

Formula 1 Meal Replacements

**** Add Personalized Protein Powder as Recommended ****

Made with French Vanilla Formula 1

<p>PEACH MILK SHAKE 1 serving French Vanilla 8 fl oz nonfat milk 1 tsp Brandy essence 1 peach</p>	<p>APRICOT SHAKE 1 serving French Vanilla 6 oz apricot yogurt</p>	<p>DELICATESSEN SHAKE 1 serving French Vanilla 6 oz lemon yogurt</p>
<p>LIGHT BANANA SHAKE 1 serving French Vanilla 8 fl oz nonfat milk 1/2 banana</p>	<p>PINA COLADA SHAKE 1 serving French Vanilla 5 fl oz nonfat milk 1/4 cup fresh pineapple 1 tsp Coconut extract 1 tsp Rum essence 3 fl oz herbal aloe juice</p>	<p>SODA FOUNTAIN SHAKE 1 serving French vanilla 5 fl oz nonfat milk 3 oz of soda (root beer, black cherry, crème soda) 1/2 banana or peach</p>
<p>PUMPKIN PIE SHAKE 1 serving French Vanilla 8 fl oz water or skim milk 1/4 tsp vanilla extract 1/4 tsp pumpkin pie spice</p>	<p>VANILLA EGG NOG SHAKE 1 serving French Vanilla 8 fl oz skim milk 1 tbsp Honey 1/4 tsp Vanilla extract 1/8 tsp Nutmeg</p>	<p>ALOHA DELIGHT SHAKE 1 serving French Vanilla 8 fl oz nonfat milk 1/2 tsp Coconut extract 1/2 tsp Pineapple extract 1 tbsp Orange juice</p>
<p>APPLE PIE SHAKE 1 serving French Vanilla 8 fl oz nonfat milk 1/2 cup apple 1/2 tsp Cinnamon Dash of Nutmeg</p>	<p>BANANA FRUIT SHAKE 1 serving French Vanilla 4 oz nonfat yogurt 4 fl oz water 1/2 cup frozen peach slices 1/2 medium banana</p>	<p>COFFEE AMARETTO FREEZE 2 serving French Vanilla 2 fl oz nonfat milk 2 oz amaretto coffee creamer 1/2 tsp Instant coffee Lots of ice cubes (8+)</p>
<p>BUTTER PECAN FREEZE 1 serving French Vanilla 2 fl oz nonfat milk 2 oz butter pecan coffee creamer Lots of ice cubes (8+)</p>	<p>TROPICANA 1 serving French Vanilla 6 oz coconut yogurt</p>	<p>BANANABERRY SHAKE 1 serving French Vanilla or Wildberry 8 fl oz nonfat milk 1/2 banana 1/4 cup fresh or frozen blueberries/strawberries</p>
<p>BLUEBERRY SHAKE 1 serving French Vanilla 4 fl oz nonfat milk 1/4 cup blueberries (fresh) 6 oz light (reduced sugar/fat free) peach yogurt</p>	<p>STRAWBERRY BANANA SHAKE 1 serving French Vanilla 1/2 cup milk 1/2 cup apple juice 4 strawberries 1/2 banana</p>	<p>PISTACHIO BANANA GULP 1 serving French Vanilla 1/4 cup nonfat milk 1/2 container plain nonfat yogurt 2-3 Tbs pistachio instant pudding mix 1/2 banana</p>
<p>FRUITY COCONUT 1 serving French Vanilla 4 fl oz nonfat milk 1 - 6 oz container nonfat coconut yogurt 1 tbsp crushed pineapple 1/2 banana</p>	<p>BLACK FOREST SHAKE 1 serving French Vanilla 8 fl oz nonfat milk 1/2 tsp Black walnut extract 1/2 banana</p>	<p>ORANGE FROST 1 serving French Vanilla 4 fl oz nonfat milk 4 fl oz orange juice 1 tsp vanilla extract pinch of sugar</p>

<p>APPLE SHAKE 1 serving French Vanilla 8 fl oz apple juice 1/8 tsp cinnamon</p>	<p>WATERMELON SHAKE 1 serving French Vanilla 1 cup watermelon</p>	<p>GREEN FOR TWO (2 servings) 2 servings French Vanilla 1 kiwi fruit 1 banana 3 tbsp Crushed pineapple 2 fl oz herbal aloe juice</p>
<p>ORANGESICLE 1 serving French Vanilla 3/4 cup orange juice 1/4 cup skim milk</p>	<p>ALEXANDER'S ORANGE DREAMSICLE 1 serving French Vanilla 10 fl oz lite orange juice</p>	<p>ITALIAN SODA SHAKE 1 serving French Vanilla 3 fl oz orange juice 3 fl oz soda water 3 fl oz nonfat milk 2 tbsp Herbal aloe juice</p>
<p>FLORIDA FIZZ 1 serving French Vanilla 3 fl oz fresh Florida orange juice 2-5 ice cubes 4 oz orange crush</p> <ul style="list-style-type: none"> • blend first 3 ingredients • then add orange crush • And stir... 	<p>PAPAYA – RASPBERRY SHAKE 1 serving French Vanilla 1/2 cup fruit juice or water 1/2 frozen banana, peeled 1/2 cup fresh pineapple 10-12 raspberries</p>	<p>PINEAPPLE BERRY CRASH (2 servings) 2 servings French Vanilla 1 cup orange juice 1/4 cup pineapple juice 2 pineapple rings 6 fresh strawberries 12-15 frozen raspberries 8-10 frozen boysenberries 12-15 frozen blueberries 3 oz nonfat yogurt (any flavor)</p>
<p>ARCTIC FOREST (2 servings) 2 servings French Vanilla 1/2 cup nonfat milk 1 peach, frozen 10 blueberries, frozen 1/2 tbsp crushed pecan 1/2 tsp salt 1/4 tsp vanilla extract 1 cup light vanilla frozen yogurt</p>	<p>PEACHES & DREAMS 1 serving French Vanilla 6 fl oz apple cider 3-5 slices of peach 4 large strawberries 1/2 banana 1/8 tsp cinnamon</p>	<p>BLACK & BLUE 1 serving French Vanilla 1/2 cup apple juice 1/4 cup blueberries 1/4 cup blackberries 1/2 banana 1/3 cup raspberry sherbet</p>
<p>APPLE – COCONUT 1 serving French Vanilla 1/4 cup apple juice 1 tbsp coconut milk 1/2 banana 1/4 tsp ginger</p>	<p>STRAWBERRY-PINEAPPLE PARADISE (2 servings) 2 servings French Vanilla 1/2 cup whole strawberries 1 cup dole pineapple juice 1/2 cup orange juice 1/2 cup low fat vanilla frozen yogurt</p>	<p>PINE-ORANGE-BANANA 1 serving French Vanilla 4 fl oz dole Pine-Orange-Banana juice 6 fl oz light (reduced sugar, fat free) peach yogurt, frozen 1/2 banana</p>
<p>CARROT SHAKE 1 serving French vanilla 1 cup carrot juice 1/2 cup apple juice 6 oz nonfat vanilla or plain frozen yogurt 1/2 banana</p>	<p>BANANA PEACH FREEZE 1 serving French vanilla 1/2 envelope peach flavored gelatin (sugar free) 8 fl oz boiling water 1 banana 1 cup plain vanilla yogurt</p> <ul style="list-style-type: none"> • Dissolve Jell-O in water • Then mix all ingredients in blender until smooth • Freeze until firm, but scoop able 	<p>BANANA BERRY SMOOTHIE 1 serving French Vanilla 8 oz berry flavored yogurt 1 med. banana 1/2 cup water</p>

BLUEBERRY ORANGE SMOOTHIE 1 serving French Vanilla ½ cup blueberries ½ cup vanilla nonfat yogurt ¼ cup orange juice ¼ cup skim milk 1 tsp vanilla extract	STRAWBERRY BANANA SMOOTHIE 1 serving French Vanilla 1/2 banana 1/2 cup frozen strawberries 1 ½ cup orange juice	HAWAIIAN SMOOTHIE (2 servings) 2 servings French Vanilla 1 banana 1 cup frozen strawberries 1 cup orange juice ½ cup orange sherbet coconut shavings
SHERBET DELIGHT 1 serving French Vanilla or Wildberry 6 fl oz water 2 scoops sherbet (orange, strawberry, pineapple, rainbow)	MEGA-A-CITRUS RUSH 1 serving French Vanilla ½ cup diced pineapple ½ cup diced cantaloupe ½ cup fresh orange juice ½ cup carrot juice Pinch of nutmeg	TANGY SUMMER BLEND 1 serving French vanilla ½ cup dole pine-orange juice ½ cup crystal light lemonade 1 nectarine 6 oz light (reduced sugar-fat free) peach yogurt
STRAWBERRY SHAKE 1 serving French Vanilla 4 fl oz crystal light lemonade 6 oz light (reduced sugar-fat free) strawberry frozen yogurt 5 large strawberries	APRICOT-NECTARINE 1 serving French Vanilla 4 fl oz crystal light lemonade 6 oz light (reduced sugar-fat free) peach yogurt, frozen ½ apricot ½ nectarine	SUNNY VITAMIN C SIPPER (2 servings) 2 servings French Vanilla 1 medium banana 1 ripe peach (peeled, halved, pitted, & diced) 1 cup raspberries 1 ½ cup orange juice
CRAZY ADDICTION 1 serving French Vanilla ½ banana ½ cup crushed pineapple ½ cup nonfat yogurt 1 tbsp honey Dash of coconut extract	YOGURT SMOOTHIE 1 serving French Vanilla 5 HUGE tbsp nonfat yogurt ½ cup frozen fruit 1/2 banana 1 tbsp honey	FIVE FRUIT CRUSH (2 servings) 2 servings French Vanilla ¾ cup sliced ripe banana ½ cup chopped mango 1 cup whole strawberries ¾ cup pineapple juice ½ cup orange juice

Made with Dutch Chocolate Formula 1 Shake Mix

BOUNTY 1 serving Dutch chocolate 6 oz coconut yogurt 3 fl oz nonfat milk	CHOCNANA SHAKE 1 serving Dutch chocolate 1 banana 8 fl oz nonfat milk	MOUNDS CHOCOLATE DRINK 1 serving Dutch chocolate 8 fl oz nonfat milk or water ¼ tsp Coconut extract ¼ tsp Vanilla extract
SNICKERS ON THE ROCKS 1 serving Dutch chocolate 8 fl oz nonfat milk or water 1 tsp Cocoa 1 tsp Low fat peanut butter	CHOCOLATE CHERRY SODA 1 serving Dutch chocolate 8 fl oz nonfat milk or water ¼ tsp Cherry extract	MARK'S CHOCOLATE MASTERPIECE 1 serving Dutch chocolate 8 fl oz nonfat milk 1 cup black cherries
EXOTIC 1 serving Dutch chocolate 6 oz pineapple yogurt	MOCHA SHAKE 1 serving Dutch chocolate 8 fl oz nonfat milk 1 tsp Instant decaf coffee 1/2 banana	CHOCOLATE MINT 1 serving Dutch chocolate 5 fl oz nonfat milk 3 fl oz herbal aloe juice Mint extract
PEPPERMINT CHOCOLATE 1 serving Dutch chocolate 6 fl oz nonfat milk 2 oz vanilla nonfat ice cream ¼ tsp Peppermint extract	CAPPUCINO SHAKE 1 serving Dutch chocolate 4 fl oz nonfat milk 4 oz vanilla frozen yogurt 1 tsp Instant decaf coffee	EXTRA CHOCOLATEY SHAKE 1 serving Dutch chocolate 8 fl oz nonfat milk ¼ tsp Vanilla extract ¼ tsp Chocolate syrup 1 tsp Hershey's cocoa

RASPBERRY RAZZMATAZ 1 serving Dutch chocolate 8 fl oz unsweetened juice or water 1/3 cup raspberries 1/2 banana	CRANRASPBERRY DELIGHT 1 serving Dutch chocolate 8 fl oz cran-raspberry juice 1/2 banana	
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Made with Wild Berry Formula 1 Shake Mix

FRUIT JUICY SHAKE 1 serving Wild Berry 8 fl oz unsweetened juice 4-5 fresh strawberries 1/2 banana	SENSATION SHAKE 1 serving Wild Berry 8 fl oz orange juice 1/2 banana	FRUIT FIZZ (2 servings) 2 servings Wild Berry 8 fl oz unsweetened orange juice 1/2 banana 4 tbsp Strawberry yogurt 4-6 oz diet 7-up
KAPALUA CRUSH 1 serving Wild Berry 2 fl oz herbal aloe juice 2 tbsp Crushed pineapple 1 tbsp Coconut milk 4 fl oz orange juice	SUZAN'S STRAWBERRY SENSATION 1 serving Wild Berry 8 fl oz unsweetened juice 1/4 cup fresh strawberries 1/4 fresh apricot	STRAWBERRY FIZZ 1 serving Wild Berry 8 fl oz 7 UP or Slice (diet) 4 strawberries 1/2 banana

SPECIAL RECIPES

<p>SHAKE BARS (only 1 per day)</p> <p>½ cup honey ½ cup reduced fat peanut butter ½ cup chocolate chips (white choc, butterscotch, etc) 3 tbsp Water 1 cup Formula #1 (your choice) 1 cup quick oats 2 cups Rice Krispies</p> <ul style="list-style-type: none"> ✓ Melt together first 4 ingredients ✓ Mix dry ingredients into 8x8 pan ✓ Mix thoroughly ✓ Press Flat ✓ Refrigerate for 1 hour ✓ Cut into 8 equal bars 	<p>CHEWY CRUNCHY SNACK BARS</p> <p>MIX TOGETHER...</p> <p>½ cup old fashioned oats 1 cup Formula #1 (your choice) ½ cup Rice Krispies 1 cup nonfat dry milk</p> <p>ADD...</p> <p>½ cup peanut butter ½ cup honey 3 tbsp honey</p> <p>Blend together thoroughly Press into 8x8 pan Cut into 8 equal bars</p>
<p>MARSHMALLOW CRISPS</p> <p>7 oz jar marshmallow crème 1 – 2 tbsp Water 1 cup Formula #1 (your choice) 4 cups Rice Krispies or Cocoa Krispies</p> <ul style="list-style-type: none"> ✓ Mix marshmallow crème and Formula #1 ✓ Add Water ✓ When mixed, add Rice Krispies ✓ Blend together ✓ Press into 8x8 pan ✓ Cut into 8 equal bars 	<p>MAPLE PECAN BARS (my favorite)</p> <p>1 Cup formula 1 Vanilla 1 Cup Oatmeal ½ Cup peanut butter ½ Cup pure maple syrup 1-2 cap full maple flavoring ½ cup chopped pecans</p> <p>*Mix all ingredients together Press into and 8x8 pan Cut into 8=pieces 1 bar = 1 Shake</p>
<p>PEANUT BUTTER FUDGE</p> <p>1 Cup Formula 1 Vanilla or Chocolate ½ cup peanut butter ½ cup honey 1 cup dry milk</p> <p>*Mix all ingredients. Press in an 8x8 pan. Cut in 8 pieces. 1 piece = 1 shake.</p>	<p>LEMON CRUNCH BARS</p> <p>1 cup Formula 1 Vanilla 2 Tablespoons sugar-free, instant lemon pudding mix 1-1/2 cup Rice Krispies 1/3 cup honey (warm in Microwave) 2 tablespoons water</p> <p>*Mix dry ingredients. Add water & honey. Mix and press in loaf pan. Cut into 8 pieces. 1 piece = 1 shake.</p>
<p>SUMMER FRUIT SALAD</p> <p>1 6 oz container of vanilla light yogurt 2 tablespoons Formula 1 (any flavor)</p> <p>Mix together and pour over: 1/2 cup fresh fruit (ex. pineapple, grapes) Equals to one shake plus a fruit serving.</p>	

PIE RECIPES

<p>PEANUT BUTTER PIE 1 cup Formula #1 (vanilla or chocolate) 2 cups skim milk 1 pkg. white chocolate sugar free pudding 1 ready made Piecrust (ex: Keebler chocolate) ¼ cup Peanut Butter</p> <ul style="list-style-type: none"> ✓ Mix Formula #1 and milk 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 equals 1 shake and 50 calories 	<p>BANANA PIE 1 cup Formula #1 vanilla (or ½ cup vanilla & ½ cup tropical fruit) 2 cups skim milk 1 pkg Banana sugar free pudding 1 ready made piecrust (ex: shortbread)</p> <ul style="list-style-type: none"> ✓ Mix Formula #1 and milk together ✓ Add pudding ✓ Mix well ✓ Pour into piecrust and chill for 1 hour ✓ When chilled, add Light Cool Whip ✓ Cut into 8 equal pieces ✓ Each piece equals 1 shake
<p>OREO PIE 1 cup Formula #1 cookies and cream 2 cups skim milk 1 pkg. White chocolate sugar free pudding 1 ready made piecrust (ex: Oreo crust)</p> <ul style="list-style-type: none"> ✓ Mix Formula #1 and milk together ✓ Add pudding ✓ Mix well ✓ Pour into piecrust and chill for 1 hour ✓ When chilled, add Light cool whip ✓ Cut into 8 equal pieces ✓ Each piece equals 1 shake 	<p>VANILLA NUTMEG PIE 1 cup Formula #1 vanilla 2 cups skim milk 1 pkg. Vanilla sugar free pudding ½ - 1 teaspoon nutmeg 1 ready made Piecrust (ex: shortbread)</p> <ul style="list-style-type: none"> ✓ Mix Formula #1 and milk together ✓ Add Pudding; Mix well ✓ Pour into crust and chill for 1 hour ✓ When chilled add Light cool whip ✓ Cut into 8 equal pieces ✓ Each piece equals 1 shake
<p>COCONUT PIE 1 cup Formula #1 vanilla 2 cups skim milk 1 pkg. Vanilla sugar free pudding ¼ cup coconut 1 cap full coconut extract 1 ready made piecrust (ex: graham cracker)</p> <ul style="list-style-type: none"> ✓ Mix Formula #1 and milk together ✓ Add coconut extract ✓ Mix well ✓ Add Pudding ✓ Then mix in coconut ✓ Pour into piecrust and chill for 1 hour ✓ When chilled, add Light cool whip ✓ Cut into 8 equal pieces ✓ Each piece equals 1 shake 	<p>CHOCOLATE PIE 1 cup Formula #1 (vanilla or chocolate) 2 cups skim milk 1 pkg. Chocolate sugar free pudding 1 ready made piecrust (ex: graham cracker)</p> <ul style="list-style-type: none"> ✓ Mix Formula #1 and milk together ✓ Add pudding ✓ Mix well ✓ Pour into piecrust and chill for 1 hour ✓ When chilled add Light cool whip ✓ Cut into 8 equal pieces ✓ Each piece equals 1 shake
<p>BUTTERSCOTCH PIE 1 cup Formula #1 vanilla 2 cups skim milk 1 pkg. Butterscotch sugar free pudding 1 ready made piecrust (ex: graham cracker)</p> <ul style="list-style-type: none"> ✓ Mix Formula #1 and milk together ✓ Add pudding ✓ Mix well ✓ Pour into crust and chill for 1 hour ✓ When chilled add light cool whip ✓ Cut into 8 equal pieces ✓ Each piece equals 1 shake 	<p>PISTACHIO PIE 1 cup formula #1 vanilla 2 cups skim milk 1 pkg. Pistachio sugar free pudding 1 ready made piecrust (ex: graham cracker)</p> <ul style="list-style-type: none"> ✓ Mix Formula #1 and milk together ✓ Add pudding ✓ Mix well ✓ Pour into crust and chill for 1 hour ✓ When chilled add light cool whip ✓ Cut into 8 equal pieces ✓ Each piece equals 1 shake

RECIPES FORMULA 1 AND OTHERS!!

<p><u>CHICKEN SOUP</u></p> <p>8 oz Low Sodium Chicken Broth 1/2 tsp. Chicken Seasoning 1 cup Vegetables 1 small can of Chicken pieces 1 packet of Herbalife Soup</p> <p>Cook vegetables and chicken in broth until desire consistency. Before serving Wisk in Herbalife soup.</p> <p>* DO NOT COOK HERBALIFE CHICHEN SOUP IT WILL CURDLE!!!</p>	<p><u>CHEX MIX</u></p> <p>2 cups Cheerios yogurt burst cereal (1 cup vanilla and 1 cup strawberry)</p> <p>1/4 bag Cran-raisons 2 Herbalife protein bars (cut into small pieces) 2 Pkts Herbalife soy nuts</p> <p>Mix together then divide into 6 servings.</p> <p>9 grams of protein 150 calories per serving</p>
<p><u>PARTY PUNCH</u></p> <p>1 gallon Light Hawaiian Punch 1 carton Light Orange Juice 1/2 2-liter of Diet Sprite 2 tablespoons Herbalife Raspberry Tea 1cup pineapple Sherbet</p> <p>Combine. 30 Servings</p> <p>15 calories per serving</p>	<p><u>PROTEIN BARS-Herbalife</u></p> <p><u>Brownie</u> Unwrap one Chocolate fudge bar place on microwave save plate. Place in microwave for 15 sec. When done top with lite whip topping then sprinkle with pecans or walnuts.</p> <p><u>Peanut Butter Bars</u> Unwrap one Peanut Butter Bar and top with a thin layer of peanut butter. Or when it's hot freeze and enjoy!!</p> <p><u>Lemon Cake</u> Unwrap one Lemon bar place on microwave safe plate and microwave for 15 seconds then enjoy.</p>
<p><u>VANILLA NUTMEG PIE</u></p> <p>1 Cup Formula 1 Vanilla 2 Cups Soy milk or milk 1 Package sugar free vanilla pudding 1 Keebler shortbread crust 1/2- tsp. Nutmeg Cool whip French Vanilla</p> <p>Mix Formula 1 and milk together, add nutmeg, add pudding, mix till blended well, pour into curst. Chill for an hour, add cool whip, cut into 8 pieces, each piece = 1 shake!!</p>	<p><u>EGGNOG PIE</u></p> <p>1 Cup Formula 1 Vanilla 2 Cups eggnog soy milk 1 Package sugar free vanilla pudding 1 Keebler shortbread crust 1/2- tsp. Nutmeg French Vanilla cool whip!!</p> <p>Mix Formula 1 and milk 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> <p>P.S. I like to add a little more nutmeg on top of the cool whip!!!</p>
<p><u>TURTLE PIE</u></p> <p>1 Cup Vanilla or Choc. Formula 1 2 Cups Milk or Soy milk 1 small package vanilla or white choc. Sugar free pudding 1 Keebler shortbread crust 4 TBLS low fat caramel Sunday topping</p> <p>Mix Formula 1 and milk together, add pudding, mix till blended will, and pour into crust. Chill for an hour, warm caramel topping, (I save a little bit to drizzle on top of whip cream) spread caramel on top of pie, add whip cream, then add 2 TBLS of pecans on top of pie!!! Add remaining caramel topping if you would like!!</p>	<p><u>PEANUT BUTTER FUDGE</u></p> <p>2 Cups Vanilla or Chocolate Formula 1 1 3/4 to almost 2 cups nonfat dry milk 1 18 oz jar chunky peanut butter 1 cup honey 1/2 cup water</p> <p>Place the peanut butter, honey and water in microwave till warm. Pour over the top of Formula 1 and dry milk. Press into a 13 x 9 pan. Cut into 16= pieces.</p> <p>These are 363 calories and 20 grams of protein.</p>

PIES IN A SINGLE SERVING CUP

Break 1 Keebler pie crust in a zip lock bag and place 1-tablespoon 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.

KEY LIME PIE

1 1/2 cup of boiling water
1 packet of lime Jell-O
Zest of 2 limes
Juice of 2 limes
1 cup Vanilla Formula 1
4 oz of soft light cream cheese
2 containers of Key lime pie yogurt
1 box of Sugar free vanilla pudding



To boiling water add lime Jell-O. Add lime zest and juice until dissolved. Mix in Formula 1 with mixer. Add cream cheese, yogurt then pudding. Put in crust or single serving cups and let chill for 1 hour. Top with light cool whip topping. Enjoy

LEMON SUPREME PIE

2 Cups Milk or soy milk
1Cap full Lemon extract
1 cup Vanilla Formula 1
4 oz of soft light cream cheese
1 box of Sugar free lemon pudding
Mix Formula 1, lemon extract, and milk. Remove cream cheese from wrapper and soften in microwave. Add to mix then add pudding. When well mixed put in shortbread crust or single serving cups and let chill for 1 hour. Top with cool whip. Enjoy!!



STRAWBERRY CHEESECAKE PIE

1 cup of Wildberry Formula 1
2 cups milk
4 oz soft light cream cheese
1 box of sugar free cheesecake pudding
1 shortbread crust



Mix Formula 1 and milk. Remove cream cheese from wrapper and soften in microwave. Add to mix then add pudding. When well mixed put in shortbread crust. Chill. Top with cool whip topping. Cut into 8 pieces. Each piece equals 1 shake plus 50 calories

CHOCOLATE CHEESECAKE PIE

1 cup of Chocolate Formula 1
2 cups of milk
4oz soft light cream cheese
1 box of sugar free chocolate or vanilla pudding
1 shortbread crust



Mix Formula 1 and milk. Remove cream cheese from wrapper and soften in microwave. Add to mix then add pudding. When well mixed put in shortbread crust. Chill. Top with cool whip topping. Cut into 8 pieces. Each piece equals 1 shake plus 50 calories

Pumpkin Pie!!

1 Cup Formula 1 Vanilla
1 1/4 Cups Soy milk or skim milk
1 Cup Pumpkin
1 Teaspoon pumpkin pie spice
1 Package sugar free vanilla pudding
1 Keebler graham cracker crust
Cool whip



Mix Formula 1, milk, pumpkin, and spice together, add pudding, mix till blended well, pour into crust. Chill for an hour, add cool whip, cut into 8 pieces, each piece = 1 shake!!

Pumpkin Cheesecake Pie!!

1 Cup Formula 1 Vanilla
1 1/4 Cups Soy milk or skim milk
1 Cup Pumpkin
4 oz Light Cream Cheese
1 Teaspoon pumpkin pie spice
1 Package sugar free cheesecake pudding
1 Keebler graham cracker crust
Cool whip

Mix Formula 1, milk, pumpkin, spice, and soften cream cheese together, add pudding, mix till blended well, pour into crust. Chill for an hour, add cool whip, cut into 8 pieces, each piece = 1 shake plus 50 calories!!

French Vanilla Chai.

From: Coach Becky O'B

1 1/2 cups 1% milk
1 cup vanilla or cookies & cream formula 1
1/2 cup fat free French vanilla liquid non dairy creamer
1 pkg fat free sugar free French vanilla instant pudding
1/4 teaspoon each ground cinnamon and ginger
1/8 teaspoon each ground cardamom, allspice and cloves.

Combine all ingredients and mix well. Pour into a reduced fat graham cracker crust and refrigerate for at least 2 hours or freeze if desired. top with reduced fat cool whip.

Snickers Pie - for the true chocolate lover:

From: Coach Teri W.

1. Oreo crust
2. 1 cup chocolate Formula 1 shake mix
3. 2 cups milk
4.1 small boxes chocolate sugar-free fat-free pudding
5.1 tsp baking cocoa
6. 1/4 Cup chunky peanut butter
7. Cool whip for topping
8. Finely chopped peanuts for topping



Mix milk, Formula 1, cocoa, peanut butter, and pudding mix well. Pour into crust, refridge until set. Spread cool whip on top of pie. Sprinkle with 1 tsp finely chopped peanuts.

Mint Milano Cookie Pie

From: Coach Kathy S.

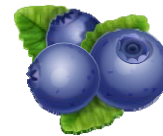


- 1 C. Formula #1 Cookies 'n Cream
- 1 Sm. Pkg. Sugar-free Chocolate Fudge Pudding
- 2 c. Skim Milk
- 3/4 tsp. Peppermint Extract or 1/4 cup Crème De Menthe
- Green food coloring if you would like
- 1 Shortbread Pie crust

Blend Formula #1 with skim milk. 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.

Blueberry Muffin Pie

From: Coach Jan & Jeff B



- 1/4 Frozen or Dried Blueberries
- 1 Cup Vanilla Formula One
- 2 Cups Milk
- 1 Small Box Pistachio Pudding (SF)
- Shortbread Crust
- Cool Whip

Blend Formula One with milk if using frozen blueberries blend in a blender with the milk. Add pudding blend until smooth. If using dried blueberries fold into pie before putting in crust. Pour into crust, add cool whip and chill for several hours.

Tastes Fabulous....Smells like a Blueberry Muffin..... Enjoy....

Chunky Monkey Pie

(Adapted from Ben and Jerry's ice cream flavor - my personal flavor)

From: Coach Chris S.



- 1 cup Chocolate Formula 1
- 2 cups milk
- 1/2 c. peanut butter
- 1 Small box banana pudding
- 1/4 t. banana flavoring (not sure you'd need it, but I wanted to pop the banana flavor a bit)
- 1 Chocolate or Shortbread crust
- Cool Whip with a mini Nutter Butter cookie on top

Blend Formula one with milk, add peanut butter. Mix in banana pudding and banana flavoring. Pour into crust and top with whip cream. Refrigerate for at least one hour.

Carrot Cake Pie

From: Coach Tracy B.



- 1 cup Vanilla Formula One
- 2 cups low fat milk
- 3/4 cup shredded carrots (I put mine in a mini chopper)
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/2 tsp. allspice
- 1 small box of vanilla pudding
- 8 Oz Cream Cheese

Blend Formula one, milk, and Cream Cheese together, add carrots and spice and mix well, add pudding and mix. Pour into pie crust. Top with French vanilla cool whip and nuts of you're choosing.

The Roger Energy Bar

Mix together:

- 1 cup Vanilla Formula 1
- 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 a 1/8 to 1/4 cup of almond slivers.

Warm & mix:

- 1/2 cup Honey
- 1/3 cup Peanut Butter

After heating the Honey and Peanut Butter I mix them together to form a paste before mixing them with the dry stuff. I also add 2 tablespoons of water to the mix, to thin it out.

Mix all ingredients thoroughly, spread in an 8 x 8 pan, and place in the 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.

Snappy Soynut Chicken Salad

**Shared by Coach Karri L.
Of the 100 lb. Team!**

Ingredients:

- 2 - Packs Herbalife Soynuts
- 5-6 - Pieces Fresh Chicken Breast Tenderloins (or 3-4 fresh chicken breast)
- 1/2 - Package Snow Peas (or 1 cup)
- 1 - Green Pepper
- 1 - Red Pepper
- 1 - Yellow Pepper
- 1 - Bunch Green Onion (or sweet onion)
- 2 - Stalks Celery
- 1 - Tomato
- 1 - Cucumber
- 1/4 Cup 2% cheese crumbs (or shredded)
- 1 Flaxseed wrap (or flat-out wraps)
- Lettuce

Directions:

Steam or bake chicken. Cut into small cubes, set aside to cool. When cooled put into fridge.
Trim ends of snow peas off and cut in half, put in bowl.
Dice peppers, celery, tomato and cucumber, put in bowl.
Cut green onion into small pieces, put in bowl.
Add cheese.
Stir/mix in cold chicken.
Add soy nuts just before serving.
Good on a wrap with lettuce or good as a fresh salad.
Makes 4-6 servings
ENJOY!!!!

Creamy Chicken Salad Dressing

- 1 Pack Herbalife Creamy Chicken Soup Mix
- 1 Cup Extra Virgin Olive Oil (or flavored Flaxseed Oil)
- 1/4 Cup Red Wine Vinegar
- 1/4 Teaspoon Powdered Chicken Bouillon
- 2-4 Packs Splenda

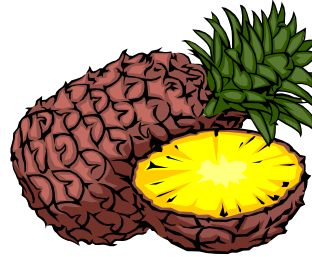
Wisk:

Put Oil, Chicken Soup Mix, Red Wine Vinegar, Powdered Chicken Bouillon and Splenda packs in bowl and whisk together. Keep in Fridge.

Formula 1 Recipes Using New Piña Colada Shake Mix

HAWAIIAN PIE

- 1 Cup Piña Colada shake mix
- 1 8oz can crushed pineapple (juice and all)
- 1 pkg. Pistachio pudding (small box)
- 1 ¼-1 ½ cups milk
- 1 Shortbread crust
- Whip cream
- ¼ cups chopped walnuts



Mix Formula 1 and milk together, add pineapple, add pudding,
 Mix till blended well, pour into crust. Chill for an hour,
 Add cool whip. Top with walnuts.
 Cut into 8 pieces, each piece = 1 shake!!

- 2 Scoops Piña Colada shake
- 6oz container yogurt
- Whisk together, serve with ½ cup fruit

- Cheryl's Favorite:
- 2 Scoops Piña Colada shake
 - 8oz. grapefruit juice
 - Ice in blender

- 2 Scoops Piña Colada shake
- 1/2 banana
- 8oz milk or soy milk
- Ice in blender

- 2 Scoops Piña Colada shake
- 3 Frozen strawberries & ½ banana
- 8 oz. milk or soy milk
- Ice in blender

- 2 Scoops Piña Colada shake
- 1 Capful rum extract
- 8 oz. milk or soy milk
- Ice in blender

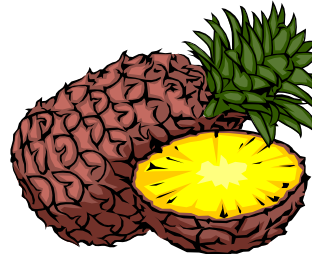
- 2 Scoops Piña Colada shake
- 1 pkg. peach mango drink mix
- 8oz. water, ice in blender

- 2 Scoops Piña Colada shake
- ½ cup pineapple sherbet
- Tropical fruit flavor water
- Ice in blender

- 2 Scoops Piña Colada shake
- 6 oz soy milk
- 2 oz pineapple juice
- 4 frozen pineapple chunks

BANANA SPLIT PIE

- 1 Cup Piña Colada shake mix
- 1 8oz can crushed pineapple (juice and all)
- 1 pkg. banana pudding (small box)
- 1 ½ cups milk
- 1 Shortbread crust
- Whip cream
- ¼ cups chopped walnuts
- 8 Maraschino Cherries (place on napkin to drain while making pie)



Mix Formula 1 and milk together, add pineapple, add pudding,
 Mix till blended well, pour into crust. Chill for an hour,
 Add cool whip. Top with walnuts. Ad Cherries
 Cut into 8 pieces, each piece = 1 shake!!

Before you start take your measurements and weight 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 everyday. 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 everyday. You may also notice changes in the way your clothing fits!!!

Formula #1: (Powder) 2 Tablespoons + 8oz. Liquid - 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-Dinner

Vitamins, Minerals, Trace Elements and Botanical Elements (Herbs) for Optimal Health.

Cell Activator: 2-3 at Breakfast-Lunch-Dinner

Great for people under a lot of stress, on a lot of meds, smoke, or if having slow weight loss! Repairs your villi and increases absorption of *everything*. Dramatically reduces stress levels and fatigue.

Formula #3: 1- 2 or 3 Tablespoons with each shake. Makes your feel fuller longer! Great for people that don't get enough protein in their diet or are getting hungry between shakes.

Total Control: 1 at Breakfast –Lunch-Dinner.

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/Activated Fiber: 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-Dinner

Vitamins, Minerals and Herbs to help improve circulation, help with excess water retention, reduce the appearance of cellulite and promote inch loss.

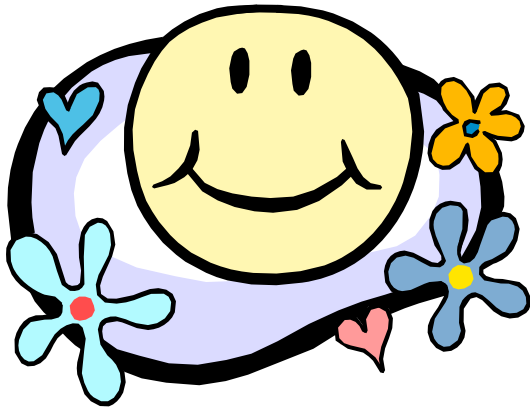
Herbal Tea Concentrate: ½ to 1 teaspoon per 8 oz. water, hot or cold.

Can be mixed with juice or other low calorie beverages. Recommend 4 glasses per day.

Natural Herbal Beverage to increase your energy level and burn fat!

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!



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!

