

protein-powered recipes

Herbalife® Formula 1



Not only do these recipes provide heart-healthy soy protein— they're also nutrition-packed. By making yourself these instant meals, you automatically balance the three dietary *Keys To Weight Loss* one meal at a time. We don't know of a tastier, easier way to keep your calorie, protein, and nutritional intakes right where they should be.

PUMPKIN CHEESECAKE SMOOTHIE

2 scoops French Vanilla Formula 1
2 scoops Vanilla Protein Drink Mix
8 oz Water
1/4 cup canned pumpkin (not pumpkin pie mix)
1 tsp Cheesecake Pudding
1/8 tsp Pumpkin Pie Spice
1 cup Ice

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

BIRTHDAY CAKE SMOOTHIE

1 scoops Vanilla Formula 1
1 scoops Cookies 'n Cream Formula 1
2 scoops Vanilla Protein Drink Mix
8 oz Water
1 tsp Cheesecake Pudding
1/4 tsp Almond Extract
1 cup Ice

Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed. Stir 1 tsp Sprinkles after blending (optional)

PEANUT BUTTER CUP SMOOTHIE

2 scoops Chocolate Formula 1
2 scoops Vanilla Protein Drink Mix
8 oz Water
1 tsp Chocolate Pudding
1 tsp Peanut Butter
1 cup Ice

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

CARAMEL MACCHIATO SMOOTHIE

1 scoop Cafe Latte Formula 1
1 scoop Dulce de Leche Formula 1
2 scoops Vanilla Protein Drink Mix
8 oz Water
1 TBL Sugar Free Caramel Syrup
1 tsp Butterscotch Pudding
1 cup Ice

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

BANANA BREAD SMOOTHIE

2 scoops Cookies 'n Cream Formula 1
2 scoops Vanilla Protein Drink Mix
8 oz Water
1 TBL Sugar Free Caramel Syrup
1 tsp Banana Pudding
1/4 Ripe Banana
1/2 tsp Cinnamon
1 cup Ice

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

WHITE CHOCOLATE RASPBERRY SMOOTHIE

2 scoops French Vanilla Formula 1
2 scoops Vanilla Protein Drink Mix
8 oz Water
1 TBL Sugar Free Raspberry Syrup
1 tsp White Chocolate Pudding
1/4 cup Frozen Raspberries
1 cup Ice

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

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)
- 1/3 cup dry rolled oats
- 2/3 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.