



**A PDF COOKBOOK
WITH 18
HERBALIFE SHAKE
RECIPES**



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HERBALIFE
NUTRITION

HERBALIFE MONSTER COOKIE SHAKE

INGREDIENTS

- 1scoop vanilla protein mix
- 1 scoop Cookies & Cream meal formula
- 2 tbsp powdered peanut butter
- 2 cups ice
- 3/4 cup water

TOPPING

- 1/4 cup crumbled cookies
- Whipped cream
- Chocolate & butterscotch syrup

TOOLS

- Blender
- Cup size bottle

DIRECTIONS

STEP 1

Begin by adding the vanilla protein drink mix, the Cookies and Cream healthy meal formula one, powdered peanut butter, ice, and water into the blender.

STEP 2

Blend the ingredients on high speed for 1 minute or until the shake reaches a creamy, soft-serve ice cream texture.

STEP 3

Take a cup and put some crumbled cookies, a dollop of whipped cream, and a little bit of chocolate and butterscotch syrup on the sides of the cup.

STEP 4

Mix the toppings into the shake by stirring it with a spoon. Pour the shake into the cup and top it with more crumbled cookies, whipped cream, and syrups.

STEP 5

After adding the topping, you now have your own homemade Herbalife Monster Cookie shake to serve and enjoy.



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HERBALIFE
NUTRITION

HERBALIFE STRAWBERRY CHEESECAKE SHAKE

INGREDIENTS

- 8 Ounce of water /240 ml of water
- 2 Cup of ice cubes
- 2 Scoops of Herbalife protein drink mix
- 1 Scoop of Herbalife wild berry healthy meal
- 1 Scoop of Herbalife cookies and cream
- 1 Tablespoon of Sugar free jello pudding mix
- 1 Tablespoon of Strawberry Syrup
- Sugar Free Whipped Cream
- Sugar Free Caramel
- Crushed Graham Crackers

TOOLS

- Blender
- Shake container

DIRECTIONS

STEP 1

Use a clean blender, add 8 ounces of water and 2/3 cup of ice cubes (8 pieces) for ingredients.

STEP 2

Add 2 scoops of Herbalife's nutrition protein drinks mix to the blender with water and ice, do not use more than 2 scoops.

STEP 3

Add 1 scoop of Herbalife's wild berry to blender for added taste.

STEP 4

Add 1 scoop of Herbalife Cookies & Cream to improve flavor.

STEP 5

Add 1 teaspoon of sugar-free jello pudding mix which is available in supermarkets or online.

STEP 6

Add strawberry syrup, blend all ingredients for 1 minute.

STEP 7

Pour sugar-free strawberry preserves into jar after blending.

STEP 8

Add sugar-free whipped cream to blender after it finishes blending.

STEP 9

Add sugar-free caramel, such as Smucker's Sundae syrup, on top of blended drink, then transfer to serving container.

STEP 10

Add crumbled graham crackers as garnish on top of whipped cream in jar, then it is ready to serve.



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HERBALIFE
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HERBALIFE MINT CHOCOLATE SHAKE

INGREDIENTS

- 1 Cup Vanilla Soy Milk
- 6 ounces of chocolate almond milk
- 2 tablespoons of cocoa powder
- ½ cup of cottage cheese
- 1 Teaspoon Mint Extract
- 2 Scoops Herbalife Formula
- 2-3 Teaspoons Instant Pudding Mix
- 1 Medium Frozen Banana

TOOLS

- Blender
- Cup size bottle

DIRECTIONS

STEP 1

Check that the blender is clean and wash it if needed, add almond milk or alternatives like coconut milk or chocolate soy, according to preference.

STEP 2

Add cocoa powder or chocolate chips to blender after adding almond milk for added chocolate flavor to the protein shake.

STEP 3

Adding pudding mix or chocolate fudge is optional but it enhances the taste and effectiveness of the shake and gives a smoothie feel.

STEP 4

Add cottage cheese to shake for added protein and calcium, it also gives a refreshing, slightly salty taste.

STEP 5

Add a few drops of peppermint or mint extract to ingredients, or use fresh mint if available, to give the shake a minty flavor.

STEP 6

Close the blender lid and blend all ingredients for Herbalife protein shake for 1-2 minutes or 2-3 minutes if using mint leaves, until smooth.



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HERBALIFE
NUTRITION

HERBALIFE PEANUT BUTTER SHAKE

INGREDIENTS

- 1 cup water
- 4 scoops Herbalife Nutritional Shake Mix Formula 1 chocolate flavor
- 1 scoop Herbalife Personalized Protein Powder Formula 3
- 1 teaspoon Herbalife probiotic powder mix
- 1 tsp peanut butter
- 3 to 5 ice cubes

TOOLS

- Blender
- Serving Glass
- Straw

DIRECTIONS

STEP 1

Take 1 cup of water to pour into the blender jar.

STEP 2

Add 4 scoops of Herbalife Nutritional Shake Mix Formula 1 in chocolate flavor or any other flavor, this shake mix is rich in minerals, vitamins, dietary fiber, and antioxidants that provides desired nutrition and protein without unnecessary calories and fat.

STEP 3

Add 1 scoop of personalized protein powder formula 3, it's fat-free, sugar-free and has no yeast, carbohydrates, salt, lactose, sweeteners, cholesterol, and artificial colors. It fulfills daily protein needs, supports weight management and hunger control.

STEP 4

Add 1 teaspoon of probiotic powder mix per serving, it delivers 1 billion active probiotic organisms, helps maintain a balance between good and bad bacteria, and has no artificial color, flavor, sugar, or sweeteners.

STEP 5

1 tsp of peanut butter can be used in 1-minute desserts and adds 4 grams of protein, which is necessary for building muscle.

STEP 6

Blend ingredients for a protein-packed shake.

STEP 7

Blend ingredients and pour for serving.

STEP 8

Add straw and ice cubes to shake, top with whipped cream, chocolate chips, and peanut butter.



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HERBALIFE
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HERBALIFE S'MORES SHAKE

INGREDIENTS

- Water 1 cup
- Herbalife Protein drink mix 2 scoop
- F1 dutch chocolate 2 scoop
- Graham cracker 1/2
- Ice cube 4-6

TOOLS

- Blender
- Serving glass

DIRECTIONS

STEP 1

Get The Blender And Add Ingredients: Bring your blender jug and add water, f1 dutch chocolate, graham cracker, protein mix, ice cubes.

STEP 2

Blend The Shake: Mix your shake well for 3 minutes.

STEP 3

Serving The Shake: Take a glass and pour it with the shake. Add a pinch of crushed graham cracker for garnishing.



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HERBALIFE
NUTRITION

HERBALIFE BLUEBERRY MUFFIN SHAKE

INGREDIENTS

- 1/2 cup milk
- Herbalife protein powder
- 6oz Greek yogurt (for 1 individual)
- 1/2 cup frozen blueberries
- 1/2 cup of fresh blueberries
- One banana (fresh and peeled)
- 1/4 cup of oats (Gluten-free and raw)
- 1/2 cup ice cubes
- 1tsp of cinnamon (freshly grounded)
- 1/4 teaspoon lemon zest (optional)

TOOLS

- Blender
- Serving glass

DIRECTIONS

STEP 1

Use clean blender, add fresh and frozen blueberries, leave some for topping before serving for presentation.

STEP 2

Pour blueberries in blender, add peeled banana pieces and gluten-free oats. Can get gluten-free oats online or at superstore.

STEP 3

Add Herbalife protein powder, yogurt, and fresh milk to blender with blueberries and banana. Natural sweetness from bananas and milk, add lemon zest for tangy flavor, and cinnamon for taste.

STEP 4

Close lid, turn on blender and mix for 2-3 minutes until smooth.

STEP 5

Stop blender, pour shake in glass or bottle, top with blueberries for presentation and taste enhancement.



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HERBALIFE
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HERBALIFE OATMEAL COOKIE SHAKE

INGREDIENTS

- 1 cup milk
- ½ cup dry roasted oats
- 2 scoops of cookies
- ½ cup cornflakes
- 1 spoon peanut butter
- 2 scoops of Herbalife Formula 1
- Dry fruits mix
- 1 tsp honey
- ½ tsp cinnamon
- 1 scoop of a vanilla protein powder
- 3 to 4 ice cubes
- 1 tsp chocolate pudding
- ½ tsp of vanilla extract
- 1 banana
- ½ cup of fat-free cottage cheese

TOOLS

- Blender
- Shaker Bottle
- Cheap Kitchen Scale
- Serving Glass

DIRECTIONS

STEP 1

Take a blender jar and add 1 cup milk.

STEP 2

Add ½ cup dry roasted oats.

STEP 3

Take ½ cup cornflakes to add inside the jar.

STEP 4

Add 1 spoon of peanut butter.

STEP 5

Add 2 scoops of Herbalife Formula 1.

STEP 6

Blend all ingredients until smooth. If no blender, shake in shaker bottle for a minute to break up chunks.

STEP 7

Take your favorite shake glass and pour your shake inside it.

STEP 8

Top shake with cornflakes, dry fruits, honey, graham cracker or oatmeal cookie for added taste.



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HERBALIFE
NUTRITION

HERBALIFE LEMON POUND CAKE SHAKE

INGREDIENTS

- 250ml ice water
- 2 scoops Herbalife vanilla formula
- 2 scoops Herbalife protein drink mix
- 1 tsp sugar free lemon pudding mix
- ¼ tsp lemon extract
- Sugar free whipped cream
- Crushed cookies

TOOLS

- Blender
- Dessert Glass

DIRECTIONS

STEP 1

Blend 250ml ice water in blender until ice cubes are crushed.

STEP 2

Now add two scoops of Herbalife vanilla formula.

STEP 3

Add a two-scoop Herbalife protein drink mix.

STEP 4

1 tsp sugar-free lemon pudding needs to be in this step.

STEP 5

Take ¼ tsp lemon extract and add then inside the blender.

STEP 6

Blend all of the mixes at a lower speed, you can blend approximately for 30 seconds.

STEP 7

After blending the main ingredients, add some crushed cookies with the mixer to have a delicious display.

STEP 8

To make your lemon cake shake more delicious, top it with sugar-free whipped cream and sprinkle some crushed cookies.



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HERBALIFE
NUTRITION

HERBALIFE REESE'S SHAKE

INGREDIENTS

- 2 scoops or 8 ounces Herbalife Nutrition Formula 1 (Cookies and Cream)
- 2 scoop or 8 ounces Herbalife Nutrition Personalized Protein Powder
- 2 scoop of Herbalife personalized protein powder (Optional)
- 2 tablespoon peanut butter
- 1 cup almond milk/fat-free milk/ water
- 1 cup ice cubes

TOPPING

- Chopped peanut or peanut butter
- Mini chocolate chips-sugar free
- Vanilla cream

TOOLS

- Blender
- Long drinking glass

DIRECTIONS

STEP 1

Add 1 cup of almond milk or fat-free milk to the blender.

STEP 2

Add 2 scoops Herbalife Formula 1 and 2 scoops Herbalife Personalized Protein Powder for extra 10g protein.

STEP 3

Add 2 tbsp of peanut butter or powder and 1 cup of ice cubes to the shake.

STEP 4

Blend all ingredients on medium for 30 seconds, check with spoon, blend for 10 more seconds if needed. Shake is ready.

STEP 5

Herbalife Reese's shake is ready. Serve in a glass and add toppings like chopped peanuts or mini choco chips (optional).



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HERBALIFE
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HERBALIFE CINNAMON ROLL SHAKE

INGREDIENTS

- Herbalife Nutrition Formula 1 Vanilla Protein Mix-2 scoops
- Herbalife Nutrition Cinnamon roll flavor mix-1 scoop
- Saigon cinnamon- 1 tsp
- Low-fat milk / Unsweetened almond milk/ water-250 ml
- Ice cubes-½ cup or as you desired
- Butterscotch pudding mix-1tbsp
- Some crushed peanuts
- Sugar-free caramel syrup-1/2 tsp

TOOLS

- Blender or a shaker.
- Glass or Shake-container.

DIRECTIONS

STEP 1

Use a high-speed blender and add 250ml of low-fat milk or unsweetened almond milk or water.

STEP 2

Add ice cubes or finely crushed ice to the blender for a cool and fresh cinnamon roll smoothie.

STEP 3

Add 2 scoops of Herbalife Vanilla Protein Mix, 1 scoop of Herbalife Cinnamon roll flavor mix, 1 tsp pudding mix, and 1 tsp of Saigon cinnamon to the blender or shaker jar.

STEP 4

Blend all ingredients at high-speed until smooth, thick, and creamy. Check consistency and add more ingredients if desired.

STEP 5

Blend until desired consistency, pour 2 tsp of sugar-free caramel syrup in the glass and serve.



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HERBALIFE
NUTRITION

HERBALIFE BIRTHDAY CAKE SHAKE

INGREDIENTS

- Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Cookies 'n Cream-2 scoops
- Herbalife Nutrition Formula 1 vanilla/ chocolate shake mix- 2 scoops
- Cheesecake pudding mix-1 scoop.
- Low-fat milk / Unsweetened almond milk-250 ml
- Ice cubes- 2-3 or as you desired
- Almond extract-2tsp
- vanilla extract-2tsp
- Some peanuts ground
- Sugar-free caramel syrup-2 tsp
- Rainbow sprinkles- 1tsp
- Whip cream (optional)

TOOLS

- Blender or a shaker.
- Glass or Shake-container.

DIRECTIONS

STEP 1

Combine 2 scoops Herbalife Cookies 'n Creme Formula 1, 2 scoops vanilla/ chocolate Formula 1, 1 scoop Cheesecake pudding mix, and peanuts/ banana (optional) in the blender for a cake shake.

STEP 2

Add 250ml room temp milk/water, 2 tsp almond and vanilla extract to the mixture in the blender. Add ice cubes and blend at low speed.

STEP 3

Blend mixture at low speed then gradually increase speed until smooth and thick like a milkshake.



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HERBALIFE
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HERBALIFE FRUITY PEBBLES SHAKE

INGREDIENTS

- Ice 10 cubes
- Herbalife Shake mix 2 tbsp
- Herbalife Protein drink mix 2 tbsp
- Sugar-free strawberry syrup 2 tsp
- Water 2 cup

TOOLS

- Blender
- Serving glass

DIRECTIONS

STEP 1

Get a blender: First, take a blender and put some ice cubes.

STEP 2

Add all ingredients: Add shake mix, protein mix, sugar-free syrup, water together.

STEP 3

Blend all ingredients: Blend all the ingredients well for 1 minute.

STEP 4

Serve the drink: Take 2 glasses and fill it with this Fruity pebbles shake.



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HERBALIFE
NUTRITION

HERBALIFE FUNNEL CAKE SHAKE

INGREDIENTS

- Water 1 cup
- Ice 1 cup
- F1 Chocolate shake mix 1 scoop
- F1 Chocolate protein mix 1 scoop
- Herbalife Protein mix ½ cup
- Salt 1 pinch
- baking soda ¾ tsp
- xanthan gum ½ tsp
- Nutmeg ½ tsp
- vanilla extract ½ tsp
- large egg whites 2
- Sparkling water ¼ cup
- Liquid sugar substitute

TOOLS

- Blender
- Shake glass
- Long serving glass

DIRECTIONS

STEP 1

Mix Herbalife protein mix, salt, baking soda, xanthan gum, nutmeg, vanilla extract, egg white, and water in a bowl.

STEP 2

Put your cake batter into a piping bag or a measurement jug for easy to spread.

STEP 3

Fry cake batter in a pan with oil on low flame for 3-4 minutes on each side for crispiness.

STEP 4

Remove cake from pan when golden brown and place on plate with paper towel.

STEP 5

Get a blender, add ice, water, F1 shake mix, F1 protein mix and blend it for 2 minutes.

STEP 6

After the shake is ready, take 2 long glasses and fill them with the shake.

STEP 7

Take the shake glasses and add funnel cake on top. Garnish with some Liquid sugar substitute.



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HERBALIFE
NUTRITION

HERBALIFE CHOCOLATE SHAKE

INGREDIENTS

- Herbalife Formula 1 Chocolate flavor (Nutrition shake mix)
- Tiny ice (a handful)
- Low-fat milk (8 oz)

TOOLS

- A glass
- A blender

DIRECTIONS

STEP 1

Arrange ingredients, including Herbalife formula one nutrition mix and fat-free milk from freezer, on cooking table.

STEP 2

Measure 2 scoops Herbalife chocolate flavor, 8 oz low-fat milk, and a handful of ice and add to recipe accordingly. Adjust amount based on number of servings.

STEP 3

Blend ingredients for 1-2 minutes, being careful not to blend for too long as it can ruin the nutritional value.

STEP 4

Pour the shake into the drinking glass. You can have the shake twice a day.



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HERBALIFE
NUTRITION

HERBALIFE SNICKERS SHAKE

INGREDIENTS

- Herbalife Protein Drink Mix 1 scoop Vanilla flavor
- Herbalife cream healthy meal shake 1 scoop
- Sugar-free chocolate pudding mix (1 tablespoon)
- French vanilla mix sugar-free (1 tablespoon)
- Almond milk fat-free 8oz
- Caramel syrup sugar-free (1 tablespoon)
- Dry roasted unsalted peanuts (2 tablespoons)
- Ice cubes 4 to 6

TOOLS

- A blender or mixture
- A drinking mug

DIRECTIONS

STEP 1

Collect all necessary ingredients on cooking table, and acquire any missing ingredients from an online or local market.

STEP 2

Measure ingredients and blend 1 scoop Herbalife drink mix, 1 scoop Herbalife cream shake, 1 Tbsp sugar-free chocolate pudding mix, 1 Tbsp sugar-free French vanilla mix, 8oz fat-free almond milk, 1 Tbsp sugar-free caramel syrup, 2 Tbsp dry roasted unsalted peanuts, and 4-6 ice cubes. Use scoop from Herbalife pot and regular tablespoon for measuring.

STEP 3

Cover blender and blend on high speed for 30 seconds to break ice, then medium speed until smooth.

STEP 4

Blend ingredients, pour into glass.

STEP 5

Cover the bottle with the top. You can have it anytime at lunch or dinner or breakfast. It helps to feel hungry and makes you energetic.



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HERBALIFE
NUTRITION

HERBALIFE ORANGE CREAMSICLE SHAKE

INGREDIENTS

- Herbalife vanilla protein drink mix (1 scoop)
- Herbalife orange cream formula one (2 scoops)
- Instant vanilla pudding mix sugar-free (2 to 3 teaspoons)
- Orange drink mix (1 single serving)
- Water 8 to 10 ounces
- Ice cubes 6 to 10 depending on your preference

TOOLS

- A blender
- A drinking jar

DIRECTIONS

STEP 1

Get ingredients and follow recipe instructions.

STEP 2

Add 1 scoop vanilla protein, 2 scoops orange cream formula, 2-3 tsp vanilla pudding and 1 orange drink mix to blender. Pour water first.

STEP 3

Blend ingredients from previous step for 10-15 seconds on high.

STEP 4

Add 6-10 ice cubes to the blender, making sure it has room. Run blender for 30-50 seconds.

STEP 5

Blend Herbalife orange creamsicle; pour it into your jar.

STEP 6

Add a straw into the drinking glass and enjoy the drink. To drink directly, you can avoid this step.



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HERBALIFE
NUTRITION

HERBALIFE FRENCH VANILLA SHAKE

INGREDIENTS

- 8-oz milk (Non-fat)
- 2 scoops formula 1 vanilla
- 3-5 Ice Cubes

TOOLS

- A mug
- A blender

DIRECTIONS

STEP 1

Arrange ingredients on cooking table; get into kitchen; check blender power; measure milk & other ingredients.

STEP 2

Pour 8-oz milk in blender, clean it, adjust per instructor's opinion.

STEP 3

Pour the vanilla flavor into the blender. Don't forget to measure the flavor.

STEP 4

At last, pour the ice cubes into the blender. If the ice cubs are larger in size, break them into pieces. Try to make the ice cubes smaller.

STEP 5

Cover the top of the blender and press the power button. Blend it for 2 to 3 minutes. It should mix up the ingredients by this time.

STEP 6

Pour the Herbalife French vanilla shake into your drinking mug. Drink it now.



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HERBALIFE
NUTRITION

HERBALIFE WILD BERRY SHAKE

INGREDIENTS

- Herbalife Wild berry Flavor – 1 scoop.
- Herbalife Chocolate Flavor – 1 scoop.
- Herbalife Protein Powder – 1 scoop.
- Handful of frozen blackberries
- 250ml low fat milk

TOOLS

- A blender
- A bottle

DIRECTIONS

STEP 1

Arrange ingredients on table for quick cooking.

STEP 2

Clean up the blender and place it on the table.

STEP 3

Add 1 scoop wild berry flavor to blender.

STEP 4

Add 1 scoop of chocolate flavor to blender for chocolaty smoothie.

STEP 5

Add 1 scoop of protein powder to blender for stronger shake.

STEP 6

Add frozen blackberries + ice bars to blender, pour berries.

STEP 7

Pour milk last, covering other ingredients.

STEP 8

Put the cover of the blender and start blending for 2 to 5 minutes. It should not take more than 5 minutes.



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