

Formula 1 Shake Recipes



LAVENDER CHIA PROTEIN SHAKE WITH OMEGA-3

- **2 scoops** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Wild Berry
- **2 scoops** Herbalife Nutrition Protein Drink Mix, Vanilla
- **1 cup** water
- **1 TBSP** white chia seeds
- **½ cup** strawberry halves, fresh or frozen
- **3-5** ice cubes

Combine ingredients in a blender and mix well. Let stand a few minutes to allow chia seeds to thicken the shake.

CALORIES: 285 | PROTEIN: 26 g



VERY BERRY PINEAPPLE SHAKE

- **2 scoops** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Wild Berry
- **2 scoops** Herbalife Nutrition Protein Drink Mix, Vanilla
- **1 cup** water
- **1 cup** pineapple chunks, fresh or frozen
- **3-5** ice cubes

Combine ingredients in a blender and mix well.

CALORIES: 280 | PROTEIN: 25 g