

Tasty Shake Recipes

Herbalife is a global leader with over 20 years of experience in the weight management and nutrition industry, offering a range of products that support a healthy lifestyle.

Totally Tropical Shake

- 1 serving of Tropical Fruit Formula 1
- 1/2 cup crushed pineapple
- 1 medium orange (peeled and de-seeded)
- 1/2 banana
- 200ml skimmed milk
- 4-6 ice cubes (optional)
- Only 350 calories***



Fruit Fizz Shake

- 1 serving of Strawberry Formula 1
- 1 fresh orange (peeled and de-seeded)
- 1/2 banana
- 4 tablespoons strawberry yoghurt
- 200ml skimmed milk
- Only 320 calories***



Chocnana Shake

- 1 serving of Chocolate Formula 1
- 1 banana
- 250ml skimmed milk
- 3 ice cubes (optional)
- Only 270 calories***



Watermelon Shake

- 1 serving of Vanilla Formula 1
- 250ml skimmed milk
- 1 cup watermelon
- 1 cup cantaloupe melon
- 4-6 ice cubes (optional)
- Only 280 calories***



Order Herbalife Formula 1 Drink Mix Meal Replacement for Weight Control from your Distributor NOW!
Vanilla #0141

Ask your Distributor for more product sheets and collect the set!

Independent Herbalife Distributor

*Approximately

