

How to Make a Shake

In the UK, we always recommend that you make your shake with either soy (soya) milk or fruit juice or a combination of both. Semi-skimmed milk should only be used if you are used to consuming a large quantity of milk.

Step 1

Take 2 dessert spoons of Formula 1 powder.



Step 2

Add your personalised level of Formula 3 – Personalised Protein Powder.



You will only need to add Formula 3 if your protein requirements are more than 100g per day. Use the Lean Protein Estimator Tool to check what your protein needs are.

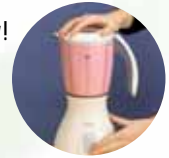
Step 3

Add 250ml semi-skimmed milk



Step 4

Shake! Don't forget to use a sealable container for shaking. Or otherwise try a whisk or a liquidiser. Then sit back and enjoy!



2 Shake Plan

Replace 2 meals a day with a delicious Formula 1 shake.

Add your personalised level of Formula 3 Personalised Protein Powder.

Take 1 Formula 2 multivitamin tablet 3 times a day with your meal.

Enjoy a colourful meal with lean protein, plenty of fresh vegetables and fibre.

Your 2 shake plan is a weight loss programme. To ensure you eat the right amount of snacks and protein, please use our Lean Protein Estimator tool.

1 Shake Plan

Replace 1 meal a day with a delicious Formula 1 shake.

Add your personalised level of Formula 3 Personalised Protein Powder.

Take 1 Formula 2 multivitamin tablet 3 times a day with your meal.

Enjoy two colourful meals with lean protein, plenty of fresh vegetables and fibre.

