

FORMULA 1 SELECT

SHAKE RECIPES



**HERBALIFE
NUTRITION**

Making the World Healthier and Happier

Introducing Formula 1 Select

Kick-start your healthy lifestyle with Formula 1 Select Nutritional Shake Mix.

A delicious and easy way to treat your body to a nutritious and balanced meal in no time!

With a mix of pea, quinoa and rice proteins.

Features:

- ✓ 20 vitamins and minerals
- ✓ Source of Antioxidant Vitamins C and E
- ✓ Sustains energy & satisfies hunger
- ✓ No artificial flavours or sweeteners
- ✓ Contains Stevia, no added sugar
- ✓ Made with non-GM ingredients
- ✓ Gluten Free
- ✓ Lactose Free
- ✓ Soy Free
- ✓ Nut Free



Always read the label.
Use as directed.

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CHERRY-CHIA- CHOCOLATE- CHILLER

INGREDIENTS

2 scoops Herbalife Formula 1 Select
Vanilla Flavour

1 cup unsweetened vanilla almond milk

½ cup whole pitted cherries

2 tsp. unsweetened cocoa powder

2 tbsp. white chia seeds

3-5 ice cubes (optional)

PREPARATION

Place all ingredients in the blender and blend until smooth. Drink immediately, or pour into a large glass, cover with plastic wrap and refrigerate for several hours or overnight, until mixture thickens into a pudding-like texture.

WITH ALMOND MILK

315

Calories

18G

Protein

32G

Carbohydrates

14G

Fat

16.5G

Fibre





BERRY-ALMOND SHAKE

INGREDIENTS

2 Scoops Herbalife Formula 1 Select
Vanilla Flavour

1 cup lactose-free low fat milk

$\frac{3}{4}$ cup mixed berries

1 tbsp. almond butter

3-5 ice cubes (optional)

PREPARATION

Place all ingredients in the blender
and blend until smooth.

WITH LACTOSE FREE LOW-FAT MILK

355

Calories

25G

Protein

40G

Carbohydrates

13.5G

Fat

15.5G

Fibre



GREEN KIWI MINT MANGO SHAKE

INGREDIENTS

- 2 Scoops Herbalife Formula 1 Select
Vanilla Flavour
- 1 cup non-fat milk or soy milk
- 1 very ripe kiwifruit,
peeled and coarsely chopped
- 1 handful (about a cup) baby spinach leaves
- ½ cup mango chunks
- 4-6 fresh mint leaves or 1/2 tsp. dried mint
- 3-5 ice cubes (optional)

PREPARATION

Place all ingredients in the
blender and blend until smooth.

WITH NON-FAT MILK

285
Calories

24G
Protein

48G
Carbohydrates

2.5G
Fat

11G
Fibre

WITH SOY MILK

305
Calories

23G
Protein

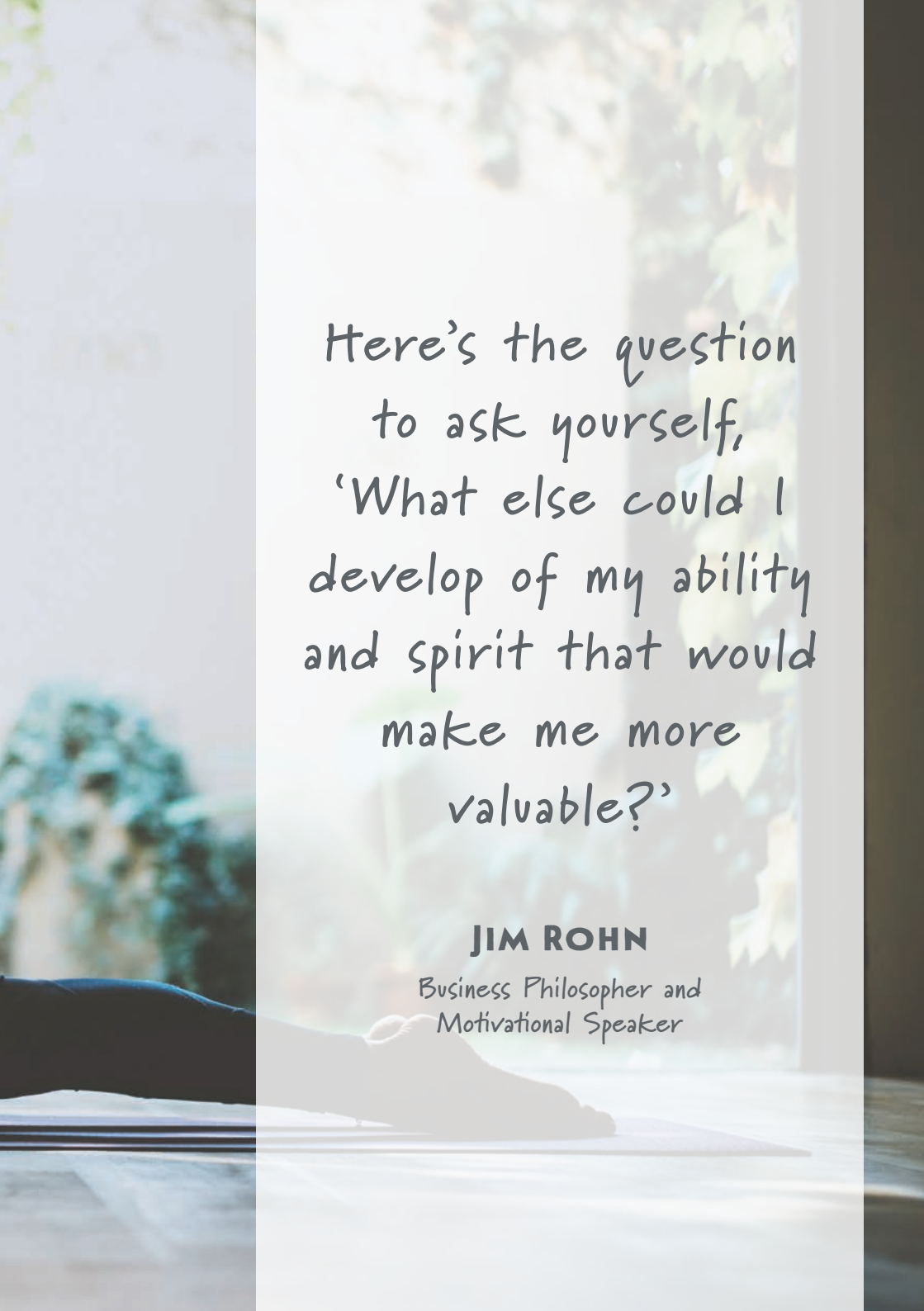
45G
Carbohydrates

6.5G
Fat

11G
Fibre





A soft-focus background image showing a person's hand resting on a book on a surface in front of a window. Outside the window, there are green plants and foliage, with bright light filtering through, creating a warm and contemplative atmosphere.

Here's the question
to ask yourself,
'What else could I
develop of my ability
and spirit that would
make me more
valuable?'

JIM ROHN

Business Philosopher and
Motivational Speaker

ORANGE-BANANA-KALE SHAKE

INGREDIENTS

2 Scoops Herbalife Formula 1 Select
Vanilla Flavour

1 cup non-fat milk or soy milk

1 handful (about a cup) baby kale leaves

½ medium orange, peeled and coarsely
chopped

½ small banana

3-5 ice cubes (optional)

PREPARATION

Place all ingredients in the
blender and blend until smooth.

WITH NON-FAT MILK

265
Calories

23G
Protein

46G
Carbohydrates

2.5G
Fat

11G
Fibre

WITH SOY MILK

285
Calories

22G
Protein

43G
Carbohydrates

6.5G
Fat

11G
Fibre





BERRY-BASIL SHAKE

INGREDIENTS

- 2 Scoops Herbalife Formula 1 Select
Vanilla Flavour
- 1 cup non-fat milk or soy milk
- 1 cup mixed berries
- 2-3 leaves fresh basil or 1/4 tsp. dried basil
- 3-5 ice cubes (optional)

PREPARATION

Place all ingredients in the
blender and blend until smooth.

WITH NON-FAT MILK

255
Calories

21G
Protein

42G
Carbohydrates

2.5G
Fat

16G
Fibre

WITH SOY MILK

275
Calories

20G
Protein

39G
Carbohydrates


6.5G
Fat

16G
Fibre









When you get
better, everything
will get better
for you.

For things to
change, you've got
to change.

JIM ROHN

Business Philosopher and
Motivational Speaker

CARROT-ORANGE-GINGER SHAKE

INGREDIENTS

2 Scoops Herbalife Formula 1 Select
Vanilla Flavour

1 cup non-fat milk or soy milk

1 medium carrot, coarsely chopped

1 medium orange, peeled and chopped

1 tsp. freshly grated ginger or

$\frac{1}{4}$ tsp. ground ginger

3-5 ice cubes (optional)

PREPARATION

Place all ingredients in the
blender and blend until smooth.

WITH NON-FAT MILK

315
Calories

22G
Protein

55G
Carbohydrates

2.5G
Fat

14G
Fibre

WITH SOY MILK

335
Calories

21G
Protein

52G
Carbohydrates

4.5G
Fat

14G
Fibre



APRICOT- CHERRY-LIME SHAKE

INGREDIENTS

- 2 Scoops Herbalife Formula 1 Select
Vanilla Flavour
- 1 cup non-fat milk or soy milk
- 4 dried apricot halves
- 10 whole cherries
- 2 tsp. lime juice
- 3-5 ice cubes (optional)

PREPARATION

Place all ingredients in the
blender and blend until smooth.

WITH NON-FAT MILK

265
Calories

22G
Protein

42G
Carbohydrates

2.5G
Fat

9.5G
Fibre

WITH SOY MILK

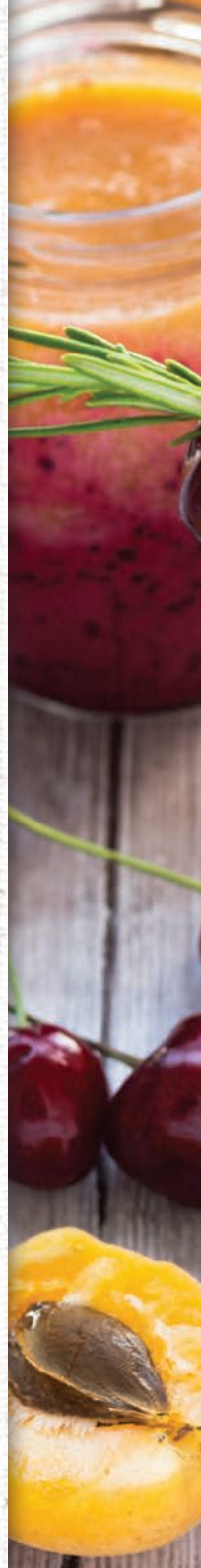
285
Calories

27G
Protein

41G
Carbohydrates

6.5G
Fat

9.5G
Fibre





CINNAMON ROLL SHAKE

INGREDIENTS

- 2 Scoops Herbalife Formula 1 Select
Vanilla Flavour
- 1 cup non-fat milk or soy milk
- ½ medium banana
- 1 tbsp. raisins
- ¼ tsp. ground cinnamon
- 3-5 ice cubes (optional)

PREPARATION

Place all ingredients in the
blender and blend until smooth.

WITH NON-FAT MILK

265
Calories

21G
Protein

45G
Carbohydrates

2.5G
Fat

9G
Fibre

WITH SOY MILK

285
Calories

20G
Protein


42G
Carbohydrates

6.5G
Fat

9G
Fibre







Nourish like a
mother and protect
like a father.

JIM ROHN

Business Philosopher and
Motivational Speaker

PINEAPPLE BANANA SHAKE

INGREDIENTS

- 2 Scoops Herbalife Formula 1 Select
Vanilla Flavour
- 1 cup non-fat milk or soy milk
- ½ cup pineapple chunks
- ½ small banana
- 3-5 ice cubes (optional)

PREPARATION

Place all ingredients in the
blender and blend until smooth.

WITH NON-FAT MILK

270
Calories

22G
Protein

47G
Carbohydrates

2.5G
Fat

9.5G
Fibre

WITH SOY MILK

290
Calories

21G
Protein

44G
Carbohydrates

6.5G
Fat

9.5G
Fibre



CHOCOLATE RASPBERRY SHAKE

INGREDIENTS

- 2 Scoops Herbalife Formula 1 Select
Vanilla Flavour
- 1 cup non-fat milk or soy milk
- $\frac{3}{4}$ cup raspberries
- 1 tsp. cocoa powder
- 3-5 ice cubes (optional)

PREPARATION

Place all ingredients in the
blender and blend until smooth.

WITH NON-FAT MILK

260
Calories

22G
Protein

38G
Carbohydrates

3.5G
Fat

9G
Fibre

WITH SOY MILK

280
Calories

21G
Protein


35G
Carbohydrates

7.5G
Fat

9G
Fibre







Always do more than
what you get paid
for. It makes you a
valuable person.

JIM ROHN

Business Philosopher and
Motivational Speaker

STRAWBERRIES & CREAM SHAKE

INGREDIENTS

- 2 Scoops Herbalife Formula 1 Select Vanilla Flavour
- 1 cup non-fat milk or soy milk
- 1 cup strawberry halves
- 2 tbsp. plain non-fat Greek style yogurt
- 1 cup water
- 3-5 ice cubes (optional)

PREPARATION

Place all ingredients in the blender and blend until smooth.

WITH NON-FAT MILK

260
Calories

24G
Protein

38G
Carbohydrates

3G
Fat

10G
Fibre

WITH SOY MILK

280
Calories

23G
Protein

35G
Carbohydrates

7G
Fat

10G
Fibre



WARM AUTUMN PUMPKIN PROTEIN SHAKE

INGREDIENTS

2 scoops Herbalife Formula 1 Select

Vanilla Flavour

1 cup non-fat milk or soy milk

1/4 cup cooked pumpkin

Dash of nutmeg

PREPARATION

Combine ingredients in a blender and mix well. Pour into a coffee mug and heat in the microwave for 1-2 minutes until warm, stirring once or twice during heating.

WITH NON-FAT MILK

205

Calories

21G

Protein

30G

Carbohydrates

2.5G

Fat

8.5G

Fibre

WITH SOY MILK

225

Calories

20G

Protein

27G

Carbohydrates

6.5G

Fat

8.5G

Fibre





**HERBALIFE
NUTRITION**

Making the World Healthier and Happier

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