

SHAKES  
1

# 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.

## Totally Tropical Shake

- 1 serving of Tropical Fruit Formula 1
- 1/2 cup crushed pineapple
- 1 medium orange (peeled and de-seeded)
- 1/2 banana
- 200ml skimmed milk
- 4-6 ice cubes (optional)
- Only 350 calories\***



## Fruit Fizz Shake

- 1 serving of Strawberry Formula 1
- 1 fresh orange (peeled and de-seeded)
- 1/2 banana
- 4 tablespoons strawberry yoghurt
- 200ml skimmed milk
- Only 320 calories\***



## Chocnana Shake

- 1 serving of Chocolate Formula 1
- 1 banana
- 250ml skimmed milk
- 3 ice cubes (optional)
- Only 270 calories\***



## Watermelon Shake

- 1 serving of Vanilla Formula 1
- 250ml skimmed milk
- 1 cup watermelon
- 1 cup cantaloupe melon
- 4-6 ice cubes (optional)
- Only 280 calories\***

Ask your Distributor for more shake recipes and collect the set!

\*Approximately



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