

# 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.

## Fruit Juicy Shake

- 1 serving of Strawberry Formula 1
- 250ml semi-skimmed milk
- 1 cup strawberries
- 1/2 grapefruit
- 4-6 ice cubes (optional)
- Only 320 calories\***



## Mocha Shake

- 1 serving Chocolate Formula 1
- 1 teaspoon instant decaffeinated coffee
- 250ml semi-skimmed milk
- 1/2 banana
- 4-6 ice cubes (optional)
- Only 260 calories\***



## Sweet Sensation Shake

- 1 serving of Tropical Fruit Formula 1
- 1 fresh peach
- 1 fresh apricot
- 250ml semi-skimmed milk
- 3-6 ice cubes (optional)
- Only 330 calories\***



\*Approximately

## Peach Shake

- 1 serving of Vanilla Formula 1
- 250ml semi-skimmed milk
- 1 fresh peach
- 4-6 ice cubes (optional)
- Only 240 calories\***



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

Independent Herbalife Distributor



All product and company names suffixed by a ® or ™ are registered or pending registrations of Herbalife International Inc.  
©2004 Herbalife (UK) Limited. Uxbridge, England, UB8 1HB. All Rights Reserved.

# 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.

## Fruit Juicy Shake

- 1 serving of Strawberry Formula 1
- 250ml semi-skimmed milk
- 1 cup strawberries
- 1/2 grapefruit
- 4-6 ice cubes (optional)
- Only 320 calories\***



## Mocha Shake

- 1 serving Chocolate Formula 1
- 1 teaspoon instant decaffeinated coffee
- 250ml semi-skimmed milk
- 1/2 banana
- 4-6 ice cubes (optional)
- Only 260 calories\***



## Sweet Sensation Shake

- 1 serving of Tropical Fruit Formula 1
- 1 fresh peach
- 1 fresh apricot
- 250ml semi-skimmed milk
- 3-6 ice cubes (optional)
- Only 330 calories\***



\*Approximately

## Peach Shake

- 1 serving of Vanilla Formula 1
- 250ml semi-skimmed milk
- 1 fresh peach
- 4-6 ice cubes (optional)
- Only 240 calories\***



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

Independent Herbalife Distributor



All product and company names suffixed by a ® or ™ are registered or pending registrations of Herbalife International Inc.  
©2004 Herbalife (UK) Limited. Uxbridge, England, UB8 1HB. All Rights Reserved.