



NUTTY APPLE CINNAMON ROLL SHAKE

Ingredients:

- ½ serving (1 scoop) Herbalife24® Enhanced Protein Powder
- 2 scoops Herbalife24® Rebuild Strength Vanilla Ice Cream
- ½ cup nonfat milk, low-fat milk or unsweetened vanilla soy milk
- ½ cup unsweetened applesauce
- ½ tsp cinnamon
- 4 walnut halves
- 3–5 ice cubes

Instructions:

Place all ingredients in a blender and blend until smooth.

With nonfat milk:

Calories: 400 **Protein:** 42 g **Carbohydrates:** 39 g **Fat:** 9 g **Fiber:** 5 g

With low-fat milk:

Calories: 410 **Protein:** 42 g **Carbohydrates:** 39 g **Fat:** 10 g **Fiber:** 5 g

With soy milk:

Calories: 410 **Protein:** 42 g **Carbohydrates:** 38 g **Fat:** 11 g **Fiber:** 5 g

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CHOCOLATE-COCONUT WEIGHT-GAINER SHAKE

Ingredients:

- ½ serving (1 scoop) Herbalife24® Enhanced Protein Powder
- 2 scoops Herbalife24® Rebuild Strength Chocolate
- 1 cup water
- 1 5.3 oz. (150 g) container coconut yogurt, chocolate flavor (or vanilla flavor + 2 TSP unsweetened cocoa powder)
- ¼ cup rolled oats
- 3–5 ice cubes

Instructions:

Place all ingredients in a blender and blend until smooth.

Calories: 430 **Protein:** 39 g **Carbohydrates:** 55 g **Fat:** 7.5 g **Fiber:** 4 g

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