

Smart Shake Recipes for Wellness

By Cindy Segura



Smashwords Edition

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www.Herbaluk.co.uk

WHAT WE USE!

Herbalife Formula 1 (F1)

Herbalife Formula 1 Healthy Meal Nutritional Shake Mix - A Healthy Fast Meal Packed with all the nutrients (vitamins and Minerals our body needs on a daily base) and 9 Grams of Plant Protein and Healthy Fiber to support Weight Management! (1 serving = 2 tablespoons).

In 6 Tasty Flavors: Vanilla, Chocolate, Strawberry, Cookies & Cream, Cappuccino and Tropical Fruit

Herbalife Protein Powder

Herbalife Protein Powder - Supports Weight Loss, Full of Vitamins & 15 Grams of Heart Healthy Isolated Soy Protein!

Sweet Tasting Herbal Aloe Shots (Mango)

Herbalife Herbal Aloe - Soothes Stomach, Relieves Indigestion, and Supports the Immune System!

Energy Tea

Herbalife Thermojetics Herbal Tea Concentrate - Antioxidant and Thermojetics Benefits, Provides Amazing Energy Boost With Weight Management Support. Healthy Alternative to Coffee and Sodas!

Pudding

JELL-O Instant Pudding - Makes Your WOW Shake Smooth and Thick!

PB2 Powdered Peanut Butter - Great Way to Have Peanut Butter without the calories

www.bellplantation.com

3 REASONS WHY THE PRODUCTS WON'T WORK!

1. Not taking the products consistently.

I'm not saying that you can't skip a shake once in a while, but weight maintenance is 1 shake a day, weight loss is 2 shakes a day.

2. Not taking the products correctly.

Maybe we should go over how you take the products again? I think the only way you can't take them correctly is not to take them at all!

3. Cheating way too much or lying about cheating!

Our program is simple - 2 shakes, 1 – 2 snacks (depending on your protein needs) and 1 regular meal, just cut back a little!

BEST OF LUCK! YOU CAN DO IT!

WHERE TO BUY INGREDIENTS

Where to buy the syrups www.baristaproshop.com

Where to buy Herbalife www.HerbalUk.co.uk www.IrelandHerbal.com

BEFORE YOU START

Take your measurements and weigh in the morning you start the program. This is very important because most people will lose inches before pounds. (Fat does not weigh very much compared to muscle, but it makes up for a lot of inches!!)

If you are serious about losing weight, you **MUST** commit to yourself to use the products every day. Approximately 50% of the people will see almost immediate results on the scale as well as inch loss. They will also notice their eating habits change. The other 50% may take 2 - 4 weeks to notice the full impact of the products. But, you must allow it to work by using it every day. You may also notice changes in the way your clothing fits!!!

Herbalife Formula 1: 2 Tablespoons + 8 oz. Water and 1-2 Tablespoons **Herbalife Protein Powder**, twice daily. This is a meal replacement that gives you protein, carbohydrates, amino acids, fiber and unsaturated fats to give you high nutrition which is low sodium, keeping your skin tight as you lose weight and shaping up your body.

Herbalife Multivitamin Complex: 1 or 2 Tablets at Breakfast, Lunch and Dinner Vitamins, Mineral, Trace Elements and Botanical Elements (Herbs) for Optimal Health. Help you to stop craving bad food which is very sugary and low in nutritional values.

Herbalife Cell Activator: 1 to 3 Tablets **twice** daily. Great for people under a lot of stress, on a lot of meds, smoke, or if having slow weight loss! Helps repair your villi and increases absorption of everything. Dramatically reduces stress levels and fatigue.

Herbalife Protein Powder: 1 - 2 Tbsp. in 8 oz. water or soy milk or any vegetable milk or low calorie juice. Helps you feel fuller longer! It is not advisable to use cow milk.

Herbalife Thermo Complete: 1 to 3 Tablets at Mid Morning, and Mid- Afternoon. Help to stop craving for unhealthy options. Helps burn excess fat and creates a “Natural” energy, curbs cravings for fats and sweets, major inch loss as well as pounds! Delay gastric emptying. Feel fuller sooner and stay fuller longer.

Herbalife Fibre and Herbs: All day craving control - provides extra protection against snacking. Tames the sweet tooth - helps support the metabolism. Take 1 tablet 3 times a day. If you are a night time “snacker”, take one after dinner or one between meals.

Herbalife Fibrebond: 2 Tablets until 4 tablets with main meals 3 times a day. Creates a feeling of fullness and helps to block up to 50% of saturated fats and cholesterol from the foods you eat so it is not absorbed by your body!

Herbalife Herbal Tea Thermojetics: 1/2 to 1 tsp. per 8 oz. water, hot or cold. Recommend to drink all day long. Natural Herbal Beverage to increase your energy level and burn fat! We call this as much as you drink as much as you shrink. It comes in 3 tantalizing flavors.

Herbalife Herbal Mango Drink Aloe or Herbal Aloe Drink: Helps to detox your body. It improves digestive health. It is an amazing cleansing for fast weight management goals and increase energy level. Ideally used for hydration and to make water tastier. You can drink all day long for better hydration.

*** Keep in mind that these are guidelines to get you started. Keep in touch with your coach to help you design a program that is the best for you.**

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SHAKE'S RECIPES & HEALTHY MEALS

(Regular, Every Day)



Recipes made with Vanilla Formula 1 Herbalife

ALEXANDER'S ORANGE DREAMSICLE

2 Tbsp. Vanilla Formula 1 Herbalife

10 fl. oz. light Orange Juice

ALOHA DELIGHT

2 Tbsp. Vanilla Formula 1 Herbalife

1-2 Tbsp. Protein Powder Herbalife

1 C. Water

1 Tbsp. Coconut Syrup

1 Tbsp. Pineapple Syrup

1 Tbsp. Orange Juice

APPLE

2 Tbsp. Vanilla Formula 1 Herbalife

8 fl. oz. Apple Juice

1/8 tsp. Cinnamon

APPLE – COCONUT

2 Tbsp. Vanilla Formula 1 Herbalife

1 cup Apple Juice

1 Tbsp. Coconut Milk

1/2 of a Banana

1/4 tsp. of Ginger

APPLE PIE

2 Tbsp. Vanilla Formula 1 Herbalife

1-2 Tbsp. Protein Powder Herbalife

1 C. Water

1/2 cup Apple

1/2 tsp. Cinnamon

Dash of Nutmeg

APRICOT

2 Tbsp. Vanilla Formula 1 Herbalife

6 oz. Apricot Yogurt

APRICOT-NECTARINE

2 Tbs. Vanilla Formula 1 Herbalife

4 fl. oz. of Crystal Light Lemonade

6 oz. Light Peach Yogurt (frozen, reduced sugar-fat free)

1/2 of Apricot

1/2 of Nectarine

ARTIC FOREST (2 servings)

4 Tbsp. Vanilla Formula 1 Herbalife

2 Tbsp. of Protein Powder

1/2 C. Water

1 Peach frozen

10 Blueberries frozen

1/2 Tbsp. Crushed Pecans

1 Tbsp. Vanilla Syrup

1 cup Light Vanilla Frozen Yogurt

BANANA FRUIT

2 Tbsp. Vanilla Formula 1 Herbalife

4 oz. Nonfat Yogurt

4 fl. oz. Water,

1/2 cup Frozen Peach

Slices 1/2 of a Medium Banana

LIGHT BANANA



2 Tbsp. Vanilla Formula 1 Herbalife

1-2 Tbsp. Protein Powder Herbalife

1 C. Water

1/2 of Banana

BANANABERRY

2 Tbsp. Vanilla or Strawberry Formula 1 Herbalife

1-2 Tbsp. Protein Powder Herbalife

1 C. Water

1/2 of Banana

1/4 cup frozen Blueberries/Strawberries

BLACK & BLUE

2 Tbsp. Vanilla Formula 1 Herbalife

1/2 cup Apple Juice

1/4 cup Blueberries

1/4 cup Blackberries

1/2 of Banana

1/3 cup Raspberry Sorbet

BLACK FOREST

2 Tbsp. Chocolate Formula 1 Herbalife

1-2 Tbs. Protein Powder Herbalife

1 C. Water

1/4 cup Frozen Black Cherries

BLUEBERRY

2 Tbsp. Vanilla F1 Herbalife

1-2 Tbsp. Protein Powder Herbalife

1/2 C. Water

1/4 cup Blueberries (fresh)

6 oz. Light Peach Yogurt

CARROT

2 Tbsp. Vanilla Formula 1 Herbalife

1 cup Carrot Juice

1/2 cup Apple Juice

6 oz. Nonfat Vanilla or Plain Frozen Yogurt

1/2 of Banana

CRAZY ADDICTION

2 Tbsp. Vanilla Formula 1 Herbalife

1/2 of Banana

1/2 cup Crushed Pineapple

1/2 cup Non- fat Yogurt

1 Tbsp. Honey

1 Tbsp. Coconut Extract

DELICATESSEN

2 Tbsp. Vanilla Formula 1 Herbalife

6 oz. Lemon Yogurt

FIVE FRUIT CRUSH

(2 servings)

4 Tbsp Vanilla Formula 1 Herbalife

1/2 cup Ripe Banana

1/2 cup Chopped Mango

1/2 cup Whole Strawberries

3/4 cup Pineapple Juice

1/2 cup Orange Juice



FLORIDA FIZZ

2 Tbsp. Vanilla Formula 1 Herbalife

3 fl. oz. Fresh Florida Orange Juice

5 Ice Cubes

4 oz. Orange Crush

1. Blend first 3 ingredients

2. Add Orange Crush

3. Stir

FRUITY COCONUT

2 Tbsp. Formula 1 Vanilla Herbalife

1-2 Tbsp. Herbalife Protein Powder

1/2 C. Water

6 oz. Nonfat Coconut Yogurt

1 Tbsp. Crushed Pineapple

1/2 of Banana

GREEN FOR TWO (2 servings)

4 Tbsp. Vanilla Formula 1 Herbalife

1 Kiwi Fruit

1 Banana

3 Tbsp. Crushed Pineapple

2 fl. oz Herbalife Herbal Aloe Mango Juice

ITALIAN SODA

2 Tbsp. Vanilla Formula 1 Herbalife

3 fl. oz. Orange Juice

3 fl. oz. Soda Water

3 fl. oz. Water

2 Tbsp. Herbalife Herbal Aloe Mango Juice

MEGA-A-CITRUS RUSH

2 Tbsp. Vanilla Formula 1 Herbalife

1/2 cup Diced Pineapple

1/2 cup Diced Cantaloupe

1/2 cup Fresh Orange Juice

1/2 cup Carrot Juice

Pinch of Nutmeg

ORANGE FROST

2 Tbsp. Vanilla Formula 1 Herbalife

1-2 Tbsp. Protein Powder Herbalife

1/2 C. Water

4 fl. oz. Orange Juice

1 Tbsp. Vanilla Syrup

ORANGESICLE

2 Tbsp. Vanilla Formula 1 Herbalife

3/4 cup Orange Juice

1/4 cup water

PAPAYA – RASPBERRY

2 Tbsp. Vanilla Formula 1 Herbalife

1/2 cup Fruit Juice or Water

1/2 Frozen Banana

peeled 1/2 cup Fresh Pineapple,

10 – 12 Raspberries

PEACH

2 Tbsp. Vanilla Formula 1 Herbalife,

1-2 Tbsp. Protein Powder Herbalife,

1 C. Water

1 Tsp. Brandy Essence

1 Peach

PEACHES & DREAMS

2 Tbsp. Vanilla Formula 1 Herbalife

6 fl. oz. Apple Cider

3 – 5 Slices of Peach

4 Large Strawberries

1/2 of Banana

1/8 tsp. Cinnamon

PISTACHIO BANANA GULP

2 Tbsp. Vanilla Formula 1 Herbalife

1/4 cup Water

1/2 Container Plain Nonfat Yogurt

1 Tbsp. Pistachio Instant Pudding Mix

1/2 of Banana

PINA COLADA



2 Tbsp. Vanilla Formula 1 Herbalife

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1/4 cup Fresh Pineapple

1 Tbsp. Coconut Syrup

1 tsp. Rum Essence

3 fl. oz. Herbal Aloe Juice

PINEAPPLE BERRY CRASH

(2 SERVINGS)

4 Tbsp. Vanilla Formula 1 Herbalife

1 cup Orange Juice,

1/4 cup Pineapple Juice 2

Pineapple Rings

1/2 cup Mixed Berries

3 oz. Nonfat Yogurt (any flavor)

PINE-ORANGE-BANANA

2 Tbsp. Vanilla Formula 1 Herbalife

4 fl. oz. Dole Pine-Orange-Banana Juice

6 fl. Oz. Peach Yogurt (frozen, reduced sugar, fat free)

1/2 of Banana

PUMPKIN PIE

2 Tbsp. Vanilla Formula 1 Herbalife

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 Tbsp. Vanilla Syrup

1/4 tsp. Pumpkin Pie Spice

SORBET DELIGHT

2 Tbsp. Vanilla or Strawberry Formula 1 Herbalife

6 fl. oz. Water

2 scoops Sorbet (orange, strawberry, pineapple, or rainbow)

SODA FOUNTAIN

2 Tbsp. Vanilla Formula 1 Herbalife

1-2 Tbsp. Herbalife Protein Powder

1/2 C. Water

3 oz. of Soda (Root Beer, BlackCherry, Cream Soda)

1/2 of Banana or Peach

STRAWBERRY

2 Tbsp. Vanilla Formula 1 Herbalife

4 fl. oz. Crystal Light Lemonade

6 oz. Light Strawberry Yogurt (frozen, reduced sugar-fat free)

5 Large Strawberries

STRAWBERRY – PINEAPPLE PARADISE (2 servings)

4 Tbsp. Vanilla Formula 1 Herbalife

1/2 cup Whole Strawberries

1 cup Dole Pineapple Juice

1/2 cup Orange Juice

1/2 cup Low Fat Vanilla Frozen Yogurt

STRAWBERRY BANANA

2 Tbsp. Vanilla Formula 1 Herbalife

1-2 Tb. Herbalife Protein Powder

1/2 C. Water

1/2 cup Apple Juice

4 Strawberries

Half of Banana

SUNNY VITAMIN C SIPPER (2 servings)

4 Tbsp. Vanilla Formula 1 Herbalife

1/2 Medium Banana

1/2 Ripe Peach (peeled, halved, pitted & diced)

1/2 cup Raspberries

1 1/2 cup Orange Juice

TANGY SUMMER BLEND

2 Tbsp. Vanilla Formula 1 Herbalife

1/2 cup Dole Pine-Orange Juice

1/2 cup Crystal Light Lemonade

1 Nectarine

6 oz. Light Peach Yogurt

TROPICANA

2 Tbsp. Vanilla Formula 1 Herbalife

6 oz. Coconut Yogurt

VANILLA EGG NOG

2 Tbsp. Vanilla Formula 1 Herbalife

2 Tbsp. Herbalife Protein Powder

1 C. Water

1 Tbsp. Honey

1 Tbsp. Vanilla Syrup

1/8 tsp Nutmeg

WATERMELON

2 Tbsp. Vanilla Formula 1 Herbalife

1 cup Watermelon

Recipes made with Cookies & Cream Formula 1 Herbalife

CHOCOLATE NO BAKE COOKIE

2 Tbsp. Herbalife Formula 1 Cookies & Cream

1-2 Tbsp. Herbalife Protein Powder

1 C. Water Dash of Cinnamon

1/2 Tbsp. Chocolate Fudge Pudding

1 – 2 Tbsp. of Instant Oatmeal

1 Tbsp. Peanut Butter

CINNAMON

2 Tbsp. Herbalife Formula 1 Cookies & Cream

1-2Tbsp. Herbalife Protein Powder

1C. Water

1/2 Tbsp. of Butter buds

1/2 Tbsp. Butterscotch Pudding

4 or 5 dashes of Cinnamon

Splenda to taste

1/2 tsp Pecans

COOKIES & CRÈAM VANILLA

2 Tbs. Herbalife Formula 1 Cookies & Cream,

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 Tbsp. Vanilla Syrup

OATMEAL COOKIE



2 Tbsp. Herbalife Formula 1 Cookies & Cream,
1-2 Tbsp. Herbalife Protein Powder
1 C. Water
1/2 Tbsp. Vanilla Pudding,
1/2 tsp. Cinnamon,
1 tsp. Butter Buds
2 Tbsp. Quick Oatmeal Dash of Nutmeg

RICE KRISPY TREAT



2 Tbsp. Herbalife Formula 1 Cookies & Cream
1-2 Tbsp. Herbalife Protein Powder
1 C. Water,
3 Tbsp. of Rice Krispies Cereal
1/2 Tbsp. White Chocolate Pudding
1 Tbsp. Marshmallow Cream
1 Splenda packet (if using regular Rice Krispies)

SAMOA

2 Tbsp. Herbalife Formula 1 Cookies & Cream
1-2 Tbsp. Herbalife Protein Powder
1 C. Water

1 Tbsp. Graham Cracker Crumbs
1 Tbsp. Coconut Syrup
1/2 Tbsp. Chocolate Fudge Pudding

TAGALONG

2 Tbsp. Herbalife Formula 1 Cookies & Cream
1-2 Tbsp. Herbalife Protein Powder
1 C. Water
1 Tbsp. Graham Crackers
1 Tbsp. Peanut Butter
1/2 Tbsp. Chocolate Fudge Pudding

TURTLE CHEESECAKE

2 Tbsp. Herbalife Formula 1 Cookies & Cream
1-2 Tbsp. Herbalife Protein Powder
1 C. Water
Capful of Caramel Syrup (sugar free/fat free)
1/2 Tbsp. Choc. Fudge Pudding
1/2 Tbsp. Cheesecake Pudding
1 Tbsp. Pecans

WHITE CHOCOLATE REECES

2 Tbsp. Herbalife Formula 1
2 Tbsp. Herbalife Protein Powder
1C. Water
1 Tbsp. of White Chocolate Pudding
1 Tbsp. of Peanut Butter

Recipes made with Chocolate Formula 1 Herbalife

ALMOND JOY

2 Tbsp. Herbalife Formula 1 Chocolate

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 Tbsp. of Coconut Syrup

1 Tbsp. Almond Syrup

BOUNTY

2 Tbsp. Herbalife Formula 1 Chocolate

6 oz. Coconut Yogurt

2 Tbsp. Herbalife Protein Powder

1/2 C. Water

CAPPUCINO SHAKE

2 Tbsp. Herbalife Formula 1 Chocolate

1-2 Tbsp. Herbalife Protein Powder

1/2 C. Water

4 oz. Vanilla Frozen Yogurt

1 Tbsp. Instant Decaf Coffee

CHOCANA SHAKE

2 Tbsp. Herbalife Formula 1 Chocolate

1 Banana

1-2 Herbalife Protein Powder Herbalife

1 C. Water

CHOCOLATE ALMOND

2 Tbsp. Herbalife Formula 1 Chocolate

1-2 Herbalife Protein Powder Formula 3

1 C. Water

1 Tbsp. Almond Syrup

CHOCOLATE BANANA

2 Tbsp. Herbalife Formula 1 Chocolate

1-2 Tbsp. Herbalife Protein Powder Herbalife

1 C. Water

1/2 of Banana

CHOCOLATE CAPPUCINO

2 Tbsp. Herbalife Formula 1 Chocolate

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 Tbsp. Instant Mocha Cappuccino

CHOCOLATE CARAMEL CAPPUCINO



2 Tbsp. Herbalife Formula 1 Chocolate

1-2Tbsp. Herbalife Protein Powder

1 C. Water

1 Tbsp. Instant Cappuccino Mix

1 Tbsp. Caramel Syrup

CHOCOLATE CARAMEL CAPPUCINO # 2

2 Tbsp. Herbalife Formula 1 Chocolate
1-2 Tbsp. Herbalife Protein Powder
1 C. Water
1 Tbsp. Mocha Cappuccino

CHOCOLATE CARAMEL CHEESECAKE

2 Tbsp. Herbalife Formula 1 Chocolate
1-2 Tbsp. Herbalife Protein Powder
1 C. Water
1 Tbsp. Cheesecake Pudding
1 Tbsp. Caramel Syrup

CHOCOLATE CHERRY SODA

Ingredients:

2 Tbsp. Herbalife Formula 1 Chocolate
1-2 Tbsp. Herbalife Protein Powder
1 C. Water
1 Tbsp. Cherry Syrup

CHOCOLATE CHUNKY MONKEY



2 Tbsp. Herbalife Formula 1 Chocolate
1-2 Tbsp. Herbalife Protein Powder
1 C. Water
1 Tbsp. Chocolate Fudge Pudding Mix
1 Herbalife Protein Bar Peanut Butter

CHOCOLATE COCONUT CREAM

2 Tbsp. Herbalife Formula 1 Chocolate

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 Capful of Coconut

1/2 Tbsp. Cheesecake Pudding

1/2 Tbsp. White Chocolate Pudding

CHOCOLATE RASPBERRY

2 Tbsp. Herbalife Formula 1 Chocolate

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 Capful of Coconut

1/2 Tbsp. Cheesecake Pudding

1/2 Tbsp. White Chocolate Pudding

CHOCOLATE COOKIES & CRÈAM



2 Tbsp. Herbalife Formula 1 Chocolate

1 Tbsp. Cookies & Cream Formula 1 Herbalife

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

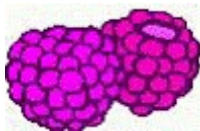
CHOCOLATE MINT

2 Tbsp. Herbalife Formula 1 Chocolate
1-2 Tbsp. Herbalife Protein Powder
1 C. Water
3 fl. oz. Herbalife Herbal Aloe Juice
Mint Extract

CHOCOLATE MINT # 2

2 Tbsp. Herbalife Formula 1 Chocolate
1-2 Tbsp. Herbalife Protein Powder
1 C. Water
1 cup Frozen Raspberries
1 Tbsp. Orange Syrup
4 Ice Cubes

CHOCOLATE STRAWBERRY



2 Tbsp. Herbalife Formula 1 Chocolate
1-2 Tbsp. Herbalife Protein Powder
1 C. Water 1 cup Frozen Strawberries
1 Tbsp. Vanilla Syrup
4 Ice Cubes

CRANRASPBERRY DELIGHT

2 Tbsp. Herbalife Formula 1 Chocolate
8 fl. oz. CranRaspberry Juice
1/2 of Banana

EXOTIC

2 Tbsp. Herbalife Formula 1 Chocolate

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

3 drops of Mint Extract

CHOCOLATE PEANUT BUTTER



2 Tbsp. Herbalife Formula 1 Chocolate

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 Tbsp. Creamy Peanut Butter

COCOLATE PEANUT BUTTER BANANA

2 Tbsp. Herbalife Formula 1 Chocolate

6 oz. Pineapple Yogurt

EXTRA CHOCOLATE SHAKE

2 Tbsp. Herbalife Formula 1 Chocolate

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 Tbsp. Vanilla Syrup

1 Tbsp. Chocolate Syrup

1 tsp. Hershey's Cocoa

GERMAN CHOCOLATE CAKE



2 Tbsp. Herbalife Formula 1 Chocolate

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 Tbsp. Coconut Syrup

1/2 Tbsp. Fudge Pudding

1/2 Tbsp. Pecan Pieces

JAMOCA ALMOND FUDGE SHAKE

2 Tbsp. Herbalife Formula 1 Chocolate

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1/2 Tbsp. Chocolate Fudge Pudding

1 Tbsp. Almond Syrup

1 tsp. Instant Coffee

1 Splenda packet

MARK'S CHOCOLATE MASTER PIECE

2 Tbsp. Herbalife Formula 1 Chocolate

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 cup Black Cherries

MOCHA SHAKE

2 Tbsp. Herbalife Formula 1 Chocolate

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 tsp. Instant Decaf Coffee

1/2 of Banana

MOUNDS CHOCOLATE DRINK

2 Tbsp. Herbalife Formula 1 Chocolate

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 Tbsp. Coconut Syrup

1 Tbsp. Vanilla Syrup

MUDSLIDE

2 Tbsp. Herbalife Formula 1 Chocolate

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 1/2 Tbsp. Da vinci Kahlua Coffee Liqueur

1 Tbsp. Instant Coffee

2 Tbsp. Splenda

ORIGINAL CHOCOLATE

2 Tbsp. Herbalife Formula 1 Chocolate

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

PEPPERMINT CHOCOLATE

2 Tbsp. Herbalife Formula 1 Chocolate

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

2 oz. Vanilla Nonfat Ice Cream

1 Tbsp. Peppermint Syrup

RASPBERRY RAZZMATAZ

2 Tbsp. Herbalife Formula 1 Chocolate

8 fl. oz. Unsweetened Juice

1/3 cup Raspberries

1/2 of Banana

SNICKERS ON THE ROCKS

2 Tbsp. Herbalife Formula 1 Chocolate

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 tsp. Cocoa

1 tsp. Low Fat Peanut Butter

Recipes made with Herbalife Formula 1 Tropical Fruit



TROPICAL FRUIT 1

2 Tbsp. Herbalife Tropical Fruit F1

6 oz. Yogurt

Whisk together

serve with 1/2 fruit

TROPICAL FRUIT 2

2 Tbsp. Herbalife Tropical Fruit F1

1/2 of Banana

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

Ice in blender

TROPICAL FRUIT 3

2 Tbsp. Herbalife Tropical Fruit F1

1 capful Rum Extract

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

Ice in blender

TROPICAL FRUIT 4

2 Tbsp. Herbalife Tropical Fruit F1

1/2 cup Pineapple Sorbet
1 cup Tropical Fruit Flavor
Water Ice in blender

Cheryl's Favorite recipes:

CHERYL'S RECIPE 1

2 Tbsp. Herbalife Tropical Fruit F1
8 oz. Grapefruit Juice Ice in blender
2 Tbsp. Herbalife Tropical Fruit F1
3 Frozen Strawberries & 1/2 of Banana
1-2 Tbsp. Herbalife Protein Powder
1 C. Water
Ice in blender

CHERYL'S RECIPE 2

2 Tbsp. Herbalife Tropical Fruit F1
1/2 cup of Herbal Aloe Mango Drink
8 oz. Water
Ice in blender

CHERYL'S RECIPE 3

2 Tbsp. Herbalife Tropical Fruit F1
1-2 Tbsp. Herbalife Protein Powder Powder
1 C. Water
2 oz. Pineapple Juice
4 frozen Pineapple Chunks

Recipes made with Formula 1 Strawberry

FRUIT BLAST

2 Tbsp. Herbalife Formula 1 Strawberry

2-3 Frozen Strawberries

2 - 3 Frozen Pineapples

Quarter of Banana

1 cup Orange Juice

FRUIT FIZZ

(2 servings)

2 Tbsp. Herbalife Formula 1 Strawberry

8 fl. oz. Unsweetened Orange Juice

1/2 of Banana

4 tbsp. Strawberry Yogurt

4 - 6 oz. Diet 7– Up

FRUIT JUICY SHAKE

2 Tbsp. Herbalife Formula 1 Strawberry

8 fl. oz. Unsweetened Juice

4 – 5 Fresh Strawberries

1/2 of Banana

JUICY TROPICAL FRUIT

2 Tbsp. Herbalife Formula 1 Strawberry

8 oz. Orange Juice

1 Cup Frozen Mixed Fruit

KAPALUA CRUSH

2 Tbsp. Herbalife Formula 1 Strawberry
2 fl. oz. Herbalife Herbal Aloe Mango Drink
2 tbsp. Crushed Pineapple
1 tbsp. Coconut Milk
4 fl. oz. Orange Juice

SENSATION SHAKE

2 Tbsp. Herbalife Formula 1 Strawberry
8 fl. oz. Orange Juice
1/2 of Banana

STRAWBERRY DELIGHT

2 Tbsp. Herbalife Formula 1 Strawberry
1-2Tbsp. Herbalife Protein Powder
1 C. Water
1 cup Frozen Strawberries

STRAWBERRY FIZZ

2 Tbsp. Herbalife Formula 1 Strawberry
8 fl. oz. Diet –Up or Slice
4 Strawberries
1/2 of Banana

SUZAN’S STRAWBERRY SENSATION

2 Tbsp. Herbalife Formula 1 Strawberry
8 fl. oz. Unsweetened Juice
1/4 cup Fresh Strawberries

1/4 of Fresh Apricot

TROPICAL FRUIT SPLASH

2 Tbsp. Herbalife Formula 1 Strawberry

1-2 Tbsp. Herbalife Vanilla Formula 1

1 C. Water

1 cup Frozen Mixed Fruit

VERY BERRY DAY

2 Tbsp. Herbalife Formula 1 Strawberry

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 cup Frozen Mixed Fruit

1 Tbsp. Vanilla Syrup

4 Ice Cubes

WILD BERRY ORANGE SURPRISE

2 Tbsp. Herbalife Formula 1 Vanilla

8 oz. Orange Juice

1 cup Frozen Mixed Berries

HAWAIIAN SMOOTHIE (2 servings)

4 Tbsp. Herbalife Formula 1 Vanilla

1 Banana

1 cup Frozen Strawberries

1 cup Orange Juice

1/2 cup Orange Sherbet

1 Tbsp. Shredded Coconut

STRAWBERRY BANANA SMOOTHIE

2 Tbsp. Herbalife Formula 1 Vanilla

1/2 of Banana

1/2 cup Frozen Strawberries

1 1/2 cup Orange Juice

YOGURT SMOOTHIE

2 Tbsp. Herbalife Formula 1 Vanilla

5 HUGE Tbsp. Nonfat Yogurt

1/2 cup Frozen Fruit

1/2 of Banana

1 Tbsp. Honey

MORE DELICIOUS SHAKES

APPLE PIE

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

3 Tbsp. Cinnamon Apple Sauce

1 Tbsp. Vanilla Syrup

4 Ice Cubes

BANANA CRÈME PIE

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 Tbsp. Almond Syrup

1 Tbsp. Vanilla Syrup

1 Tbsp. Banana Crème Pudding

1/2 of Banana

BANANA NUT

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1/2 of Banana

1 capful of Black Walnut Extract

1 Tbsp. Splenda

Dash of Ground Cinnamon

BLUEBERRY MUFFIN

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1/2 Tbsp. Pistachio Pudding

1 Tbsp. Blueberries



BLUEBERRY VANILLA

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1/2 cup Blueberries



BUTTER PECAN

2 Tbsp. Herbalife Formula 1 Vanilla,

1-2 Tbsp. Herbalife Protein Powder

1 C. Water,

1 Tbsp. Pecan Pieces

1 Tbsp. Butterscotch Pudding

CANDY CANE

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1/2 Tbsp. Vanilla Pudding

1/2 Tbsp. Peppermint Chips

CHERRY CHEESECAKE

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1/4 cup Frozen Cherries

1 Tbsp. Cheesecake Pudding

CHERRY COBBLER

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

4 Frozen Cherries

1/4 tsp. Cherry Jell-O

Graham Cracker Crumbs on top

DREAMSICLE

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

2 Tbsp. Harvest Peach Yogurt

1 tsp. Orange Jell-O

"ELVIS" SHAKE

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1/2 of Banana

1 Tbsp. Peanut Butter

FRENCH TOAST

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 tsp. Cinnamon

1 Tbsp. Maple Syrup

1 Tbsp. Vanilla Syrup

VANILLA CAPPUCINO

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 Tbsp. Vanilla Cappuccino powder

KEY LIME PIE

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 Tbsp. Key Lime Pie Yogurt

1 tsp. Lime Jell-O

LEMON CHEESECAKE

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 Tbsp. Lemon Syrup

1/2 Tbsp. Lemon Jell-O or Lemonade Crystal Light

1/2 Tbsp. Cheesecake Pudding

ORANGE BANANA - OJ

2 Tbsp. Herbalife Formula 1 Vanilla

8 oz. Orange Juice

1/2 of Banana

ORANGE JULIUS

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 Cup Water

3 Tbsp. Frozen Orange Juice Concentrate

1 Tbsp. Vanilla Syrup

4 Ice Cubes

ORIGINAL VANILLA

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 Tbsp. Vanilla Syrup

PEACH MANGO

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

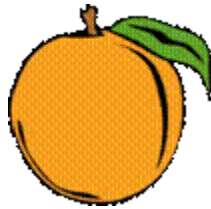
1 C. Water

2 – 3 Frozen Peach Slices

Small handful of Frozen Mango Pieces

1/2 Tbsp. Peach Jell-O,

1 Splenda packet to sweeten (optional)



PINA COLADA

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1/2 cup Piña Colada Juice

4 Ice Cubes

PUMPKIN PIE

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

3 Tbsp. Real Pumpkin

1 Tbsp. Vanilla Syrup

Dash Pumpkin

Spice Dash Cinnamon

1 Tbsp. Splenda

ROCKY ROAD

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1C. Water

1 Tbsp. Chocolate Pudding Mix,

Pecans

Mini Marshmallows (sugar free/fat free)



ROOTBEER

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 Tbsp. Root Beer Syrup

STRAWBERRY BANANA

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1/2 of Banana

2 Strawberries

UPSIDE DOWN PINEAPPLE SHAKE

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water Pineapple Chunks (frozen)

1 tsp. Butter Buds

1 Tbsp. Vanilla Pudding

VANILLA ALMOND

2 Tbsp. Herbalife Formula 1

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 Tbsp. Almond Syrup

VANILLA ORANGE

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

2 Tbsp. Frozen Orange Juice

VANILLA ORANGE BANANA

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1/2 of Banana

2 Tbsp. Frozen Orange Juice

WHITE CHOCOLATE RASBERRY CHEESECAKE

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

2 Tbsp. of Frozen Raspberries

1/2 Tbsp. White Chocolate Pudding

1/2 Tbsp. Cheesecake Pudding

1 Tbsp. Raspberry Syrup

BANANA PEACH FREEZE

2 Tbsp. Herbalife Formula 1 Vanilla

1/2 Envelope Peach Flavored Sugar Free Gelatin

8 fl. oz. Boiling Water

1/2 Banana

Cup Plain Vanilla Yogurt

1. Dissolve Jell-O in water
2. Then mix all ingredients in blender until smooth
3. Freeze until firm, but scoopable

BUTTER PECAN FREEZE

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

2 oz. Butter Pecan Coffee Creamer

Lots of Ice Cubes (8+)

COFFEE AMARETTO FREEZE

2 Tbsp. Herbalife Formula 1 Vanilla

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

2 oz. Amaretto Coffee Creamer

1/2 tsp. Instant Coffee

Lots of Ice Cubes (8+)

BANANA BERRY SMOOTHIE

2 Tbsp. Herbalife Formula 1 Vanilla

8 oz. Berry Flavored Yogurt

1/2 Medium Banana

1/2 Cup Water

BLUEBERRY ORANGE SMOOTHIE

2 Tbsp. Herbalife Formula 1 Vanilla

1/2 Cup Blueberries

1/2 Cup Vanilla Nonfat Yogurt

1/4 Cup Orange Juice

1-2 Tbsp. Herbalife Protein Powder

1 C. Water

1 Tbsp. Vanilla Syrup

ANGIE'S SCRUMPTIOUS PIES

PIES IN A SINGLE SERVING CUP



Break 1 Keebler pie crust in a zip lock bag and place 1 Tbsp. of crust in the bottom of an 8 oz. soup cup. (You can purchase these at Gordon food service along with the lids) Fill each cup with 1/3 cup favorite pie filling. Place a dollop of light whip cream on top.

BANANA PIE

Ingredients:

1 cup Vanilla Formula 1 Herbalife1 **or** 1/2 cup Vanilla & 1/2 cup Tropical Fruit Formula 1 Herbalife
4 Tbsp. Herbalife Protein Powder
2 Cups Water
1 pkg. Banana Sugar Free Pudding
1 Ready-Made Pie Crust (ex: shortbread)

Directions:

1. Mix Formula 1 and Protein Powder & water together
2. Add Pudding
3. Mix well
4. Pour into pie crust and chill for 1 hour
5. When chilled, add Light Cool Whip
6. Cut into 8 equal pieces
7. Each piece = 1 shake

BANANA SPLIT PIE

Ingredients:

1 cup Tropical Fruit Formula 1

1 8 oz. can Crushed Pineapple (juice and all)

1 small box Banana Pudding

4 Tbsp. Herbalife Protein Powder

2 Cups Water

1 Shortbread Crust

Cool Whip

1/4 cup Chopped Walnuts

8 Maraschino Cherries (place on paper towel to drain)

Directions:

1. Mix Formula 1, Protein Powder & water together
2. Add Pineapple and Pudding (Mix until well blended)
3. Pour into crust and chill for 1 hour
4. Add Cool whip
5. Top with Walnuts and Cherries
6. Cut into 8 pieces
7. Each piece = 1 shake

BLUEBERRY MUFFIN PIE

From: Coach Jan & Jeff B

Ingredients:

1/4 cup Frozen or Dried Blueberries

1 cup Vanilla Formula 1 Herbalife

4 Tbsp. Herbalife Protein Powder

2 Cups Water

1 small box Sugar Free Pistachio Pudding

Shortbread Crust

Cool Whip

Directions:

1. Blend Formula 1 Protein Powder & water - If using Frozen Blueberries, blend in blender with above
2. Add Pudding & blend until smooth
3. If using Dried Blueberries, fold into pie before pouring in crust
4. Pour into crust & add Cool Whip
5. Chill for several hours

*Tastes Fabulous...smells like a Blueberry Muffin

BUTTERSCOTCH PIE**Ingredients:**

- 1 cup Vanilla Formula 1 Herbalife
- 4 Tbsp. Herbalife Protein Powder
- 2 Cups Water
- 1 pkg. Butterscotch Sugar Free Pudding
- 1 Ready-Made Pie Crust (ex: Graham Cracker)

Directions:

1. Mix Formula 1, Protein Powder & water together
2. Add Pudding
3. Mix well
4. Pour into crust and chill for 1 hour
5. When chilled, add Light Cool Whip
6. Cut into 8 pieces
7. Each piece equals 1 shake

CARROT CAKE PIE

From: Coach Tracy B.

**Ingredients:**

- 1 cup Herbalife Formula 1 Vanilla
- 4 Tbsp. Herbalife Formula 3 Protein Powder
- 2 Cups Water
- 3/4 cup Shredded Carrots (I put mine in a mini chopper)
- 1/2 tsp. Cinnamon
- 1/2 tsp. Nutmeg
- 1/2 tsp. All spice
- 1 small box of Vanilla Pudding
- 8 oz. Cream Cheese

Directions:

1. Mix Formula 1 and Protein Powder & water together & Cream Cheese
2. Add Carrots & Spices – mix well
3. Add Pudding and mix
4. Pour into Pie Crust
5. Top with French Vanilla Cool Whip and
6. Nuts, if desired

CHOCOLATE CHEESECAKE PIE**Ingredients:**

- 1 cup of Chocolate Formula 1 Herbalife

4 Tbsp. Herbalife Protein Powder

2 Cups Water

4 oz. Soft Light Cream Cheese

1 box of Sugar Free Cheesecake Pudding

1 Shortbread Crust

Directions:

1. Mix Formula 1 and Protein Powder & water together
2. Remove Cream Cheese from wrapper
3. Soften in microwave
4. Add to mix, then add Pudding
5. When well mixed, pour into Shortbread crust
6. Chill for 1 hour
7. Top with Light Cool Whip topping
8. Cut into 8 pieces
9. Each piece = 1 shake plus 50 calories

CHOCOLATE PIE

Ingredients:

1 cup Vanilla or Chocolate Formula 1 Herbalife

4 Tbsp. Herbalife Protein Powder

2 Cups Water

1 pkg. Chocolate Sugar Free Pudding

1 Ready-Made Pie Crust (ex: Graham Cracker)

Directions:

1. Mix Formula 1 and Protein Powder & water together
2. Add Pudding
3. Mix well

4. Pour into pie crust and chill for 1 hour
5. When chilled, add Light Cool Whip
6. Cut into 8 equal pieces
7. Each piece = 1 shake

CHUNKY MONKEY PIE

From Coach Chris S. Adapted from Ben & Jerry's ice cream flavor

Ingredients:

- 1 cup Chocolate Formula 1 Herbalife
- 4 Tbsp. Herbalife Protein Powder
- 2 Cups Water
- 1/2 cup Peanut Butter
- 1 small box Banana Pudding
- 1/4 tsp. Banana Flavoring (not sure if you'll need it, but pops the banana flavor a bit)
- 1 Chocolate or Shortbread Crust
- Cool Whip with a mini Nutter Butter cookie on top

Directions:

1. Blend Formula 1 and Protein Powder & water together
2. Add Peanut Butter
3. Mix in Banana Pudding & Banana Flavoring
4. Pour into crust and top with Whip Cream
5. Refrigerate for at least 1 hour
6. Makes 8 meal replacements

COCONUT PIE

Ingredients:

- 1 cup Vanilla Formula 1 Herbalife

4 Tbsp. Herbalife Protein Powder & 2 Cups Water

1 pkg. Vanilla Sugar Free Pudding

1/4 cup Coconut

1 Tbsp. Coconut Syrup

1 Ready-Made Pie Crust (ex: Graham Cracker)

Directions:

1. Mix Formula 1 and Protein Powder & water together
2. Add Coconut Extract
3. Mix well
4. Add Pudding
5. Then mix in Coconut
6. Pour into pie crust and chill for 1 hour
7. When chilled, add Light Cool Whip
8. Cut into 8 equal pieces
9. Each piece equals 1 shake

EGGNOG PIE

Ingredients:

1 cup Vanilla Formula 1

4 Tbsp. Herbalife Protein Powder

2 Cups Water

1 pkg. Sugar Free Vanilla Pudding

1 Keebler Shortbread Crust

1/2 tsp. Nutmeg,

French Vanilla Cool Whip

Directions:

1. Mix Formula 1 and Protein Powder &

2. water together
3. Add Nutmeg
4. Add Pudding and mix till blended well
5. Pour into crust
6. Chill for an hour
7. Add Cool Whip
8. Cut into 8 pieces
9. Each piece = 1 shake!

P.S. I like to add a little more nutmeg on top of the Cool whip!

FRENCH VANILLA CHAI

From: Coach Becky O'B

Ingredients:

- 1 cup Vanilla or Cookies & Cream Formula 1 Herbalife
- 4 Tbsp. Herbalife Protein Powder
- 2 Cups Water
- 1/2 cup Fat Free French Vanilla Liquid Non-Dairy Creamer
- 1 pkg. French Vanilla Instant Pudding fat free sugar free
- 1/4 tsp. each Ground Cinnamon and Ginger
- 1/8 tsp. each Ground Cardamom, All spice and Cloves

Directions:

1. Combine all ingredients and mix well
2. Pour into a Reduced Fat Graham Cracker Crust
3. Refrigerate for at least 2 hours or freeze
4. Top with Light Cool Whip

HAWAIIAN PIE

**Ingredients:**

- 1 cup Tropical Fruit Formula 1
- 1 8 oz. can Crushed Pineapple (juice and all)
- 1 pkg. Pistachio Pudding (small box)
- 4 Tbsp. Herbalife Protein Powder
- 2 Cups Water
- 1 Shortbread Crust
- Light Cool Whip
- 1/4 cup Chopped Walnuts

Directions:

1. Mix Formula 1 and Protein Powder & water together
2. Add Pineapple and Pudding
3. Mix until well blended
4. Pour into crust and chill for 1 hour
5. Add Cool Whip
6. Top with Walnuts
7. Cut into 8 pieces
8. Each piece = 1 shake

KEY LIME PIE**Ingredients:**

- 1 cup Vanilla Formula 1
- 1 1/2 cup of Boiling Water

1 packet of Lime Jell-O

Zest of 2 Limes

Juice of 2 Limes

4 oz. of Soft Light Cream Cheese

2 containers of Key Lime Pie Yogurt

1 box of Sugar Free Vanilla Pudding

Directions:

1. Add Lime Jell-O to boiling water
2. Add Lime Zest & Juice until dissolved
3. Mix in Formula1 with mixer.
4. Add Cream Cheese, Yogurt, then Pudding
5. Put in crust or single serving cups
6. Let chill for 1 hour
7. Top with Light Cool Whip topping
8. Enjoy!

LEMON SUPREME PIE

Ingredients:

1 cup Vanilla Formula 1

4 Tbsp. Herbalife Protein Powder

2 Cups Water

1 capful Lemon Extract

4 oz. of soft Light Cream Cheese

1 box of Sugar Free Lemon Pudding

Directions:

1. Mix Formula 1 and Protein Powder & water together
2. Remove Cream Cheese from wrapper and soften in microwave
3. Add to mix, then add Pudding

4. When well mixed, pour into Shortbread Crust or single serving cups
5. Chill for 1 hour
6. Top with Light Cool Whip topping
7. Enjoy!

MINT MILANO COOKIE PIE

From: Coach Kathy S

Ingredients:

- 1 cup Cookies and Cream Formula 1 Herbalife
- 1 small pkg. Sugar Free Chocolate Fudge Pudding
- 4 Tbsp. Herbalife Protein Powder
- 2 Cups Water
- 3/4 tsp. Peppermint Extract or 1/4 cup Crème De Menthe,
- Green Food Coloring, if desired,
- 1 Shortbread Pie Crust

Directions:

1. Mix Formula 1 and Protein Powder & water together
2. Add Pudding
3. Blend until smooth
4. Add Extract – pour into crust
5. Chill for several hours before serving
6. Top with a dollop of Cool Whip, if desired S
7. Makes 8 meal replacements

OREO PIE

**Ingredients:**

- 1 cup Cookies and Cream Formula 1 Herbalife
- 4 Tbsp. Herbalife Protein Powder & 2 Cups Water
- 1 pkg. White Chocolate Sugar Free Pudding
- 1 Ready-Made Pie Crust (ex: Oreo Crust)

Directions:

1. Mix Formula1 and Protein Powder & water together
2. Add Pudding
3. Mix well
4. Pour into pie crust and chill for 1 hour
5. When chilled, add Light Cool Whip
6. Cut into 8 equal pieces
7. Each piece = 1 shake

PEANUT BUTTER PIE**Ingredients:**

- 1 cup Vanilla or Chocolate Formula 1 Herbalife,
- 4 Tbsp. Herbalife Protein Powder
- 2 Cups Water
- 1 pkg. White Chocolate Sugar Free Pudding
- 1 Ready-Made Pie Crust (ex: Keebler Chocolate)
- 1/4 cup Peanut Butter

Directions:

1. Mix Formula 1 and Protein Powder & water together
2. Add Peanut Butter
3. Mix well
4. Add Pudding Mix
5. Pour into pie crust and chill for 1 hour
6. When chilled, add Light Cool Whip
7. Cut into 8 equal pieces
8. Each piece = 1 shake plus 50 calories

PISTACHIO PIE

Ingredients:

- 1 cup Vanilla Formula 1 Herbalife
- 4 Tbsp. Herbalife Protein Powder
- 2 Cups Water
- 1 pkg. Pistachio Sugar Free Pudding
- 1 Ready-Made Pie Crust (ex: Graham Cracker)

Directions:

1. Mix Formula 1 and Protein Powder & water together
2. Add Pudding
3. Mix well
4. Pour into pie crust and chill for 1 hour
5. When chilled, add Light Cool Whip
6. Cut into 8 equal pieces
7. Each piece = 1 shake

PUMPKIN CHEESECAKE PIE!!

Ingredients:

- 1 cup Herbalife Vanilla Formula 1

4 Tbsp. Herbalife Protein Powder

2 Cups Water,

1 cup Pumpkin

4 oz. Light Cream Cheese

1 tsp. Pumpkin Pie Spice

1 pkg. Sugar Free Cheesecake Pudding

1 Keebler Graham Cracker Crust

Directions:

1. Mix Formula 1 and Protein Powder & water together, pumpkin, spice, and softened cream cheese together
2. Add Pudding
3. Mix until well blended
4. Pour into Pie Crust
5. Chill for 1 hour & add Light Cool Whip
6. Cut into 8 pieces
7. Each piece = 1 shake

PUMPKIN PIE!!

Ingredients:

1 cup Herbalife Vanilla Formula 1

4 Tbsp. Herbalife Protein Powder

2 Cups Water

1 cup Pumpkin

1 tsp. Pumpkin Pie Spice

1 pkg. Sugar Free Vanilla Pudding

1 Keebler Graham Cracker Crust

Directions:

1. Mix Formula 1 and Protein Powder & water together, Pumpkin and Spice together
2. Add Pudding

3. Mix till well blended
4. Pour into Crust
5. Chill for 1 hour
6. Add Light Cool Whip
7. Cut into 8 pieces.
8. Each piece = 1 shake

SNICKERS PIE

For the TRUE chocolate lover From: Coach Teri W.

Ingredients:

- 1 cup Chocolate Formula1 Herbalife
- 4 Tbsp. Herbalife Protein Powder
- 2 Cups Water
- 1 small box Chocolate Sugar Free Pudding
- 1 tsp. Baking Cocoa
- 1/4 cup Chunky Peanut Butter
- Finely chopped peanuts for topping

Directions:

1. Mix Formula 1, Water and Protein Powder, Cocoa, Peanut butter, and Pudding
2. Mix well
3. Pour into Oreo Crust
4. Refrigerate until set
5. Spread Light Cool Whip on top
6. Sprinkle with 1 tsp. Finely Chopped Peanuts

STRAWBERRY CHEESECAKE PIE

Ingredients:

- 1 cup of Formula 1 Strawberry

4 Tbsp. Herbalife Protein Powder

2 Cups Water

4 oz. soft Light cream Cheese

1 small pkg. Sugar free Cheesecake Pudding

1 Keebler Shortbread Crust

Directions:

1. Mix Formula 1, Protein Powder and Water together
2. Remove Cream Cheese from wrapper and soften in microwave
3. Add to mix, then add Pudding
4. When well mixed, pour into Shortbread Crust
5. Top with Light Cool Whip
6. Cut into 8 pieces
7. Each piece = 1 shake plus 50 calories

TURTLE PIE

Ingredients:

1 cup Vanilla or Chocolate Formula1 Herbalife

4 Tbsp. Herbalife Protein Powder

2 Cups Water

1 small pkg. Vanilla or White Chocolate Sugar Free Pudding

1 Keebler Shortbread Crust

4 Tbsp. Low Fat Caramel Sunday topping

Directions:

1. Mix Formula 1 and Protein Powder and Water together
2. Add Pudding, mix until blended well
3. Pour into Pie Crust
4. Chill for an hour
5. Warm Caramel topping in microwave (Save a little bit to drizzle on top of Cool Whip)

6. Spread Caramel on top of pie
7. Add Light Cool Whip
8. Add 2 Tbsp. of Pecans on top of pie
9. Add remaining Caramel topping if you'd like!

VANILLA NUTMEG PIE

Ingredients:

- 1 cup Vanilla Formula 1 Herbalife
- 4 Tbsp. Herbalife Protein Powder
- 2 Cups Water
- 1 pkg. Sugar Free Vanilla Pudding
- 1/2 - 1 tsp. Nutmeg
- 1 Ready-Made Pie Crust (ex: Shortbread)

Directions:

1. Mix Formula 1 and Milk together
2. Add Pudding. Mix well.
3. Pour into Crust and chill for 1 hour
4. When chilled, add Light Cool Whip
5. Cut into 8 pieces
6. Each piece = 1 shake

PROTEIN BARS HERBALIFE

BROWNIE

Unwrap one Herbalife Chocolate Protein Bar.

Place on microwave on safe plate. Place in microwave for 15 seconds.

When done, top with light whip topping Then sprinkle with pecans or walnuts

PEANUT BUTTER BARS

Unwrap one Peanut Butter Protein Bar

Top with a thin layer of peanut butter.

When it's hot outside, freeze and enjoy!

SHAKE BARS

(Only 1 Bar per Day)

CHEWY CRUNCHY SNACK BARS

Ingredients:

1 cup Formula 1 Herbalife (your choice)

1/2 cup Quick Oats

1/2 cup Rice Krispies

1 cup Nonfat Dry Milk

ADD...

1/2 cup Peanut Butter

1/2 cup + 3 Tbsp. Honey

Directions:

1. Blend together thoroughly
2. Press into 8 x 8 pan
3. Cut into 8 equal bars

LEMON CRUNCH BARS

Ingredients:

1 cup Herbalife Vanilla Formula 1

2 Tbsp. Sugar-Free Instant Lemon Pudding

Mix 1 1/2 cups Rice Krispies

1/3 cup Honey (warm in Microwave)

2 Tbsp. Water

Directions:

1. Mix dry ingredients
2. Add Water & Honey
3. Mix and press in loaf pan

4. Cut into 8 pieces
5. 1 piece = 1 shake

MAPLE PECAN BARS

(Angie's favorite)

Ingredients:

- 1 cup Herbalife Vanilla Formula 1
- 1 cup Quick Oatmeal
- 1/2 cup Peanut Butter
- 1/2 cup Pure Maple Syrup
- 1 – 2 capfuls Maple Flavoring
- 1/2 cup Chopped Pecans

Directions:

1. Mix all ingredients together
2. Press into an 8 x 8 pan
3. Cut into 8 equal squares
4. 1 bar = 1 shake

MARSHMALLOW CRISPS

Ingredients:

- 1 cup Formula1 Herbalife (your choice)
- 7 oz. jar Marshmallow Cream
- 1 – 2 Tbsp. Water
- 4 cups Rice Krispies or Cocoa Krispies

Directions:

1. Mix Marshmallow Cream and Formula
2. Add Water
3. When mixed, add Rice Krispies

4. Blend together
5. Press into 8 x 8 pan
6. Cut into 8 equal bars

PEANUT BUTTER FUDGE

Ingredients:

- 1 cup Vanilla or Chocolate Formula 1 Herbalife
- 1/2 cup Peanut Butter
- 1/2 cup Honey
- 1 cup Dry Milk

Directions:

1. Mix all ingredients
2. Press in an 8 x 8 pan
3. Cut in 8 pieces (1 piece = 1 shake)

CRUNCHY PEANUT BUTTER FUDGE

Ingredients:

- 2 cups Vanilla or Chocolate Formula 1 Herbalife,
- 1 3/4 to almost 2 cups Nonfat Dry Milk
- 1 – 18 oz. jar Chunky Peanut Butter
- 1 cup Honey
- 1/2 cup Water

Directions:

1. Heat the Peanut Butter, Honey, & Water in microwave till warm
 2. Pour over the top of Formula 1 and Dry Milk
 3. Press into a 13 x 9 pan
 4. Cut into 16 equal pieces
- 20 grams of protein

363 calories

ORIGINAL SHAKE BARS



Ingredients:

- 1 cup Herbalife Formula 1 (Your Choice)
- 1/2 cup Honey
- 1/2 cup Reduced Fat Peanut Butter
- 1/2 cup Chocolate Chips (white, choc, butterscotch, etc.)
- 3 Tbsp. Water
- 1 cup Quick Oats
- 2 cups Rice Krispies

Directions:

1. Melt together first 4 ingredients
2. Mix dry ingredients into 8 x 8 pan
3. Mix thoroughly
4. Press flat
5. Refrigerate for 1 hour
6. Cut into 8 equal bars

THE ROGER ENERGY BAR

Mix together:

Ingredients:

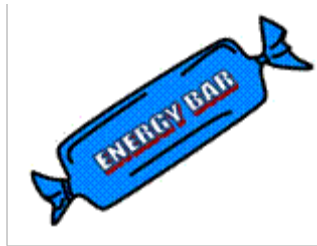
- 1 Cup Herbalife Vanilla Formula 1
- 1 Cup Raw Oatmeal
- 1/3 Cup of Coconut (unsweetened is better than sweetened)

1/3 Cup Raisins

2/3 Cup Grape Nuts

Directions:

1. For a variation, I sometimes also add 1/8 to 1/4 cup of Almond Slivers.
2. Warm & mix:
3. 1/2 Cup Honey
4. 1/3 Cup Peanut Butter
5. After heating the Honey and Peanut Butter, Mix them together to form a paste.
6. Then Mix with dry ingredients. Add 2 Tbsp. water to thin it out. Mix all ingredients thoroughly,
7. Spread in 8 x 8 pan & place in fridge to set. Cut into 8 bars.
8. The bars will keep without refrigeration for several days, but do wrap them separately before placing in a zip lock bag.



My Recipes

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