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Shake Recipes



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Discover a tasty shake for everyday

This book began with you, and your goals, in mind. Designed to be a treat for the taste buds and the body, each shake provides the nutrients you need in every delicious sip. Many of the rich flavours and smooth textures shown here are thanks to award-winning chef Eyüp Kemal Sevinç, who helped to develop a number of the recipes.

Turn the pages and discover shake after shake that taste as delightful as they look, yet require minimal preparation. Enjoy the recipes and keep leading your healthy active lifestyle – we've got the shakes covered.



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ROSE SHERBET



Ingredients (Serves 1)

250 ml Water
3 Tablespoons Rose Water
2 Scoops (26 g) **Formula 1 Vanilla Shake Mix**
Shake Mix
1 Scoop (14 g) **Protein Drink Mix**

Directions

Add ingredients in the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with rose petals.

Serving suggestion: Add a few ice cubes to water and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 16.5 g | **Kilojoules:** 631 kJ
Carbs: 12 g | **Fat:** 3 g | **Fiber:** 3 g



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COCONUT DELIGHT



Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5 % fat)
1 Tablespoon Desiccated Coconut
1/4 Banana
1 Teaspoon Orange Zest
1 Tablespoon Plain Muesli
2 Scoops (26 g) **Formula 1 Chocolate Shake Mix**

Directions

Slice the banana and mix with milk in the blender. Make sure the banana is properly smashed. Add the remaining ingredients in the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with powdered coconut.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 20.5 g | **Kilojoules:** 1639 kJ
Carbs: 40 g | **Fat:** 17 g | **Fiber:** 6 g



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WATERMELON CHEESE CLASSIC



Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5 % fat)
1.5 Tablespoons Cheese
3-4 Drops of Lime
1 Palm-Sized of Watermelon,
4 Fresh Mint Leaves
2 Scoops (26 g) **Formula 1 Vanilla Shake Mix**
Shake Mix

Directions

Add ingredients in the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with fresh mint leaves.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 21 g | **Kilojoules:** 1279 kJ

Carbs: 37 g | **Fat:** 8 g | **Fiber:** 3.3 g



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SURPRISE DELIGHT



Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5 % fat)
2 Tablespoons Soft Goat Cheese
6 Fresh Spinach Leaves
1 Tablespoon of Pine Nuts
2 Scoops (26 g) **Formula 1 Vanilla Shake Mix**

Directions

Add ingredients in the blender and mix until the desired consistency is achieved. Serve straight away.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 27 g | **Kilojoules:** 1672 kJ

Carbs: 23 g | **Fat:** 22 g | **Fiber:** 3.4 g



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GINGER FRESHNESS



Ingredients (Serves 1)

- 250 ml Fruit Juice
- 6 Hazelnuts
- 3 Fresh Mint Leaves
- 1 Pinch Fresh Grated Ginger
- 2 Scoops (26 g) **Formula 1 Tropical Fruit Shake Mix**
- 1 Scoop (6 g) **Personalised Protein Powder**

Directions

Add ingredients in the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with fresh mint leaves.

Serving suggestion: Add a few ice cubes to fruit juice and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 16 g | **Kilojoules:** 1292 kJ

Carbs: 43 g | **Fat:** 7 g | **Fiber:** 4 g



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YOGURT DELIGHT



Ingredients (Serves 1)

- 250 ml Water
- 3 Tablespoons Light Yogurt
- 1 Tablespoon Oats
- 1 Teaspoon Orange Zest
- 8 Raisins
- 2 Scoops (26 g) **Formula 1 Chocolate Shake Mix**
- 1 Scoop (6 g) **Personalised Protein Powder**

Directions

Add ingredients in the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with grated orange rinds.

Serving suggestion: Add a few ice cubes to water and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 16 g | **Kilojoules:** 723 kJ

Carbs: 22 g | **Fat:** 3 g | **Fiber:** 3 g



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SOUR CHERRY BREEZE



Ingredients (Serves 1)

250 ml Sour Cherry Compote
12 Shelled Peanuts
2 Scoops (26 g) Formula 1 Vanilla Shake Mix
1 Scoop (6 g) Personalised Protein Powder

Ingredients for Sour Cherry Compote

1 Bowl of Sour Cherries (Fresh or Frozen)

Preparation of Sour Cherry Compote

Boil one bowl of sour cherries in 1 litre of water and let it cool down. Separate the water and cherries. The water is now ready to be used as the compote. Discard the fruit or use in another recipe.

Directions

Add ingredients in the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with crushed peanuts.

Serving suggestion: Add a few ice cubes to the sour cherry compote and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 19 g | **Kilojoules:** 928 kJ

Carbs: 12 g | **Fat:** 11 g | **Fiber:** 4 g



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GREEN DELIGHT



Ingredients (Serves 1)

- 250 ml Semi-Skimmed Milk (1.5 % fat)
- 1 Medium Kiwi (Peeled)
- 2 Slices of Pineapple
- 4 Fresh Spinach Leaves
- 2 Scoops (26 g) **Formula 1 Vanilla Shake Mix**

Directions

Slice the kiwi and the pineapple. Add ingredients in the blender and mix until the desired consistency is achieved. Serve straight away.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 21.3 g | **Kilojoules:** 1868 kJ

Carbs: 77 g | **Fat:** 8 g | **Fiber:** 8 g



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APPLE LEMON GINGER SHAKE



Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5 % fat)
1/2 Apple
4 Tablespoon Lemon Juice
1 Tablespoon Ginger (Grated)
2 Scoops (26 g) Formula 1 Vanilla Shake Mix

Directions

Slice apples. Add ingredients in the blender and mix until the desired consistency is achieved. Serve straight away.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 18 g | **Kilojoules:** 1058 kJ

Carbs: 29 g | **Fat:** 7 g | **Fiber:** 3 g



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CARROT CAKE SHAKE



Ingredients (Serves 1)

- 250 ml Semi-Skimmed Milk (1.5 % fat)
- 1 Medium Steamed Carrot
(Steamed and Sliced)
- 1 Tablespoon Low-Fat Cream Cheese
- 8 Raisins
- 1 Whole Walnut
- 1 Teaspoon Cinnamon
- 1 Teaspoon Desiccated Coconut
- 2 Scoops (26 g) **Formula 1 Vanilla Shake Mix**

Directions

Add ingredients into the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with cinnamon.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 21 g | **Kilojoules:** 1705 kJ

Carbs: 33 g | **Fat:** 22 g | **Fiber:** 6.7 g



FRUIT BASKET



Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5 % fat)
1/8 Apple
1/8 Pear
1/4 Pineapple Slice
1 Apricot
1 Tablespoon Melon
1 Whole Walnut
1/2 Teaspoons Cinnamon
2 Scoops (26 g) Formula 1 Vanilla Shake Mix

Directions

Add ingredients into the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with cinnamon.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 19 g | **Kilojoules:** 1425 kJ
Carbs: 45 g | **Fat:** 10 g | **Fiber:** 6 g



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ORANGE PEANUT BUTTER



Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5 % fat)
1 Tablespoon Peanut Butter
1 Teaspoon Grated Orange Rinds
3 Drops of Lime
2 Scoops (26 g) **Formula 1 Chocolate**
Shake Mix

Directions

Add ingredients into the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with grated orange rinds.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 22 g | **Kilojoules:** 1296 kJ

Carbs: 26 g | **Fat:** 13 g | **Fiber:** 3.3 g



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LOVE OF RED



Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5 % fat)
3 Sour Cherries (Fresh or Frozen)
3 Blackberries (Fresh or Frozen)
3 Raspberries (Fresh or Frozen)
1/2 Slice Watermelon (About half the size of your palm)
4 Fresh Mint Leaves
2 Scoops (26 g) **Formula 1 Vanilla Shake Mix**

Directions

Add ingredients into the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with fresh mint leaves.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 18 g | **Kilojoules:** 1145 kJ

Carbs: 33 g | **Fat:** 7 g | **Fiber:** 4.2 g



APPLE PIE SHAKE



Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5 % fat)
1 Small Green Apple (Peeled)
1 Teaspoon Cinnamon
1 Teaspoon Powdered Coconut Flakes
2 Cloves
2 Scoops (26 g) **Formula 1 Vanilla Shake Mix**

Directions

Add ingredients into the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with cinnamon.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 19 g | **Kilojoules:** 1459 kJ

Carbs: 44 g | **Fat:** 10 g | **Fiber:** 7.8 g



VANILLA CARROT CAKE



Ingredients (Serves 1)

250 ml soy milk
1/8 Avocado (Sliced)
2 Tablespoons Carrot Grated
2 Scoops (26 g) **Formula 1 Free From**
Shake Mix

Directions

Add ingredients into the blender and mix until the desired consistency is achieved. Serve straight away.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 17 g | **Kilojoules:** 932 kJ

Carbs: 18 g | **Fat:** 10 g | **Fiber:** 5 g



SOUR APPLE DELIGHT



Ingredients (Serves 1)

250 ml Mineral Water (Cold)
1/4 Green Apple
1 Tablespoon Grated Cucumbers
(1/4 Cucumber, Grated)
4 Drops of Lime
6 Fresh Mint Leaves
2 Scoops (26 g) **Formula 1 Free From**
Shake Mix
1 Scoop (6 g) **Personalised Protein Powder**

Directions

Add ingredients into the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with fresh mint leaves.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 15 g | **Kilojoules:** 598 kJ

Carbs: 13 g | **Fat:** 2 g | **Fiber:** 5 g



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ALMOND PEACH SHAKE



Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5 % fat)
150 g Peach
1/4 Tablespoon Almond Extract
A Few Slices of Ginger
2 Scoops (26 g) **Formula 1 Vanilla Shake Mix**

Directions

Slice the peach and ginger. Add ingredients into the blender and mix until the desired consistency is achieved. Serve immediately.

Serving suggestion: Add a few ice cubes to the milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 19 g | **Kilojoules:** 1187 kJ
Carbs: 35 g | **Fat:** 7 g | **Fiber:** 4.7 g



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RED VELVET SHAKE



Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5 % fat)
75 g Strawberry
50 g Red Beet (Unsalted)
2 Tablespoons Low-Fat Cream Cheese
2 Scoops (26 g) Formula 1 Vanilla Shake Mix

Directions

Slice the beet and strawberries. Add ingredients into the blender and mix until the desired consistency is achieved. Serve immediately. You can garnish the serving glass with slices of strawberry.

Serving suggestion: Add a few ice cubes to the milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 22 g | **Kilojoules:** 1471 kJ
Carbs: 35 g | **Fat:** 13.5 g | **Fiber:** 5.4 g



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SOUR CHERRY CHEESE SHAKE



Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5 % fat)
75 g Sour Cherry (Frozen)
80 g Cottage Cheese
2 Scoops (26 g) **Formula 1 Vanilla Shake Mix**

Directions

Add ingredients into the blender and mix until the desired consistency is achieved. Serve immediately.

Serving suggestion: Add a few ice cubes to the milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 28 g | **Kilojoules:** 1129 kJ

Carbs: 32 g | **Fat:** 8 g | **Fiber:** 3.7 g



SPICY CHAI SHAKE



Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5 % fat)
1 Small Banana
1/2 Spoons Chai (cinnamon, clover, white pepper, cardamom)
1/2 Teaspoons Herbalife Instant Herbal Beverage – Original
2 Scoops (26 g) Formula 1 Vanilla Shake Mix

Directions

Slice the banana. Add ingredients into the blender and mix until the desired consistency is achieved. Serve immediately.

Serving suggestion: Add a few ice cubes to the milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 18 g | **Kilojoules:** 1338 kJ

Carbs: 45 g | **Fat:** 7 g | **Fiber:** 5 g



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PISTACHIO CHEESE DELIGHT



Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5 % fat)
2 Tablespoons Low-Fat Cheese
2 Tablespoons Powdered Pistachio
2 Tablespoons Grated Cucumbers
(1/2 Cucumber, Grated)
2 Scoops (26 g) **Formula 1 Mint Chocolate**
Shake Mix

Directions

Add ingredients into the blender and mix until the desired consistency is achieved. Serve straight away.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 26 g | **Kilojoules:** 1802 kJ

Carbs: 30 g | **Fat:** 22 g | **Fiber:** 7 g



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MINTY POMEGRANATE



Ingredients (Serves 1)

150 ml Semi-Skimmed Milk (1.5 % fat)
100 ml Pomegranate Juice
4 Fresh Mint Leaves
2 Scoops (26 g) **Formula 1 Chocolate**
Shake Mix

Directions

Add ingredients into the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with fresh mint leaves.

Serving suggestion: Add a few ice cubes to milk and pomegranate and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 18 g | **Kilojoules:** 1170 kJ

Carbs: 34 g | **Fat:** 8 g | **Fiber:** 2.6 g



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STRAWBERRY KIWI SHAKE



Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5 % fat)
75 g Strawberry (Frozen)
1 Kiwi (Ripe)
1/2 Medium-Size Orange
2 Scoops (26 g) **Formula 1 Strawberry Shake Mix**

Directions

Slice the orange into big pieces. Slice the kiwi. Add ingredients into the blender and mix until the desired consistency is achieved. Serve immediately. You can garnish the serving glass with kiwi slices.

***Serving suggestion:** Add a few ice cubes to the milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.*

Nutritional Values:

Protein: 21 g | **Kilojoules:** 1580 kJ
Carbs: 58 g | **Fat:** 8.3 g | **Fiber:** 12 g



CINNAMON LINDEN



Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5 % fat)

1 Teacup of Tea

2 Tablespoons Oats

1/2 Teaspoons Cinnamon

2 Scoops (26 g) **Formula 1 Chocolate**

Shake Mix

Directions

Add ingredients in the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with cinnamon.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 23 g | **Kilojoules:** 1438 kJ

Carbs: 40 g | **Fat:** 10 g | **Fiber:** 5.7 g



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PERFECT DUO



Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5 % fat)

4 Strawberries

2 Tablespoons Grated Carrots

1 Tablespoon Sliced Almonds

2 Scoops (26 g) **Formula 1 Chocolate**

Shake Mix

Directions

Add ingredients in the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with crushed almonds.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 20 g | **Kilojoules:** 1195 kJ

Carbs: 27 g | **Fat:** 12 g | **Fiber:** 4.7 g



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APPLE COMPOTE WITH MOLASSES



Ingredients (Serves 1)

250 ml Apple Compote
2 Teaspoons of Molasses
2 Scoops (26 g) **Formula 1 Vanilla Shake Mix**
1 Scoop (14 g) **Protein Drink Mix**

Ingredients for Apple Compote

2 Sweet Apples

Preparation of Sour Apple Compote

Boil 2 sweet unpeeled diced apples in one litre of water and cool. Separate the water and apples. The water is now ready to be used as the compote. Discard the fruit or use in another recipe.

Directions

Add ingredients in the blender and mix until the desired consistency is achieved.

Serving suggestion: Add a few cubes of ice in the apple compote and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 16 g | Kilojoules: 1116 kJ

Carbs: 42 g | Fat: 3 g | Fiber: 3 g



BANANA PUMPKIN SHAKE



Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5 % fat)
100 g Pumpkin (Boiled)
1 Small Banana
1 Teaspoon of Cinnamon
2 Scoops (26 g) Formula 1 Vanilla Shake Mix

Directions

Slice the banana. Add ingredients into the blender and mix until the desired consistency is achieved. Serve immediately. You can garnish the serving glass with cinnamon.

Serving suggestion: Add a few ice cubes to the milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Values:

Protein: 19 g | **Kilojoules:** 1463 kJ

Carbs: 49 g | **Fat:** 7.5 g | **Fiber:** 6.2 g



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