



Add a Flavorful Twist to Your **Wellness Routine** Every Day of the Week

Explore delicious flavors all week long with seven recipes featuring **Formula 1 Pumpkin Spice, Pralines and Cream, and Caramel Apple**. Enjoy these tasty seasonal favorites for a limited time with the holiday-edition **Formula 1 Trial Size Variety Pack!**

Apple of My Eye Pumpkin Protein Shake

2 scoops Formula 1 Pumpkin Spice
2 scoops Protein Drink Mix Vanilla
1 scoop Active Fiber Complex Apple
½ cup water
½ cup unsweetened applesauce
3–5 ice cubes

Protein: 24 g
Calories: 275
Carbohydrates: 37 g
Fat: 4 g
Fiber: 10 g

Chocolate-Peanut Praline Shake

2 scoops Formula 1 Pralines and Cream
2 scoops Protein Drink Mix Chocolate
1 cup unsweetened vanilla almond milk
2 TSP peanut butter
3–5 ice cubes (optional)

Protein: 28 g
Calories: 310
Carbohydrates: 20 g
Fat: 13 g
Fiber: 4 g

Salted Caramel Apple Peanut Shake

2 scoops Formula 1 Caramel Apple
2 scoops Protein Drink Mix Peanut
Cookie
1 cup water
Pinch salt
3–5 ice cubes (optional)

Protein: 24 g
Calories: 200
Carbohydrates: 18 g
Fat: 4 g
Fiber: 3 g

Combine all ingredients in a blender and blend until smooth.

**Holiday
Edition**



Pumpkin-Praline and Orange Shake

1 scoop Formula 1 Pumpkin Spice
1 scoop Formula 1 Pralines and Cream
2 scoops Protein Drink Mix Vanilla
1 cup water
1 medium orange, peeled and coarsely
chopped
3–5 ice cubes (optional)

Protein: 25 g
Calories: 270
Carbohydrates: 36 g
Fat: 4 g
Fiber: 6 g

Pineapple-Pumpkin Spice Shake

2 scoops Formula 1 Pumpkin Spice
2 scoops Protein Drink Mix Vanilla
1 cup water
½ cup fresh or frozen pineapple tidbits
3–5 ice cubes (optional)

Protein: 24 g
Calories: 240
Carbohydrates: 29 g
Fat: 4 g
Fiber: 4 g

Chocolate Caramel Apple Toffee Shake

1 scoop Formula 1 Caramel Apple
1 scoop Formula 1 Pralines and Cream
2 scoops Protein Drink Mix Chocolate
1 cup cold water
3–5 ice cubes (optional)

Protein: 24 g
Calories: 200
Carbohydrates: 18 g
Fat: 4 g
Fiber: 3 g

Caramel Apple Cranberry Shake

2 scoops Formula 1 Caramel Apple
2 scoops Protein Drink Mix Vanilla
3 capfuls Herbal Aloe Concentrate
Cranberry
1 cup cold water
2 TBSP dried cranberries
3–5 ice cubes (optional)

Protein: 24 g
Calories: 275
Carbohydrates: 36 g
Fat: 4.5 g
Fiber: 4.5 g

Combine all ingredients in a blender and blend until smooth.

