

# 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.

## Fruit Juicy Shake

- 1 serving of Strawberry Formula 1
- 250ml semi-skimmed milk
- 1 cup strawberries
- 1/2 grapefruit
- 4-6 ice cubes (optional)
- Only 320 calories\***



## Mocha Shake

- 1 serving Chocolate Formula 1
- 1 teaspoon instant decaffeinated coffee
- 250ml semi-skimmed milk
- 1/2 banana
- 4-6 ice cubes (optional)
- Only 260 calories\***



## Sweet Sensation Shake

- 1 serving of Tropical Fruit Formula 1
- 1 fresh peach
- 1 fresh apricot
- 250ml semi-skimmed milk
- 3-6 ice cubes (optional)
- Only 330 calories\***



## Peach Shake

- 1 serving of Vanilla Formula 1
- 250ml semi-skimmed milk
- 1 fresh peach
- 4-6 ice cubes (optional)
- Only 240 calories\***



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

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Independent Herbalife Distributor

\*Approximately

