



SPICY CITRUS SHRIMP

- **3** oranges
- **1 TBSP** olive oil
- **1** red bell pepper, sliced into thin strips
- **1 ½ lb. (675 g)** large shrimp, shelled and deveined
- **½ tsp** salt
- **¼ tsp** red pepper flakes
- **3** green onions, chopped

Grate 1 teaspoon orange peel from one orange, then squeeze out ¼ cup orange juice and set aside. Peel remaining oranges, slice, cut slices in half and set aside. Heat a large skillet over medium-high heat, then add oil. When hot, add bell pepper strips and sauté for a few minutes until they begin to soften. Add shrimp, salt, red pepper flakes and orange juice, and continue to cook for 3-4 minutes, stirring, until shrimp is opaque and fully cooked. Remove from heat, stir in reserved orange slices, and scatter green onions on top.

CALORIES: 400 | PROTEIN: 25 g (divide into 4 servings)
CALORIES: 600 | PROTEIN: 40 g (divide into 3 servings)



SOUTHWEST SIRLOIN STEAK SALAD

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| <ul style="list-style-type: none"> – • ½ TBSP • ½ cup • ½ cup • 4 cups • ½ cup • ¼ • 3 oz. • Any amount | <ul style="list-style-type: none"> ½ cup cooked corn kernels ½ TBSP olive oil 1 cup sliced green or red bell pepper 1 cup sliced onion 6 cups mixed greens 1 cup canned black beans, drained ½ small avocado, diced 5 oz. grilled top sirloin, thinly sliced Any amount prepared tomato salsa |
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CALORIES: 400 | CALORIES: 600
PROTEIN: 25 g | PROTEIN: 40 g

In a small frying pan, heat olive oil over medium-high heat. When oil is hot, add onions and peppers and sauté 4-5 minutes until soft and just starting to brown. Remove from heat and set aside. In a large bowl, combine mixed greens, black beans, corn (if included), avocado and salsa and toss well. Top with steak and sautéed vegetables.

Healthy Meal Recipes



GREEN PROTEIN POWER BOWL

- **6 cups** raw baby spinach
- **2 tsp** olive oil, divided
- **½ cup** low-fat cottage cheese
- **Salt and pepper**, to taste
- **2 eggs**
- **2 TBSP** low-fat feta cheese

Place spinach in a microwave-safe bowl that is just large enough to contain the spinach. Drizzle with 1 teaspoon olive oil. Spread cottage cheese over the spinach, then sprinkle with salt and pepper to taste. Microwave on high for about 2 minutes, until spinach is wilted and cottage cheese is warm.

In a small frying pan (preferably nonstick), heat remaining teaspoon of olive oil over medium-high heat. Add eggs and cook until set on the bottom, then turn over and finish cooking to desired doneness. Slide eggs on top of spinach-cottage cheese mixture, sprinkle with feta cheese.

CALORIES: 410 | PROTEIN: 34 g



JUICY PORK TENDERLOIN

- **1 (about 1¼ lb.)** pork tenderloin
- **2 TBSP** olive oil, divided
- **1 tsp** salt
- **½ tsp** freshly ground pepper
- **1 tsp** brown sugar
- **½ tsp** ground cumin
- **½ tsp** dry mustard
- **¼ tsp** garlic powder

Preheat oven to 400 degrees. Trim tenderloin of any fat and silver “skin,” and pat dry with paper towels. Pierce in a few places with a fork and coat with 1 tablespoon olive oil. In a small bowl, mix together salt, pepper, brown sugar, cumin, mustard and garlic powder. Coat pork tenderloin with the seasoning mixture.

Heat large ovenproof skillet over medium-high heat. Add 1 tablespoon olive oil and sear pork on all sides until nicely browned, about 7-8 minutes. Place skillet in preheated oven for 10-15 minutes, or until meat reaches an internal temperature of 145 degrees Fahrenheit. Transfer pork to a cutting board and let rest for 5-10 minutes, then slice into small medallions across the grain.

CALORIES: 400 | PROTEIN: 25 g (divide into 4 servings)
CALORIES: 600 | PROTEIN: 40 g (divide into 3 servings)



SIDE RECIPES

The perfect accompaniment to your healthy meal

CARROT-CUMIN SALAD

- **6 large carrots**, peeled and thinly sliced on the diagonal
- **¼ cup** fresh lemon juice
- **1 garlic clove**, finely minced
- **½ tsp** ground cumin
- **½ tsp** paprika
- **¼ tsp** ground cinnamon
- Salt and pepper to taste
- **2 TBSP** extra-virgin olive oil
- **¼ cup** fresh cilantro or parsley, chopped

In a large saucepan of boiling salted water, cook carrots until crisp-tender, 1-2 minutes. Drain in a colander, rinse under cold water until cool, and drain well. In a medium bowl, whisk together lemon juice, garlic, cumin, paprika and cinnamon, then season with salt and pepper to taste. Whisking constantly, slowly add olive oil. Add carrots and cilantro or parsley to dressing, toss to combine.

CALORIES: 400 | PROTEIN: 25 g (divide into 4 servings)

CALORIES: 600 | PROTEIN: 40 g (divide into 3 servings)



SHAVED FENNEL APPLE SALAD

- **¼ cup** lemon juice
- **2 TBSP** chopped fresh tarragon (or, 1 TBSP dried tarragon)
- **3 TBSP** extra-virgin olive oil
- Salt and freshly ground black pepper, to taste
- **2 tart apples**, peeled and cored, then halved and sliced as thinly as possible
- **2 large bulbs** fennel, sliced as thinly as possible

For the dressing: Whisk together the lemon juice, tarragon, and olive oil in a small bowl; season to taste with salt and pepper.

For the salad: Gently toss apple slices and fennel slices, then toss with the dressing.

This salad keeps well in the refrigerator and is still delicious the day after it is made. Makes 4 servings.

Per serving

CALORIES: 160 | PROTEIN: 2 g

SHAKE RECIPES



Formula 1 Meal Recipes



CHOCOLICIOUS MUG CAKE

- **2 scoops** Herbalife Nutrition Formula 1 Nutritional Shake Mix, Dutch Chocolate
- **1 scoop** Herbalife Nutrition Protein Drink Mix, Chocolate
- **6 TBSP** low-fat milk, soy milk or almond milk
- **1** egg

Spray the inside of a large coffee mug with pan spray, or wipe lightly with a paper towel dipped in canola oil.

Combine ingredients in a blender and mix well. Pour into prepared coffee mug and microwave on “high” power for 2½-3 minutes, until puffed and cooked through.

NONFAT MILK: CALORIES: 265 | PROTEIN: 26 g
LOW-FAT MILK: CALORIES: 280 | PROTEIN: 26 g
ALMOND MILK: CALORIES: 240 | PROTEIN: 26 g



CHIA BERRY PUDDING

- **2 scoops** Herbalife Nutrition Formula 1 Nutritional Shake Mix, Wild Berry
- **1 cup** nonfat milk, low-fat milk or soy milk
- **6 TBSP** white chia seeds
- **½ cup** mixed berries

Put Formula 1, milk and chia seeds in a covered jar. Shake well and let sit for 10 minutes or until the mixture starts to thicken, shaking occasionally. While waiting, crush the berries with a fork. Place the crushed berries in the bottom of a glass or bowl. Gently pour the Formula 1 mixture on top of the berries. Cover with plastic wrap and place in the refrigerator for several hours or overnight, until set.

NONFAT MILK: CALORIES: 370 | PROTEIN: 21 g
LOW-FAT MILK: CALORIES: 385 | PROTEIN: 21 g
SOY MILK: CALORIES: 390 | PROTEIN: 20 g

Formula 1 Dutch Chocolate



- **2 scoops** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Dutch Chocolate
- **2 TBSP** Herbalife Nutrition Personalized Protein Powder
- **1 cup** nonfat milk
- **1 TBSP** smooth peanut butter
- **3-5** ice cubes

Combine ingredients in a blender and mix well.

CALORIES: 315 | PROTEIN: 32 g



- **2 scoops** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Dutch Chocolate
- **1 cup** nonfat milk
- **½** medium banana
- **2 tsp** instant coffee crystals
- **Dash** of cinnamon
- **3-5** ice cubes

Combine ingredients in a blender and mix well.

CALORIES: 235 | PROTEIN: 18 g

Formula 1 Cookies 'n Cream



CAKE BATTER SHAKE

- **2 scoops** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Cookies 'n Cream
- **2 scoops** Herbalife Nutrition Protein Drink Mix, Vanilla
- **3 TBSP** ricotta cheese
- **½ tsp** almond extract
- **½ tsp** vanilla extract
- **1 cup** cold water
- **3-5** ice cubes

Combine ingredients in a blender and mix well.

CALORIES: 250 | PROTEIN: 28 g



RED VELVET CREAM SHAKE

- **2 scoops** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Cookies 'n Cream
- **1 cup** nonfat milk
- **1 cup** strawberry halves, fresh or frozen
- **½ cup** canned sliced beets, no salt added
- **2 TBSP** nonfat cream cheese

Combine ingredients in a blender and mix well.

CALORIES: 290 | PROTEIN: 25 g

Formula 1 Shake Recipes



PRE-WORKOUT SHAKE

- **2 scoops** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, French Vanilla
- **2 TBSP** Herbalife Nutrition Personalized Protein Powder
- **½ tsp** Herbalife Nutrition Herbal Tea Concentrate, any flavor
- **1 cup** water
- **½** medium banana
- **3-5** ice cubes

Combine ingredients in a blender and mix well.

CALORIES: 185 | PROTEIN: 19 g



MANGO TANGO SHAKE

- **2 scoops** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, French Vanilla
- **3 capfuls** Herbalife Nutrition Herbal Aloe Concentrate, Mango
- **1 cup** nonfat milk
- **½ cup** mango chunks, fresh or frozen
- **3-5** ice cubes

Combine ingredients in a blender and mix well.

CALORIES: 230 | PROTEIN: 19 g

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



SHAKE RECIPES

A few new ways to enjoy Formula 1

COZY CARAMEL PROTEIN SHAKE

- **1 scoop** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Dutch Chocolate
- **1 scoop** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Banana Caramel
- **2 scoops** Herbalife Nutrition Protein Drink Mix, Chocolate
- **1 cup** cold water
- **3-5** ice cubes

Combine ingredients in a blender and mix well.

CALORIES: 200 | PROTEIN: 24 g

PEACHY FREEZY SHAKE

- **2 scoops** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, French Vanilla
- **½ tsp** Herbalife Nutrition Herbal Tea Concentrate, Peach
- **1 cup** nonfat, low-fat or plain soy milk
- **1 cup** peach slices, fresh or frozen
- **3-5** ice cubes

Combine ingredients in a blender and mix well.

CALORIES: 240 | PROTEIN: 19 g



Formula 1 Shake Recipes



COUNTRY BERRY SHAKE

- **2 scoops** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Wild Berry
- **1 cup** nonfat milk
- **½ cup** raspberries, fresh or frozen
- **½ cup** carrot slices, fresh or frozen

Combine ingredients in a blender and mix well.

CALORIES: 250 | PROTEIN: 19 g



CHOCOLATE CHIP COOKIE SHAKE

- **1 scoop** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Cookies 'n Cream
- **1 scoop** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Dutch Chocolate
- **2 scoops** Herbalife Nutrition Protein Drink Mix, Chocolate
- **1 cup** nonfat milk
- **3-5** ice cubes

Combine ingredients in a blender and mix well.

CALORIES: 290 | PROTEIN: 33 g

Formula 1 Cookies 'n Cream



- **2 scoops** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Cookies 'n Cream
- **1 cup** nonfat milk
- $\frac{1}{2}$ small avocado
- $\frac{1}{2}$ cup baby spinach leaves
- $\frac{1}{2}$ vanilla pod, split, seeds removed
- **3-5** ice cubes

Combine ingredients in a blender and mix well.

CALORIES: 285 | PROTEIN: 20 g



- **2 scoops** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Cookies 'n Cream
- **2 scoops** Herbalife Nutrition Protein Drink Mix, Vanilla
- $\frac{1}{2}$ tsp Herbalife Nutrition Herbal Tea Concentrate, Raspberry
- **1 cup** cold water
- **3-5** ice cubes

Combine ingredients in a blender and mix well.

CALORIES: 200 | PROTEIN: 24 g



SNACK RECIPES

Snacking made easy

SPICY ROASTED GARBANZO BEANS

- **2 (15-oz.)** cans chickpeas, thoroughly drained and rinsed
- **2 TBSP** olive oil
- **1 tsp** ground cumin
- **1 tsp** chili powder
- **½ tsp** salt

Heat the oven to 400°F and arrange a rack in the middle. Place the chickpeas in a large bowl and toss with the remaining ingredients until evenly coated. Spread the chickpeas in an even layer on a rimmed baking sheet and bake about 30 to 40 minutes, shaking the pan a few times during baking, until beans are crisp. Check frequently the last 10 minutes to avoid burning. Makes 6 servings.

Per serving

CALORIES: 160 | PROTEIN: 6 g



FRUIT SPRING ROLLS

For the dipping sauce:

- **1 cup** plain, nonfat Greek-style yogurt
- **2 scoops** Herbalife Nutrition Protein Drink Mix, Vanilla
- **2 tsp** lemon juice
- **Dash** of cinnamon

For the filling:

- **2** apples, cut into matchsticks
- **1 TBSP** fresh lemon juice
- **2** fuyu persimmons, cut into matchsticks
- **½ cup** pomegranate arils or dried cranberries
- **1** medium orange, peeled, sliced into 8 rounds, rounds cut in half
- **8** rice paper wrappers
- **4** butter lettuce leaves, cut in half lengthwise

For the sauce: Mix all ingredients together until smooth.

For the filling: Toss apples with lemon juice to prevent browning. Set other ingredients out for assembly.

To assemble: Fill a large, shallow plate with warm water. Place one rice paper in water and soak until softened (just a few seconds). Carefully, remove and place on a flat plate. Place 2 orange slices side by side on the paper, then layer with apples and persimmons. Sprinkle with pomegranate arils and top with ½ leaf of butter lettuce.

Fold the edge closest to you over the filling, then fold the sides toward the center and roll until closed. Cut rolls in half and serve with yogurt dipping sauce. Makes 8 rolls.

Per serving (2 rolls)

CALORIES: 215 | PROTEIN: 10 g

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