = 1-2 T	Non-stick pan spray
Lettuce	Alfalfa sprouts	Salsa = 1/4 cup	Sweet & sour sauce = 1T
Watercress	Onion/Green onion	Mushrooms	Water
Parsley	Cucumbers	Dill Pickles = 1 1/2 large	Vinegar
Garlic	Pimento	Ketchup = 1-2 T	Herbs

**Snack Time... we encourage that you use the Shaklee 180 snacks as often as possible. However you may replace them with the following recipes.**

<p><b>Turn On-the-Go Salad</b> Pairs well with iced Energy Tea!</p> <ul style="list-style-type: none"> <li>• 1.5 oz Tuna in water</li> <li>• 1/2 T light mayo</li> <li>• 5 Whole Wheat crackers</li> </ul> <p><i>129 calories, 12 grams of protein</i></p>	<p><b>Savory Cottage Cheese</b> Goes great with Pomegranate tea</p> <ul style="list-style-type: none"> <li>• 1/2 cup 2% cottage cheese</li> <li>• 1/4 fresh cucumber</li> <li>• 1/2 fresh tomato</li> </ul> <p>Season to taste with salt, pepper, dried basil, and oregano.</p> <p><i>124 calories, 16 grams protein</i></p>	<p><b>Peanut Butter Munchies</b></p> <ul style="list-style-type: none"> <li>• 1.5 T natural low fat peanut butter</li> <li>• 3 pieces whole wheat melba toast.</li> </ul> <p>(this snack counts as an additional serving of fat)</p> <p><i>190 calories, 9 grams of protein</i></p>
<p><b>Veggies and Spread</b></p> <ul style="list-style-type: none"> <li>• 1 cup Fresh sugar snap peas</li> <li>• 8 baby carrots</li> <li>• 1 wedge Low-fat Swiss cheese</li> <li>• (spreadable)</li> </ul> <p><i>138 calories, 7.5 grams protein</i></p>	<p><b>Egg Salad for One</b></p> <ul style="list-style-type: none"> <li>• 1 hard-boiled egg</li> <li>• 1 T lite mayonnaise</li> <li>• 5 whole wheat crackers</li> </ul> <p><i>164 calories, 8 grams protein</i></p>	<p><b>Cheesy Apple Slices</b></p> <ul style="list-style-type: none"> <li>• 1 fresh apple sliced</li> <li>• 1 oz low-fat cheddar cheese</li> </ul> <p><i>121 calories, 7 grams protein</i></p>
<p><b>Ole Standby Half Sandwich</b></p> <ul style="list-style-type: none"> <li>• 1 slice whole wheat bread</li> <li>• 2 slices roasted, low fat turkey</li> <li>• 1/2 T low fat mayo</li> </ul> <p>Remember to add lettuce or sprouts to your sandwich, they are free foods!</p> <p><i>148 calories, 10 grams protein</i></p>	<p><b>Yogurt Parfait</b></p> <ul style="list-style-type: none"> <li>• 2/3 C fat free plain yogurt</li> <li>• 1/4 C fresh raspberries</li> <li>• 1/4 C whole grain cereal</li> </ul> <p><i>128 calories, 9.8 grams protein</i></p>	<p><b>Quick Quesadilla</b></p> <ul style="list-style-type: none"> <li>• 1 fat-free whole wheat tortilla</li> <li>• 1 oz low fat cheese</li> <li>• 1/4 C salsa</li> </ul> <p><i>145 calories, 10 grams protein</i></p>



**Weekday Sample Meal Plan based on 1200 Calories,**

Anyone on a higher caloric intake, add additional servings of food appropriately!!

<b>Reminder: take a Shaklee 180 tablet with each meal.</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>Breakfast</b>	Shaklee 180 Smoothie	Shaklee 180 Smoothie	Shaklee 180 Smoothie	Shaklee 180 Smoothie	Shaklee 180 Smoothie
<b>Snack</b>	1 Apple	Big Romaine salad w/veggies 1 T lite Mayo	1/2 cup Cantaloupe 1/2 cup Low fat cottage cheese	Garden Vegetable Salad w/dressing 1/2 mango	Cut up carrots and Kohlrabi sticks w/ Russian dressing
<b>Lunch</b>	Shaklee 180 Smoothie: Peanut Butter Cup Recipe	Shaklee 180 Smoothie Or Meal Bar	Shaklee 180 Smoothie Strawberry Banana Recipe	Shaklee 180 Smoothie Pina Colada Recipe	Shaklee 180 Smoothie Or Meal Bar
<b>Snack</b>	Shaklee 180 Snack bar 180 Tea	Shaklee 180 Snack bar 180 Tea	Shaklee 180 Snack bar 180 Tea	Shaklee 180 Snack bar 180 Tea	Shaklee 180 Snack bar 180 Tea
<b>Dinner</b>	1 Chicken bottom Bowl of chicken soup w/ veg. 1/2 cup Brown Rice Green Salad 1 T oil	2 Chicken cutlets grilled 2 T. Oil Small garden-salad Small baked potato 1 cup Squash	1 slice Salmon or tilapia Filet 1/2 cup Brown rice pasta Purple cabbage Salad 2 T. Lite mayo Bowl vegetable soup	Eggplant Parmesan 80 calories breeding & baked in oven Salad- lettuce & mushrooms, celery etc. 1 tsp. oil Bowl Squash Soup	1 Chicken bottom 1/3 c. Pasta / farfel Small salad 1 T. oil Cooked stir fry vegetables
<b>Snack</b>	6-10 Cashews Cut up veggies	1 1/4 cup Watermelon			1 1/4 cup Fruit salad from melons
<b>Exercise</b>	20-30 min	20-30 min	20-30 min	20-30 min	20-30 min
<b>Water</b>	8-10 cups water	8-10 cups water	8-10 cups water	8-10 cups water	8-10 cups water



## Friday And Shabbos Plan A Successful Weekend starts on Friday

Friday	Shabbos
<b>Morning around 9:00 AM</b> Shaklee 180 Smoothee **	Shaklee 180 Smoothee <b>OR</b> Shaklee 180 Meal Bar
<b>Friday noon around 12:00 PM</b> 1 Vegetable salad 1 t oil & vinegar dressing	Shaklee 180 Tea
<b>Lunch around 3:00 PM</b> Shaklee 180 Smoothee OR Shaklee 180 Meal Bar	<b>Lunch Seuda</b> 1 Slice Challah/Matzoh Fish 1/2 Egg 1/3 cup Cholent 1/2 C fruit or fruit compote
<b>Evening around 6:00 PM</b> Shaklee 180 Snack Bar Shaklee 180 Tea 1 serving of fruit	<b>Shalash Seudos ***</b> Sm Piece of Challah/Matzoh Shaklee 180 Smoothee <b>OR</b> Shaklee 180 Meal Bar
<b>Friday Night Seudah</b> _____ Challah/Matzoh _____ Fish Small bowl of chicken soup _____ Chicken 1 T noodles (Optional) 1 small piece of potato kugel (optional) 1/2 C fruit or fruit compote	<b>Melave Malka</b> 2 oz Tuna 1/2 T lite Mayo  1 C green salad * 1 T oil and vinegar dressing  1/2 Matzo (optional)

**\* Green salad includes free vegetables as lettuce, cucumber, bell pepper, mushrooms.**

**\*\* On Friday use water instead milk in your smoothie, and you can add one protein serving to your salad.**

**\*\*\* You Can switch Shalash Seudos with Melave Malka.**

**During times that you can't accurately measure the proper portion of the foods you eat, eye ball your portions by comparing the amount of food you eat to the following household objects or visual cues.**

- 1/2 cup pasta, rice, potato, cholent = 1/2 baseball
- 1 slice of bread or challah = a cassette tape
- 1 medium fruit = a baseball
- 1 teaspoon of oil = the size of the tip of your thumb
- 1 T salad dressing, lite mayo, or peanut butter = the size of your whole thumb
- 3oz of chicken, fish or beef = size of deck of cards
- 1 small piece of potato kugel = the size of a cell phone
- 1/2 cup fruit compote or 1 small bowl of chicken soup = 1/2 baseball



<b>Reminder:</b> take a Shaklee 180 tablet with each meal.	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednes- day</b>	<b>Thursday</b>	<b>Friday</b>	<b>Shabbos</b>
<b>Break- fast</b>							
<b>Snack</b>							
<b>Lunch</b>							
<b>Snack</b>							
<b>Dinner</b>							
<b>Snack</b>							
<b>Exer- cise</b>							
<b>Water</b>							



## Let's Get Active

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Losing weight is more than about what you eat. It's a lifestyle change that involves a lot of other things, including physical activity. Sure, we're all busy. But squeezing in at least 30 minutes of moderate exercise most days of the week can go a long way, not just for your shape, but a whole host of health benefits. And they are...

- Helps reduce heart diseases, Alzheimer's, Arthritis, and Diabetes, just to name a few
- It increases overall productivity, focus, and concentration
- Reduces stress
- Even a brisk walk or taking the stairs instead of the elevator can do

So what works for you?

- Walking?
- Going to the gym?
- Going to live classes, like Pilates, aerobics, step classes, spin classes etc.?
- Watching a class from a DVD?
- Online program like B.U.R.S.T, club which is part of Shaklee's program. (This program is free and available online if you have a turnaround kit on autoship.)
- Do you have exercise equipment in your home?

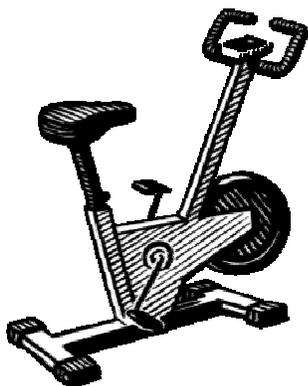


If you are a beginner and don't have the time or resources to go to the gym, then start out with a **walking routine**.

Here's a suggestion, buy a pedometer and for a couple of days write down how many steps you take per day, and then step it up by adding at least 1000 steps to your routine every day. Work your way up to 10,000 steps daily.

Here are some suggestion for when you are ready for more.

- Add weights to your walking routine
  - Jump rope
  - Jump on a trampoline
  - Get 1 lb dumbbells and do some muscle exercise



What exercise routine will you follow while being on the Shaklee 180 Program?

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# Shaklee 180 Smoothie Recipes!



## BLUEBERRY BLISS

- 2 scoops Vanilla Shaklee 180
- 8 oz non-fat/light soy Milk
- ¼ cup Blueberries
- ¼ Banana
- Ice



## MOCHA LATTE

- 1 scoop Café Latte Shaklee 180
- 1 scoop Chocolate Shaklee 180
- 8 oz non-fat/light soy Milk
- 2-4 drops Coffee Extract
- Ice



## PINA COLADA

- 2 scoops Vanilla Shaklee 180
- 8 oz non-fat/light soy Milk
- ½ cup Pineapple chunks
- ½ tsp Coconut Extract
- Ice



## BERRY BLAST

- ◆ 1 scoop Vanilla Shaklee 180
- ◆ 1 scoop Strawberry Shaklee 180
- ◆ 8 oz non-fat/light soy Milk
- ◆ ½ cup Frozen Mixed Berries



## SPICED

- 2 scoops Vanilla Shaklee 180
- 8 oz non-fat/light soy Milk
- ½ tsp. Pumpkin Pie Spice or Cinnamon
- Ice



## PEANUT BUTTER CUP

- 2 scoops Chocolate Shaklee 180
- 8 oz non-fat/light soy Milk
- 1 tsp all natural Peanut Butter
- Ice



## JUST PEACHY

- 2 scoops Vanilla Shaklee 180
- 8 oz non-fat/light soy Milk
- ½ cup Peach slices
- Ice



## SPICED LATTE

- 2 scoops Café Latte Shaklee 180
- 8 oz non-fat/light soy Milk
- ½ tsp. Pumpkin Pie Spice
- Ice



**Get Creative!**  
**You may create the**  
**next GREAT**  
**Smoothie flavor!**



### PUMPKIN PIE

- 2 scoops Vanilla Shaklee 180
- 8 oz non-fat/light soy milk
- ¼ teaspoon Pumpkin Pie Spice
- 1 cup fresh Pumpkin (cooked)
- Ice



### CHOCOLATE COVERED BANANA

- 2 scoops Chocolate Shaklee 180
- 8 oz non-fat/light soy Milk
- ½ frozen Banana
- Ice



### MINT CHOCOLATE CHIP

- 2 scoops Chocolate Shaklee 180
- 8 oz non-fat/light soy Milk
- 2-4 drops of Mint Extract (fresh works too)
- Ice



### STRAWBERRY BANANA

- 2 scoops Strawberry Shaklee 180
- 8 oz of non-fat/light soy Milk
- 3 frozen Strawberries
- ¼ Banana
- Ice



### ST. PATTY'S PLEASURE

- ★ 2 scoops Vanilla\* Shaklee 180
- ★ 1 handful of Spinach/Green Chard
- ★ ½ cup fresh Strawberries
- ★ ½ Banana
- ★ 12 oz cold Water
- ★ Ice



### STRAWBERRY CHARD

- ★ 2 scoops Strawberry Shaklee 180
- ★ 1 handful of Red Chard
- ★ 4 oz canned Pumpkin
- ★ 1 inch fresh Ginger
- ★ 3 frozen Strawberries
- ★ 12 oz Water
- ★ Ice



### ORANGE CRÈME DELIGHT

- 2 scoops Vanilla\* Shaklee 180
- 4 oz non-fat/light soy Milk
- 4 oz all-natural Orange Juice
- Ice



### SHAMROCK

- ★ 2 scoops Vanilla\* Shaklee 180
- ★ 1 handful of Spinach/Green Chard
- ★ ¼ cup Pineapple chunks
- ★ 1 inch peel fresh Ginger Root
- ★ 12 oz cold Water
- ★ Ice



### HAWAIIAN

- ★ 2 scoops Vanilla Shaklee 180
- ★ 8 oz non-fat/light soy Milk
- ★ ¼ Banana
- ★ ½ cup Pineapple chunks
- ★ ½ teaspoon Coconut Extract
- ★ Ice



### FRENCH CHRISTIANA

- 2 scoops Vanilla Shaklee 180
- 8 oz non-fat/light soy Milk
- ½ teaspoon ground Ginger
- 1/8 teaspoon Cinnamon
- 1/8 teaspoon Cayenne Powder
- Ice



### STRAWBERRY LEMONADE

- ★ 2 scoops Strawberry Shaklee 180
- ★ 6 oz non-fat/light soy Milk
- ★ 2 oz all-natural Lemonade
- ★ Ice

\* DENOTES SMOOTHIES WITH 18 GRAMS OF PROTEIN.

TRY LIGHT VANILLA SOY MILK; SLIGHT INCREASE OF CALORIES, BUT YUM!



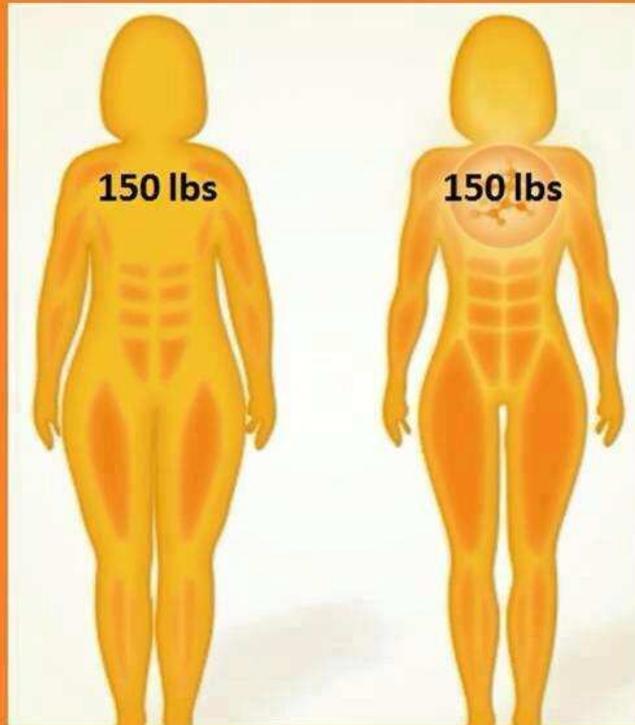
## Shaklee 180 Quick Tip Guide

Shaklee  
180

- Shaklee 180 is an Inch Loss Plan and that's why we suggest you take your body measurement once every 2 weeks and track your progress. It's **not** advisable to weigh in more than 2x a month.
- Consuming your Shaklee 180 Smoothees can be flexible. It can be used to replace breakfast, lunch, or dinner.
- You may exchange one starch serving for a fruit once a day.
- It is very advisable to stay away from processed foods, like kugels, burgers, gefilte fish, or take-out food. Foods in their original form, like a slice of salmon fish or baked sweet potato are better choice because they don't have any additional ingredients that you might not be counting.
- If you feel jittery, a little hungry, or you have cravings in the afternoon, first drink a Shaklee 180 tea to calm yourself, wait 15 minutes and then reassess your hunger.
- Make sure to consume all food servings that are on your daily meal plan. Eating less than what is suggested will not give you quicker weight loss results.
- Pre-plan your daily/weekly food intake so you don't get caught hungry unprepared.
- Commit to being active. Shaklee 180 works best when you boost your level of physical activity. To help you get moving, put on your pedometer and work up to 10,000 steps per day.
- If you are experiencing any overall health or digestive disorder, it may hinder your weight loss. Consult with your Personal Shaklee 180 Specialist.
- Get familiar with the food guide. Use "free foods" choices often to help you transition to your new caloric intake.
- We have numerous recipes for your Shaklee 180 Smoothees. (Refer to pages 18 & 19). It's advisable to use a variety.
- You may want to store vegetable soups in the freezer so you can heat and eat a nutritious snack without major preparations.
- Making healthy food selections with your overall food intake will help you live healthier and enjoy quicker weight loss. It's a good idea to stay away from white flour, white sugar and too much dairy. Replace your foods with healthier sugars like xylitol or stevia. Use whole grain or gluten free breads.
- If at anytime you feel very hungry and must go over your calorie limit then choose a green leafy vegetable. It is low in calories, highly nutritious, and will curb your hunger.

# MYTH of the Scale

Typical  
Diets Lose  
Fat AND  
Muscle ...  
(often almost 1/2 of the  
weight lost is muscle)



**Shaklee**  
**180**  
with  
**LEUCINE**  
Lose Almost  
ALL Fat

Backed by Clinical Study ... Shaklee 180 Smoothees helped regular exercisers gain about 25% more muscle and lose 50% more body fat than non users

Scientists have discovered the benefits of a powerful nutrient that helps build muscle. "Leucine, an essential amino acid that our bodies don't produce, helps maintain lean muscle mass," explains Laurel Fisher, Ph.D., Senior Director of Research at Shaklee Corporation.

Pound for pound, Muscles burn more calories than fat- even in your sleep. That's why losing precious muscle on most conventional diets makes it easier to regain weight once you stop dieting. Instead, help hold on to your muscle while you burn more fat with leucine-rich foods such as legumes, egg whites and leucine-packed Shaklee 180 Energizing Smoothies, Meal-in-a-bars, and snack bars.

### ***WHY YOU CAN'T ALWAYS TRUST THE NUMBERS***

We've all been there: you hit the scale and chow down on salad, yet the scale is barely moving. What's the deal? Don't fret too much. The best kind of weight loss is when you're losing fat- you're getting leaner, which means your clothing size may shrink at a greater rate than your weight.

"When you keep muscle while losing body fat, the numbers on your scale may not decrease as fast as you would think. Losing fat will lead to a greater loss of inches- which is what you really want", says Dr. Jamie McManus, M.D., FAAFP. " The other benefit to keeping muscle is that it keeps your metabolism strong which means you're less likely to gain the weight back."

Another reason to throw away the scale: Real changes happen over weeks and months( not hours and days), so let your favorite clothes be your guide to gauging real progress

### THE NEW NEL.....

Yep, that's me, an embarrassing size 20. I always tried to lose weight for a special occasion, but the minute it was over that was my license to get off the deprivation and restrictions.. My discipline had a start and end date. I finally realized that life is just a series of training so I started on Shaklee 180 (formerly Cinch) and trained to run a half marathon in 2011. And I did it!

One year later you see the new and improved Nel Prentiss—85 pounds lighter, size 4, and lovin' it! And the best part is, the Shaklee 180 Maintenance program gives me the convenience that I need for my busy schedule and the important nutrients to go forward into a successful new "skinny & fit" lifestyle.



### THE NEW ADINA.....

I always had a weight problem. I have tried hundreds of weight loss programs – Metabolife, HCG, Weight Watchers, cabbage diet, not eating after 5pm, Atkins diet, juicing, personal training with a meal plan- you get the point. I would lose and gain it all right back plus more. I didn't know what I was doing wrong.

Then when Shaklee 180 was introduced to me I was skeptical since nothing worked for me. But I gave it a try and to my amazement I was losing weight. I went from a size 14 to 8, lost 27lbs and 30 inches. It feels like a different weight loss and I am loving my energy level. I can actually be an active mom to my 3 daughters. I love that I am retaining my muscles and burning the fat. Everywhere I go I love the attention I get and everyone wants to do what I am doing. I still have another 30lbs to go. It's the first step that is the hardest. IF you have already tried the others and failed now try this and give it all you have because you will be thankful and will want to share it with everyone. I am so blessed that I have found Shaklee 180.

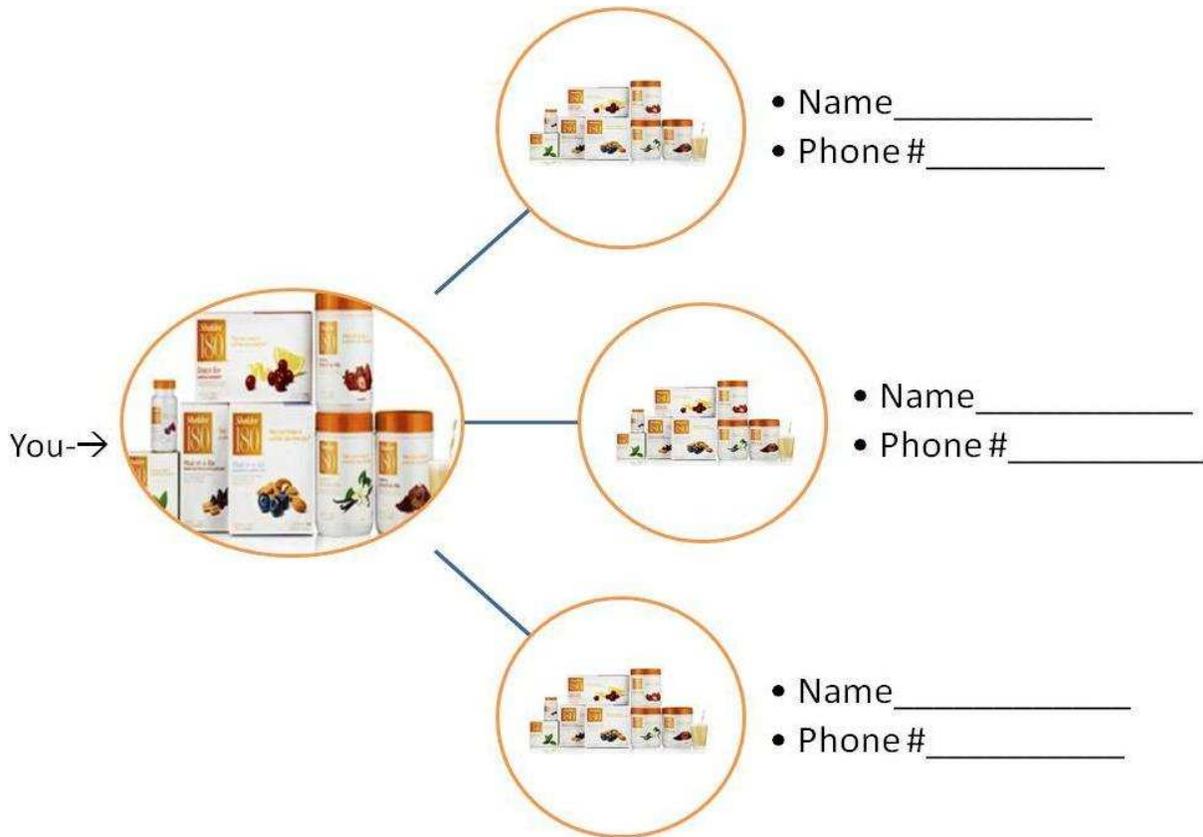




# Let's Help you Get Your Shaklee 180 Turnaround Kit for FREE!



## HOST A SHAKLEE 180 PARTY.



### WHO DO YOU THINK CAN BENEFIT FROM SHAKLEE 180?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



**We are here to support you.....**



**Your coach** \_\_\_\_\_ **Shaklee** \_\_\_\_\_ **180**

**Support Calls** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Times of weigh-in and measure** \_\_\_\_\_

**Your buddy** \_\_\_\_\_

**Finish your 90 days and you will earn a prize:**

\_\_\_\_\_

\_\_\_\_\_

**Shaklee App on iPhones & Android phones** If you have your turn-around kit on autoship then you have access to a mobile app and online access in your member center.

