

Nutrition Mix Shake Recipes

Spoons mentioned here are the BIG end of the Herbalife measuring spoon. You can substitute different flavours of Formula 1 Nutrition shake mix, in the recipes below and you can also add more protein powder if preferred. You can also make up your own recipes. The key is to have fun and make your shakes yummy!!

**Please note: The shakes below use soy milk as a base as it increases the healthy protein level in the shake. Also, soy milk is easier to digest than cows milk and does not cause the problems of gas, indigestion and constipation that cows milk can cause for many people.

Favourite lite soy brands that do not have the strong nutty soy taste: VitaSoy So Milky lite, Sanitarium So Good or So Nice, Smooth White, Coles & Aldi brands of lite soy milk.

Apricot Delight

- 250 ml soy milk
- 3 x spoons Vanilla or Tropical Formula 1
- 1 or more spoons Protein Powder
- 4 x tinned apricot slices

Add Ice and blend.

Banana Berry

- 200ml soy milk
- 50ml water
- 3 x spoons Vanilla Formula 1
- 1 or more spoons Protein Powder
- ¼ cup frozen blueberries
- ¼ cup frozen strawberries OR use
- ½ cup mixed berries
- ½ banana

Blend all together and enjoy.

Banana Blueberry Bliss

- 250 ml soy milk
- 3 x spoons Vanilla Formula 1
- 1 or more spoons Protein Powder
- ½ banana
- ½ cup blueberries

Blend all together and enjoy.

Berry Heaven

(You can eat this with a spoon!)

- 100ml soy milk
- 3 x spoons Vanilla Formula 1
- 1 or more spoons Protein Powder
- 1 cup frozen mixed berries

Blend all together and enjoy.

Berry Dream

- 150mls soy milk
- 100ml water
- 3 x spoons Vanilla Formula 1
- 1 or more spoons Protein Powder
- ½ cup frozen Blueberries
- ½ cup frozen Raspberries OR use
- 1 cup frozen mixed berries

Blend all together and enjoy.

Blueberry Yoghurt Smoothie

- 300mls soy milk
- 3 x spoons Vanilla Formula 1
- 1 or more spoons Protein Powder
- ½ cup frozen blueberries
- 2 spoons of vanilla yoghurt

Blend all together and enjoy.

Blueberry Vanilla

- 200ml soy milk
- 100 ml water
- 3 x spoons Vanilla Formula 1
- 1 or more spoons Protein Powder
- ¼ cup Frozen Blueberries

Blend all together and enjoy.

Blueberry Cherry Delight

- 150ml soy milk
- 50ml water
- 3 x spoons Berry or Vanilla Formula 1
- 1 or more spoons Protein Powder
- ¼ cup Black Cherry Yoghurt
- ½ cup frozen blueberries

Blend all together and enjoy.

Coffee Shake

- 250ml Soyaccino (coffee Flavoured lite soy milk)
- 100mls water.
- 2 x spoons Choc Formula 1
- 1 x spoon Vanilla Formula 1
- 1 or more spoons Protein Powder

Shake to mix and add water if too thick

Choc Berry Shake

- 250ml Lite soy milk
- 1.5 x Spoons Berry Formula 1
- 1.5 x Spoons Chocolate Formula 1
- 1 or more spoons Protein Powder
- 100 ml Herbal Aloe drink or just water.

Chocolate Shake (warm)

Great winter warmer recipe

- 250 -300 ml soy Milk, warmed up in microwave for about 1.30 minutes
- 3 x spoons Choc Formula 1
- 1 or more spoons Protein Powder
- 1 dessertspoon of Milo

Warm up milk first before adding Formula 1 and Protein powder, otherwise microwave will deplete nutrients from Formula 1.

Choc Orange Shake

- 250 ml soy milk
- 3 x spoons Choc Formula 1
- 1 or more spoons Protein Powder
- ½ teaspoon orange extract

Shake to mix and add water if too thick.

Choc Vanilla Shake

- 300ml soy milk
- 2 x spoons Choc Formula 1
- 1 x spoon Vanilla Formula 1
- 1 or more spoons Protein Powder s

Shake to mix and add water if too thick.

Fruit Salad Sensation

- 250 ml soy milk or juice of your choice
- 3 x spoons Vanilla or Tropical Formula 1
- 1 or more spoons Protein Powder
- 1 cup frozen fruit salad pieces

Blend all together and enjoy.

Guava Shake

- 100ml Guava nectar
- 150ml soy milk
- 3 x spoons Tropical or Vanilla Formula 1
- 1 or more spoons Protein Powder

Shake to mix.

Peach Dream

- 250mls soy milk
- 2 x spoons Choc Formula 1
- 1 x spoon Vanilla Formula 1
- 1 or more spoons Protein Powder
- 1 cup tinned diced peaches & pears Blend all together and enjoy.

Pineapple Aloe Shake

- 150 ml Aloe Concentrate
- 50 ml water
- 50ml Pineapple Juice
- 3 x spoons Vanilla Formula 1
- 1 or more spoons Protein Powder

Shake to mix.

Pineapple Vanilla Shake

- 200mls pineapple juice
- 100 mls water
- 3 x spoons Vanilla Formula 1
- 1 or more spoons Protein Powder
- 2 scoops vanilla yoghurt

Blend all together and enjoy.

Protein Bar Shake

- 150ml soy milk (Warm)
- 100ml water
- 3 x spoons Vanilla Formula 1
- 2 spoons Protein Powder
- 1/2 Protein Bar

Blend all together and enjoy.

Raspberry Ripple

- 250 ml soy milk
- 3 x spoons Vanilla or Choc Formula 1 (or mix)
- 1 or more spoons Protein Powder
- 1/2 cup frozen raspberries

Blend all together and enjoy.

Cranberry Magic

- 250ml Ocean Spray Cranberry Lite Juice
- 3 x spoons Berry or Vanilla Formula 1
- 1 or more spoons Protein Powder

Savoury Options

Porridge with nutrition

Winter breakfast idea: cook 1/4 cup rolled oats in 1/4 cup soy milk & 1/2 cup water. (or use Uncle Tobys Instant Oats -Sensations)

Place 3 x spoons Vanilla or Berry Formula 1 2 x spoons Protein Powder into bowl, (sweeten to taste if necessary), add 250mls warm light soy, mix well and enjoy.

Vegetable Puree (warm)

(great for winter and gives you a savoury way to have your shake)

- 100ml soy milk or water
- 3 x spoons Vanilla Formula 1
- 1 or more spoons Protein Powder
- 1 cup of cooked mixed vegetables (carrot, pumpkin, peas or favourite veggies of your choice) (you could also use tinned veggies if preferred)

Blend all together and enjoy.

V8 Vroom Shake

- 250 ml of V8 juice of your choice
- 50 ml water
- 3 x spoons Vanilla or Tropical Formula 1
- 1 or more spoons Protein Powder

Want to spice it up? Why not add a couple of drops of Tabasco sauce – yum! shake to mix

Cup A Soup – Protein Snack

In a large coffee cup add:

- 1 Packet of Instant Cup A Soup
- 2 x Protein Powder

Add small amount of hot water and mix to blend out lumps and then add the rest of the Hot Water. Drink and Enjoy!!!

Weight Gain/Maintenance

The Big Breakfast.

This may help to maintain or slightly increase lean body mass, depending on level of exercise

- 80g muesli
- 100g low fat yoghurt
- 1 x medium banana
- 250ml soy milk
- 2 x Herbie Spoons Form 1 Choc
- 2 x Herbie Spoons Form 1 Berry
- 4 x Herbie Spoons Protein Powder

52g protein 127g carbs 800 cal

Instant Herbal Beverage Cocktail

Great for sharing with friends/family This makes about 2 litres and is based on approximate measures)

- 4 heaped teaspoons of Instant Herbal Beverage
- 100mls of Bickfords Brown Lime Juice
- 1.5 litres of either still spring water or soda water
- Ice, fresh mint and sliced citrus as needed.