

Formula 1 Meal Recipes



OVERNIGHT FRENCH TOAST IN A BOWL

- **2 scoops** Herbalife Nutrition Protein Drink Mix, Vanilla
- **1 slice** whole grain bread cut into ½-inch cubes
- **1 TBSP** raisins
- **½ cup** nonfat milk
- **1** egg
- Cinnamon
- Fresh fruit (optional)

Place bread cubes in a small microwave-proof bowl and sprinkle raisins over them. Combine milk, Protein Drink Mix and egg in the blender, and blend 10-15 seconds until smooth. Pour over the bread-raisin mixture. Cover with plastic wrap and refrigerate several hours or overnight, to allow bread to absorb the liquid.

When ready to cook, remove plastic wrap and microwave on high for 2½-3 minutes until puffed and cooked through.

Per serving (without fresh fruit):
CALORIES: 340 | PROTEIN: 29 g



COOKIES 'N CREAM PROTEIN PANCAKES

- **2 scoops** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Cookies 'n Cream
- **2 scoops** Herbalife Nutrition Protein Drink Mix, Vanilla
- **½ cup** water
- **1** egg
- **3** egg whites
- **2 TBSP** rolled oats

Place all ingredients in a blender and blend until smooth. Heat a pancake griddle to 350 degrees, or heat a skillet over medium-high heat until a few drops of water sprinkled into the skillet form beads and sizzle. Sprinkle a small amount of canola oil on a paper towel and lightly wipe the surface of the griddle. Pour pancake batter into 3" diameter pancakes (pancakes will be thin), and cook until browned on the underside. Flip pancakes and continue to cook until the second side is brown.

Per serving (4 pancakes):
CALORIES: 180 | PROTEIN: 19 g