

Tasty Shake Recipes

Herbalife is a global leader with over 20 years of experience in the weight management and nutrition industry, offering a range of products that support a healthy lifestyle.

Fruit Juicy Shake

1 serving of Strawberry Formula 1
250ml semi-skimmed milk
1 cup strawberries
1/2 grapefruit
4-6 ice cubes (optional)
Only 320 calories*



Mocha Shake

1 serving Chocolate Formula 1
1 teaspoon instant decaffeinated coffee
250ml semi-skimmed milk
1/2 banana
4-6 ice cubes (optional)
Only 260 calories*



Sweet Sensation Shake

1 serving of Tropical Fruit Formula 1
1 fresh peach
1 fresh apricot
250ml semi-skimmed milk
3-6 ice cubes (optional)
Only 330 calories*



*Approximately

Peach Shake

1 serving of Vanilla Formula 1
250ml semi-skimmed milk
1 fresh peach
4-6 ice cubes (optional)
Only 240 calories*



Ask your Distributor for more shake recipes and collect the set!

Independent Herbalife Distributor



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