

Experience the Herbalife Nutrition 3-Day Trial Pack with Herbal Tea Concentrate!

I'm so excited you decided to kick-start your healthy eating habits and energy need with our 3 Day Trail Pack!

Each pack includes 6 packets of Formula 1 + PDM On the Go, along with 6 single-serve packets of our Herbal Tea Concentrate and if you have the **LIFTED** pack you also have 10 of our Liftoff energy fizzy tablets.

Whether your goal is to maintain healthy weight, gain energy, lose weight, gain weight, or build muscle - I am here to support you and guide you to reaching the health and wellness goals you desire. Let's get started!

Formula 1 Healthy Meal Cookies & Cream Shake:

Create your healthy lifestyle with our complete Meal Replacement Cookies and Cream Shake mix! With 21 essential vitamins and minerals, 24g of Protein, and all under 250 calories, you're sure to provide everything your body needs!

Usage

- Start with 8-10oz of water or fat-free milk/soy milk (less water = thicker shake)
- Add Packet with Protein Drink Mix + Cookies & Cream Healthy Meal F1
- Add in puddings, peanut butter powder, fruits, and/or vegetables
- Add 1-2 cups of ice (always start out with less than you think you need)
- Blend until smooth & ENJOY!

Herbal Tea Concentrate:

This is a green & black tea blend that will boost your metabolism and is full of antioxidants! It will give you amazing energy & help hydrate you through the day!

Usage

- Mix one packet of Herbal Tea Concentrate with 8 to 12 fl. oz. of hot or cold water.
- Enjoy two servings per day.

Liftoff: (for Lifted 3 Day Trial Pack)

Beat the afternoon energy slump and stay alert and focused with the refreshing boost from Liftoff®. It adds 75 mg of caffeine and 0 g sugar to your herbal tea concentrate.

Usage

- Drop one tablet in 8oz of Herbalife Herbalife Tea Concentrate and let dissolve.
- Enjoy one to two servings per day.

Shake Recipes

1. Start with 8-10oz of water or fat-free milk/soy milk
(less water/milk = thicker shake)
2. Add Shake Packet with Protein Drink Mix + Cookies & Cream Healthy Meal F1
3. Add in puddings, peanut butter powder, fruits, &/or vegetables
4. Add 1-2 cups of ice (Start off with a smaller amount. You can always add more ice, you can't take away)
5. Blend until smooth & ENJOY!

Chocolate Cookies N' Cream

- 1 pack of Cookies and Cream Shake Mix
- 1 TBSP Sugar Free Chocolate Pudding Mix

Nutter Butter

- 1 pack of Cookies and Cream Shake Mix
- 1 TBSP Powdered Peanut Butter
- 1 tsp. Graham Cracker Crumbs on Top

Butterfinger

- 1 pack of Cookies and Cream Shake Mix
- 1 TBSP Sugar Free Chocolate Pudding Mix
- 2 tsp. Sugar Free Butterscotch Pudding Mix
- 1 tsp. Powdered Peanut Butter

Snickerdoodle

- 1 pack of Cookies and Cream Shake Mix
- 1 TBSP Sugar Free Butterscotch Pudding Mix
- 1 tsp. Cinnamon

Cookies and Cream

- 1 pack of Cookies and Cream Shake Mix

Oreo Cheesecake

- 1 pack of Cookies and Cream Shake Mix
- 1 TBSP Sugar Free Chocolate Pudding Mix
- 1 TBSP Sugar Free Cheesecake Pudding Mix
- 1 tsp. Graham Cracker Crumbs on Top