#SHAKEGANG NUTRITION PLAN 2021

POWERED BY

HERBALIFE NUTRITION

PLEASE NOTE: ANYONE CONSUMING HEALTHY SHAKES 1-2 TIMES PER DAY AS MEAL REPLACEMENTS WILL EXPERIENCE WEIGHT LOSS & FAT LOSS THROUGH CALORIE DEFICIT. OTHER TOP BRAND SHAKES ARE ENSURE, ISAGENIX, HOMEMADE, SLIM FAST, PREMIER PROTEIN, VEGA, LEAN BODY, PURE PROTEIN & MANY MORE.

THE #SHAKEGANG NUTRITION PLAN

THE SHAKEGANG FORMULA FOR WEIGHT LOSS, FAT LOSS, BUILDING LEAN MUSCLE MASS, & WEIGHT MANAGEMENT MAKES REACHING THESE GOALS SIMPLE & REQUIRES VERY LITTLE THINKING. HERBALIFE STUDIES HAVE FOUND CONSUMING 1 TO 2 HEALTHY SHAKES PER DAY WILL HELP USERS INCREASE THEIR ENERGY, VITAMIN INTAKE, FLUIDS, PROTEIN AND FIBRE. ON TOP OF THIS, USERS WILL EXPERIENCE ONGOING HEALTH BENEFITS WITH CONSISTENCY.

1. REPLACE 1 TO 2 MEALS WITH A HEALTHY SHAKE FULL OF VITAMINS AND PROTEIN. WE RECOMMEND REPLACING YOUR BREAKFAST AND DINNER. IF YOU WANT TO EAT DINNER OR BREAKFAST, THEN EAT IT! TRY YOUR BEST TO HAVE 2 SHAKES & 1 MEAL PER DAY IN WHICHEVER ORDER THAT SUITS YOUR LIFESTYLE BEST. FOR THOSE WHO NEED MORE CALORIES, ENJOY THE SHAKES WITH YOUR REGULAR MEALS.

2. YOUR 1 MEAL CAN BE WHATEVER YOU WANT.THE HEALTHIER YOU EAT; THE BETTER RESULTS YOU'LL ACHIEVE. IT'S GREAT TO KNOW THAT YOU CAN EAT ALL OF YOUR FAVORITE FOODS AND STILL LOSE WEIGHT. THE MORE DISCIPLINE YOU HAVE TO NOT OVER CONSUME, THE BETTER YOUR RESULTS. TRY YOUR BEST TO AVOID FRIED FOODS, SUGARY FATTENING FOODS & SUGARY BEVERAGES (NO NUTRIENTS). MESSING UP HAPPENS. SIMPLY GET BACK ON TRACK AS SOON AS POSSIBLE.

3. DRINK 8 – 12 CUPS OR 2 - 3 LITRES OF WATER PER DAY. VERY ACTIVE INDIVIDUALS CAN DRINK 16 CUPS OR 4 LITERS PER DAY.

4. IF YOU'RE GOING TO COUNT, COUNT PROTEIN & SUGAR. CONSUME A MINIMUM OF 100 GRAMS PER DAY & REDUCE NON NATURAL SUGARS TO 30 GRAMS PER DAY.

5. SLEEPING MORE (6 – 8 HOURS) & MEDITATION DAILY IS VERY IMPORTANT FOR BOTH PHYSICAL & MENTAL HEALTH.

6. PERFORM ANY TYPE OF PHYSICAL ACTIVITY MOST DAYS OF THE WEEK FOR AT LEAST 15 MINUTES. THIS CAN BE FORMAL WORKOUTS, WALKING, GARDENING, CYCLING AND MUCH MORE. MAKE IT A LIFESTYLE!

7. IT'S OK TO MESS UP. IT'S NOT TO GIVE UP. KEEP GOING!

8. ENJOY LIFE! ENJOY FOOD! TAKING CARE OF YOUR HEALTH IS A LIFELONG JOURNEY THAT NEVER STOPS. IF YOUR PROGRAM IS NOT ENJOYABLE, IT WILL NOT BE SUSTAINABLE. ENJOY THE PROCESS. THE WEIGHT AND FAT WILL COME OFF WITHOUT YOU EVEN THINKING ABOUT IT. STAY DISCIPLINED EVERYONE AND REMEMBER, THE MORE CONSISTENT YOU ARE, THE BETTER YOUR RESULTS.

#SHAKEGANG 2021
INSTAGRAM: @NITROLIFESTYLE

CLASSIC #SHAKEGANG PLAN

HERBALIFE RECOMMENDATION

DRINK 8 – 12 CUPS OR 2 – 3 LITRES OF WATER PER DAY.

WAKE UP

- DRINK 1 CUP OF WATER WITH HERBALIFE ALOE & TEA.
- *DRINK HERBALIFE ALOE & TEA AS MUCH AS YOU LIKE. THESE PRODUCTS ARE GREAT FOR DIGESTION & INCREASING ENERGY.*

BREAKFAST

- HEALTHY SHAKE MADE WITH MEAL REPLACEMENT (2 SCOOPS) AND HERBALIFE PROTEIN MIX (2 - 3 SCOOPS). PLEASE USE WATER, NUT MILK & YOU MAY ALSO ADD FRUITS AND VEGGIES.
- TAKE 2 MULTIVITAMINS & 1 CELL ACTIVATOR WITH A GLASS OF WATER.

LUNCH

- CONSUME ANY MEAL YOU WANT. OF COURSE, WITH HEALTHIER EATING YOU'LL EXPERIENCE FASTER & BETTER RESULTS.
- TAKE 2 MULTIVITAMINS & 1 CELL ACTIVATOR WITH A GLASS OF WATER.

DINNER

- HEALTHY SHAKE MADE WITH MEAL REPLACEMENT (2 SCOOPS) AND HERBALIFE PROTEIN MIX (2 - 3 SCOOPS). PLEASE USE WATER, NUT MILK & YOU MAY ALSO ADD MORE PROTEIN, FRUITS AND VEGGIES.

FYI: DINNER/ LUNCH & BREAKFAST/ LUNCH CAN BE INTERCHANGEABLE

SNACKS

RECOMMENDED SNACKS: FRUITS, VEGGIES, RICE CAKES, & VARIOUS FORMS OF PROTEIN LIKE MEAT, SHAKES, BARS, AND BEANS

It's ok to mess up & get back on track. It's not ok to give up.

#SHAKEGANG 2021
INSTAGRAM: @NITROLIFESTYLE

#SHAKEGANG

1200 - 1500 Calorie Meal Plan

TAKE 2 HERBALIFE MULTIVITAMINS & 1 CELL ACTIVATOR TWICE DAILY. DRINK HERBALIFE ALOE & TEA AS MUCH AS YOU LIKE. THESE PRODUCTS ARE GREAT FOR DIGESTION & INCREASING ENERGY.

(200- 500 calories) – PICK ONE (1)

1.	Healthy Shake made with Herbalife Meal Replacement, Protein Mix, water, nut milk & you may also add more protein, fruits and veggies. **(Recommended)**. Follow us on IG for more shake ideas.
2.	Fibre 1 cereal, oatmeal or steel oats with nut milk and egg whites
3.	Scrambled or boiled (2 whole egg or 7 egg whites or 1 whole egg and 4 egg whites) + fruit
4.	Turkey bacon 3 slices + fruit
5.	All natural plain 0% Greek yogurt parfait with half a cup of fruit and 2 tablespoons of granola – naturally sweetened with (honey, maple syrup, brown sugar or stevia etc.)

SNACKS (100 - 200 calories) – MORNING – PICK ONE (1)

1.	Fruits or veggies
2.	Protein shake or bar
3.	Rice cakes or rice chips
4.	8 almonds + fruit (small peach, apple, orange 1⁄2 cup strawberries, 1⁄2 small grapefruit or 2 thin slices of cantaloupe)
5.	1⁄2 cup yogurt (Greek yogurt) with 1⁄2 cup of berries
6.	2 boiled egg whites + fruit
7.	Hummus – 1 serving with vegetables for dipping
8.	All natural peanut butter (1 tbsp.) with *either* a half piece of fruit *or* celery sticks
9.	Ricotta cheese 1⁄2 cup with veggies or a piece of fruit

LUNCH (400 - 500 `calories) – PICK ONE (1)

1.	Brown or white rice, chicken breast & a salad
2.	Tuna or egg salad sandwich in a wrap + small green salad with tomatoes and cucumbers etc.
3.	1⁄2 cup of whole grain rice + protein unit (4-5 oz. – chicken, beef, turkey or 5 egg whites)
4.	Boiled eggs (5 whites) + salad + fruit

5.	1 cup of chilli (made with lean ground veal, beef or chicken) add vegetables

OPTIONAL SNACKS (100 - 200 calories) – AFTERNOON – PICK ONE (1)

1.	1⁄2 cup of cottage cheese + 1⁄2 fruit (peach, apple, pear or 1⁄4 cup berries) 1⁄2 small grapefruit or 2 thin slices of cantaloupe)
2.	8 almonds + fruit (small peach, apple, orange 1⁄2 cup strawberries, 1⁄2 small grapefruit or 2 thin slices of cantaloupe)
3.	1⁄2 cup yogurt (Greek yogurt) with 1⁄2 cup of berries
4.	2 boiled egg whites + fruit
5.	Hummus – 1 serving with vegetables for dipping
6.	All natural peanut butter (1 tbsp.) with *either* a half piece of fruit *or* celery sticks
7.	Ricotta cheese 1⁄2 cup with veggies or a piece of fruit

DINNER (200 - 500 calories) MAIN UNIT – PICK ONE (1)

1.	Healthy Shake made with Herbalife Meal Replacement, Protein Mix, water, nut milk & you may also add more protein, fruits and veggies. **(Recommended)**. Follow us on IG for more shake ideas.
2.	Chicken breast or thigh – 4-6 oz with veggies of your choice.
3.	Steak (lean cuts) 4-6 oz with veggies of your choice.
4.	Veal (lean) 4-6 oz. with veggies of your choice.
5.	Fresh water fish – 6 oz with veggies of your choice.
6.	Tuna in water – 4 oz with veggies of your choice.
7.	Homemade burger (4-6 oz.) with veggies of your choice.
8.	Tofu (4-6 oz.) with veggies of your choice.
9.	Egg whites with veggies of your choice.
10.	Lentils (1/2 to 1 cup) with veggies of your choice.

#SHAKEGANG

1,500 – 1,800 Calorie Meal Plan

TAKE 2 HERBALIFE MULTIVITAMINS & 1 CELL ACTIVATOR TWICE DAILY. DRINK HERBALIFE ALOE & TEA AS MUCH AS YOU LIKE. THESE PRODUCTS ARE GREAT FOR DIGESTION & INCREASING ENERGY.

BREAKFAST (200- 300 calories) – PICK ONE (1)

1.	Healthy Shake made with Herbalife Meal Replacement, Protein Mix, water, nut milk & you may also add more protein, fruits and veggies. **(Recommended)**. Follow us on IG for more shake ideas.
2.	Fibre 1 cereal, oatmeal or steel oats with nut milk and egg whites
3.	Scrambled or boiled (2 whole egg or 7 egg whites or 1 whole egg and 4 egg whites) + fruit
4.	Turkey bacon 3 slices + fruit
5.	All natural plain 0% Greek yogurt parfait with half a cup of fruit and 2 tablespoons of granola – naturally sweetened with (honey, maple syrup, brown sugar or stevia etc.)

SNACK (100- 200 calories) – MORNING – PICK ONE (1)

1.	Fruits or veggies
2.	Protein shake or bar
3.	Rice cakes or rice chips
4.	8 almonds + fruit (small peach, apple, orange 1⁄2 cup strawberries, 1⁄2 small grapefruit or 2 thin slices of cantaloupe)
5.	1⁄2 cup yogurt (Greek yogurt) with 1⁄2 cup of berries
6.	2 boiled egg whites + fruit
7.	Hummus – 1 serving with vegetables for dipping
8.	All natural peanut butter (1 tbsp.) with *either* a half piece of fruit *or* celery sticks
9.	Ricotta cheese 1⁄2 cup with veggies or a piece of fruit

LUNCH (800 - 900 `calories) – PICK ONE (1)

1.	Shake (2 scoops + 250-500 ml of nut milk or water, fruits/ veggies (optional) and blend. Only select this if your going to eat your dinner.
2.	Brown or white rice, chicken breast & a salad
3.	Tuna or egg salad sandwich in a wrap + small green salad with tomatoes and cucumbers etc.

4.	1⁄2 cup of whole grain rice + protein unit (4-5 oz – chicken, beef, turkey or 5 egg whites)
5.	Boiled eggs (5 whites) + salad + fruit
6.	1 cup of chilli (made with lean ground veal, beef or chicken) add vegetables

OPTIONAL SNACKS (100 - 300 calories) – AFTERNOON – PICK ONE (1)

1.	1⁄2 cup of cottage cheese + 1⁄2 fruit (peach, apple, pear or 1⁄4 cup berries) 1⁄2 small grapefruit or 2 thin slices of cantaloupe)
2.	8 almonds + fruit (small peach, apple, orange 1⁄2 cup strawberries, 1⁄2 small grapefruit or 2 thin slices of cantaloupe)
3.	1⁄2 cup yogurt (Greek yogurt) with 1⁄2 cup of berries
4.	2 boiled egg whites + fruit
5.	Hummus – 1 serving with vegetables for dipping
6.	All natural peanut butter (1 tbsp.) with *either* a half piece of fruit *or* celery sticks
7.	Ricotta cheese 1⁄2 cup with veggies or a piece of fruit

DINNER (200- 600 calories) MAIN UNIT – PICK ONE (1)

1.	Healthy Shake made with Herbalife Meal Replacement, Protein Mix, water, nut milk & you may also add more protein, fruits and veggies. **(Recommended)**. Follow us on IG for more shake ideas.
2.	Chicken breast or thigh – 4-6 oz with veggies of your choice.
3.	Steak (lean cuts) 4-6 oz with veggies of your choice.
4.	Veal (lean) 4-6 oz with veggies of your choice.
5.	Fresh water fish – 6 oz with veggies of your choice.
6.	Tuna in water – 4 oz with veggies of your choice.
7.	Homemade burger (4-6 oz.) with veggies of your choice.
8.	Tofu (4-6 oz.) with veggies of your choice.
9.	Egg whites with veggies of your choice.
10.	Lentils (1/2 to 1 cup) with veggies of your choice.

#SHAKEGANG

1,800 - 2100 Calorie Meal Plan

TAKE 2 HERBALIFE MULTIVITAMINS & 1 CELL ACTIVATOR TWICE DAILY. DRINK HERBALIFE ALOE & TEA AS MUCH AS YOU LIKE. THESE PRODUCTS ARE GREAT FOR DIGESTION & INCREASINGENERGY.

BREAKFAST (200- 300 calories) – PICK ONE (1)

1.	Healthy Shake made with Herbalife Meal Replacement, Protein Mix, water, nut milk & you may also add more protein, fruits and veggies. **(Recommended)**. Follow us on IG for more shake ideas.
2.	Fibre 1 cereal, oatmeal or steel oats with nut milk and egg whites
3.	Scrambled or boiled (2 whole egg or 7 egg whites or 1 whole egg and 4 egg whites) + fruit
4.	Turkey bacon 3 slices + fruit
5.	All natural plain 0% Greek yogurt parfait with half a cup of fruit and 2 tablespoons of granola – naturally sweetened with (honey, maple syrup, brown sugar or stevia etc.)

SNACK (100- 200 calories) – MORNING – PICK ONE (1)

1.	Fruits or veggies
2.	Protein shake or bar
3.	Rice cakes or rice chips
4.	8 almonds + fruit (small peach, apple, orange 1⁄2 cup strawberries, 1⁄2 small grapefruit or 2 thin slices of cantaloupe)
5.	1⁄2 cup yogurt (Greek yogurt) with 1⁄2 cup of berries
6.	2 boiled egg whites + fruit
7.	Hummus – 1 serving with vegetables for dipping
8.	All natural peanut butter (1 tbsp) with *either* a half piece of fruit *or* celery sticks
9.	Ricotta cheese 1⁄2 cup with veggies or a piece of fruit

LUNCH (700 - 900 calories) – PICK ONE (1)

1.	Pasta with meatballs and loads of veggies.
2.	Brown or white rice, chicken breast & a salad
3.	Tuna or egg salad sandwich in a wrap + small green salad with tomatoes and cucumbers etc.
4.	1⁄2 cup of whole grain rice + protein unit (4-5 oz – chicken, beef, turkey or 5 egg whites)
5.	Boiled eggs (5 whites) + salad + fruit

6.	1 cup of chilli (made with lean ground veal, beef or chicken) add vegetables

OPTIONAL SNACKS (100 - 200 calories) – AFTERNOON – PICK ONE (1)

1.	1⁄2 cup of cottage cheese + 1⁄2 fruit (peach, apple, pear or 1⁄4 cup berries) 1⁄2 small grapefruit or 2 thin slices of cantaloupe)
2.	8 almonds + fruit (small peach, apple, orange 1⁄2 cup strawberries, 1⁄2 small grapefruit or 2 thin slices of cantaloupe)
3.	1⁄2 cup yogurt (Greek yogurt) with 1⁄2 cup of berries
4.	2 boiled egg whites + fruit
5.	Hummus – 1 serving with vegetables for dipping
6.	All natural peanut butter (1 tbsp) with *either* a half piece of fruit *or* celery sticks
7.	Ricotta cheese 1⁄2 cup with veggies or a piece of fruit

DINNER (200- 600 calories) MAIN UNIT – PICK ONE (1)

1.	Healthy Shake made with Herbalife Meal Replacement, Protein Mix, water, nut milk & you may also add more protein, fruits and veggies. **(Recommended)**. Follow us on IG for more shake ideas.
2.	Chicken breast or thigh – 4-6 oz with veggies of your choice.
3.	Steak (lean cuts) 4-6 oz with veggies of your choice.
4.	Veal (lean) 4-6 oz with veggies of your choice.
5.	Fresh water fish – 6 oz with veggies of your choice.
6.	Tuna in water – 4 oz with veggies of your choice.
7.	Homemade burger (4-6 oz.) with veggies of your choice.
8.	Tofu (4-6 oz.) with veggies of your choice.
9.	Egg whites with veggies of your choice.
10.	Lentils (1/2 to 1 cup) with veggies of your choice.

PROTEIN

Why is protein important in your diet?

Are you getting enough protein in your diet? While you may watch your calories, sugar and salt intake, you should also make sure you are ingesting enough protein. It plays a key role in the creation and maintenance of every cell in our bodies. It fuels our cells and powers our bodies.

Protein Recommendation: 100g to 1g per pound body weight. Example: Someone with goals of weighing 150 pounds should be consuming 100g to 150g of protein per day. Please DM us on instagram for more details.

It is important for individuals to consume protein every day. Daily protein intake plays a role in keeping your cells in good shape and should be part of your daily health maintenance plan."
Protein is made up of amino acids, commonly known as building blocks, because they are attached in long chains. It is also considered a "macronutrient," meaning that you need relatively large amounts of it to stay healthy.

Protein plus fibre keeps us full longer, which means you don't feel the urge to eat as often. This helps keep weight down while fuelling our cells with the right nutrients they need.

INSTAGRAM: @NITROLIFESTYLE

Eating high-protein foods has many fitness benefits, including:

- Speedy recovery after exercise and/or injury
- Reducing muscle loss
- Building lean muscle
- Helping maintain a healthy weight
- Curbing hunger

Protein foods

Some food sources of dietary protein include:

- Lean meats – beef, lamb, veal, pork, kangaroo
- Poultry – chicken, turkey, duck, emu, goose, bush birds
- Fish and seafood – fish, prawns, crab, lobster, mussels, oysters, scallops, clams
- Eggs
- Dairy products – milk, yogurt (especially Greek yogurt), cheese (especially cottage cheese)
- Nuts (including nut pastes) and seeds – almonds, pine nuts, walnuts, macadamias, hazelnuts, cashews, pumpkin seeds, sesame seeds, sunflower seeds
- Legumes and beans – all beans, lentils, chickpeas, split peas, tofu.
- Protein shakes & bars are great low calorie and high protein supplements.

Some grain and cereal-based products are also sources of protein, but are generally not as high in protein as meat and meat-alternative products.

WHY HERBALIFE?

Herbalife is an amazing product that has helped millions of people worldwide with weight loss, fat loss and body maintenance. Studies have found that consuming meal replacement shakes is an effective means of weight management recognized by the European Food Safety Authority and the Academy of Nutrition and Dietetics in the United States. And for nearly 40 years, Herbalife Nutrition has been providing good nutrition through a diverse portfolio of products, including our flagship Formula 1 meal replacement shake.

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INSTAGRAM: @NITROLIFESTYLE

HERBALIFE PRICE LIST

		Ontario Prices INLCUDING TAXES & SHIPPING		UPDATED MARCH 2021 ROUNED UP				
	SKU#	ITEM	vp	Retail$	25%	35%	42%	50%
	5451	Mini IBP	0.00	$ 84.00				
	5423	Full IBP	0.00	$ 142.00				
		HERBALIFE BASIC		Retail$	25%	35%	42%	50%
	4932	*Basic Pack (F1-F2-F3-Tea50g)*	94.60	$ 170.00	$ 135.50	$ 121.50	$ 110.00	$ 99.50
		Basic Pack (F1-F2-F3-Tea100g)	109.60	$ 194.00	$ 155.00	$ 139.00	$ 125.50	$ 113.50
		Healthy Breakfast (Shake- Aloe - Tea 100g)	92.65	$ 162.00	$ 128.00	$ 114.50	$ 103.50	$ 93.00
		Formula 1 + PDM + Tea 100g	107.95	$ 189.00	$ 152.00	$ 135.00	$ 122.50	$ 110.00
		Formula 1 + PDM + Tea 50g + aloe + fiber	140.85	$ 257.00	$ 206.00	$ 184.00	$ 168.50	$ 152.00
		Slim Waist (Aloe+Fibre)	47.90	$ 92.00	$ 73.50	$ 66.50	$ 61.50	$ 56.00
		Formula 1 + PDM	73.00	$ 130.00	$ 106.00	$ 94.00	$ 86.00	$ 77.00
	750g	F1 Meal Replacement (V, WB, C,	32.75	$ 55.00	$ 44.00	$ 39.00	$ 35.00	$ 31.00
	1626	F1 MR SELECT Vanilla	36.05	$ 68.00	$ 52.00	$ 46.50	$ 42.50	$ 37.50
	3115	F2 Multivitamin	19.95	$ 38.00	$ 31.00	$ 28.00	$ 26.00	$ 24.00
	3123	F3 Cell Activator	21.95	$ 42.00	$ 34.00	$ 31.00	$ 28.00	$ 25.50
	0194	Personalized Protein 360g	28.50	$ 55.00	$ 44.00	$ 39.50	$ 36.00	$ 33.00
	0111	Mineral Complex w Vit C	15.75	$ 31.00	$ 24.50	$ 22.00	$ 20.50	$ 18.50
	0105	Thermojetic Tea **(50g)**	19.95	$ 35.00	$ 26.50	$ 23.50	$ 21.00	$ 19.00
	0106	Thermo Tea **100g** (Lemon, Peach, Raspberry, Orig	34.95	$ 59.00	$ 46.00	$ 41.00	$ 36.50	$ 33.00
	0102	Brazilian Tea*	14.75	$ 26.00	$ 19.50	$ 17.50	$ 16.00	$ 14.00
	1428	Green Tea - Pomegranate 48g	28.25	$ 49.00	$ 38.00	$ 33.50	$ 30.50	$ 27.00
	044K	Relaxation Tea	37.65	$ 63.00	$ 49.00	$ 42.50	$ 38.50	$ 34.00
		H³0 Canister - L 2744, O 2745	29.95	$ 57.00	$ 56.00	$ 42.00	$ 38.00	$ 35.00
		H30 Packets (15)	29.95	$ 57.00	$ 46.00	$ 42.00	$ 38.00	$ 35.00
		Liftoff - L3152, O3151, 10/Box	15.95	$ 31.00	$ 25.00	$ 23.00	$ 21.00	$ 19.00
		Weight Loss Accelerators		Retail$	25%	35%	42%	50%
	0077	Total Control	32.95	$ 63.00	$ 50.00	$ 45.00	$ 42.00	$ 37.50
	0117	Snack Defence	20.50	$ 39.00	$ 31.50	$ 28.50	$ 26.50	$ 24.00
		Targeted Nutrition						
	1829	Simply Probiotic	20.45	$ 38.00	$ 31.00	$ 27.50	$ 25.50	$ 23.00
	2864	Active Fibre Complex	22.95	$ 44.00	$ 35.50	$ 32.00	$ 29.50	$ 27.00
	066K	Active Fibre Select Tropical Twist	25.15	$ 48.00	$ 38.50	$ 34.50	$ 32.00	$ 29.00
	0006	Herbal Aloe Concentrate 473ml	24.95	$ 48.00	$ 38.00	$ 34.50	$ 32.00	$ 29.00
	1065	Herbal Aloe Mango, Cranberry, Mandarin	24.95	$ 48.00	$ 38.00	$ 34.50	$ 32.00	$ 29.00
	070K	Herbal Aloe Concentrate 1.89L	92.55	$ 173.00	$ 138.00	$ 124.00	$ 114.00	$ 103.00
	0004	Herbal Aloe Drink 3.875L	40.20	$ 76.00	$ 61.00	$ 55.00	$ 51.00	$ 46.00
	0036	Niteworks	89.95	$ 172.00	$ 140.00	$ 125.00	$ 115.00	$ 103.00
	0065	Herbalifeline	25.75	$ 49.00	$ 38.00	$ 35.50	$ 32.50	$ 29.50
	0032	Garlic Plus	12.95	$ 26.00	$ 20.50	$ 18.50	$ 17.00	$ 15.50
	0100	Tri Shield	35.50	$ 68.00	$ 54.00	$ 48.50	$ 45.00	$ 40.50
	1096	Core Complex	92.55	$ 175.00	$ 140.00	$ 126.00	$ 117.00	$ 106.00
	0555	Joint Support Advanced	20.09	$ 40.00	$ 31.50	$ 28.50	$ 26.50	$ 24.00
	0020	Xtra - Cal	10.25	$ 21.00	$ 16.00	$ 14.50	$ 13.50	$ 13.00
	0003	Dong Quai	13.30	$ 26.00	$ 21.00	$ 18.50	$ 17.00	$ 15.50
	0139	RoseGuard	23.75	$ 46.00	$ 36.00	$ 33.00	$ 30.50	$ 27.50
	047K	Immunity Essential	28.80	$ 48.00	$ 36.00	$ 32.00	$ 29.00	$ 26.00
		SKIN Collagen Booster	37.10	$ 73.00	$ 58.00	$ 52.00	$ 48.00	$ 44.00
		Snacks		Retail$	25%	35%	42%	50%
		Protein Bar DELUXE, V0364, C0365, L0366	20.00	$ 40.00	$ 35.00	$ 32.50	$ 31.00	$ 29.50
	001K	Protein Bites (crunchy Caramel Vanilla, Le	21.00	$ 42.00	$ 37.00	$ 35.00	$ 33.00	$ 31.00
	011K	High Protein Iced Coffee Drink Mix	30.55	$ 57.00	$ 45.50	$ 41.00	$ 38.00	$ 34.00
	3121	Peach Mango Can	18.75	$ 40.00	$ 32.50	$ 29.50	$ 27.50	$ 25.50
		Protein Drink Mix (Vanilla, Chocolate)	40.25	$ 75.00	$ 62.00	$ 55.00	$ 51.00	$ 46.00
	1426	Protein Drink Mix Vanilla 840g	52.40	$ 98.00	$ 79.00	$ 72.00	$ 66.00	$ 59.50
	2185	Protein Baked Goods Mix	40.25	$ 68.00	$ 54.50	$ 46.00	$ 42.00	$ 37.00
		Herbalife 24 SPORT		Retail$	25%	35%	42%	50%
	1438	Herbalife24 FORMULA 1 SPORT	41.60	$ 65.00	$ 52.00	$ 44.50	$ 40.50	$ 35.50
	1445	Herbalife24™ CR7 can	24.90	$ 49.00	$ 40.00	$ 36.00	$ 33.00	$ 31.00
	1475	Herbalife24™ CR7 packs - 15	22.05	$ 43.00	$ 36.00	$ 32.50	$ 30.50	$ 27.50
	1414	Herbalife24 Prepare 400g Canist	73.10	$ 125.00	$ 99.00	$ 90.00	$ 83.00	$ 75.00
	1418	Herbalife24 Restore 30 Capsules	27.70	$ 49.00	$ 39.00	$ 35.00	$ 32.50	$ 30.00
	1417	Herbalife24 Rebuild Strength 1010 g Canister	68.45	$ 118.00	$ 94.00	$ 84.00	$ 78.00	$ 71.00
	2124	Herbalife 24 Achieve Protein Bars	16.25	$ 31.00	$ 27.00	$ 25.50	$ 24.50	$ 23.00
		3 DAY TRIAL PACK	10.05	$ 20.00	$ 18.00	$ 18.00	$ 18.00	$ 18.00

By signing up as a Herbalife member, you receive 20 to 50% off the retail price on all of the products. Save yourself thousands of dollars by becoming a member.

#SHAKEGANG 2021
INSTAGRAM: @NITROLIFESTYLE

MORE INFO

COMPLETE LIFESTYLE PACKAGE

1 MEAL REPLACEMENT (30 MEALS)
1 PROTEIN DRINK MIX
F2 MULTIVITAMIN COMPLEX
F3 CELL ACTIVATOR
1 THERMO TEA
1 HERBAL ALOE CONCENTRATE
$317.00

SHAKE ONLY

1 MEAL REPLACEMENT (30 MEALS)
1 PROTEIN DRINK MIX
$130.00

FLAVOURS

FRENCH VANILLA
DUTCH CHOCOLATE
WILDBERRY
COOKIES & CREAM
CAFÉ LATTE
BANANA CARAMEL

NO TAX OR SHIPPING FEE

#SHAKEGANG 2021
INSTAGRAM: @NITRO

HOW TO ORDER

1) Go to www.nitrolifestyle.ca/shakegang and order.

2) DM us on instagram the word “Herbalife Order”. One of our lovely team members will help you with all of your questions & process your order.

#SHAKEGANG 2021
INSTAGRAM: @NITROLIFESTYLE

How do I join Herbalife?

Herbalife is present in more than 90 countries and, to access discounts and/or become a distributor, it can only be done directly from their website at www.myherbalife.com.

In addition, you need to be sponsored by an existing Herbalife distributor and get access to the below information:

-Sponsor's Herbalife ID Number: C3Y0016684
-First 3 Letters of Sponsor's Last Name: PAN

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BUSINESS OPPORTUNITY

Interested In Selling Online?

As part of this offer, Herbalife will provide you with a free eCommerce website from which you will be able to sell products right away!

Start driving traffic from your social media accounts, blogs or Google to earn an income.

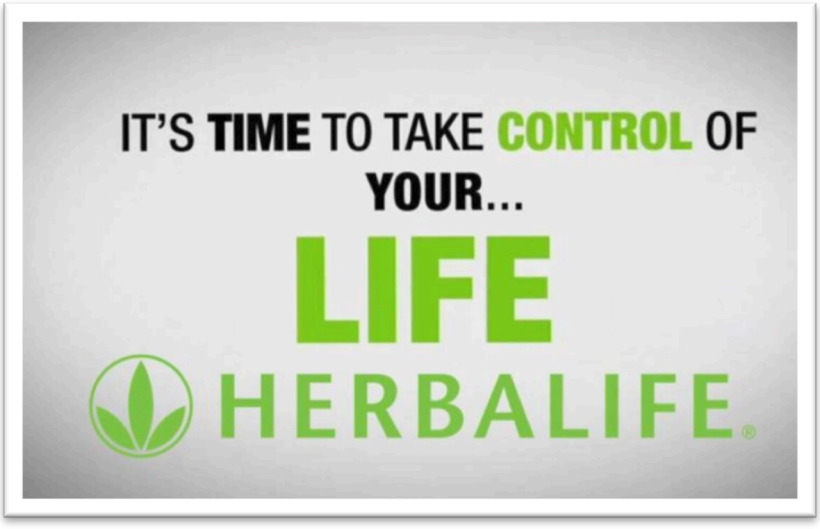
- You will join our team where support is provided
- Sell online - we will support you along the way and provide you with technical support if required
- Duplicate your down line members with our automated marketing system
- We will help you recruit members online
- Access to our training and the Herbalife business community
- As you find people online who want to be sponsored by you, you will earn commissions from their sales, and from their future customers' sales too
- Herbalife international logistics network will do everything for you
- No inventory
- No shipping
- Customers will purchase directly from your customized website
- Herbalife will handle returns
- Instagram, Facebook, YouTube and Google ad Words will help you sell and recruit more people

The more you walk the walk, the more you are going to earn. Like all businesses, it takes time to start making good consistent money in this business. No capped earnings, the more you sell the faster you will be entitled to a 50% discount from retail prices and lifetime royalties. *

Can I make money by selling Herbalife products?

Yes, if you feel like you can help others become healthier or if you're a social media influencer, then sign up today!

Feel free to email us here: nitrolifestyle@gmail.com or DM us on instagram if you have any questions.

NOW STAY CONSISTENT!

Take care and have a great day #shakegang!