

HOW TO MAKE YOUR SHAKE



STEP 4

How to **make a shake**

The Formula 1 shake recipes that are recommended with our meal plans have about 250 calories and about 20 grams of protein.



Formula 1 can be mixed with milk or soy milk, or with water and Herbalife Nutrition Protein Drink Mix, to create a delicious shake that can replace two meals a day as part of a weight loss plan. A meal replacement shake provides the nutrients that you need to consume every day without unwanted calories, fats, salts and sugars.

In order for Formula 1 shakes to be filling and satisfying, they need to be prepared properly. This will ensure that they provide balanced nutrition as well as adequate protein and calories for proper hunger management.*

*When using Formula 1 as a meal replacement for the purposes of weight control or weight management, please follow the instructions on the product label. Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on that label. When creating new recipes, always remember to ensure that the cumulative intake of nutrients is not excessive.



GETTING STARTED

HOW TO MAKE YOUR SHAKE

IN A BLENDER

ADD 8oz of cold water FIRST

ADD 8oz of ice

2 scoops of Formula 1 (F1)

1 scoop of Protein Drink Mix (PDM)

BLEND

IN A SHAKER CUP

ADD 8oz of cold water FIRST (up to 12oz if desired)

2 scoop of Formula 1 (F1)

1 scoop of Protein Drink Mix (PDM)

ADD handful of ice (optional)

SHAKE



SNACKING



SNACK LIST

GOAL: PROTEIN + FRUIT / VEGGIE

7 - 15 GRAM PROTEIN SNACKS

	AMOUNT OF PROTEIN
½ cup of non-fat cottage cheese	13 grams
1 rice cake with 1 tsp of peanut butter	7 grams
Mixed berries with 1 serving of mixed nuts	7 grams
1 serving of Greek yogurt	10 grams
1 piece of low-fat mozzarella string cheese	7 grams
3 – 4 egg whites	15 grams
Fresh deli turkey meats (2 oz)	11 grams
½ can of tuna	13 grams
Low sodium beef jerky	12 grams
Herbalife's Protein Bar Deluxe	10 grams
Herbalife's Beverage Mix	15 grams
Herbalife Creamy Chicken Soup Mix	16 grams

20 GRAM PROTEIN SNACKS

	AMOUNT OF PROTEIN
1 Herbalife Protein Bar & Beverage Mix	25 grams
¾ cup of non-fat cottage cheese & fruit	20 grams
1 full can of tuna & 1 tbsp. of mustard	20 grams
1 piece of sting cheese & 2 oz deli turkey	20 grams
1 Greek yogurt & 1 serving of almonds	20 grams
5 hard boiled egg whites & 1 yolk	20 grams



SNACK IDEAS



STRING CHEESE WITH FRESH FRUIT

1 oz. low-fat string cheese and 1 medium apple.

CALORIES: 150 | PROTEIN: 8 g



RICE CAKE & NUT BUTTER

Spread one rice cake with 1 TBSP of almond butter.

CALORIES: 135 | PROTEIN: 5 g



HERBALIFE NUTRITION PROTEIN DRINK MIX

Stir 2 scoops of Protein Drink Mix, any flavor, with 8 fl oz. of cold water.

CALORIES: 110 | PROTEIN: 15 g



EDAMAME BEANS

Drop 1 cup frozen edamame beans (in the pod) into boiling water for a few minutes. Sprinkle with a little salt or soy sauce.

CALORIES: 150 | PROTEIN: 8 g



TURKEY BREAST SLICES AND WHOLE GRAIN CRACKERS

2 oz. sliced turkey and 4 medium-sized whole grain crackers.

CALORIES: 145 | PROTEIN: 18 g



LOW-FAT LATTE

Made with 12 oz. low-fat milk or soy milk. Sprinkle with cinnamon.

CALORIES: 150 | PROTEIN: 9 g



HUMMUS DIP AND RAW VEGETABLES

1/3 cup hummus with cucumber, carrot and celery sticks.

CALORIES: 150 | PROTEIN: 6 g



SOY NUTS & FRUIT

1 packet Herbalife Nutrition Roasted Soy Nuts and 1 small peach.

CALORIES: 150 | PROTEIN: 8 g



HERBALIFE NUTRITION PROTEIN BAR DELUXE

The perfect on-the-go, nutritious snack for wherever life takes you!

CALORIES: 140 | PROTEIN: 10 g



Find more recipes at:



[Facebook.com/Herbalife](https://www.facebook.com/Herbalife)



[Youtube.com/HerbalifeIntl](https://www.youtube.com/HerbalifeIntl)



[@Herbalife](https://www.instagram.com/Herbalife)



[@Herbalife](https://twitter.com/Herbalife)

See our One Shake a Day and Two Shakes a Day Sample Menus, Blank Menus, and additional Formula 1 Meal Recipes in the Reference Tools section.

MORE SNACK IDEAS

When done right, snacking helps in several ways. A nutritious snack can help keep you energized between meals. And when snacks are properly timed, they can reduce the risk of feeling overly hungry at mealtimes, which can help reduce the risk of overeating. Another plus? Snacks help you work more nutritious foods into your day, like fruit or vegetables.

Our meal plans call for one or more snacks per day, with a balance of carbohydrates and protein. Good carbohydrate sources can provide some immediate energy (and many are good sources of fiber too), while a bit of protein helps give snacks more staying power. In general, we recommend snacks with about 150 calories and around 10 grams of protein.

Herbalife Nutrition protein snack bars like Protein Bar Deluxe provide protein for energy and nutrition, are conveniently portable and taste great. Other easy snack options include Greek-style yogurt with fruit, vegetables and hummus dip or a cup of quick-cooking oatmeal with 2 tablespoons of Personalized Protein Powder stirred in.



Healthy snacks for a busy life



Are you always multitasking and/or running somewhere to do something? These healthy snack options can keep you nourished and at your best as you navigate your hectic schedule.



LOAD UP ON OMEGAs

Top a whole grain cracker with avocado and canned salmon; have a side of fresh cherry tomatoes.



PITA & PROTEIN

Fill a whole grain pita bread with hummus, chopped vegetables and sliced hard-boiled eggs.



NUT BUTTER TOP UP

Spread one rice cake with one tablespoon of almond butter; a little goes a long way.



EXPRESS MEAL BAR

Enjoy a Herbalife Nutrition Formula 1 Express Meal Bar; high in protein, and with 21 vitamins and minerals, is a great option when you're on the go.

RECIPES



Healthy Meal Recipes



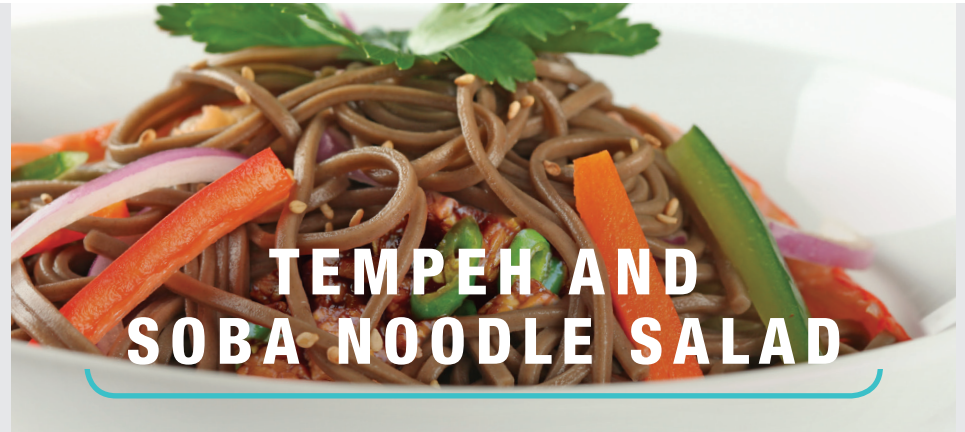
CHICKEN LETTUCE WRAP

- **1** 8-inch whole wheat flour tortilla filled with:
- **4 oz.** 6 oz. sliced chicken breast
- **2 cups** 2 cups chopped romaine lettuce
- **2 TBSP** 2 TBSP vinaigrette salad dressing
- **-** ½ cup cooked beans (garbanzo, white, black)
- **-** Slices of tomato and onion as desired

CALORIES: 400
PROTEIN: 25 g

CALORIES: 600
PROTEIN: 40 g

Fill tortilla with all other ingredients, fold sides and roll into a wrap, and enjoy.



TEMPEH AND SOBA NOODLE SALAD

- **1 tsp** 1 tsp sesame oil
 - **2 tsp** 2 tsp canola oil
 - **2 tsp** 2 tsp rice vinegar
 - **1 tsp** 1 tsp low-sodium soy sauce
 - **Dash** Dash ground white pepper
 - **½ cup** 1 cup cooked soba (buckwheat) noodles
 - **1** 1 carrot, grated
 - **2** 2 green onions, chopped
 - **1 cup** 2 cups asparagus spears, cooked, chilled and chopped into 2-inch pieces
 - **2 oz.** 4 oz. tempeh, crumbled
 - **½ cup** ½ cup cooked edamame (green soybeans)
- CALORIES: 400** **CALORIES: 600**
PROTEIN: 25 g **PROTEIN: 40 g**

In a bowl large enough to hold all ingredients, whisk together the oils, rice vinegar, soy sauce and white pepper. Add the soba noodles, vegetables, tempeh and edamame and toss well.

MEAL MAKEOVER: ALL ABOUT CAULIFLOWER



CAULIFLOWER "RICE" RISOTTO

Ingredients:

- 1½ cups chicken or vegetable broth
- 3 Tbsp hummus
- 1 head of a medium cauliflower (or 4 cups packaged cauliflower rice)
- 2 Tbsp olive oil
- ½ medium onion, finely chopped (about 1 cup)
- 1 small bunch asparagus, tough ends snapped off, chopped (about 1 cup)
- 4 large mushrooms, chopped (about 1 cup)
- Salt and pepper to taste
- ¼ cup grated Parmesan cheese

Directions:

- Whisk together broth and hummus in a small bowl, and set aside.
- Cut cauliflower into florets. Pulse in food processor until cauliflower resembles rice grains.
- Heat a large pan over medium-high heat and add oil. Add onion and sauté for 1 minute until it starts to soften. Add mushrooms and asparagus and continue sautéing for 2-3 more minutes until asparagus begins to get tender. Add cauliflower rice and stir another minute, then add hummus broth.
- Stir well, bring to a simmer, then lower heat to medium and cook uncovered for 10-15 minutes. Stir occasionally until cauliflower is tender and broth has evaporated. If broth remains, raise heat back to medium-high and cook and stir uncovered until it has evaporated.
- Remove from heat, add salt and pepper to taste and sprinkle with Parmesan cheese. Stir and serve immediately.

Makes 6 Servings (¾ cup each)

Nutritional Info (Per Serving):

Calories: 105 Carbohydrates: 9 g Fiber: 3 g
Protein: 5 g Fat: 7 g



BAKED BUFFALO CAULIFLOWER WINGS

Ingredients:

- 1 head of cauliflower (about 4 cups of florets)
- ½ cup low-fat milk or soy milk
- ½ cup water
- 1 cup all-purpose flour
- 2 tsp garlic powder
- 1 tsp cumin
- 1 tsp paprika
- ¼ tsp salt
- ¼ tsp ground pepper
- 1 cup mild red hot sauce
- 1 Tbsp butter

Directions:

- Line a large baking sheet with parchment paper, or grease baking sheet well with oil. Preheat oven to 425°F.
- In a medium mixing bowl, combine milk, water, flour and spices with a whisk until well mixed. Batter should be thick enough to coat the cauliflower without dripping. If too thin, add more flour – a table spoon at a time.
- Wash cauliflower and cut into bite-sized pieces/florets. Dip cauliflower florets in the batter, coating well. Shake off excess batter, then place in a single layer on baking sheet. Bake for 20 minutes until golden brown, flipping the florets over halfway to get all sides golden brown and crispy.
- While baking, prepare Buffalo sauce: melt butter in a small saucepan over medium-low heat. Mix in hot sauce and remove from heat.
- After cauliflower has baked for 20 minutes, transfer to a large mixing bowl. Pour the wing sauce over the florets and toss to coat evenly. Return cauliflower to the baking sheet and bake for another 10-15 minutes, or until desired crispness.

Makes 6 Servings

Nutritional Info (Per Serving):

Calories: 90 Carbohydrates: 14 g
Protein: 4 g Fat: 2 g

MEAL MAKEOVER: ALL ABOUT CAULIFLOWER



CAULIFLOWER “MASHED POTATOES”

Ingredients:

- 1 head of a medium cauliflower (about 4 cups cauliflower florets)
- 2 large garlic cloves, coarsely chopped
- 1 Tbsp olive oil or butter
- Salt and pepper to taste

Directions:

1. Separate cauliflower into florets, and cut into 1-inch pieces.
2. Put cauliflower in a large sauce pan with the garlic, and cover with enough cold water to just cover the cauliflower.
3. Place saucepan over medium-high heat, bring to a boil, then reduce heat to medium-low, cover, and cook for about 10 minutes until cauliflower is tender.
4. Drain water from cauliflower, then return to saucepan. Turn heat back up to medium, and stir cauliflower for a few minutes to remove as much water as possible.
5. Add olive oil, salt and pepper, then transfer mixture to a food processor and mix for a few minutes until smooth.

Makes 4 Servings

Nutritional Info (Per Serving):

Calories: 70 Carbohydrates: 7 g
Protein: 3 g Fat: 4 g



TURMERIC-SPICED CAULIFLOWER SOUP

Ingredients:

- 3 Tbsp olive oil
- 1 medium yellow onion, diced
- 2 large carrots, peeled and sliced
- 2 large celery stalks, chopped
- 1 head of a large cauliflower, cut into 1-inch florets
- 2 cloves garlic, finely minced
- 1 Tbsp fresh ginger, peeled and finely minced
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 4 cups low-sodium chicken or vegetable broth
- ½ cup low-fat coconut milk
- Salt and pepper to taste

Directions:

1. Heat oil in a soup pot or Dutch oven over medium-high heat.
2. Add the chopped onion, carrot and celery and sauté for a few minutes until slightly tender. Add garlic, ginger and cauliflower and sauté for another minute or two. Stir in turmeric and cumin.
3. Add the broth and bring mixture to a boil, lower heat to a simmer, cover and let simmer for about 20 minutes, until vegetables are tender. Remove from heat.
4. Purée soup in small batches in the blender, being careful with the hot liquid, or use an immersion blender to purée soup until smooth.
5. Return soup to the stockpot, stir in coconut milk, salt and pepper, and place over medium-low heat to reheat soup.

Makes 6 Servings

Nutritional Info (Per Serving):

Calories: 70 Carbohydrates: 6 g
Protein: 1 g Fat: 4 g



TEMPEH AND SOBA NOODLE SALAD (VEGAN)

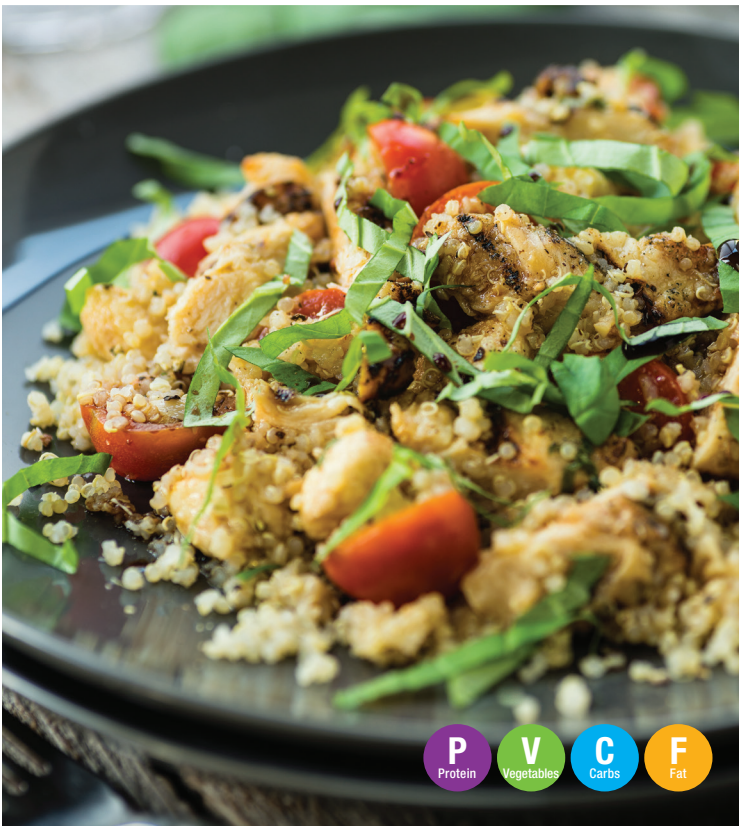
25 g / 400
protein / calories
(approx.) (approx.)

- 1 tsp
- 2 tsp
- 2 tsp
- 1 tsp
- Dash
- ½ cup
- 1
- 2
- 1 cup
- 2 oz.
- ½ cup

40 g / 600
protein / calories
(approx.) (approx.)

- 1 tsp Sesame oil
- 2 tsp Canola oil
- 2 tsp Rice vinegar
- 1 tsp Low sodium soy sauce
- Dash Ground white pepper
- 1 cup Cooked soba (buckwheat) noodles
- 1 Carrot, grated
- 2 Green onions, chopped
- 2 cups Asparagus spears, cooked, chilled and chopped into 2-inch pieces
- 4 oz. Tempeh, crumbled
- ½ cup Cooked edamame (green soybeans)

In a bowl large enough to hold all ingredients, whisk together the oils, rice vinegar, soy sauce and white pepper. Add the soba noodles, vegetables, tempeh and edamame and toss well.



GRILLED CHICKEN, BROCCOLI AND QUINOA SALAD

25 g / 400
protein / calories
(approx.) (approx.)

- 1 TBSP
- 2 tsp
- ½ tsp
- Any amount
- 4 cups
- 1 cup
- ½ cup
- 3 oz.

40 g / 600
protein / calories
(approx.) (approx.)

- 1 TBSP Olive oil
- 2 tsp Lemon juice
- ½ tsp Dijon-style mustard
- Any amount Salt and pepper to taste
- 6 cups Mixed leafy greens
- 2 cups Broccoli florets, cooked and chilled
- 1 cup Cooked quinoa, chilled
- 5 oz. Cooked chicken breast, thinly sliced

In a bowl large enough to hold all ingredients, whisk together olive oil, lemon juice, mustard and salt and pepper. Add the leafy greens, broccoli, quinoa and chicken and toss well.



MEAL RECIPES

MUSTARD-BAKED SALMON

- **2 tsp** olive oil
- **1 ¼ lb. (about 600 g)** center-cut wild salmon fillet
- **¼ cup (75 g)** plain Greek-style yogurt
- Salt and pepper, to taste
- **2 TBSP** stone-ground mustard
- **2 tsp** fresh lemon juice
- **½ tsp** dried tarragon

Preheat broiler. Line a baking sheet with foil, and coat lightly with 2 teaspoons olive oil. Place salmon, skin side down, on the baking sheet. Season with salt and pepper. In a small bowl, stir together the yogurt, mustard, lemon juice and tarragon. Spread evenly on top of the salmon. Place salmon under the broiler, about 5 inches away from the heat, and broil until cooked through, about 10-12 minutes.

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

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



CHICKEN, BROCCOLI AND QUINOA SALAD

- | | |
|---------------------|--|
| • 1 TBSP | 1 TBSP olive oil |
| • 2 tsp | 2 tsp lemon juice |
| • ½ tsp | ½ tsp dijon-style mustard |
| • Any amount | Any amount salt and pepper to taste |
| • 4 cups | 6 cups mixed leafy greens |
| • 1 cup | 2 cups broccoli florets, cooked and chilled |
| • ½ cup | 1 cup cooked quinoa, chilled |
| • 3 oz. | 5 oz. cooked chicken breast, thinly sliced |

In a bowl large enough to hold all ingredients, whisk together olive oil, lemon juice, mustard and salt and pepper. Add the leafy greens, broccoli, quinoa and chicken and toss well.

CALORIES: 400
PROTEIN: 25 g

CALORIES: 600
PROTEIN: 40 g