Herbal Magic
WEIGHT LOSS & NUTRITION

DAY 5

BREAKFAST: 1 VHP Shake

LUNCH: Tuna Curry Salad
- 4 oz tuna
- 2 tsp mayo
- 1/2 cup pepper chopped
- 1/4 cucumber
- 1/4 tomato

DINNER: Veggie Wrap
- 1 small pita
- 1/2 cup lettuce
- 4 tbsp avocado
- 1 oz cheese
- 1/4 cup corn niblets

SNACK:
- 1 cup blueberries
- 1 cup cucumber

DAY 6

BREAKFAST: 1 VHP Shake

LUNCH: Quinoa Bowl
- 1/2 cup cooked quinoa
- 1 cup lettuce
- 1/2 cup tomato
- 1/4 cup red onions
- 1/2 cup browned peppers
- 1 tsp olive oil + lemon juice
- 5 walnuts

DINNER: Grilled Salmon
- 5 oz salmon
- 1 cup broccoli, steamed

SNACK:
- 1 oz cheese
- 1 cup grapes

DAY 7

BREAKFAST: 1 VHP Shake

LUNCH: Fruit Smoothie
- 1/2 banana
- 1 cup strawberries
- 2 tsp almond butter
- 1 cup almond milk
- 1 cup ice
- 1 cup cucumber on the side

DINNER: Mediterranean Salad
- 3/4 cup chickpeas
- 1/2 cup lima beans
- 1/4 cup chopped pepper
- 1/2 cup chopped tomato
- 1/4 cup red onion
- Oregano, garlic & parsley (optional)
- 1 tsp olive oil + 1 tsp apple cider vinegar

SNACK:
- 1/2 cup carrots

Love our meal replacement shakes?
Here's a promo code to get **20% OFF** your next order of VHP Meal Replacement Shakes:

VHP20
(Limit 1 use per customer)

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SHAKE SHAKE

CLEANSE KIT

Thanks for taking the Shake Shake Challenge!

Here are some tips to help you have a fun, successful cleanse and achieve optimal results:

- For accurate measurement, weigh yourself on Day 1 first thing in the morning on an empty stomach, and then again on the 8th day at the same time on an empty stomach.
- Choose a 7-day period free from events or interruptions that may throw you off track.
- Have a glass of water with every meal and aim for 8 glasses per day (8 oz. or 237 ml each). Try a squeeze of lemon for taste.
- If at any time you're feeling too hungry, choose one extra serving of a vegetable (1 cup).
- Avoid salt, which leads to instant water retention.
- Snap some "before" and "after" photos, then share with friends or on social media with hashtags #shakeshakechallenge and #herbalmagic. We can't wait to see your results!

The Herbal Magic Cleanse can be done up to once per month.

• DIRECTIONS:

PB-5:

Take 1 tablet 3X/day at meal times

PB-5 helps with bloating, water retention and overall digestion. Contains herbs that act as a diuretic to relieve digestive disturbances and help keep your tummy flat.

WM-4000 Ultra:

Take 2 tablets 3X/day at meal times Note: bottle will last for 5 days only.

WM-4000 promotes proper breakdown of all food groups, stabilizes blood sugar and controls hunger and cravings. Useful for those who would like help improving their metabolism. High dosage of B6 & B12 helps to ensure that starches, protein and fats are broken down and used as energy instead of stored as fat

7-DAY MEAL PLAN

NOTE: Any protein option can be replaced with a vegetarian protein alternative:
• 4oz firm tofu or 8oz of regular or soft tofu
• 3/4 cup kidney beans • 3/4 cup chickpeas • 3/4 cup lentils

DAY 1

BREAKFAST: 1 VHP Shake

LUNCH: 1 VHP Shake

DINNER:
- 2 cups broccoli
- 5 oz lean chicken or 2 eggs

DAY 2

BREAKFAST: 1 VHP Shake

LUNCH: 1 VHP Shake

DINNER:
- 2 cups broccoli
- 5 oz lean chicken or 2 eggs

DAY 3

BREAKFAST: Yogurt Parfait
- 175 grams (3/4 cup) yogurt* (low fat or not fat, low sugar) with 1 tsp cinnamon and 1 apple or fruit of choice
  *Can replace yogurt with 1/2 cup (1% or non-fat) cottage cheese

LUNCH: Chicken Salad
- 5 oz lean chicken
- 2 cups lettuce
- 1/4 cup red onion
- 5 cherry tomato
  1 tsp olive oil with lemon juice for dressing

DINNER: Healthy Fish
- 1/2 cup cooked rice
- 4 tbsp avocado
- 5oz fish seasoned with any no-salt seasoning
- 1 cup green or yellow beans steamed

DAY 4

BREAKFAST: Scrambled Eggs with Veggies
- 2 eggs
- 1/2 cup bell peppers
- 1/4 onion

LUNCH: Fruit-Infused Salad
- 2 cups spinach
- 1/2 apple
- 1 clementine
- 10 almonds crushed
- 1 tsp Olive oil + lemon juice

DINNER: Chicken Parmesan
- 5oz lean chicken
- 1 egg white to soak chicken in
- 1/4 cup breadcrumbs
- Tomato slice/crushed tomatoes
- 1 oz cheese
- 1/4 cup corn niblets on side

...continued on reverse