

# Formula 1 Shake Recipes



## PRE-WORKOUT SHAKE

- **2 scoops** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, French Vanilla
- **2 TBSP** Herbalife Nutrition Personalized Protein Powder
- **½ tsp** Herbalife Nutrition Herbal Tea Concentrate, any flavor
- **1 cup** water
- **½** medium banana
- **3-5** ice cubes

Combine ingredients in a blender and mix well.

**CALORIES: 185 | PROTEIN: 19 g**



## MANGO TANGO SHAKE

- **2 scoops** Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, French Vanilla
- **3 capfuls** Herbalife Nutrition Herbal Aloe Concentrate, Mango
- **1 cup** nonfat milk
- **½ cup** mango chunks, fresh or frozen
- **3-5** ice cubes

Combine ingredients in a blender and mix well.

**CALORIES: 230 | PROTEIN: 19 g**