

# What We Use!

## Protein Drink Mix (PDM)

Herbalife Protein Drink Mix - Supports Weight Loss, Full of Vitamins & 15 Grams of Heart Healthy Isolated Soy Protein!

## Formula 1 (F1)

Herbalife Formula 1 Healthy Meal Nutritional Shake Mix - A Healthy Meal Packed With Vitamins and Minerals, 9 Grams of Protein and Healthy Fiber to support Weight Management! (1 serving = 2 tablespoons)

Vanilla (Van), Chocolate (Choc), Wildberry (W Berry), Cookies & Cream, Café Latte, Piña Colada, and Tropical Fruit

## Sweet Tasting Herbal Aloe Shots (Mango)

Herbalife Herbal Aloe - Soothes Stomach, Relieves Indigestion, and Supports the Immune System!

## Energy Tea

Herbalife Herbal Tea Concentrate - Antioxidant and Thermogenic Benefits, Provides Amazing Energy Boost With Weight Management Support. Healthy Alternative to Coffee and Sodas!

## Pudding

JELL-O Instant Pudding - Makes Your WOW Shake Smooth and Thick!

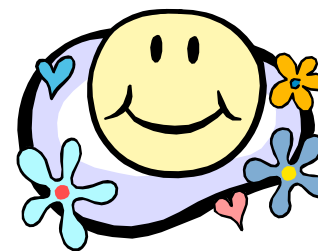
PB2 Powdered Peanut Butter - Great Way to Have Peanut Butter Without the Calories! [www.bellplantation.com](http://www.bellplantation.com)

The website for the syrups [www.baristaproshop.com](http://www.baristaproshop.com)

# 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!**



## **Before You start**

Take your measurements and weigh in 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 every day. 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 every day. You may also notice changes in the way your clothing fits!!!

**Formula #1:** 2 Tablespoons + 8 oz. Water and 1-2 Tablespoons **PDM**, 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 and Dinner Vitamins, Mineral, Trace Elements and Botanical Elements (Herbs) for Optimal Health.

**Cell Activator:** 1 Tablet **Twice** daily. Great for people under a lot of stress, on a lot of meds, smoke, or if having slow weight loss! Helps repair your villi and increases absorption of *everything*. Dramatically reduces stress levels and fatigue.

**PDM:** 1 – 2 Tbsp. in 8 oz. water with each shake in place of milk or juice. Helps you feel fuller longer! We call this our homemade soy milk!

**Total Control:** 1 at Breakfast, Lunch and Mid-Afternoon Snack 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:** 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 and 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 tsp. per 8 oz. water, hot or cold. Recommend 4 glasses per day. Natural Herbal Beverage to increase your energy level and burn fat! We call this our Drink & Shrink!

**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!

**\* Keep in mind these are guidelines to get you started. Keep in touch with your coach to have them help you design a program that is best for you.**

**\*\* If you would like a complete recipe book with over 230 recipes, and 72 full color pages, you can order it @ [www.wlc101.net](http://www.wlc101.net)**

## SHAKES

(Regular, Every Day)



Made with French Vanilla Formula 1

### ALEXANDER'S ORANGE DREAMSICLE

2 Tbsp. French Vanilla F1  
10 fl. oz. light Orange Juice

### ALOHA DELIGHT

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Coconut Syrup  
1 Tbsp. Pineapple Syrup  
1 Tbsp. Orange Juice

### APPLE



2 Tbsp. French Vanilla F1  
8 fl. oz. Apple Juice  
1/8 tsp. Cinnamon

### APPLE – COCONUT

2 Tbsp. French Vanilla F1  
1 cup Apple Juice  
1 Tbsp. Coconut Milk  
1/2 of a Banana  
1/4 tsp. of Ginger

### APPLE PIE

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1/2 cup Apple  
1/2 tsp. Cinnamon  
Dash of Nutmeg

### APRICOT

2 Tbsp. French Vanilla F1  
6 oz. Apricot Yogurt

### APRICOT-NECTARINE

2 Tbsp. French Vanilla F1  
4 fl. oz. of Crystal Light Lemonade  
6 oz. Light Peach Yogurt (frozen, reduced  
sugar-fat free)  
1/2 of Apricot  
1/2 of Nectarine

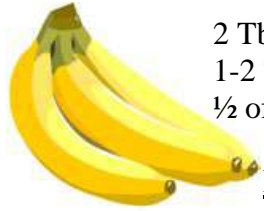
### ARTIC FOREST

(2 servings)

4 Tbsp. French Vanilla F1  
2 Tbsp. Vanilla PDM / 1/2 C. Water  
1 Peach, frozen  
10 Blueberries, frozen  
1/2 tbsp Crushed Pecans  
1 Tbsp. Vanilla Syrup  
1 cup Light Vanilla Frozen Yogurt

### BANANA FRUIT

2 Tbsp. French Vanilla F1  
4 oz. Nonfat Yogurt  
4 fl. oz. Water  
1/2 cup Frozen Peach Slices  
1/2 of a Medium Banana



### LIGHT BANANA

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
½ of Banana

### BANANABERRY

2 Tbsp. French Vanilla or Wild Berry F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
½ of Banana  
¼ cup fresh or frozen Blueberries/Strawberries

### BLACK & BLUE

2 Tbsp. French Vanilla F1  
½ cup Apple Juice  
¼ cup Blueberries  
¼ cup Blackberries  
½ of Banana  
1/3 cup Raspberry Sherbet

### BLACK FOREST

2 Tbsp. Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
¼ cup Frozen Black Cherries

### BLUEBERRY

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / ½ C. Water  
¼ cup Blueberries (fresh)  
6 oz. Light Peach Yogurt

### CARROT

2 Tbsp. French Vanilla F1  
1 cup Carrot Juice  
½ cup Apple Juice  
6 oz. Nonfat Vanilla or Plain Frozen Yogurt  
½ of Banana

### CRAZY ADDICTION

2 Tbsp. French Vanilla F1  
½ of Banana  
½ cup Crushed Pineapple  
½ cup Nonfat Yogurt  
1 Tbsp. Honey  
1 Tbsp. Coconut Extract

### DELICATESSEN

2 Tbsp. French Vanilla F1  
6 oz. Lemon Yogurt

### FIVE FRUIT CRUSH (2 servings)

4 Tbsp. French Vanilla F1  
½ cup Ripe Banana  
½ cup Chopped Mango  
½ cup Whole Strawberries  
¾ cup Pineapple Juice  
½ cup Orange Juice



### **FLORIDA FIZZ**

- 2 Tbsp. French Vanilla F1
- 3 fl. oz. Fresh Florida Orange Juice
- 2 – 5 Ice Cubes
- 4 oz. Orange Crush
  - Blend first 3 ingredients
  - Add Orange Crush
  - Stir

### **FRUITY COCONUT**



- 2 Tbsp. French Vanilla F1
- 1-2 Tbsp. Vanilla PDM / ½ C. Water
- 1 – 6 oz. Nonfat Coconut Yogurt
- 1 Tbsp. Crushed Pineapple
- ½ of Banana

### **GREEN FOR TWO** (2 servings)

- 4 Tbsp. French Vanilla F1
- 1 Kiwi Fruit
- 1 Banana
- 3 Tbsp. Crushed Pineapple
- 2 fl. oz. Herbal Aloe Juice

### **ITALIAN SODA**

- 2 Tbsp. French Vanilla F1
- 3 fl. oz. Orange Juice
- 3 fl. oz. Soda Water
- 3 fl. oz. Water
- 2 Tbsp. Herbal Aloe Juice

### **MEGA-A-CITRUS RUSH**

- 2 Tbsp. French Vanilla F1
- ½ cup Diced Pineapple
- ½ cup Diced Cantaloupe
- ½ cup Fresh Orange Juice
- ½ cup Carrot Juice
- Pinch of Nutmeg

### **ORANGE FROST**

- 2 Tbsp. French Vanilla F1
- 1-2 Tbsp. Vanilla PDM/ ½ C. Water
- 4 fl. oz. Orange Juice
- 1 Tbsp. Vanilla Syrup
- Pinch of sugar

### **ORANGESICLE**



- 2 Tbsp. French Vanilla F1
- ¾ cup Orange Juice
- ¼ cup water

### **PAPAYA – RASPBERRY**

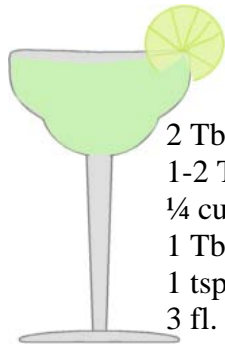
- 2 Tbsp. French Vanilla F1
- ½ cup Fruit Juice or Water
- ½ Frozen Banana, peeled
- ½ cup Fresh Pineapple
- 10 – 12 Raspberries

### **PEACH**

- 2 Tbsp. French Vanilla F1
- 1-2 Tbsp. Vanilla PDM / 1 C. Water
- 1 tsp. Brandy Essence
- 1 Peach

## PEACHES & DREAMS

2 Tbsp. French Vanilla F1  
6 fl. oz. Apple Cider  
3 – 5 Slices of Peach  
4 Large Strawberries  
½ of Banana  
1/8 tsp. Cinnamon



## PINA COLADA

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM/ ½ C. Water  
¼ cup Fresh Pineapple  
1 Tbsp. Coconut Syrup  
1 tsp. Rum Essence  
3 fl. oz. Herbal Aloe Juice

## PINEAPPLE BERRY CRASH (2 SERVINGS)

4 Tbsp. French Vanilla F1  
1 cup Orange Juice  
¼ cup Pineapple Juice  
2 Pineapple Rings  
½ cup Mixed Berries  
3 oz. Nonfat Yogurt (any flavor)

## PINE-ORANGE-BANANA

2 Tbsp. French Vanilla F1  
4 fl. oz. Dole Pine-Orange-Banana Juice  
6 fl. oz. Light Peach Yogurt (frozen, reduced  
sugar, fat free)  
½ of Banana

## PISTACHIO BANANA GULP

2 Tbsp. French Vanilla F1  
¼ cup Water  
½ Container Plain Nonfat Yogurt  
1 Tbsp. Pistachio Instant Pudding Mix  
½ of Banana

## PUMPKIN PIE

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Vanilla Syrup  
¼ tsp. Pumpkin Pie Spice

## SHERBET DELIGHT

2 Tbsp. French Vanilla or Wild Berry F1  
6 fl. oz. Water  
2 scoops Sherbet (orange, strawberry, pineapple,  
or rainbow)

## SODA FOUNTAIN

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / ½ C. Water  
3 oz. of Soda (Root Beer, Black Cherry,  
Cream Soda)  
½ of Banana or Peach

### STRAWBERRY

2 Tbsp. French Vanilla F1  
4 fl. oz. Crystal Light Lemonade  
6 oz. Light Strawberry Yogurt (frozen, reduced  
sugar-fat free)  
5 Large Strawberries

### STRAWBERRY – PINEAPPLE PARADISE

(2 servings)

4 Tbsp. French Vanilla F1  
½ cup Whole Strawberries  
1 cup Dole Pineapple Juice  
½ cup Orange Juice  
½ cup Low Fat Vanilla Frozen Yogurt

### STRAWBERRY BANANA

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / ½ C. Water  
½ cup Apple Juice  
4 Strawberries  
½ of Banana

### SUNNY VITAMIN C SIPPER

(2 servings)

4 Tbsp. French Vanilla F1  
½ Medium Banana  
½ Ripe Peach (peeled, halved, pitted & diced)  
½ cup Raspberries  
1 ½ cup Orange Juice



### TANGY SUMMER BLEND

2 Tbsp. French Vanilla F1  
½ cup Dole Pine-Orange Juice  
½ cup Crystal Light Lemonade  
1 Nectarine  
6 oz. Light Peach Yogurt

### TROPICANA

2 Tbsp. French Vanilla F1  
6 oz. Coconut Yogurt

### VANILLA EGG NOG

2 Tbsp. French Vanilla F1  
2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Honey  
1 Tbsp. Vanilla Syrup  
1/8 tsp Nutmeg

### WATERMELON

2 Tbsp. French Vanilla F1  
1 cup Watermelon

All the following recipes use  
**Formula 1 Cookies & Cream**

**CHOCOLATE NO BAKE COOKIE**

2 Tbsp. Cookies & Cream F1  
1-2 Tbsp. Vanilla PDM/ 1 C. Water  
Dash of Cinnamon  
½ Tbsp. Chocolate Fudge Pudding  
1 – 2 Tbsp. of Instant Oatmeal  
1 Tbsp. Peanut Butter

**CINNABON**

2 Tbsp. Cookies & Cream F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
½ Tbsp. of Butterbuds  
½ Tbsp. Butterscotch Pudding  
4 or 5 dashes of Cinnamon  
Splenda to taste. ½ tsp Pecans

**COOKIES & CRÈAM VANILLA**

2 Tbs. Cookies and Cream F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Vanilla Syrup

**OATMEAL COOKIE**

2 Tbsp. Cookies & Cream F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
½ Tbsp. Vanilla Pudding  
½ tsp. Cinnamon  
1 tsp. Butter Buds  
2 Tbsp. Quick Oatmeal  
Dash of Nutmeg



**RICE KRISPY TREAT**

2 Tbsp. Cookies & Cream F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
3 Tbsp. of Rice Krispies Cereal  
½ Tbsp. White Chocolate Pudding  
1 Tbsp. Marshmallow Cream  
1 Splenda packet (if using regular Rice Krispies)



**SAMOA**

2 Tbsp. Cookies & Cream F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Graham Cracker Crumbs  
1 Tbsp. Coconut Syrup  
½ Tbsp. Chocolate Fudge Pudding

**TAGALONG**

2 Tbsp. Cookies & Cream F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Graham Crackers  
1 Tbsp. Peanut Butter  
½ Tbsp. Chocolate Fudge Pudding

**TURTLE CHEESECAKE**

2 Tbsp. Cookies & Cream F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
Capful of Caramel Syrup (sugar free/fat free)  
½ Tbsp. Choc. Fudge Pudding  
½ Tbsp. Cheesecake Pudding  
1 Tbsp. Pecans



**WHITE CHOCOLATE REECES**

2 Tbsp. Cookies & Cream F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. of White Chocolate Pudding  
1 Tbsp. of Peanut Butter

## SHAKES MADE WITH DUTCH CHOCOLATE

### Formula 1 Shake Mix



#### ALMOND JOY

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. of Coconut Syrup  
1 Tbsp. Almond Syrup

#### BOUNTY

2 Tbsp. Dutch Chocolate F1  
6 oz. Coconut Yogurt  
2 Tbsp. Vanilla PDM / ½ C. Water

#### CAPPUCINO SHAKE

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1/2 C. Water  
4 oz. Vanilla Frozen Yogurt  
1 Tbsp. Instant Decaf Coffee

#### CHOCNANA SHAKE

2 Tbsp. Dutch Chocolate F1  
1 Banana  
1-2 Tbsp. Vanilla PDM / 1 C. Water

#### CHOCOLATE ALMOND

2 Tbsp. Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Almond Syrup

#### CHOCOLATE BANANA

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
½ of Banana



## CHOCOLATE CAPPUCINO

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Instant Mocha Cappuccino

## CHOCOLATE CARMEL CAPPUCINO

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Instant Cappuccino Mix  
1 Tbsp. Caramel Syrup



## CHOCOLATE CARMEL CAPPUCINO # 2

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Mocha Cappuccino

## CHOCOLATE CARMEL CHEESECAKE

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Cheesecake Pudding  
1 Tbsp. Caramel Syrup

## CHOCOLATE CHERRY SODA

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Cherry Syrup

## CHOCOLATE CHUNKY MONKEY

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Chocolate Fudge Pudding Mix  
1 Protein Bar – Peanut Butter or Choc. Fudge



### CHOCOLATE COCONUT CREAM

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Capful of Coconut  
½ Tbsp. Cheesecake Pudding  
½ Tbsp. White Chocolate Pudding

### CHOCOLATE COOKIES & CRÈAM



1 Tbsp. Dutch Chocolate F1  
1 Tbsp. Cookies & Cream F1  
1-2 Tbsp. Vanilla PDM  
1 C. Water

### CHOCOLATE MINT

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
3 fl. oz. Herbal Aloe Juice  
Mint Extract

### CHOCOLATE MINT # 2

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
3 drops of Mint Extract

### CHOCOLATE PEANUT BUTTER

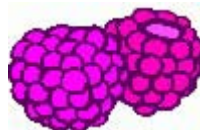


2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Creamy Peanut Butter

### CHOCOLATE PEANUT BUTTER BANANA

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Creamy Peanut Butter  
½ of Banana

### CHOCOLATE RASPBERRY



2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 cup Frozen Raspberries  
1 Tbsp. Orange Syrup  
4 Ice Cubes

### CHOCOLATE STRAWBERRY

2 Tbsp. Dutch Chocolate  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 cup Frozen Strawberries  
1 Tbsp. Vanilla Syrup  
4 Ice Cubes

### CRANRASPBERRY DELIGHT

2 Tbsp. Dutch Chocolate F1  
8 fl. oz. Cran-Raspberry Juice  
½ of Banana

### EXOTIC

2 Tbsp. Dutch Chocolate F1  
6 oz. Pineapple Yogurt

### EXTRA CHOCOLATEY SHAKE

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Vanilla Syrup  
1 Tbsp. Chocolate Syrup  
1 tsp. Hershey's Cocoa



### **GERMAN CHOCOLATE CAKE**

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Coconut Syrup  
½ Tbsp. Fudge Pudding  
½ Tbsp. Pecan Pieces

### **JAMOCA ALMOND FUDGE SHAKE**

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
½ Tbsp. Chocolate Fudge Pudding  
1 Tbsp. Almond Syrup  
1 tsp. Instant Coffee  
1 Splenda packet

### **MARK'S CHOCOLATE MASTERPIECE**

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 cup Black Cherries

### **MOCHA SHAKE**

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 tsp. Instant Decaf Coffee  
½ of Banana

### **MOUNDS CHOCOLATE DRINK**

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Coconut Syrup  
1 Tbsp. Vanilla Syrup

### **MUDSLIDE**

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 ½ Tbsp. Davinci Kahlua Coffee Liqueur  
1 Tbsp. Instant Coffee  
2 Tbsp. Splenda

### **ORIGINAL DUTCH CHOCOLATE**

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water

### **PEPPERMINT CHOCOLATE**

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
2 oz. Vanilla Nonfat Ice Cream  
1 Tbsp. Peppermint Syrup

### **RASPBERRY RAZZMATAZ**

2 Tbsp. Dutch Chocolate F1  
8 fl. oz. Unsweetened Juice  
1/3 cup Raspberries  
½ of Banana

### **SNICKERS ON THE ROCKS**

2 Tbsp. Dutch Chocolate F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 tsp. Cocoa  
1 tsp. Low Fat Peanut Butter

## SHAKES MADE WITH PIÑA COLADA

### Formula 1 Shake Mix



2 Tbsp. Piña Colada F1  
6 oz. Yogurt  
Whisk together, serve with ½ fruit

2 Tbsp. Piña Colada F1  
½ of Banana  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
Ice in blender

2 Tbsp. Piña Colada F1  
1 capful Rum Extract  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
Ice in blender

2 Tbsp. Piña Colada F1  
½ cup Pineapple Sherbet  
1 cup Tropical Fruit Flavor Water  
Ice in blender

### **Cheryl's Favorite:**

2 Tbsp. Piña Colada F1  
8 oz. Grapefruit Juice  
Ice in blender



2 Tbsp. Piña Colada F1  
3 Frozen Strawberries & ½ of Banana  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
Ice in blender

2 Tbsp. Piña Colada F1  
1 pkg. Peach Mango Drink Mix  
8 oz. Water, Ice in blender

2 Tbsp. Piña Colada F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
2 oz. Pineapple Juice  
4 frozen Pineapple Chunks

## SHAKES MADE WITH WILD BERRY and/or Tropical Fruit Formula 1 Shake Mix



### FRUIT BLAST

2 Tbsp. Wild Berry F1  
2 – 3 Frozen Strawberries  
2 – 3 Frozen Pineapples  
Quarter of Banana  
1 cup Orange Juice

### FRUIT FIZZ

#### **(2 servings)**

2 Tbsp. Wild Berry F1  
8 fl. oz. Unsweetened Orange Juice  
½ of Banana  
4 tbsp. Strawberry Yogurt  
4 – 6 oz. Diet 7-Up

### FRUIT JUICY SHAKE

2 Tbsp. Wild Berry F1  
8 fl. oz. Unsweetened Juice  
4 – 5 Fresh Strawberries  
½ of Banana

### JUICY TROPICAL FRUIT

2 Tbsp. Wild Berry F1  
8 oz. Orange Juice  
1 Cup Frozen Mixed Fruit

### KAPALUA CRUSH

2 Tbsp. Wild Berry F1  
2 fl. oz. Herbal Aloe Juice  
2 tbsp. Crushed Pineapple  
1 tbsp. Coconut Milk  
4 fl. oz. Orange Juice

### **SENSATION SHAKE**

2 Tbsp. Wild Berry F1  
8 fl. oz. Orange Juice  
½ of Banana

### **STRAWBERRY DELIGHT**

2 Tbsp. Wild Berry F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 cup Frozen Strawberries



### **STRAWBERRY FIZZ**

2 Tbsp. Wild Berry F1  
8 fl. oz. Diet 7-Up or Slice  
4 Strawberries  
½ of Banana

### **SUZAN'S STRAWBERRY SENSATION**

2 Tbsp. Wild Berry F1  
8 fl. oz. Unsweetened Juice  
¼ cup Fresh Strawberries  
¼ of Fresh Apricot

### **TROPICAL FRUIT SPLASH**

2 Tbsp. Tropical Fruit F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 cup Frozen Mixed Fruit

### **VERY BERRY DAY**

2 Tbsp. Wild Berry F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 cup Frozen Mixed Fruit  
1 Tbsp. Vanilla Syrup  
4 Ice Cubes

### **WILD BERRY ORANGE SURPRISE**

2 Tbsp. Wild Berry F1  
8 oz. Orange Juice  
1 cup Frozen Mixed Berries

### **HAWAIIAN SMOOTHIE**

(2 servings)

4 Tbsp. French Vanilla F1  
1 Banana  
1 cup Frozen Strawberries  
1 cup Orange Juice  
½ cup Orange Sherbet  
1 Tbsp. Shredded Coconut

### **STRAWBERRY BANANA SMOOTHIE**

2 Tbsp. French Vanilla F1  
½ of Banana  
½ cup Frozen Strawberries  
1 ½ cup Orange Juice

### **YOGURT SMOOTHIE**

2 Tbsp. French Vanilla F1  
5 HUGE Tbsp. Nonfat Yogurt  
½ cup Frozen Fruit  
½ of Banana  
1 Tbsp. Honey

## **MORE DELICIOUS SHAKES**

### **APPLE PIE**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
3 Tbsp. Cinnamon Apple Sauce  
1 Tbsp. Vanilla Syrup  
4 Ice Cubes

### **BANANA CRÈME PIE**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Almond Syrup  
1 Tbsp. Vanilla Syrup  
1 Tbsp. Banana Crème Pudding  
½ of Banana

### **BANANA NUT**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
½ of Banana  
1 capful of Black Walnut Extract  
1 Tbsp. Splenda  
Dash of Ground Cinnamon

### **BLUEBERRY MUFFIN**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
½ Tbsp. Pistachio Pudding  
1 Tbsp. Blueberries



### **BLUEBERRY VANILLA**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
½ cup Blueberries

### **BUTTER PECAN**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Pecan Pieces  
1 Tbsp. Butterscotch Pudding

### **CANDY CANE**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
½ Tbsp. Vanilla Pudding  
½ Tbsp. Peppermint Chips

### **CHERRY CHEESECAKE**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
¼ cup Frozen Cherries  
1 Tbsp. Cheesecake Pudding

### **CHERRY COBBLER**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
4 Frozen Cherries  
¼ tsp. Cherry Jell-O  
Graham Cracker Crumbs on top

### **DREAMSICLE**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
2 Tbsp. Harvest Peach Yogurt  
1 tsp. Orange Jell-O

### **"ELVIS" SHAKE**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
½ of Banana  
1 Tbsp. Peanut Butter



### **FRENCH TOAST**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 tsp. Cinnamon  
1 Tbsp. Maple Syrup  
1 Tbsp. Vanilla Syrup

### **FRENCH VANILLA CAPPUCCINO**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Vanilla Cappuccino

### **KEY LIME PIE**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Key Lime Pie Yogurt  
1 tsp. Lime Jell-O

### **LEMON CHEESECAKE**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Lemon Syrup  
½ Tbsp. Lemon Jell-O or Lemonade Crystal  
Light  
½ Tbsp. Cheesecake Pudding

### **ORANGE BANANA - OJ**

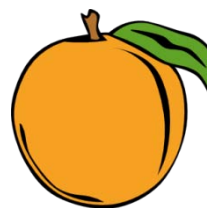
2 Tbsp. French Vanilla F1  
8 oz. Orange Juice  
½ of Banana

### **ORANGE JULIUS**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
3 Tbsp. Frozen Orange Juice Concentrate  
1 Tbsp. Vanilla Syrup  
4 Ice Cubes

### **ORIGINAL FRENCH VANILLA**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Vanilla Syrup



### **PEACH MANGO**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
2 – 3 Frozen Peach Slices  
Small handful of Frozen Mango Pieces  
½ Tbsp. Peach Jell-O  
1 Splenda packet to sweeten(optional)

### **PINA COLADA**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
½ cup Piña Colada Drink Mix  
4 Ice Cubes

### **PUMPKIN PIE**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
3 Tbsp. Real Pumpkin  
1 Tbsp. Vanilla Syrup  
Dash Pumpkin Spice  
Dash Cinnamon  
1 Tbsp. Splenda

### **ROCKY ROAD**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Chocolate Pudding Mix  
Pecans  
Mini Marshmallows (sugar free/fat free)

### **ROOTBEER**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Root Beer Syrup



### **STRAWBERRY BANANA**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
½ of Banana  
2 Strawberries

### **UPSIDE DOWN PINEAPPLE SHAKE**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
Pineapple Chunks (frozen)  
1 tsp. Butter Buds  
1 Tbsp. Vanilla Pudding

### **VANILLA ALMOND**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Almond Syrup

### **VANILLA ORANGE**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
2 Tbsp. Frozen Orange Juice

### **VANILLA ORANGE BANANA**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
½ of Banana  
2 Tbsp. Frozen Orange Juice

### **WHITE CHOCOLATE RASBERRY CHEESECAKE**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
2 Tbsp. of Frozen Raspberries  
½ Tbsp. White Chocolate Pudding  
½ Tbsp. Cheesecake Pudding  
1 Tbsp. Raspberry Syrup

### **BANANA PEACH FREEZE**

2 Tbsp. French Vanilla F1  
½ Envelope Peach Flavored Sugar Free Gelatin  
8 fl. oz. Boiling Water  
½ Banana  
1 Cup Plain Vanilla Yogurt

- Dissolve Jell-O in water
- Then mix all ingredients in blender until smooth
- Freeze until firm, but scoopable

### **BUTTER PECAN FREEZE**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
2 oz. Butter Pecan Coffee Creamer  
Lots of Ice Cubes (8+)

### **COFFEE AMARETTO FREEZE**

2 Tbsp. French Vanilla F1  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
2 oz. Amaretto Coffee Creamer  
½ tsp. Instant Coffee  
Lots of Ice Cubes (8+)

### **BANANA BERRY SMOOTHIE**

2 Tbsp. French Vanilla F1  
8 oz. Berry Flavored Yogurt  
½ Medium Banana  
½ Cup Water

### **BLUEBERRY ORANGE SMOOTHIE**

2 Tbsp. French Vanilla F1  
½ Cup Blueberries  
½ Cup Vanilla Nonfat Yogurt  
¼ Cup Orange Juice  
1-2 Tbsp. Vanilla PDM / 1 C. Water  
1 Tbsp. Vanilla Syrup

## **ANGIE'S SCRUMPTIOUS PIES** **PIES IN A SINGLE SERVING CUP**



Break 1 Keebler pie crust in a zip lock bag and place 1 Tbsp. of crust in the bottom of an 8 oz. soup cup. (You can purchase these at Gordon food service along with the lids) Fill each cup with 1/3 cup favorite pie filling. Place a dollop of light whip cream on top.

### **BANANA PIE**

- 1 cup Vanilla F1 **or** ½ cup Vanilla & ½ cup Tropical Fruit F1
- 4 TBSP. PDM & 2 Cups Water
- 1 pkg. Banana Sugar Free Pudding
- 1 Ready-Made Pie Crust (ex: shortbread)
  - ✓ Mix F1, PDM & water together
  - ✓ Add Pudding
  - ✓ Mix well
  - ✓ Pour into pie crust and chill for 1 hour
  - ✓ When chilled, add Light Cool Whip
  - ✓ Cut into 8 equal pieces
  - ✓ Each piece = 1 shake

### **BANANA SPLIT PIE**

- 1 cup Piña Colada F1
- 1 8 oz. can Crushed Pineapple (juice and all)
- 1 small box Banana Pudding
- 4 TBSP. PDM & 2 Cups Water
- 1 Shortbread Crust
- Cool Whip
- ¼ cup Chopped Walnuts
- 8 Maraschino Cherries (*place on paper towel to drain*)
  - ✓ Mix F1, PDM & water together
  - ✓ Add Pineapple and Pudding (*Mix until well blended*)
  - ✓ Pour into crust and chill for 1 hour
  - ✓ Add Cool whip
  - ✓ Top with Walnuts and Cherries
  - ✓ Cut into 8 pieces
  - ✓ Each piece = 1 shake

## **BLUEBERRY MUFFIN PIE** **From: Coach Jan & Jeff B**

- ¼ cup Frozen or Dried Blueberries
- 1 cup French Vanilla F1
- 4 TBSP. PDM & 2 Cups Water
- 1 small box Sugar Free Pistachio Pudding
- Shortbread Crust
- Cool Whip

- ✓ Blend F1 PDM & water - If using Frozen Blueberries, blend in blender with above
- ✓ Add Pudding & blend until smooth
- ✓ If using Dried Blueberries, fold into pie before pouring in crust
- ✓ Pour into crust & add Cool Whip
- ✓ Chill for several hours

\*Tastes Fabulous...smells like a Blueberry Muffin

### **BUTTERSCOTCH PIE**

- 1 cup French Vanilla F1
- 4 TBSP. PDM & 2 Cups Water
- 1 pkg. Butterscotch Sugar Free Pudding
- 1 Ready-Made Pie Crust (ex: Graham Cracker)
  - ✓ Mix F1, PDM & water together
  - ✓ Add Pudding
  - ✓ Mix well
  - ✓ Pour into crust and chill for 1 hour
  - ✓ When chilled, add Light Cool Whip
  - ✓ Cut into 8 pieces
  - ✓ Each piece equals 1 shake



### CARROT CAKE PIE

From: Coach Tracy B.

- 1 cup French Vanilla F1
- 4 TBSP. PDM & 2 Cups Water
- ¾ cup Shredded Carrots (I put mine in a mini chopper)
- ½ tsp. Cinnamon
- ½ tsp. Nutmeg
- ½ tsp. Allspice
- 1 small box of Vanilla Pudding
- 8 oz. Cream Cheese
- ✓ Mix F1, PDM & water together & Cream Cheese
- ✓ Add Carrots & Spices – mix well
- ✓ Add Pudding and mix
- ✓ Pour into Pie Crust
- ✓ Top with French Vanilla Cool Whip and Nuts, if desired

### CHOCOLATE CHEESECAKE PIE

- 1 cup of Dutch Chocolate F1
- 4 TBSP. PDM & 2 Cups Water
- 4 oz. Soft Light Cream Cheese
- 1 box of Sugar Free Cheesecake Pudding
- 1 Shortbread Crust
- ✓ Mix F1 and PDM & water together
- ✓ Remove Cream Cheese from wrapper and soften in microwave
- ✓ Add to mix, then add Pudding
- ✓ When well mixed, pour into Shortbread Crust
- ✓ Chill for 1 hour
- ✓ Top with Light Cool Whip topping
- ✓ Cut into 8 pieces
- ✓ Each piece = 1 shake plus 50 calories



### CHOCOLATE PIE

- 1 cup French Vanilla or Dutch Chocolate F1
- 4 TBSP. PDM & 2 Cups Water
- 1 pkg. Chocolate Sugar Free Pudding
- 1 Ready-Made Pie Crust (ex: Graham Cracker)
- ✓ Mix F1 and PDM & water together
- ✓ Add Pudding
- ✓ Mix well
- ✓ Pour into pie crust and chill for 1 hour
- ✓ When chilled, add Light Cool Whip
- ✓ Cut into 8 equal pieces
- ✓ Each piece = 1 shake

### CHUNKY MONKEY PIE

From: Coach Chris S.

Adapted from Ben & Jerry's ice cream flavor

- 1 cup Dutch Chocolate F1
- 4 TBSP. PDM & 2 Cups Water
- ½ cup Peanut Butter
- 1 small box Banana Pudding
- ¼ tsp. Banana Flavoring (not sure if you'll need it, but pops the banana flavor a bit)
- 1 Chocolate or Shortbread Crust
- Cool Whip with a mini Nutter Butter cookie on top
- ✓ Blend F1 and PDM & water together
- ✓ Add Peanut Butter
- ✓ Mix in Banana Pudding & Banana Flavoring
- ✓ Pour into crust and top with Whip Cream
- ✓ Refrigerate for at least 1 hour
- ✓ Makes 8 meal replacements

## COCONUT PIE

- 1 cup French Vanilla F1
- 4 TBSP. PDM & 2 Cups Water
- 1 pkg. Vanilla Sugar Free Pudding
- ¼ cup Coconut
- 1 Tbsp. Coconut Syrup
- 1 Ready-Made Pie Crust (ex: Graham Cracker)
  - ✓ Mix F1 and PDM & water together
  - ✓ Add Coconut Extract
  - ✓ Mix well
  - ✓ Add Pudding
  - ✓ Then mix in Coconut
  - ✓ Pour into pie crust and chill for 1 hour
  - ✓ When chilled, add Light Cool Whip
  - ✓ Cut into 8 equal pieces
  - ✓ Each piece equals 1 shake

## EGGNOG PIE

- 1 cup French Vanilla F1
  - 4 TBSP. PDM & 2 Cups Water
  - 1 pkg. Sugar Free Vanilla Pudding
  - 1 Keebler Shortbread Crust
  - ½ tsp. Nutmeg
  - French Vanilla Cool Whip!!
    - ✓ Mix F1 and PDM & water together
    - ✓ Add Nutmeg
    - ✓ Add Pudding and mix till blended well
    - ✓ Pour into crust
    - ✓ Chill for an hour
    - ✓ Add Cool Whip
    - ✓ Cut into 8 pieces
    - ✓ Each piece = 1 shake!
- P.S. I like to add a little more nutmeg on top of the Cool whip!!

## FRENCH VANILLA CHAI

From: Coach Becky O'B

- 1 cup French Vanilla or Cookies & Cream F1
- 4 TBSP. PDM & 2 Cups Water
- ½ cup Fat Free French Vanilla Liquid Non-Dairy Creamer
- 1 pkg. French Vanilla Instant Pudding, fat free sugar free
- ¼ tsp. each Ground Cinnamon and Ginger
- 1/8 tsp. each Ground Cardamom, Allspice and Cloves
  - ✓ Combine all ingredients and mix well
  - ✓ Pour into a Reduced Fat Graham Cracker Crust
  - ✓ Refrigerate for at least 2 hours or freeze
  - ✓ Top with Light Cool Whip

## HAWAIIAN PIE

- 1 cup Piña Colada F1
- 1 8 oz. can Crushed Pineapple (juice and all)
- 1 pkg. Pistachio Pudding (small box)
- 4 TBSP. PDM & 2 Cups Water
- 1 Shortbread Crust
- Light Cool Whip
- ¼ cup Chopped Walnuts
  - ✓ Mix F1 and PDM & water together
  - ✓ Add Pineapple and Pudding
  - ✓ Mix until well blended
  - ✓ Pour into crust and chill for 1 hour
  - ✓ Add Cool Whip
  - ✓ Top with Walnuts
  - ✓ Cut into 8 pieces
  - ✓ Each piece = 1 shake



## KEY LIME PIE

- 1 cup French Vanilla F1
- 1 ½ 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
  - ✓ Add Lime Jell-O to boiling water
  - ✓ Add Lime Zest & Juice until dissolved
  - ✓ Mix in F1 with mixer.
  - ✓ Add Cream Cheese, Yogurt, then Pudding
  - ✓ Put in crust or single serving cups
  - ✓ Let chill for 1 hour
  - ✓ Top with Light Cool Whip topping
  - ✓ Enjoy!!!

## LEMON SUPREME PIE

- 1 cup French Vanilla F1
- 4 TBSP. PDM & 2 Cups Water
- 1 capful Lemon Extract
- 4 oz. of soft Light Cream Cheese
- 1 box of Sugar Free Lemon Pudding
  - ✓ Mix F1 and PDM & water together
  - ✓ Remove Cream Cheese from wrapper and soften in microwave
  - ✓ Add to mix, then add Pudding
  - ✓ When well mixed, pour into Shortbread Crust or single serving cups
  - ✓ Chill for 1 hour
  - ✓ Top with Light Cool Whip topping
  - ✓ Enjoy!!!

## MINT MILANO COOKIE PIE

From: Coach Kathy S

- 1 cup Cookies and Cream F1
- 1 small pkg. Sugar Free Chocolate Fudge Pudding
- 4 TBSP. PDM & 2 Cups Water
- ¾ tsp. Peppermint Extract or ¼ cup Crème De Menthe
- Green Food Coloring, if desired
- 1 Shortbread Pie Crust
  - ✓ Mix F1 and PDM & water together
  - ✓ Add Pudding
  - ✓ Blend until smooth
  - ✓ Add Extract – pour into crust
  - ✓ Chill for several hours before serving
  - ✓ Top with a dollop of Cool Whip, if desired
  - ✓ Makes 8 meal replacements

## OREO PIE

- 1 cup Cookies and Cream F1
- 4 TBSP. PDM & 2 Cups Water
- 1 pkg. White Chocolate Sugar Free Pudding
- 1 Ready-Made Pie Crust (ex: Oreo Crust)
  - ✓ Mix F1 and PDM & water together
  - ✓ Add Pudding
  - ✓ Mix well
  - ✓ Pour into pie crust and chill for 1 hour
  - ✓ When chilled, add Light Cool Whip
  - ✓ Cut into 8 equal pieces
  - ✓ Each piece = 1 shake



## **PUMPKIN CHEESECAKE PIE!!**

### **PEANUT BUTTER PIE**

- 1 cup French Vanilla or Dutch Chocolate F1
- 4 TBSP. PDM & 2 Cups Water
- 1 pkg. White Chocolate Sugar Free Pudding
- 1 Ready-Made Pie Crust (ex: Keebler Chocolate)
- ¼ cup Peanut Butter
  - ✓ Mix F1 and PDM & water together
  - ✓ Add Peanut Butter
  - ✓ Mix well
  - ✓ Add Pudding Mix
  - ✓ Pour into pie crust and chill for 1 hour
  - ✓ When chilled, add Light Cool Whip
  - ✓ Cut into 8 equal pieces
  - ✓ Each piece = 1 shake plus 50 calories

### **PISTACHIO PIE**

- 1 cup French Vanilla F1
- 4 TBSP. PDM & 2 Cups Water
- 1 pkg. Pistachio Sugar Free Pudding
- 1 Ready-Made Pie Crust (ex: Graham Cracker)
  - ✓ Mix F1 and PDM & water together
  - ✓ Add Pudding
  - ✓ Mix well
  - ✓ Pour into pie crust and chill for 1 hour
  - ✓ When chilled, add Light Cool Whip
  - ✓ Cut into 8 equal pieces
  - ✓ Each piece = 1 shake

- 1 cup French Vanilla F1
- 4 TBSP. PDM & 2 Cups Water
- 1 cup Pumpkin
- 4 oz. Light Cream Cheese
- 1 tsp. Pumpkin Pie Spice
- 1 pkg. Sugar Free Cheesecake Pudding
- 1 Keebler Graham Cracker Crust
  - ✓ Mix F1 and PDM & water together, pumpkin, spice, and softened cream cheese together
  - ✓ Add Pudding
  - ✓ Mix until well blended
  - ✓ Pour into Pie Crust
  - ✓ Chill for 1 hour & add Light Cool Whip
  - ✓ Cut into 8 pieces
  - ✓ Each piece = 1 shake

### **PUMPKIN PIE!!**

- 1 cup French Vanilla F1
- 4 TBSP. PDM & 2 Cups Water
- 1 cup Pumpkin
- 1 tsp. Pumpkin Pie Spice
- 1 pkg. Sugar Free Vanilla Pudding
- 1 Keebler Graham Cracker Crust
  - ✓ Mix F1 and PDM & water together, Pumpkin and Spice together
  - ✓ Add Pudding
  - ✓ Mix till well blended
  - ✓ Pour into Crust
  - ✓ Chill for 1 hour
  - ✓ Add Light Cool Whip
  - ✓ Cut into 8 pieces.
  - ✓ Each piece = 1 shake

## SNICKERS PIE

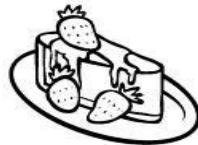
For the TRUE chocolate lover

From: Coach Teri W.

- 1 cup Dutch Chocolate F1
- 4 TBSP. PDM & 2 Cups Water
- 1 small box Chocolate Sugar Free Pudding
- 1 tsp. Baking Cocoa
- ¼ cup Chunky Peanut Butter
- Finely chopped peanuts for topping
  - ✓ Mix F1, Milk, Cocoa, Peanut butter, and Pudding
  - ✓ Mix well
  - ✓ Pour into Oreo Crust
  - ✓ Refrigerate until set
  - ✓ Spread Light Cool Whip on top
  - ✓ Sprinkle with 1 tsp. Finely Chopped Peanuts

## STRAWBERRY CHEESECAKE PIE

- 1 cup of Wild Berry F1
- 4 TBSP. PDM & 2 Cups Water
- 4 oz. soft Light cream Cheese
- 1 small pkg. Sugar Free Cheesecake Pudding
- 1 Keebler Shortbread Crust
  - ✓ Mix F1 and Milk
  - ✓ Remove Cream Cheese from wrapper and soften in microwave
  - ✓ Add to mix, then add Pudding
  - ✓ When well mixed, pour into Shortbread Crust
  - ✓ Top with Light Cool Whip
  - ✓ Cut into 8 pieces
  - ✓ Each piece = 1 shake plus 50 calories



## TURTLE PIE

- 1 cup French Vanilla or Dutch Chocolate F1
- 4 TBSP. PDM & 2 Cups Water
- 1 small pkg. Vanilla or White Chocolate Sugar Free Pudding
- 1 Keebler Shortbread Crust
- 4 Tbsp. Low Fat Caramel Sunday topping
  - ✓ Mix F1 and Milk together
  - ✓ Add Pudding, mix until blended well
  - ✓ Pour into Pie Crust
  - ✓ Chill for an hour
  - ✓ Warm Caramel topping in microwave (Save a little bit to drizzle on top of Cool Whip)
  - ✓ Spread Caramel on top of pie
  - ✓ Add Light Cool Whip
  - ✓ Add 2 Tbsp. of Pecans on top of pie
  - ✓ Add remaining Caramel topping if you'd like!

## VANILLA NUTMEG PIE

- 1 cup French Vanilla F1
- 4 TBSP. PDM & 2 Cups Water
- 1 pkg. Sugar Free Vanilla Pudding
- ½ - 1 tsp. Nutmeg
- 1 Ready-Made Pie Crust (ex: Shortbread)
  - ✓ Mix F1 and Milk together
  - ✓ Add Pudding. Mix well
  - ✓ Pour into Crust and chill for 1 hour
  - ✓ When chilled, add Light Cool Whip
  - ✓ Cut into 8 pieces
  - ✓ Each piece = 1 shake

## **PROTEIN BARS - Herbalife**

### **BROWNIE**

Unwrap one Chocolate Fudge Protein Bar.

Place on microwave safe plate.

Place in microwave for 15 seconds.

When done, top with light whip topping

Then sprinkle with pecans or walnuts

### **PEANUT BUTTER BARS**

Unwrap one Peanut Butter Protein Bar

Top with a thin layer of peanut butter.

OR.. When it's hot outside, freeze and enjoy!

## **SHAKE BARS**

(Only 1 Bar per Day)

### **CHEWY CRUNCHY SNACK BARS**

1 cup Formula # 1 (your choice)

½ cup Quick Oats

½ cup Rice Krispies

1 cup Nonfat Dry Milk

ADD...

½ cup Peanut Butter

½ cup + 3 Tbsp. Honey

- ✓ Blend together thoroughly
- ✓ Press into 8 x 8 pan
- ✓ Cut into 8 equal bars

## **LEMON CRUNCH BARS**

1 cup French Vanilla F1

2 Tbsp. Sugar-Free Instant Lemon Pudding Mix

1 ½ cups Rice Krispies

1/3 cup Honey (warm in Microwave)

2 Tbsp. Water

- ✓ Mix dry ingredients
- ✓ Add Water & Honey
- ✓ Mix and press in loaf pan
- ✓ Cut into 8 pieces
- ✓ 1 piece = 1 shake

## **MAPLE PECAN BARS**

(Angie's favorite)

1 cup French Vanilla F1

1 cup Quick Oatmeal

½ cup Peanut Butter

½ cup Pure Maple Syrup

1 – 2 capfuls Maple Flavoring

½ cup Chopped Pecans

- ✓ Mix all ingredients together
- ✓ Press into an 8 x 8 pan
- ✓ Cut into 8 equal squares
- ✓ 1 bar = 1 shake

## **MARSHMALLOW CRISPS**

1 cup Formula #1 (your choice)

7 oz. jar Marshmallow Cream

1 – 2 Tbsp. Water

4 cups Rice Krispies or Cocoa Krispies

- ✓ Mix Marshmallow Cream and F1
- ✓ Add Water
- ✓ When mixed, add Rice Krispies
- ✓ Blend together
- ✓ Press into 8 x 8 pan
- ✓ Cut into 8 equal bars

### PEANUT BUTTER FUDGE

- 1 cup French Vanilla or Dutch Chocolate F1
- ½ cup Peanut Butter
- ½ cup Honey
- 1 cup Dry Milk
- ✓ Mix all ingredients
- ✓ Press in an 8 x 8 pan
- ✓ Cut in 8 pieces (1 piece = 1 shake)

### CRUNCHY PEANUT BUTTER FUDGE

- 2 cups French Vanilla or Dutch Chocolate F1
  - 1 ¾ to almost 2 cups Nonfat Dry Milk
  - 1 – 18 oz. jar Chunky Peanut Butter
  - 1 cup Honey
  - ½ cup Water
  - ✓ Heat the Peanut Butter, Honey, & Water in microwave till warm
  - ✓ Pour over the top of F1 and Dry Milk
  - ✓ Press into a 13 x 9 pan
  - ✓ Cut into 16 equal pieces
- 20 grams of protein  
363 calories

### ORIGINAL SHAKE BARS

- 1 cup Formula #1 (Your Choice)
- ½ cup Honey
- ½ cup Reduced Fat Peanut Butter
- ½ cup Chocolate Chips (white, choc, butterscotch, etc.)
- 3 Tbsp. Water
- 1 cup Quick Oats
- 2 cups Rice Krispies
- ✓ Melt together first 4 ingredients
- ✓ Mix dry ingredients into 8 x 8 pan
- ✓ Mix thoroughly
- ✓ Press flat
- ✓ Refrigerate for 1 hour
- ✓ Cut into 8 equal bars



### THE ROGER ENERGY BAR

Mix together:

- 1 Cup French Vanilla F1
- 1 Cup Raw Oatmeal
- 1/3 Cup of Coconut (unsweetened is better than sweetened)
- 1/3 Cup Raisins
- 2/3 Cup Grape Nuts

For a variation, I sometimes also add  
1/8 to ¼ cup of Almond Slivers

Warm & mix:

- ½ Cup Honey
  - 1/3 Cup Peanut Butter
- After heating the Honey and Peanut Butter, Mix them together to form a paste. Then Mix with dry ingredients. Add 2 Tbsp. water to thin it out. Mix all ingredients thoroughly, Spread in 8 x 8 pan & place in fridge to set. Cut into 8 bars.

The bars will keep without refrigeration for several days, but do wrap them separately before placing in a zip lock bag.

