

How to make a **Formula 1 Shake**

A delicious and nutrient-dense healthy meal with protein, fiber, vitamins and minerals.

• Option 1

2 scoops Formula 1 Shake Mix
8 fl oz nonfat milk or soy milk

17 g protein and 170 calories

• Option 2

2 scoops Formula 1
2 scoops Protein Drink Mix
8 fl oz water

24 g protein and 200 calories

• Option 3

2 scoops Formula 1
2 TBSP Personalized Protein Powder
8 fl oz water
1 cup of chopped fruit

19 g protein and 200 calories

BOOSTERS Personalize your shake with these products.

• Protein

Protein Drink Mix
Personalized Protein Powder
Beverage Mix

• Energy

Herbal Tea Concentrate
N-R-G Nature's Raw Guarana Tea

• Digestive Health

Active Fiber Complex
Herbal Aloe Concentrate
Simply Probiotic

• Weight Loss

Prolessa® Duo (once per day)

• Healthy Aging

Herbalife SKIN® Collagen Beauty Booster

How to prepare

1. Start by pouring 8 fl oz of water or milk into a shaker cup or blender.
2. Add Formula 1, boosters, fruits and veggies, as desired.
3. Add 4-5 ice cubes.
4. Blend or shake to mix well. For a thicker shake, blend at low speed for a few minutes. For a thinner or on-the-go shake, use a shaker cup instead of a blender.

Remember, to be considered a meal, a shake should provide at least **17 grams of protein and 170 calories.**