

Formula 1 Meal Replacements Recipes Rev. 08-18-08

**** You Can Add Personalized Protein Powder if Recommended by Your Coach ****

Made with French Vanilla Formula 1

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| <p>BLACK FOREST SHAKE 1 serving Formula #1 Vanilla 8 fl oz nonfat milk ½ tsp Black walnut extract ½ banana</p> | <p>SODA FOUNTAIN SHAKE 1 serving Formula #1 Vanilla 5 fl oz nonfat milk 3 oz of soda (root beer, black cherry, crème soda) ½ banana or peach</p> | <p>APPLE PIE SHAKE 1 serving Formula #1 Vanilla 8 fl oz nonfat milk ½ cup apple ½ tsp Cinnamon Dash of Nutmeg</p> |
| <p>ORANGE FROST 1 serving Formula #1 Vanilla 4 fl oz nonfat milk 4 fl oz orange juice 1 tsp vanilla extract pinch of sugar</p> | <p>BANANABERRY SHAKE 1 serving Formula #1 Vanilla or Wildberry 8 fl oz nonfat milk ½ banana ¼ cup fresh or frozen blueberries/strawberries</p> | <p>BLUEBERRY SHAKE 1 serving Formula #1 Vanilla 4 fl oz nonfat milk 1/4 cup blueberries (fresh) 6 oz light (reduced sugar/fat free) peach yogurt</p> |
| <p>PINA COLADA SHAKE 1 serving Formula #1 Vanilla 5 fl oz nonfat milk 1/4 cup fresh pineapple 1 tsp Coconut extract 1 tsp Rum essence 3 fl oz herbal aloe juice</p> | <p>ALOHA DELIGHT SHAKE 1 serving Formula #1 Vanilla 8 fl oz nonfat milk ½ tsp Coconut extract ½ tsp Pineapple extract 1 tbsp Orange juice</p> | <p>BANANA FRUIT SHAKE 1 serving Formula #1 Vanilla 4 oz nonfat yogurt 4 fl oz water ½ cup frozen peach slices ½ medium banana</p> |
| <p>PISTACHIO BANANA GULP 1 serving Formula #1 Vanilla ¼ cup nonfat milk 1/2 container plain nonfat yogurt 2-3 Tbs pistachio instant pudding mix 1/2 banana</p> | <p>FRUITY COCONUT 1 serving Formula #1 Vanilla 4 fl oz nonfat milk 1 - 6 oz container nonfat coconut yogurt 1 tbsp crushed pineapple ½ banana</p> | <p>BUTTER PECAN FREEZE 1 serving Formula #1 Vanilla 2 fl oz nonfat milk 2 oz butter pecan coffee creamer Lots of ice cubes (8+)</p> |
| <p>PUMPKIN PIE SHAKE 1 serving Formula #1 Vanilla 8 fl oz water or skim milk ¼ tsp vanilla extract ¼ tsp pumpkin pie spice</p> | <p>LIGHT BANANA SHAKE 1 serving Formula #1 Vanilla 8 fl oz nonfat milk 1/2 banana</p> | <p>VANILLA EGG NOG SHAKE 1 serving Formula #1 Vanilla 8 fl oz skim milk 1 tbsp Honey 1/4 tsp Vanilla extract 1/8 tsp Nutmeg</p> |
| <p>COFFEE AMARETTO FREEZE 2 serving Formula #1 Vanilla 2 fl oz nonfat milk 2 oz amaretto coffee creamer ½ tsp Instant coffee Lots of ice cubes (8+)</p> | <p>STRAWBERRY BANANA SHAKE 1 serving Formula #1 Vanilla ½ cup milk ½ cup apple juice 4 strawberries 1/2 banana</p> | <p>PEACH MILK SHAKE 1 serving Formula #1 Vanilla 8 fl oz nonfat milk 1 tsp Brandy essence 1 peach</p> |
| <p>APRICOT SHAKE 1 serving Formula #1 Vanilla 6 oz apricot yogurt</p> | <p>TROPICANA 1 serving Formula #1 Vanilla 6 oz coconut yogurt</p> | <p>DELICATESSEN SHAKE 1 serving Formula #1 Vanilla 6 oz lemon yogurt</p> |

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| <p>ORANGESICLE 1 serving Formula #1 Vanilla ¾ cup orange juice ¼ cup skim milk</p> | <p>BANANA BERRY SMOOTHIE 1 serving Formula #1 Vanilla 8 oz berry flavored yogurt 1 med. banana ½ cup water</p> | <p>ITALIAN SODA SHAKE 1 serving Formula #1 Vanilla 3 fl oz orange juice 3 fl oz soda water 3 fl oz nonfat milk 2 tbsp Herbal aloe juice</p> |
| <p>BLACK & BLUE 1 serving Formula #1 Vanilla ½ cup apple juice ¼ cup blueberries ¼ cup blackberries ½ banana 1/3 cup raspberry sherbet</p> | <p>BANANA PEACH FREEZE 1 serving Formula #1 Vanilla ½ envelope peach flavored gelatin (sugar free) 8 fl oz boiling water 1 banana 1 cup plain vanilla yogurt • Dissolve Jell-O in water • Then mix all ingredients in blender until smooth • Freeze until firm, but scoop able</p> | <p>FLORIDA FIZZ 1 serving Formula #1 Vanilla 3 fl oz fresh Florida orange juice 2-5 ice cubes 4 oz orange crush • blend first 3 ingredients • then add orange crush • And stir...</p> |
| <p>PINE-ORANGE-BANANA 1 serving Formula #1 Vanilla 4 fl oz dole Pine-Orange-Banana juice 6 fl oz light (reduced sugar, fat free) peach yogurt, frozen 1/2 banana</p> | <p>CARROT SHAKE 1 serving Formula #1 Vanilla 1 cup carrot juice ½ cup apple juice 6 oz nonfat vanilla or plain frozen yogurt 1/2 banana</p> | <p>STRAWBERRY-PINEAPPLE PARADISE (2 servings) 2 servings Formula #1 Vanilla ½ cup whole strawberries 1 cup dole pineapple juice ½ cup orange juice ½ cup low fat vanilla frozen yogurt</p> |
| <p>APPLE – COCONUT 1 serving Formula #1 Vanilla ¼ cup apple juice 1 tbsp coconut milk ½ banana ¼ tsp ginger</p> | <p>GREEN FOR TWO (2 servings) 2 servings Formula #1 Vanilla 1 kiwi fruit 1 banana 3 tbsp Crushed pineapple 2 fl oz herbal aloe juice</p> | <p>PEACHES & DREAMS 1 serving Formula #1 Vanilla 6 fl oz apple cider 3-5 slices of peach 4 large strawberries 1/2 banana 1/8 tsp cinnamon</p> |
| <p>WATERMELON SHAKE 1 serving Formula #1 Vanilla 1 cup watermelon</p> | <p>ORANGE DREAMSICLE 1 serving Formula #1 Vanilla 10 fl oz lite orange juice</p> | <p>APPLE SHAKE 1 serving Formula #1 Vanilla 8 fl oz apple juice 1/8 tsp cinnamon</p> |
| <p>PAPAYA – RASPBERRY SHAKE 1 serving Formula #1 Vanilla ½ cup fruit juice or water 1/2 frozen banana, peeled ½ cup fresh pineapple 10-12 raspberries</p> | <p>PINEAPPLE BERRY CRASH (2 servings) 2 servings Formula #1 Vanilla 1 cup orange juice ¼ cup pineapple juice 2 pineapple rings 6 fresh strawberries 12-15 frozen raspberries 8-10 frozen boysenberries 12-15 frozen blueberries 3 oz nonfat yogurt (any flavor)</p> | <p>ARCTIC FOREST (2 servings) 2 servings Formula #1 Vanilla ½ cup nonfat milk 1 peach, frozen 10 blueberries, frozen ½ tsp crushed pecan ½ tsp salt ¼ tsp vanilla extract 1 cup light vanilla frozen yogurt</p> |

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| <p>BLUEBERRY ORANGE SMOOTHIE 1 serving Formula #1 Vanilla ½ cup blueberries ½ cup vanilla nonfat yogurt ¼ cup orange juice ¼ cup skim milk 1 tsp vanilla extract</p> | <p>STRAWBERRY BANANA SMOOTHIE 1 serving Formula #1 Vanilla 1/2 banana 1/2 cup frozen strawberries 1 ½ cup orange juice</p> | <p>HAWAIIAN SMOOTHIE (2 servings) 2 servings Formula #1 Vanilla 1 banana 1 cup frozen strawberries 1 cup orange juice ½ cup orange sherbet coconut shavings</p> |
| <p>YOGURT SMOOTHIE 1 serving Formula #1 Vanilla 5 HUGE tbsp nonfat yogurt ½ cup frozen fruit 1/2 banana 1 tbsp honey</p> | <p>SHERBET DELIGHT 1 serving Formula #1 Vanilla or Wildberry 6 fl oz water 2 scoops sherbet (orange, strawberry, pineapple, rainbow)</p> | <p>FIVE FRUIT CRUSH (2 servings) 2 servings Formula #1 Vanilla ¾ cup sliced ripe banana ½ cup chopped mango 1 cup whole strawberries ¾ cup pineapple juice ½ cup orange juice</p> |
| <p>APRICOT-NECTARINE 1 serving Formula #1 Vanilla 4 fl oz crystal light lemonade 6 oz light (reduced sugar-fat free) peach yogurt, frozen ½ apricot ½ nectarine</p> | <p>SUNNY VITAMIN C SIPPER (2 servings) 2 servings Formula #1 Vanilla 1 medium banana 1 ripe peach (peeled, halved, pitted, & diced) 1 cup raspberries 1 ½ cup orange juice</p> | <p>CRAZY ADDICTION 1 serving Formula #1 Vanilla ½ banana ½ cup crushed pineapple ½ cup nonfat yogurt 1 tbsp honey Dash of coconut extract</p> |
| <p>MEGA-A-CITRUS RUSH 1 serving Formula #1 Vanilla ½ cup diced pineapple ½ cup diced cantaloupe ½ cup fresh orange juice ½ cup carrot juice Pinch of nutmeg</p> | <p>TANGY SUMMER BLEND 1 serving Formula #1 Vanilla ½ cup dole pine-orange juice ½ cup crystal light lemonade 1 nectarine 6 oz light (reduced sugar-fat free) peach yogurt</p> | <p>STRAWBERRY SHAKE 1 serving Formula #1 Vanilla 4 fl oz crystal light lemonade 6 oz light (reduced sugar-fat free) strawberry frozen yogurt 5 large strawberries</p> |

Made with Dutch Chocolate Formula 1 Shake Mix

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| <p>BOUNTY 1 serving Formula #1 Chocolate 6 oz coconut yogurt 3 fl oz nonfat milk</p> | <p>CHOCNANA SHAKE 1 serving Formula #1 Chocolate 1 banana 8 fl oz nonfat milk</p> | <p>CHERRY CHOCOLATE MASTERPIECE 1 serving Formula #1 Chocolate 8 fl oz nonfat milk 1 cup black cherries</p> |
| <p>MOUNDS CHOCOLATE DRINK 1 serving Formula #1 Chocolate 8 fl oz nonfat milk or water ¼ tsp Coconut extract ¼ tsp Vanilla extract</p> | <p>SNICKERS ON THE ROCKS 1 serving Formula #1 Chocolate 8 fl oz nonfat milk or water 1 tsp Cocoa 1 tsp Low fat peanut butter</p> | <p>CHOCOLATE CHERRY SODA 1 serving Formula #1 Chocolate 8 fl oz nonfat milk or water ¼ tsp Cherry extract</p> |

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| EXOTIC 1 serving Formula #1 Chocolate 6 oz pineapple yogurt | MOCHA SHAKE 1 serving Formula #1 Chocolate 8 fl oz nonfat milk 1 tsp Instant decaf coffee 1/2 banana | CHOCOLATE MINT 1 serving Formula #1 Chocolate 5 fl oz nonfat milk 3 fl oz herbal aloe juice Mint extract |
| PEPPERMINT CHOCOLATE 1 serving Formula #1 Chocolate 6 fl oz nonfat milk 2 oz vanilla nonfat ice cream ¼ tsp Peppermint extract | CAPPUCINO SHAKE 1 serving Formula #1 Chocolate 4 fl oz nonfat milk 4 oz vanilla frozen yogurt 1 tbsp Instant decaf coffee | EXTRA CHOCOLATEY SHAKE 1 serving Formula #1 Chocolate 8 fl oz nonfat milk ¼ tsp Vanilla extract ¼ tsp Chocolate syrup 1 tsp Hershey's cocoa |
| RASPBERRY RAZZMATAZ 1 serving Formula #1 Chocolate 8 fl oz unsweetened juice or water 1/3 cup raspberries 1/2 banana | CRANRASPBERRY DELIGHT 1 serving Formula #1 Chocolate 8 fl oz cran-raspberry juice 1/2 banana | PEANUT BUTTER CUP 1 serving Formula #1 Chocolate 1 tbs. Natural Peanut Butter 8 fl oz nonfat milk |

Made with Wild Berry Formula 1 Shake Mix

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| FRUIT JUICY SHAKE 1 serving Formula #1 Wild Berry 8 fl oz unsweetened juice 4-5 fresh strawberries 1/2 banana | SENSATION SHAKE 1 serving Formula #1 Wild Berry 8 fl oz orange juice 1/2 banana | KAPALUA CRUSH 1 serving Formula #1 Wild Berry 2 fl oz herbal aloe juice 2 tbsp Crushed pineapple 1 tbsp Coconut milk 4 fl oz orange juice |
| FRUIT FIZZ (2 servings) 2 servings Formula #1 Wild Berry 8 fl oz unsweetened orange juice 1/2 banana 4 tbsp Strawberry yogurt 4-6 oz diet 7-up | STRAWBERRY SENSATION 1 serving Formula #1 Wild Berry 8 fl oz unsweetened juice 1/4 cup fresh strawberries 1/4 fresh apricot | STRAWBERRY FIZZ 1 serving Formula #1 Wild Berry 8 fl oz 7 UP or Slice (diet) 4 strawberries 1/2 banana |

Made with Wild Piña Colada Shake Mix

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| COLADA ALA FRUIT 1 serving of Formula #1 Piña Colada 6oz container yogurt Whisk together, serve with ½ cup fruit | CARIBIAN CUP 1 serving of Formula #1 Piña Colada 8oz. grapefruit juice Ice in blender | MONKEY JUICE 1 serving of Formula #1 Piña Colada Colada 1/2 banana 8oz milk or soy milk Ice in blender |
| PARADISE BLEND 1 serving of Formula #1 Piña Colada 3 Frozen strawberries & ½ banana 8 oz. milk or soy milk Ice in blender | CAPTIN'S BREW 1 serving of Formula #1 Piña Colada 1 Capful rum extract 8 oz. milk or soy milk Ice in blender | PEACHY COLADA 1 serving of Formula #1 Piña Colada Colada 1 pkg. peach mango drink mix 8oz. water, ice in blender |

SINGLE SERVING CUP PIE RECIPES

Make a bunch ahead of time!!!.....They Freeze well and they are convenient for those who are on the go!

Break 1 Keebler pie crust in a zip lock bag and place **1-tablespoon crust** in the bottom of 4 - 8 oz Reusable containers.

(You can purchase these at your local mart stores.) Just want pudding? Skip the crust. Next Divide the filling into 4 equal amounts into the containers. (Optional-Place a small dollop of light whip cream on top) **THESE ARE SIMPLY DELICIOUS!**

Basic Filling Ratio is: 1c of Formula#1, + 2c of skim or soy milk blended together then blend in 1 pk of sugar free pudding.

Note: If you are using Regular pudding instead of Sugar Free mix. Add on approx. 75 Calories ea.

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| <p>PEANUT BUTTER PIE</p> <p>1 Cup Formula #1 (Vanilla or Chocolate) 2 Cups skim or soy milk 1 Pkg. white chocolate sugar free pudding 4 Tbsp. crunched up ready made Piecrust (ex: chocolate) ¼ Cup Peanut Butter</p> <ul style="list-style-type: none"> ➤ Place 1 tbsp crust in 4 individual 8oz containers ➤ Mix Formula #1 and milk together ➤ Add Peanut Butter ➤ Mix well ➤ Add pudding mix ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of light Cool Whip (opt.) ➤ Chill for an hour ➤ Each container equals 1 shake and 50 calories | <p>BANANA PIE</p> <p>1 Cup Formula #1 Vanilla (or ½ cup Vanilla & ½ cup Tropical Fruit) 2 Cups skim or soy milk 1 Pkg. Banana sugar free pudding 4 Tbsp. crunched up ready made Piecrust (ex: shortbread)</p> <ul style="list-style-type: none"> ➤ Place 1 tbsp crust in 4 individual 8oz containers ➤ Mix Formula #1 and milk together ➤ Add pudding ➤ Mix well ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of Light Cool Whip (opt.) ➤ Chill for an hour ➤ Each piece equals 1 shake | <p>OREO PIE</p> <p>1 Cup Formula #1 Cookies n' Cream 2 Cups skim or soy milk 1 Pkg. White chocolate sugar free pudding 4 Tbsp. crunched up ready made Piecrust (ex: Oreo crust)</p> <ul style="list-style-type: none"> ➤ Place 1 tbsp crust in 4 individual 8oz containers ➤ Mix Formula #1 and milk together ➤ Add pudding ➤ Mix well ➤ Pour into 4 containers in equal amounts ➤ When chilled, add Light cool whip ➤ Cut into 8 equal pieces ➤ Chill for an hour ➤ Each piece equals 1 shake |
| <p>BANANA SPLIT PIE</p> <p>1 Cup Formula #1 Piña Colada 1 8oz can crushed pineapple (juice and all) 1 Pkg. banana pudding (small box) 1 cup skim or soy milk 4 Tbsp. crunched up ready made Piecrust (ex: shortbread) 4 Tsp chopped walnuts 4 Maraschino Cherries (place on napkin to drain while making pie)</p> <ul style="list-style-type: none"> ➤ Mix Formula #1 and milk together ➤ Add pineapple ➤ Mix well ➤ Add pudding, ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of Light Cool Whip (opt.) ➤ Top with 1 tsp walnuts and a cherry (opt.) ➤ Chill for an hour ➤ Each piece equals 1 shake & 50 calories | <p>HAWAIIAN PIE</p> <p>1 Cup Formula #1 Piña Colada 1 8oz can crushed pineapple (juice and all) 1 Pkg. Pistachio pudding (small box) 1 ¼-1 ½ cups skim or soy milk 4 Tbsp. crunched up ready made Piecrust (ex: shortbread) ¼ Cups chopped walnuts</p> <ul style="list-style-type: none"> ➤ Mix Formula #1 and milk together ➤ Add pineapple ➤ Mix well ➤ Add pudding, ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of Light Cool Whip (opt.) ➤ Chill for an hour ➤ Each piece equals 1 shake | <p>KEY LIME PIE</p> <p>1 Cup Formula #1 Vanilla 1 1/2 cup of boiling water 1 Packet of lime Jell-O Zest of 2 limes Juice of 2 limes 4 oz of soft light cream cheese 2 Containers of Key lime pie yogurt 1 Box of Sugar free vanilla pudding 4 Tbsp. crunched up ready made Piecrust (ex: shortbread)</p> <ul style="list-style-type: none"> ➤ Boiling water add lime Jell-O. Add lime zest and juice until dissolved ➤ Mix in Formula 1 with mixer ➤ Add cream cheese, yogurt then pudding. ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of Light Cool Whip (opt.) ➤ Chill for an hour |

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| <p>EGGNOG PIE</p> <p>1 Cup Formula #1 Vanilla 2 Cups eggnog soy milk 1 Package sugar free vanilla pudding 4 Tbsp. crunched up ready made Piecrust (ex: shortbread) ½ tsp. Nutmeg</p> <ul style="list-style-type: none"> ➤ Mix Formula #1 and milk together ➤ Add nutmeg ➤ Add pudding ➤ Mix well ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of Light Cool Whip (opt.) ➤ Chill for an hour ➤ Each piece equals 1 shake <p>P.S. It's nice to add a little more nutmeg on top of the cool whip!!!</p> | <p>VANILLA NUTMEG PIE</p> <p>1 Cup Formula #1 Vanilla 2 Cups skim or soy milk 1 Package sugar free vanilla pudding 4 Tbsp. crunched up ready made Piecrust (ex: shortbread) ½ tsp. Nutmeg</p> <ul style="list-style-type: none"> ➤ Mix Formula #1 and milk together ➤ Add nutmeg ➤ Add pudding ➤ Mix well ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of Light Cool Whip (opt.) ➤ Chill for an hour ➤ Each piece equals 1 shake <p>P.S. It's nice to add a little more nutmeg on top of the cool whip!!!</p> | <p>TURTLE PIE</p> <p>1 Cup Formula #1 Vanilla or Choc. 2 Cups skim or soy milk 1 small package vanilla or white choc. Sugar free pudding 4 Tbsp. crunched up ready made Piecrust (ex: shortbread) 4 Tsp low fat caramel Sunday topping 4 Tsp Chopped pecans</p> <ul style="list-style-type: none"> ➤ Mix Formula #1 and milk together ➤ Add pudding ➤ Mix well ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of Light Cool Whip (opt.) ➤ Warm caramel topping, drizzle 1 tsp top of whip Sprinkel 1 tsp of chopped pecans on top!!! ➤ Chill for an hour ➤ Each piece equals 1 shake & 50 calories |
| <p>BUTTERSCOTCH PIE</p> <p>1 Cup Formula #1 Vanilla 2 Cups skim or soy milk 1 Pkg. Butterscotch sugar free pudding 4 Tbsp. crunched up ready made Piecrust (ex: graham cracker)</p> <ul style="list-style-type: none"> ➤ Mix Formula #1 and milk together ➤ Add pudding ➤ Mix well ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of Light Cool Whip (opt.) ➤ Chill for an hour ➤ Each piece equals 1 shake | <p>PISTACHIO PIE</p> <p>1 Cup Formula #1 Vanilla 2 Cups skim or soy milk 1 Pkg. Pistachio sugar free pudding 4 Tbsp. crunched up ready made Piecrust (ex: graham cracker)</p> <ul style="list-style-type: none"> ➤ Mix Formula #1 and milk together ➤ Add pudding ➤ Mix well ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of Light Cool Whip (opt.) ➤ Chill for an hour ➤ Each piece equals 1 shake | <p>SNICKERS PIE</p> <p>1 Cup Formula #1 Chocolate 2 Cups skim or soy milk 1 Small package chocolate Sugar free pudding ¼ Cup of chunky peanut butter 1 tsp cocoa powder 4 Tbsp. crunched up ready made Piecrust (ex: chocolate)</p> <ul style="list-style-type: none"> ➤ Mix Formula #1 and milk together ➤ Add Peanut Butter & cocoa ➤ Mix well ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of Light Cool Whip and sprinkle with 1 tsp finely chopped peanuts (opt.) ➤ Each piece equals 1 shake ➤ Chill for an hour ➤ Each piece equals 1 shake and 50 calories |

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| <p>CHOCOLATE PIE</p> <p>1 Cup Formula #1 (Vanilla or Chocolate) 2 Cups skim or soy milk 1 Pkg. Chocolate sugar free pudding 4 Tbsp. crunched up ready made Piecrust (ex: graham cracker)</p> <ul style="list-style-type: none"> ➤ Mix Formula #1 and milk together ➤ Add pudding ➤ Mix well ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of Light Cool Whip (opt.) ➤ Chill for an hour ➤ Each piece equals 1 shake | <p>CHOCOLATE CHEESECAKE PIE</p> <p>1 Cup Formula #1 Chocolate 2 cups of skim or soy milk 4oz soft light cream cheese 1 Box of sugar free chocolate or vanilla pudding 4 Tbsp. crunched up ready made Piecrust (ex: shortbread)</p> <ul style="list-style-type: none"> ➤ Mix Formula 1 and milk. ➤ Remove cream cheese from wrapper and soften in microwave. then add to mix ➤ Add pudding. ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of Light Cool Whip (opt.) ➤ Chill for an hour <p>Each piece equals 1 shake & 50 calories</p> | <p>CHOCOLATE CHERRY ALMOND PIE</p> <p>1 Cup Formula #1 (Vanilla or Chocolate) 2 Cups skim or soy milk 1 Pkg. Chocolate sugar free Pudding 1/2 Tsp Almond Extract 1/2c Chopped Dried Cherries 4 tsp slivered almonds 4 Tbsp. crunched up ready made Piecrust (ex: graham cracker)</p> <ul style="list-style-type: none"> ➤ Mix Formula #1 and milk, extract ➤ Add pudding ➤ Stir in Cherries ➤ Mix well ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of Light Cool Whip (opt.) ➤ Sprinkle with 1 tsp of almonds ➤ Chill for an hour ➤ Each piece equals 1 shake & 50 calories |
| <p>CHOCOLATE RUM PIE</p> <p>1 Cup Formula #1 (Vanilla or Chocolate) 2 Cups skim or soy milk 1 Pkg. Chocolate sugar free Pudding 1/2 Tsp Rum Extract 4 Tbsp. crunched up ready made Piecrust (ex: chocolate)</p> <ul style="list-style-type: none"> ➤ Mix Formula #1 and milk, extract together ➤ Add pudding ➤ Mix well ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of Light Cool Whip (opt.) ➤ Chill for an hour ➤ Each piece equals 1 shake | <p>CHEESECAKE PIE</p> <p>1 Cup Formula #1 Vanilla 2 Cups skim or soy milk ½ C. Strawberries or Blueberries 1 pkg. Cheesecake sugar free pudding 4 Tbsp. crunched up ready made Piecrust (ex: shortbread)</p> <ul style="list-style-type: none"> ➤ Mix Formula #1 and milk together ➤ Add pudding ➤ Mix well ➤ Pour into 4 containers in equal amounts ➤ Place 1/8 c of berries on top ➤ Add a small dollop of Light Cool Whip (opt.) ➤ Chill for an hour ➤ Each piece equals 1 shake | <p>STRAWBERRY CHEESECAKE PIE</p> <p>1 Cup Formula #1 Wildberry 2 cups skim or soy milk 4 oz soft low fat cheese 1 box of sugar free cheesecake pudding 4 Tbsp. crunched up ready made Piecrust (ex: shortbread) 4 Strawberries</p> <ul style="list-style-type: none"> ➤ Mix Formula #1 and milk together ➤ Remove cream cheese from wrapper and soften in microwave then add to mix ➤ Add pudding ➤ Mix well ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of Light Cool Whip (opt.) ➤ Place sliced strawberry on top ➤ Chill for an hour ➤ Each piece equals 1 shake & 50 calories |

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| <p>PUMPKIN PIE</p> <p>1 Cup Formula #1 Vanilla 1-1/2 Cups skim or soy milk 1/2 Cup Pumpkin 1 Teaspoon pumpkin pie spice 1 Package sugar free vanilla pudding 4 Tbsp. crunched up ready made Piecrust (ex: shortbread)</p> <ul style="list-style-type: none"> ➤ Mix Formula #1 and milk pumpkin, and spice together ➤ Add pudding ➤ Mix well ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of Light Cool Whip (opt.) ➤ Chill for an hour ➤ Each piece equals 1 shake | <p>PUMPKIN CHEESECAKE PIE</p> <p>1 Cup Formula #1 Vanilla 1 1/4 Cups Soy milk or skim milk 1/2 Cup Pumpkin 4 oz Light Cream Cheese 1 Teaspoon pumpkin pie spice 1 Package sugar free cheesecake pudding 4 Tbsp. crunched up ready made Piecrust (ex: shortbread)</p> <ul style="list-style-type: none"> ➤ Mix Formula #1 and milk, pumpkin, and spice together ➤ Remove cream cheese from wrapper and soften in microwave then add to mix ➤ Add pudding ➤ Mix well ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of Light Cool Whip (opt.) ➤ Chill for an hour ➤ Each piece equals 1 shake & 50 calories!! | <p>COCONUT PIE</p> <p>1 Cup Formula #1 Vanilla 2 Cups skim or soy milk 1 Pkg. Vanilla sugar free pudding 1/4 Cup coconut 1 Cap full coconut extract 4 Tbsp. crunched up ready made Piecrust (ex: graham cracker)</p> <ul style="list-style-type: none"> ➤ Mix Formula #1 and milk together ➤ Add coconut extract ➤ Mix well ➤ Add pudding ➤ Then mix in coconut ➤ Mix well ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of Light Cool Whip (opt.) ➤ Chill for an hour ➤ Each piece equals 1 shake |
| <p>LEMON SUPREME PIE</p> <p>1 Cup Formula #1 Vanilla 2 Cups skim or soy milk 1 Cap full Lemon extract 4 oz of soft light cream cheese 1 box of Sugar free lemon pudding</p> <ul style="list-style-type: none"> ➤ Mix Formula #1 and milk & lemon extract together ➤ Remove cream cheese from wrapper and soften in microwave. Add to mix. ➤ Add pudding ➤ Mix well ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of Light Cool Whip (opt.) ➤ Chill for an hour | <p>MINT MALOANO COOKIE PIE</p> <p>1 Cup Formula #1 Cookies N Cream 2 Cups skim or soy milk 1 Pkg. Chocolate Fudge sugar free Pudding 1/4 Tsp Peppermint Extract 4 Tbsp. crunched up ready made Piecrust (ex: shortbread)</p> <ul style="list-style-type: none"> ➤ Mix Formula #1 and milk, extract together ➤ Add pudding ➤ Mix well ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of Light Cool Whip (opt.) ➤ Chill for an hour ➤ Each piece equals 1 shake | <p>FRENCH VANILLA CHAI PIE</p> <p>1 Cup Formula #1 (Cookies N Cream or French Vanilla) 1 1/2 Cups skim or soy milk 1/2 Cup fat free French vanilla liquid non dairy creamer 1 Pkg. Vanilla sugar free Pudding 1/4 Tsp. Ground Cinnamon 1/4 Tsp. Ground Ginger 1/8 Tsp. Ground Cardamom 1/8 Tsp. Ground Allspice 1/8 Tsp. Ground Cloves 4 Tbsp. crunched up ready made Piecrust (ex: shortbread)</p> <ul style="list-style-type: none"> ➤ Mix Formula #1 and milk, extract, creamer, spices together ➤ Add pudding ➤ Mix well ➤ Pour into 4 containers in equal amounts ➤ Add a small dollop of Light Cool Whip (opt.) ➤ Chill for an hour ➤ Each piece equals 1 shake |

SPECIAL RECIPES

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| <p>SHAKE BARS (only 1 per day) ½ cup honey ½ cup reduced fat peanut butter ½ cup chocolate chips (white choc, butterscotch, etc) 3 tbsp Water 1 cup Formula #1 (your choice) 1 cup quick oats 2 cups Rice Krispies ☞ Melt together first 4 ingredients ☞ Mix dry ingredients into 8x8 pan ☞ Mix thoroughly ☞ Press Flat ☞ Refrigerate for 1 hour ☞ Cut into 8 equal bars</p> | <p>CHEWY CRUNCHY SNACK BARS Mix Together... ½ cup old fashioned oats 1 cup Formula #1 (your choice) ½ cup Rice Krispies 1 cup nonfat dry milk ADD... ½ cup peanut butter ½ cup honey 3 tbsp honey Blend together thoroughly Press into 8x8 pan Cut into 8 equal bars</p> | <p>MARSHMALLOW CRISPS 7 oz jar marshmallow crème 1 – 2 tbsp Water 1 cup Formula #1 (your choice) 4 cups Rice Krispies or Cocoa Krispies ☞ Mix marshmallow crème and Formula #1 ☞ Add Water ☞ When mixed, add Rice Krispies ☞ Blend together ☞ Press into 8x8 pan ☞ Cut into 8 equal bars</p> |
| <p>LEMON CRUNCH BARS 1 cup Formula 1 Vanilla 2 Tablespoons sugar-free, instant lemon pudding mix 1-1/2 cup Rice Krispies 1/3 cup honey (warm in Microwave) 2 tablespoons water *Mix dry ingredients. Add water & honey. Mix and press in loaf pan. Cut into 8 pieces. 1 piece = 1 shake.</p> | <p>CHEX MIX 2 cups Cheerios yogurt burst cereal (1 cup vanilla and 1 cup strawberry) 1/4 bag Cran-raisons 2 Herbalife protein bars (cut into small pieces) 2 Pkts Herbalife soy nuts Mix together then divide into 6 servings. . 9 grams of protein 150 calories per serving</p> | <p>PARTY PUNCH 1 gallon Light Hawaiian Punch 1 carton Light Orange Juice 1/2 2-liter of Diet Sprite 2 tablespoons Herbalife Raspberry Tea 1cup pineapple Sherbet Combine. 30 Servings 15 calories per serving</p> |
| <p>Brownie Unwrap one Herbalief Chocolate fudge bar place on microwave save plate. Place in microwave for 15 sec. When done top with... Lite whip topping then sprinkle with pecans or walnuts. or ½ c of Raspberries or ½ sliced bannana</p> | <p>SUMMER FRUIT SALAD 1 6 oz container of vanilla light yogurt 2 tablespoons Formula 1 (any flavor) Mix together and pour over: 1/2 cup fresh fruit (ex. pineapple, grapes) Equals to one shake plus a fruit serving.</p> | <p>PEANUT BUTTER FUDGE 1 Cup Formula 1 Vanilla or Chocolate ½ cup peanut butter ½ cup honey 1 cup dry milk *Mix all ingredients. Press in an 8x8 pan. Cut in 8 pieces. 1 piece = 1 shake.</p> |
| <p>PEANUT BUTTER FUDGE 2 Cups Vanilla or Chocolate Formula 1 1 ¾ to almost 2 cups nonfat dry milk 1 18 oz jar chunky peanut butter 1 cup honey ½ cup water Place the peanut butter, honey and water in microwave till warm. Pour over the top of Formula 1 and dry milk. Press into a 13 x 9 pan. Cut into 16= pieces. These are 363 calories and 20 grams of protein.</p> | <p>CHICKEN SOUP 8 oz Low Sodium Chicken Broth 1/2 tsp. Chicken Seasoning 1 cup Vegetables 1 small can of Chicken pieces 1 packet of Herbalife Soup Cook vegetables and chicken in broth until desire consistency. Before serving Wisk in Herbalife soup. * DO NOT COOK HERBALIFE CHICHEN SOUP IT WILL CURDLE!!!</p> | <p>MAPLE PECAN BARS 1 Cup formula 1 Vanilla 1 Cup Oatmeal ½ Cup peanut butter ½ Cup pure maple syrup 1-2 cap full maple flavoring ½ cup chopped pecans *Mix all ingredients together Press into and 8x8 pan Cut into 8=pieces 1 bar = 1 Shake</p> |

BEFORE YOU START

Take your measurements and weight the morning you start the program. This is very important because most people will lose inches before pounds. (Fat does not weigh very much compared to muscle, but it makes up for a lot of inches!!).

If you are serious about losing weight you **MUST** commit to yourself to use the products everyday. Approximately 50% of the people will see almost immediate results on the scale as well as inch loss. They will also notice their eating habits change. The other 50% may take 2 - 4 weeks to notice the full impact of the products. But you must allow it to work by using it everyday. You may also notice changes in the way your clothing fits!!!

Formula #1: (Powder) 2 Tablespoons + 8oz. Liquid - Twice Daily

This is a meal replacement that gives you protein, carbohydrates, amino acids, fiber and unsaturated fats to give you high nutrition which is low sodium, keeping your skin tight as you lose weight.*

Multivitamin: 1-Tablet at Breakfast-Lunch-Dinner

Vitamins, Minerals, Trace Elements and Botanical Elements (Herbs) for Optimal Health.*

Cell Activator: 2-3 at Breakfast-Lunch-Dinner

Great for people under a lot of stress, on a lot of meds, smoke, or if having slow weight loss! Repairs your villi and increases absorption of *everything*. Dramatically reduces stress levels and fatigue.*

Protein Powder: 1- 2 or 3 Tablespoons with each shake. Makes you feel fuller longer! Great for people that don't get enough protein in their diet or are getting hungry between shakes.*

Total Control: 1 at Breakfast –Lunch-Dinner.

Helps burn excess fat and creates a “natural” energy, curbs cravings for fats and sweets, major inch loss as well as pounds! Delays gastric emptying. Feel fuller sooner and stay fuller longer. Ephedra free!*

Snack Defense: All day craving control-provides extra protection against snacking. Tames the sweet tooth, helps support the metabolism. Take 1 tablet 2 times a day. If you are a night time “snacker”, take one after dinner or one between meals.*

Thermo Bond/Activated Fiber: 2 Tablets with main meal.

Creates a feeling of fullness and helps to block up to 50% of saturated fats and cholesterol from the foods you eat so it is not absorbed by your body!

Cell-U-Loss: 1 at Breakfast-Lunch-Dinner

Vitamins, Minerals and Herbs to help improve circulation, help with excess water retention, reduce the appearance of cellulite and promote inch loss.

Herbal Tea Concentrate: ½ to 1 teaspoon per 8 oz. water, hot or cold.

Can be mixed with juice or other low calorie beverages. Recommend 4 glasses per day.
Natural Herbal Beverage to increase your energy level and burn fat!*

Aminogen: 2 with main meal.

Contains specially selected protein enzymes (no animal products), which act to improve assimilation of dietary protein. Increase the muscle - lose the fat!*



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
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3 REASONS WHY THE PRODUCTS WON'T WORK!

#1. Not taking the products consistently.

I'm not saying that you can't skip a shake once in a while, but weight maintenance is 1 shake a day, weight loss is 2 shakes a day.

#2. Not taking the products correctly.

Maybe we should go over how you take the products again??

I think the only way you can't take them correctly is not to take them at all!

#3. Cheating way too much, or lying about cheating!

Our program is simple 2 shakes, 1-2 snacks (depending on your protein needs) and 1 regular meal just cut back a little!

**BEST OF LUCK!
YOU CAN DO IT!**

