

Instructions for making the perfect shake at home:

1. Start with 8oz cold water plus 2 scoops Herbalife PDM
2. Add 2 scoops Herbalife Formula 1
3. Add your flavor enhancers (pudding, jello, syrup)
4. Add frozen or fresh fruit
5. Add your shake enhancers (PPP, Fiber, Probiotic, Immune Support)
6. Blend
7. If using Prolessa Duo – add this at the end and pulse for 6 seconds
8. ENJOY!

Vanilla

Vanilla Almond

Formula 1: Vanilla
2 pumps Almond Syrup

Birthday Cake

Formula 1: Vanilla
1 pump Vanilla Syrup
1 tsp. White Chocolate Pudding
1 tsp. Cheesecake Pudding
1 tsp. Sprinkles on Top

White Chocolate Reeses

Formula 1: Vanilla
1 TBSP White Chocolate Pudding Mix
1 TBSP PB2

Blonde Monkey

Formula1: Vanilla
1 TBSP PB2
1/3 Banana

Cinnamon Roll

Formula1: Vanilla
2 tsp. Cheesecake Pudding
1 pump Caramel Syrup
1 tsp. Cinnamon

Key Lime Pie

Formula1: Vanilla
1 tsp. Lime Jell-O
2 tsp. Cheesecake Pudding
1 tsp. Graham Cracker Crumbs on top

Fruity

Strawberry Banana

Formula 1: Vanilla
2 frozen Strawberries
1 pump Strawberry Syrup
1 tsp. Banana Cream Pudding
1/3 Banana

Strawberry Cheesecake

Formula 1: Vanilla
1 pump Strawberry Syrup
2 frozen Strawberries
1 TBSP Cheesecake Pudding
1 tsp. Graham Cracker Crumbs on top

Banana Cream Pie

Formula 1: Vanilla
1 pump Almond Syrup
1 pump Vanilla Syrup
1 tsp. Banana Cream Pudding
1/3 Banana
1 tsp. Graham Cracker Crumbs on top

Blueberry Muffin

Formula 1: Vanilla
¼ cup frozen Blueberries
1 pump Vanilla Syrup
1 pump Almond Syrup

Orange Creamsicle

Formula 1: Orange Cream

Orange Banana Creamsicle

Formula 1: Orange Cream
1/3 Banana

Orange Strawberry Banana

Formula 1: Orange Cream
2 Frozen Strawberries
1 pump Strawberry Syrup
1/3 Banana

Orange Cinnamon Roll

Formula 1: Orange Cream
2 tsp. Cheesecake Pudding
1 pump Caramel Syrup
1 tsp. Cinnamon

Green Machine

Formula 1: Orange Cream
¼ cup Frozen Spinach

Coffee Lovers

Mudslide

2 scoops Chocolate F1
1 TSBP Instant Coffee
2 pumps Caramel Syrup

Vanilla Latte

Formula 1: Café Latte
2 pumps Vanilla Syrup

Mocha Latte

1 Scoop: Café Latte
1 Scoop: Chocolate F1

Caramel Latte

Formula 1: Café Latte
2 pumps Caramel Syrup

Chocolate

Chocolate Caramel Cheesecake

Formula 1: Chocolate
1 TBSP Cheesecake Pudding Mix
2 pumps Caramel Syrup
1 tsp. Graham Cracker Crumbs on Top

Chocolate Almond

Formula 1: Chocolate
2 pumps Almond Syrup

Funky Monkey

Formula 1: Chocolate
1 TBSP PB2
1/3 Banana

Chocolate Banana

Formula 1: Chocolate
1 tsp. Banana Cream Pudding
1/3 Banana

Chocolate Peanut Butter

Formula 1: Chocolate
1 TBSP PB2

Chocolate Strawberry

Formula 1: Chocolate
2 Frozen Strawberries
1 pump Strawberry Syrup

Cookies & Cream

Chocolate Cookies N' Cream

1 Scoop: Cookies n' Cream F1
1 Scoop: Chocolate F1

Nutter Butter

Formula 1: Cookies n' Cream
1 TBSP PB2
1 tsp. Graham Cracker Crumbs on Top

Butterfinger

Formula 1: Cookies n' Cream
1 TBSP Chocolate Pudding
2 tsp. Butterscotch Pudding Mix
1 tsp. PB2

Snickerdoodle

Formula 1: Cookies n' Cream
1 TBSP Butterscotch Pudding
1 tsp. Cinnamon