

How to Make a Shake

The Formula 1 shake recipes that are recommended with our meal plans have about 250 calories and about 20 grams of protein.

Formula 1 can be mixed with milk or soy milk, or with water and Herbalife Nutrition Protein Drink Mix, to create a delicious shake that can replace two meals a day as part of a weight-loss plan. A meal replacement shake provides the nutrients that you need to consume every day without unwanted calories, fats, salts and sugars.

In order for Formula 1 shakes to be filling and satisfying, they need to be prepared properly. This will ensure that they provide balanced nutrition as well as adequate protein and calories for proper hunger management.*

ENHANCE YOUR FORMULA 1 SHAKE

To meet these protein and calorie guidelines, we recommend adding a serving of fruit or vegetables to one of these following basic blends. If you add fruit, remember to add the calorie value of the fruit to these totals.

- **2 scoops** of Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix
- **2 scoops** of Herbalife Nutrition Protein Drink Mix
- **8 oz.** of water

CALORIES: 200 | PROTEIN: 24 g

- **2 scoops** of Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix
- **8 oz.** of milk (nonfat, low-fat or soy milk)

With nonfat milk – **CALORIES: 170 | PROTEIN: 17 g**

For a thicker shake, add 3 to 5 ice cubes and blend at low speed for a few minutes.

You can ask **your Herbalife Nutrition Independent Distributor** for additional Formula 1 shake recipes.

NEED MORE PROTEIN?

Protein is important to help build and maintain muscle mass, and can help control hunger. If you need more protein, Protein Drink Mix can be mixed with a Formula 1 shake for a total of 24 grams of protein or enjoyed as a snack with 15 grams of protein per serving. Herbalife Nutrition Personalized Protein Powder can also be used to boost the protein content of Formula 1 shakes or other foods,

such as yogurt, oatmeal and soups. Each tablespoon of Personalized Protein Powder has 5 grams of protein and 20 calories.



HAVE YOU HAD YOUR SHAKE TODAY?

With so many Formula 1 flavors and recipes to choose from, it's unlikely that you will get bored. When people do become tired of drinking shakes, it is often because they are trying the same flavor day after day, or they aren't making any healthy additions to their shakes (like fruit or vegetables). You can also change up the texture or temperature of your shakes. Make shakes thicker by adding ice or chia seeds, or using frozen fruit. Or, try a warm shake – mix two scoops of Formula 1 with a few tablespoons of water or milk in a coffee cup until smooth. Heat a little less than 8 ounces of water or milk in the microwave or in a small pot on the stove until warm. Gradually add the warm liquid to the mixture in the cup, stirring continuously.

LOTS OF FLAVORS TO CHOOSE FROM

Experiment and try new Formula 1 flavors from time to time. You can even mix two flavors (one scoop of each flavor) to come up with even more combinations, or mix in other healthy additions like fruit, greens, nut butters or yogurt. (And don't forget to include the calorie value of your add-ons when you calculate your daily totals.)

EXPERT TIP:

In addition to shakes, Formula 1 Nutritional Shake Mix can be used in recipes for many different delicious and nutritious versions of foods such as pancakes, muffins, puddings, pies and flan.* We encourage you to get creative. Check out our [Ultimate Shake Builder](#) and [Find the Formula 1 That's Right for You](#) for help shaking up your routine!