



PROTEIN DRINK MIX

Shake Recipes



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Berry & Vanilla Shake

Ingredients

- 1 scoop Herbalife Formula 1 Nutritional Shake Mix, French Vanilla
- 1 scoop Herbalife Formula 1 Nutritional Shake Mix, Berry
- 2 scoops Herbalife Protein Drink Mix, Vanilla
- 1 cup cold water
- 1 cup frozen strawberry halves
- 1/8 tsp. Lemon extract

Instructions

1. Combine ingredients in a blender and mix well.

200
Calories

18 g
Protein

18 g
Carbs

3 g
Fibre

2 g
Fat



Lemon Bar Shake

Ingredients

- 2 scoops Herbalife Formula 1 Nutritional Shake Mix, French Vanilla
- 2 scoops Herbalife Protein Drink Mix, Vanilla
- 1 cup cold water
- 2 Tbsp. lemon juice or lemon tea
- 3-5 Ice cubes

Instructions

1. Combine ingredients in a blender and mix well.

180
Calories

17 g
Protein

14 g
Carbs

2 g
Fibre

2 g
Fat



Cake Batter Shake

Ingredients

- 2 scoops Herbalife Formula 1 Nutritional Shake Mix, Cookies 'n Cream
- 2 scoops Herbalife Protein Drink Mix, Vanilla
- 1 cup cold water
- 3 Tbsp. Low-fat ricotta cheese
- 1/8 tsp. Almond extract
- 1/8 tsp. Vanilla extract
- 3-5 Ice cubes

Instructions

1. Combine ingredients in a blender and mix well.

230
Calories

20 g
Protein

14 g
Carbs

2 g
Fibre

4 g
Fat



Triple Berry Collagen Shake

Ingredients

- 2 scoops Herbalife Formula 1 Nutritional Shake Mix, Berry
- 2 scoops Herbalife Protein Drink Mix, Vanilla
- 1 scoop Herbalife Collagen Drink, Strawberry
- Lemonade
- 3 capfuls Herbalife Herbal Aloe Concentrate, Grape
- 250 ml (8 oz.) water
- 60 g (½ cup) fresh or frozen raspberries (or other berries of your choice)

Instructions

1. Combine ingredients in a blender.
2. Blend for 30 seconds.
3. Pour into a glass.
4. Top the shake with raspberries, serve and enjoy.

160
Calories

15 g
Protein

12 g
Carbs

2 g
Fibre

1 g
Fat

Always read the label – use only as directed.
The product is not intended to diagnose, treat, cure, or prevent any disease.
For illustration purposes only. Final result may differ from image. Serving suggestion.
Nutritional information is approximate and based on values obtained from www.CalorieKing.com.au.



220
Calories

20 g
Protein

18 g
Carbs

3 g
Fibre

2 g
Fat

Summer Lemon Shake

Ingredients

- 2 scoops Herbalife Formula 1 Nutritional Shake Mix, French Vanilla
- 2 scoops Herbalife Protein Drink Mix, Vanilla
- 1 cup of water
- ¼ cup Greek yoghurt, non-fat
- 1 Tbsp. Fresh lemon juice
- 1 Tbsp. Freshly grated ginger
- 1 Tbsp. Honey
- ⅛ tsp. Ground turmeric
- 3-5 Ice cubes

Instructions

1. Combine ingredients in a blender and mix well.

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Dutch Chocolate-Vanilla Protein Power Smoothie

Ingredients

- 2 Tbsp. Herbalife Formula 1 Nutritional Shake Mix, Dutch Chocolate
- 1 Tbsp. Herbalife Protein Drink Mix, Vanilla
- 1 banana
- 1 cup almond milk (or your choice of milk)
- Ice cubes (optional)

Instructions

1. Combine ingredients in a blender.
2. Add ice cubes for a thicker consistency, if desired.
3. Blend until smooth and enjoy a delicious and filling smoothie!

250
Calories

15 g
Protein

28 g
Carbs

4 g
Fibre

4 g
Fat



Mint Chocolate Mocha Shake

Ingredients

- 2 Tbsp. Herbalife Formula 1 Nutritional Shake Mix, Mint Chocolate
- 1 Tbsp. Herbalife Protein Drink Mix, Vanilla
- ½ cup brewed coffee (cooled)
- ½ cup unsweetened almond milk
- Ice cubes

Instructions

1. Combine ingredients in a blender.
2. Add ice cubes to make it cold and creamy.
3. Blend until smooth for a refreshing mint chocolate coffee shake.

180
Calories

14 g
Protein

9 g
Carbs

2 g
Fibre

3 g
Fat

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French Vanilla Mango Protein Smoothie

Ingredients

- 2 Tbsp. Herbalife Formula 1 Nutritional Shake Mix, French Vanilla
- 1 Tbsp. Herbalife Protein Drink Mix, Vanilla
- 1 Tbsp. Herbal Aloe Concentrate Mango
- ½ cup frozen pineapple
- 1 cup coconut milk
- Ice cubes

Instructions

1. Combine ingredients in a blender.
2. Add ice cubes to make it thicker and more refreshing.
3. Blend until smooth and enjoy the creamy, tropical flavours!

200
Calories

14 g
Protein

20 g
Carbs

2 g
Fibre

5 g
Fat

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Mint Chocolate Banana Smoothie

Ingredients

- 2 Tbsp. Herbalife Formula 1 Nutritional Shake Mix, Mint Chocolate
- 1 Tbsp. Herbalife Protein Drink Mix, Vanilla
- 1 banana
- 1 cup unsweetened almond milk
- Ice cubes

Instructions

1. Combine ingredients in a blender.
2. Add ice cubes for a thicker, frosty texture.
3. Blend until smooth for a creamy mint chocolate banana smoothie.

240
Calories

15 g
Protein

25 g
Carbs

3 g
Fibre

4 g
Fat

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Cookies 'n Cream Chocolate Peanut Butter Protein Smoothie

Ingredients

- 2 Tbsp. Herbalife Formula 1 Nutritional Shake Mix, Cookies 'n Cream
- 1 Tbsp. Herbalife Protein Drink Mix, Vanilla
- 1 Tbsp. peanut butter
- ½ cup unsweetened cocoa almond milk
- Ice cubes

Instructions

1. Combine ingredients in a blender.
2. Add ice cubes to make the smoothie extra cold and creamy.
3. Blend until smooth for a rich and indulgent Cookies 'n Cream shake.

260
Calories

16 g
Protein

14 g
Carbs

3 g
Fibre

12 g
Fat

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