

# Herbalife Formula 1

A delicious and nutritious **healthy meal**



**Formula 1 Healthy Meal** is the flagship product of the Herbalife Core Nutrition Programme. It comes in the form of a **nutritional shake** providing most of the *nutrients, protein* and *complex carbohydrates*, with a low calorie count to assist weight control. When combined with the **Formula 2 multivitamin, Fibre and Herb** tablets, and **Formula 3** protein powder (to personalise your protein intake), you have everything you could want from a perfect healthy meal.

Because Formula 1 provides energy through complex carbohydrates and protein, it can keep your body sustained for longer and doesn't cause the blood sugar 'spike and crash' that often leads to hunger pangs and snacking on less-than-ideal foods.

## Making a **great** shake

The Formula 1 shake mixture is incredibly versatile and can be mixed in almost anything. It is available in six different flavours in either single-serving sachets (Vanilla and Cookies and Cream), or canisters containing about 30 servings.



### **Creamy** shakes

Mix **2 scoops** or **1 sachet** of Formula 1 in **250ml of semi-skimmed milk** to make a creamy and filling meal full of protein than can keep you going for longer.

All of the flavours mix well in milk, especially *chocolate, cookies and cream* and *cappuccino*. (Some people find *vanilla* plain on its own and prefer to add fruit juice or fruit.)

**Soya milk** is a healthier alternative to regular cow's milk, and doesn't cause the digestive problems many people experience when they drink larger than normal amounts of cow's milk.

### **Fruity** shakes

Mix **2 scoops** or **1 sachet** of Formula 1 in **250ml of fruit juice** (or half fruit juice and half semi-skimmed milk) to make a refreshing healthy meal, especially ideal for sports people before or straight after an event.

*Vanilla, strawberry* and *tropical fruit* (banana) make the best fruit-flavoured shakes, but don't be afraid to experiment!

## **Mixing** the shake



**Blenders** are the perfect way to mix your shake. Running the blender for longer makes the shake even thicker. If you are using a blender, adding some fresh fruit is tasty way to reach your 'five a day'. (Blending *cookies and cream* flavour is not recommended as it destroys the cookie pieces.)

If you don't have a blender or you're out and about, you can use one of our **Herbalife Shakers**. If you have time: shake for 30 seconds, leave to stand for a couple of minutes, and give it another quick shake before drinking.

## **...or try something different**

Add the shake mix to **yoghurt** to create a filling and nutritious treat (*cookies and cream* flavour is great!). Add the shake mix to **porridge oats** with milk (allow the oats to cool first) to provide an even more sustaining meal when taking part in endurance or team sports.