

A close-up photograph of a hand holding a clear plastic blender jar. The jar is filled with a pinkish-red smoothie and has a black lid. A large, bright green circle with a white dotted border is overlaid on the center of the image. Inside the circle, the words "SHAKE" and "RECIPES" are written in a white, outlined, serif font. Below this, the text "USING HERBALIFE PRODUCTS" is written in a smaller, white, sans-serif font. At the bottom of the image, there is a dark grey banner with white and green text.

SHAKE RECIPES

USING HERBALIFE PRODUCTS

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HIGH
PROTEIN

ATOM

by Kübra Ulusoy

INGREDIENTS

2 x SCOOP F1 VANILLA

1 x CUP (250 ML) SEMI-SKIMMED MILK (2% FAT)

1/2 x PIECE BANANA

1/8 x CUP PISTACHIOS

1 x DASH CINNAMON



22 g

Protein

14 g

Fat

6 g

Fibre

39 g

Carbs

366
Kcal

Calories

* When using Formula 1 meal replacement shakes for the purpose of weight control or weight management, please check carefully the instructions on the product label. The nutritional values shown here are based on Formula 1 ingredient combinations in the EU. These may differ in other regions. Nutritional values are approximate and may vary according to the various factors of the additional ingredients used.

HIGH
PROTEIN

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AVOCADO & KIWI SHAKE

by Herbalife

INGREDIENTS

2 x SCOOP F1 VANILLA

1 x CUP (250 ML) SEMI-SKIMMED MILK (2% FAT)

1 x SCOOP (6G) FORMULA 3 PPP

1/2 x PIECE KIWI

1/8 x CUP AVOCADO

1/2 x POD VANILLA POD

3 x PIECE ICE CUBES



23 g

Protein

10 g

Fat

4 g

Fibre

29 g

Carbs

304
Kcal

Calories

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HIGH
PROTEIN

AVOCADO CARROT SHAKE

by Herbalife

INGREDIENTS

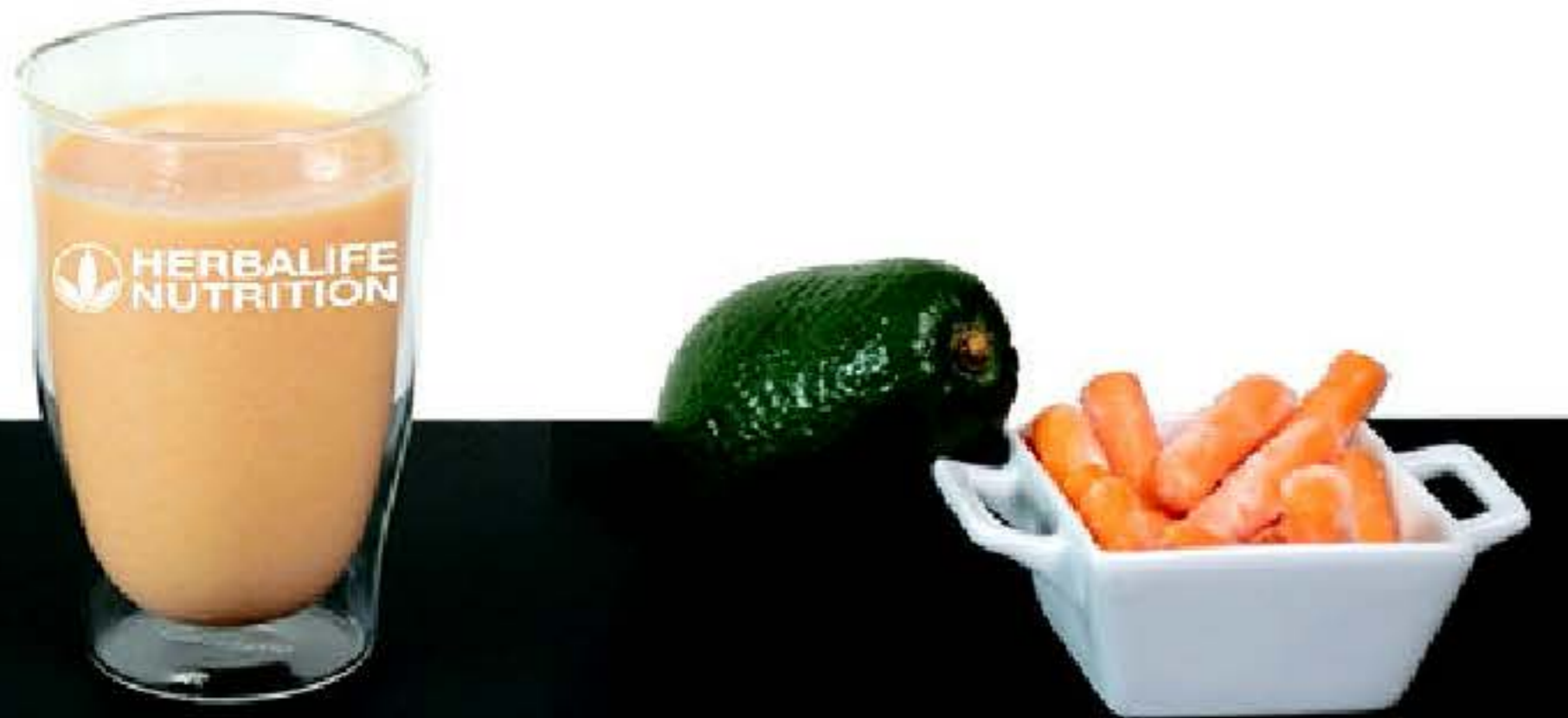
2 x SCOOP F1 VANILLA

1 x CUP (250 ML) SEMI-SKIMMED MILK (2% FAT)

1/4 x CUP AVOCADO

1 x PIECE CARROTS

4 x PIECE ICE CUBES



20 g

Protein

13 g

Fat

7 g

Fibre

30 g

Carbs

311
Kcal

Calories

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BANANA BERRY TWIST PUDDING

by Herbalife Nutrition

INGREDIENTS

2 x SCOOP F1 BANANA CREAM (NEW GENERATION)

1 x CUP (250 ML) SOY MILK

1 x SCOOP PROTEIN DRINK MIX

1 x CUP KALE

1/2 x CUP MIXED FROZEN BERRIES



23 g

Protein

9 g

Fat

8 g

Fibre

27 g

Carbs

293
Kcal

Calories

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BETTER THAN TERRY'S CHOCOLATE ORANGE

by Charlie

INGREDIENTS

2 x SCOOP FORMULA 1 CHOCOLATE

1 x CUP (250 ML) WATER

2 x SCOOP PROTEIN DRINK MIX

1/2 x PIECE ORANGE

1 x PINCH ORANGE ZEST



25 g

Protein

4 g

Fat

5 g

Fibre

28 g

Carbs

253
Kcal

Calories

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HIGH
FIBRE

HIGH
PROTEIN

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BLACK FOREST GATEAU

by Herbalife

INGREDIENTS

2 x SCOOP FORMULA 1 CHOCOLATE

1 x CUP (250 ML) WATER

1 x SCOOP (6G) FORMULA 3 PPP

1/2 x CUP SOUR CHERRIES

1/8 x CUP CHIA SEEDS

1 x DASH CINNAMON

1 x TEASPOON (2.5G) COCOA POWDER



19 g

Protein

8 g

Fat

11 g

Fibre

25 g

Carbs

250
Kcal

Calories

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PROTEIN

BLUEBERRY-ALMOND SHAKE

by Herbalife

INGREDIENTS

2 x SCOOP F1 VANILLA

1 x CUP (250 ML) WATER

1 x SCOOP PROTEIN DRINK MIX

1/2 x CUP BLUEBERRIES

1/4 x CUP ALMONDS

1 x DASH CINNAMON



24 g

Protein

21 g

Fat

8 g

Fibre

29 g

Carbs

397
Kcal

Calories

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HIGH
PROTEIN

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CHERRY BAKEWELL TART

by Stacey Carbon

INGREDIENTS

2 x SCOOP F1 VANILLA

1 x CUP (250 ML) WATER

1 x SCOOP PROTEIN DRINK MIX

1 x SCOOP (6G) FORMULA 3 PPP

1/4 x CUP ALMONDS

1/4 x CUP CHERRIES



21 g

Protein

4 g

Fat

3 g

Fibre

18 g

Carbs

212
Kcal

Calories

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HIGH
FIBRE

HIGH
PROTEIN

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CINNAMON CHERRY- APPLE

by Andrea Simmons

INGREDIENTS

2 x SCOOP F1 COOKIES AND CREAM

1 x CUP (250 ML) WATER

1 x SCOOP (7.1G) OAT APPLE FIBRE SUGAR FREE

1/2 x CUP CHERRIES

1 x DASH CINNAMON

1 x SCOOP (6G) FORMULA 3 PPP



16 g

Protein

2 g

Fat

12 g

Fibre

19 g

Carbs

180
Kcal

Calories

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HIGH
PROTEIN

COCONUT DELIGHT

by Herbalife

INGREDIENTS

2 x SCOOP FORMULA 1 CHOCOLATE

1 x CUP (250 ML) SEMI-SKIMMED MILK (2% FAT)

1/4 x PIECE BANANA

1 x TABLESPOON (18G) MUESLI

1/4 x CUP COCONUT, FRESH

1/2 x TEASPOON GRATED ORANGE RINDS



21 g

Protein

28 g

Fat

7 g

Fibre

32 g

Carbs

388
Kcal

Calories

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HIGH
PROTEIN

GINGER FRESHNESS

by Herbalife

INGREDIENTS

2 x SCOOP F1 TROPICAL FRUITS

1 x CUP (250 ML) TROPICAL JUICE

1 x SCOOP (6G) FORMULA 3 PPP

1/8 x CUP HAZELNUTS, WHOLE

3 x PIECE MINT LEAVES

1 x DASH GINGER



18 g

Protein

12 g

Fat

5 g

Fibre

43 g

Carbs

354
Kcal

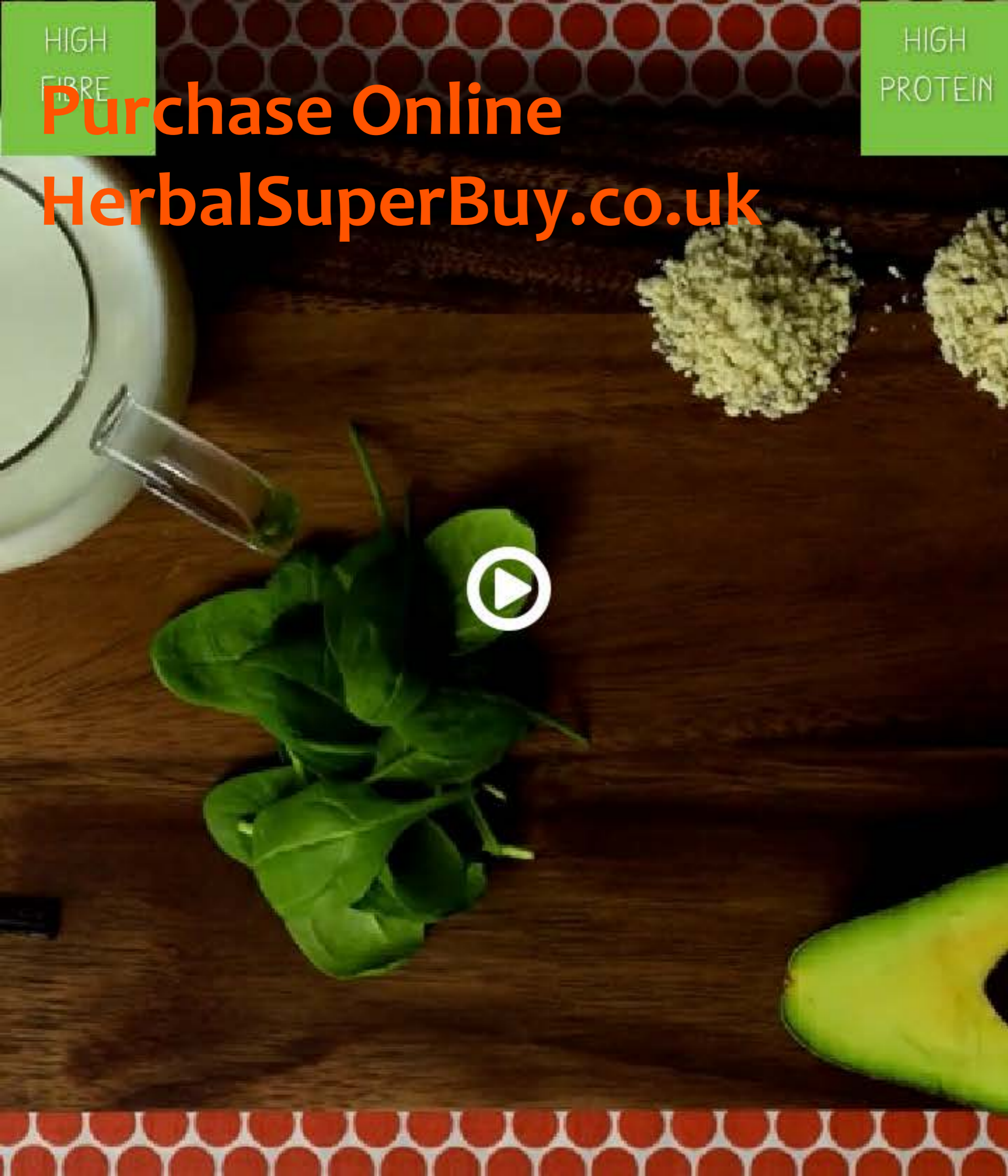
Calories

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HIGH
FIBRE

HIGH
PROTEIN

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GREEN LOVE SHAKE

by Herbalife

INGREDIENTS

2 x SCOOP F1 COOKIES AND CREAM

1 x CUP (250 ML) SEMI-SKIMMED MILK (2% FAT)

1/2 x CUP AVOCADO

1 x CUP SPINACH RAW

1/2 x POD VANILLA POD



Protein



Fat



Fibre



Carbs



Calories

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HIGH
PROTEIN

HOLA MADRID

by Rodica

INGREDIENTS

2 x SCOOP F1 STRAWBERRY

1 x 85G STRAWBERRY GREEK STYLE YOGURT, FAT FREE

3 x SCOOP (6G) FORMULA 3 PPP

1 x CUP STRAWBERRIES

4 x PIECE ICE CUBES



32 g

Protein

4 g

Fat

6 g

Fibre

34 g

Carbs

289
Kcal

Calories

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FIBRE

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HIGH
PROTEIN

IMMUNITY BOOSTER

by Herbalife

INGREDIENTS

2 x SCOOPS PRO 20 SELECT

1 x CUP (250 ML) WATER

1/8 x CUP AVOCADO

1/2 x PIECE ORANGE

1/2 x PIECE CARROTS

1 x DASH GINGER



14 g

Protein

4 g

Fat

9 g

Fibre

24 g

Carbs

187
Kcal

Calories

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HIGH
PROTEIN

KIWI CUCUMBER SHAKE

by Herbalife

INGREDIENTS

2 x SCOOP F1 VANILLA

1 x CUP (250 ML) SKIMMED MILK

1 x CUP CUCUMBER

1 x PIECE KIWI



19 g

Protein

3 g

Fat

4 g

Fibre

36 g

Carbs

247
Kcal

Calories

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HIGH
PROTEIN

LOVE OF RED

by Herbalife

INGREDIENTS

2 x SCOOP F1 VANILLA

1/4 x CUP SOUR CHERRIES

1/4 x CUP BLACKBERRIES

1/4 x CUP RASPBERRIES

1/4 x CUP WATERMELON

4 x PIECE MINT LEAVES

1 x CUP (250 ML) SEMI-SKIMMED MILK (2% FAT)



19 g

Protein

7 g

Fat

7 g

Fibre

37 g

Carbs

294
Kcal

Calories

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HIGH
PROTEIN

MANGO-MANGO SHAKE

by Herbalife

INGREDIENTS

2 x SCOOP F1 VANILLA

1 x CUP (250 ML) SEMI-SKIMMED MILK (2% FAT)

1 x 15 ML ALOE CONCENTRATE, MANGO

1/2 x CUP MANGO

4 x PIECE ICE CUBES



18 g

Protein

7 g

Fat

4 g

Fibre

34 g

Carbs

273
Kcal

Calories

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HIGH
PROTEIN

MANGO SHAKE

by Herbalife

INGREDIENTS

2 x SCOOP F1 VANILLA

1 x 250ML COCONUT MILK

1/2 x TEASPOON TURMERIC

1 x 50G GREEK YOGURT, PLAIN, LOW FAT

1 x SCOOP (6G) FORMULA 3 PPP

1/2 x PIECE MANGO



19 g

Protein

5 g

Fat

3 g

Fibre

26 g

Carbs

242
Kcal

Calories

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HIGH
PROTEIN

MELON HEART

by Tomaž & Petra

INGREDIENTS

2 x SCOOP F1 VANILLA

1 x CUP (250 ML) SOY MILK

1/2 x CUP MELON

1/2 x PIECE NECTARINES

1 x SCOOP PROTEIN DRINK MIX



22 g

Protein

8 g

Fat

5 g

Fibre

34 g

Carbs

312
Kcal

Calories

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HIGH
PROTEIN

MINT PEANUT

by Chrisna

INGREDIENTS

2 x SCOOP F1 MINT CHOCOLATE

1 x CUP (250 ML) SOY MILK

1/2 x TABLESPOON(18G) PEANUT BUTTER, REDUCED FAT

2 x PIECE ICE CUBES



17 g

Protein

11 g

Fat

5 g

Fibre

18 g

Carbs

252
Kcal

Calories

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HIGH
PROTEIN

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NUTTY CHOCOLATE SHAKE

by Herbalife

INGREDIENTS

2 x SCOOP FORMULA 1 CHOCOLATE

1 x CUP (250 ML) SEMI-SKIMMED MILK (2% FAT)

1 x TABLESPOON (6G) OATS

1/2 x TABLESPOON(18G) PEANUT BUTTER, REDUCED FAT

1/2 x PIECE BANANA

4 x PIECE ICE CUBES



22 g

Protein

10 g

Fat

5 g

Fibre

42 g

Carbs

352
Kcal

Calories

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HIGH
PROTEIN

PEANUT BUTTER POWER

by Herbalife

INGREDIENTS

2 x SCOOP F1 SPORT

1 x CUP (250 ML) ALMOND MILK, UNSWEETENED

1 x TABLESPOON(18G) PEANUT BUTTER, REDUCED FAT

1 x SCOOP (6G) FORMULA 3 PPP

1 x PIECE BANANA



22 g

Protein

11 g

Fat

7 g

Fibre

45 g

Carbs

361
Kcal

Calories

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HIGH
PROTEIN

PERFECT DUO

by Herbalife

INGREDIENTS

2 x SCOOP FORMULA 1 CHOCOLATE

1/4 x CUP STRAWBERRIES

1/4 x PIECE CARROTS

1 x CUP (250 ML) SEMI-SKIMMED MILK (2% FAT)

1/4 x CUP ALMONDS



18 g

Protein

8 g

Fat

3 g

Fibre

24 g

Carbs

257
Kcal

Calories

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HIGH
PROTEIN



PURPLE DELIGHT

by Greg

INGREDIENTS

1 x SCOOP F1 TROPICAL FRUITS

1 x SCOOP F1 VANILLA

1 x CUP (250 ML) WATER

2 x SCOOP PROTEIN DRINK MIX

1/2 x CUP BLUEBERRIES

1/4 x CUP RASPBERRIES



26 g

Protein

4 g

Fat

6 g

Fibre

32 g

Carbs

268
Kcal

Calories

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HIGH
PROTEIN

REBUILD POWER

INGREDIENTS

2 x 25G (2,5 SCOOPS) REBUILD STRENGTH

1/2 x PIECE APPLE

1/2 x PIECE BANANA

2 x PIECE ICE CUBES

1/4 x CUP ALMONDS

1 x CUP (250 ML) WATER



26 g

Protein

3 g

Fat

4 g

Fibre

38 g

Carbs

281
Kcal

Calories

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HIGH
PROTEIN

RED VELVET SHAKE

by Herbalife

INGREDIENTS

2 x SCOOP F1 VANILLA

1 x CUP (250 ML) SEMI-SKIMMED MILK (2% FAT)

1/2 x PIECE BEETROOT

1/2 x CUP STRAWBERRIES

1 x 50G CURD



26 g

Protein

9 g

Fat

4 g

Fibre

32 g

Carbs

322
Kcal

Calories

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HIGH
PROTEIN

ROSE SHERBET

by Herbalife

INGREDIENTS

2 x SCOOP F1 VANILLA

1 x CUP (250 ML) WATER

1 x SCOOP PROTEIN DRINK MIX

3 x TABLESPOON ROSE WATER



16 g

Protein

3 g

Fat

2 g

Fibre

12 g

Carbs

158
Kcal

Calories

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STRAWBERRY CHEESECAKE

by Breda Delaney

INGREDIENTS

1 x SCOOP F1 COOKIES AND CREAM

1 x SCOOP F1 STRAWBERRY

1 x CUP (250 ML) WATER

1 x SCOOP (7.1G) OAT APPLE FIBRE SUGAR FREE

1 x SCOOP PROTEIN DRINK MIX



17 g

Protein

3 g

Fat

9 g

Fibre

13 g

Carbs

167
Kcal

Calories

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FIBRE

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HIGH
PROTEIN

SUPERFOODS SHAKE

by Herbalife

INGREDIENTS

3 x SCOOPS PRO 20 SELECT

1 x CUP (250 ML) WATER

1/2 x CUP MIXED FROZEN BERRIES

1/2 x CUP GRAPES

1/2 x CUP SPINACH RAW

1 x TEASPOON (2.5G) COCOA POWDER



23 g

Protein

3 g

Fat

12 g

Fibre

34 g

Carbs

250
Kcal

Calories

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HIGH
FIBRE

HIGH
PROTEIN

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UNICORN SHAKE

by Louise Page

INGREDIENTS

- 2 x SCOOP F1 COOKIES AND CREAM
- 1 x CUP (250 ML) WATER
- 1 x SCOOP (7.1G) OAT APPLE FIBRE SUGAR FREE
- 1/4 x CUP CHERRIES
- 1/4 x CUP ALMONDS FLAKES
- 1 x SCOOP PROTEIN DRINK MIX
- 1/4 x CUP RASPBERRIES



22 g

Protein

14 g

Fat

16 g

Fibre

25 g

Carbs

341
Kcal

Calories

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HIGH
FIBRE

HIGH
PROTEIN

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VITAMIN BLAST

by Herbalife

INGREDIENTS

3 x SCOOPS PRO 20 SELECT

1 x CUP (250 ML) WATER

1/2 x CUP STRAWBERRIES

1/2 x PIECE PEACHES

1 x 50G PLAIN LOW FAT YOGURT

1/4 x TBSP BASIL



25 g

Protein

3 g

Fat

8 g

Fibre

27 g

Carbs

237
Kcal

Calories

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WARM ALMOND-APPLE-RAISIN NIGHTCAP

by Herbalife

INGREDIENTS

3 x SCOOPS PRO 20 SELECT

1 x CUP (250 ML) ALMOND MILK, UNSWEETENED

1/2 x CUP APPLE SAUCE

1/8 x CUP RAISINS

1 x DASH CINNAMON

1/2 x POD VANILLA POD



Protein



Fat



Fibre



Carbs



Calories

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HIGH
PROTEIN

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WARM CINNAMON NIGHTCAP

by Herbalife

INGREDIENTS

2 x SCOOP F1 VANILLA

1 x CUP (250 ML) SEMI-SKIMMED MILK (2% FAT)

3 x SCOOP (6G) FORMULA 3 PPP

1 x DASH NUTMEG

1 x DASH CINNAMON

1/2 x POD VANILLA POD



34 g

Protein

9 g

Fat

5 g

Fibre

18 g

Carbs

296
Kcal

Calories

* When using Formula 1 meal replacement shakes for the purpose of weight control or weight management, please check carefully the instructions on the product label. The nutritional values shown here are based on Formula 1 ingredient combinations in the EU. These may differ in other regions. Nutritional values are approximate and may vary according to the various factors of the additional ingredients used.

HIGH
FIBRE

HIGH
PROTEIN

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HerbalSuperBuy.co.uk



WARM PUMPKIN- BANANA SOOTHER

by Herbalife

INGREDIENTS

3 x SCOOPS PRO 20 SELECT

1 x CUP (250 ML) WATER

1/4 x CUP PUMPKIN

1/2 x PIECE BANANA

1/8 x CUP DRIED PLUMS

1 x DASH CINNAMON



21 g

Protein

2 g

Fat

10 g

Fibre

41 g

Carbs

262
Kcal

Calories

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HIGH
PROTEIN

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WARM SPICED VANILLA SHAKE

by Herbalife

INGREDIENTS

2 x SCOOP F1 VANILLA

1 x CUP (250 ML) SEMI-SKIMMED MILK (2% FAT)

1/2 x PIECE BANANA

1 x DASH CINNAMON

1 x DASH NUTMEG

1 x DASH GINGER

1 x TEASPOON (2G) CARDAMOM, PODS



19 g

Protein

7 g

Fat

5 g

Fibre

36 g

Carbs

288
Kcal

Calories

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HIGH
PROTEIN

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YOGHURT DELIGHT

by Herbalife

INGREDIENTS

2 x SCOOP FORMULA 1 CHOCOLATE

1 x CUP (250 ML) WATER

1 x SCOOP (6G) FORMULA 3 PPP

1 x 50G PLAIN LOW FAT YOGURT

1 x TABLESPOON (6G) OATS

1/8 x CUP RAISINS

1/2 x TEASPOON GRATED ORANGE RINDS



18 g

Protein

3 g

Fat

4 g

Fibre

29 g

Carbs

221
Kcal

Calories

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