

PROTEIN-POWERED SHAKE RECIPES WITH HERBALIFE® FORMULA 1

PUMPKIN-BANANA SMOOTHIE

- 2 tablespoons French Vanilla Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalized Protein Powder
- 1 cup nonfat milk or plain soy milk
- ¼ cup canned pumpkin (not pumpkin pie mix)
- ½ medium banana
- Few drops vanilla extract
- Scant ⅛ teaspoon pumpkin pie spice
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

CHOCOLATE-RASPBERRY SHAKE

- 2 tablespoons Dutch Chocolate Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalized Protein Powder
- 1 cup nonfat milk or plain soy milk
- 1 cup frozen raspberries
- ⅛ teaspoon orange extract
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

STRAWBERRY-KIWI SHAKE

- 2 tablespoons French Vanilla Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalized Protein Powder
- 1 cup nonfat milk or plain soy milk
- ½ cup frozen whole strawberries
- 1 very ripe kiwi, peeled
- ⅛ teaspoon lemon extract

- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

CHAI TEA LATTE SMOOTHIE

- 2 tablespoons French Vanilla Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalized Protein Powder
- 1 cup nonfat milk or plain soy milk
- ½ medium banana
- 3 tablespoons unsweetened liquid iced tea concentrate
- Scant ⅛ teaspoon cinnamon
- A few dashes each of: ginger, clove, black pepper
- 4-5 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

BANANA BREAD SHAKE

- 2 tablespoons French Vanilla Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalized Protein Powder
- 1 cup nonfat milk or plain soy milk
- ½ very ripe banana
- ⅛ tablespoon black walnut flavoring
- Few drops vanilla extract
- A dash cinnamon
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

PINEAPPLE-ORANGE-COCONUT SHAKE

- 2 tablespoons French Vanilla Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalized Protein Powder
- 1 cup nonfat milk or plain soy milk
- 1 cup frozen pineapple chunks
- 1/8 tablespoon coconut extract
- 1/4 tablespoon orange extract
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

VERY BERRY SHAKE

- 2 tablespoons French Vanilla Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalized Protein Powder
- 1/3 cup nonfat dry milk powder
- 1 cup low-calorie cranberry juice
- 1 cup frozen mixed berries
- Few drops vanilla extract
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

ORANGE MANGO SHAKE

- 2 tablespoons French Vanilla Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalized Protein Powder
- 1 cup nonfat milk or plain soy milk
- 1/2 cup frozen mango chunks
- 1/2 cup canned mandarin oranges, drained
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

CHOCOLATE STRAWBERRY SHAKE

- 2 tablespoons Dutch Chocolate Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalized Protein Powder
- 1 cup nonfat milk or plain soy milk
- 1 cup frozen strawberries
- Few drops vanilla extract
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

ORANGE JULIUS SHAKE

- 2 tablespoons French Vanilla Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalized Protein Powder
- 1 cup nonfat milk or plain soy milk
- 3 tablespoons frozen orange juice concentrate
- 1/4 tablespoon vanilla extract
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

PROTEIN-POWERED SHAKE RECIPES WITH HERBALIFE® FORMULA 1 (CONTINUED)

APPLE PIE SHAKE

- 2 tablespoons French Vanilla Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalized Protein Powder
- 1 cup nonfat milk or plain soy milk
- 1 cup frozen apple slices
- Few dashes each of cinnamon, nutmeg, cloves
- ¼ tablespoon vanilla extract
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

PEACH ALMOND SHAKE

- 2 tablespoons French Vanilla Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalized Protein Powder
- 1 cup nonfat milk or plain soy milk
- 1 cup frozen peach slices
- Few dashes ground ginger
- ¼ tablespoon almond extract
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

CAFÉ MOCHA SHAKE

- 2 tablespoons Chocolate Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalized Protein Powder
- 1 cup nonfat milk or plain soy milk

- ½ medium banana
- 2 tablespoon Instant coffee crystals
- A dash cinnamon
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

BLUEBERRY CRANBERRY SHAKE

- 2 tablespoons French Vanilla Formula 1 Shake Mix
- 2 tablespoons Herbalife® Personalized Protein Powder
- ⅓ cup nonfat dry milk
- 1 cup low-calorie cranberry juice
- 1 cup frozen blueberries
- Few drops orange extract
- 4 ice cubes

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

HEALTHY ADDITIONS!

- 2 to 4 ounces Herbalife® Herbal Aloe Concentrate
- 1½ teaspoons Herbalife® Active Fiber powder
- 1 tablespoon Herbalife® Personalized Protein Powder

ADDITIONAL PROTEIN-POWERED RECIPES WITH HERBALIFE® FORMULA 1

HERBALIFE® FORMULA 1 PIE – BASIC RECIPE

- ¾ cups Formula 1 Shake Mix (any flavor)
- 2 cups nonfat milk or plain soy milk
- 1 small package sugar-free or regular pudding mix
- 1 ready-made pie crust

Combine the Formula 1 Shake Mix with the nonfat milk or soymilk; mix until smooth. Add pudding, and mix well. Place the ready-made pie crust in a 1-quart plastic storage bag and crush well. Press 1 tablespoon of crust into the bottom of an 8-ounce container. Measure ½ cup of the pie mixture, and place on top of crust. Add 1 tablespoon of whipped cream, and cover with a lid. Makes six pies.

You can create your own variations by trying different flavors of Herbalife® Formula 1 Shake Mix and pudding mix, and garnishing with different fruits. These freeze well, so you can make several flavors and save them at one time. Have them as an occasional treat to replace a meal, and be sure to round it out with a serving of fruit (either on the side or as a garnish).

HERBALIFE® FORMULA 1 AND OATMEAL

- 2 scoops Formula 1 Shake Mix (any flavor)
- ⅓ cup dry rolled oats
- ⅔ cup nonfat milk

Cook the dry rolled oats in the nonfat milk, and then stir in the Formula 1 Shake Mix. One serving = 1 meal replacement.

HERBALIFE® FORMULA 1 AND YOGURT

Stir 2 scoops of Formula 1 Shake Mix (any flavor) into 8 ounces of low-fat yogurt (any flavor), and enjoy! One serving = 1 meal replacement.

MAPLE-PECAN BAR SNACKS

- 1 cup French Vanilla Formula 1 Shake Mix
- 1 cup dry rolled oats
- ½ cup peanut butter
- ½ cup pure maple syrup
- 1-2 capfuls of maple flavoring
- ½ cup chopped pecans

Combine all ingredients, and press mixture into an 8 by 8-inch pan. Cut into 16 pieces. One serving = 1 meal replacement.