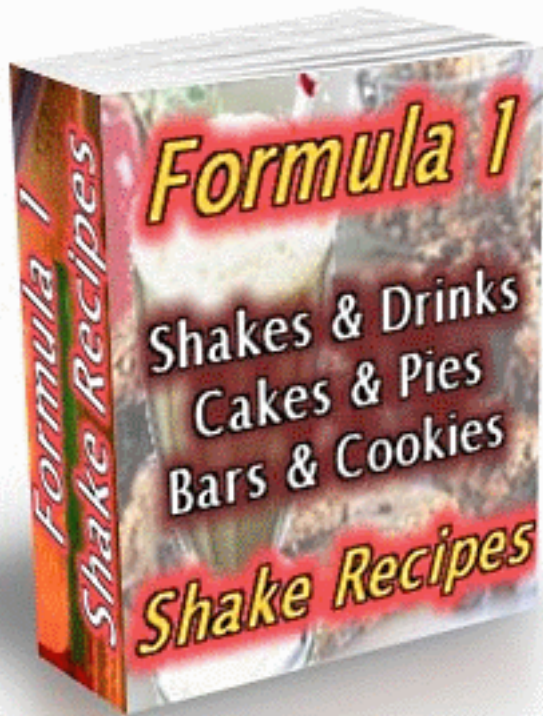


# Formula 1 Shake Recipes



Never again have the same old shake for breakfast or lunch. Try a different one everyday. Over 75 recipes to choose.

Many dieters have the same complaint about their nutritional shake mixes, "They are Boring." Not any more - Now you can whip up a tasty shake recipe in minutes.

For this cookbook we used Herbalife Formula 1 nutritional shake mixes. Although any brand can be used. If you substitute use the recommended portions given by the manufacturer.

Print this cookbook out and keep it in your kitchen. Enjoy!!

## Table of contents

### [Formula 1 Shake Recipes](#)

[Cafe Latte](#)

[Chocolate](#)

[Cookies N Cream](#)

[Tropical Fruit](#)

[Vanilla](#)

[Wild Berry](#)

[Energy Bars and Cookies](#)

[Cakes and Pies](#)

[Where to Find Ingredients](#)

Disclaimer: these recipes have not been evaluated by the Food and Drug Administration. The products are not intended to diagnose, treat, cure or prevent any disease. All information in this document is solely the opinion of the author.

You may NOT redistribute, re-brand, sell or give away this information to anyone else without express written permission from the author.

Copyright 2009 All Rights Reserved

## Café Latte Shakes & Drinks

You may optionally add 2–6 ice cubes to the recipes. Blend the ingredients & enjoy! Remember juice is high in calories. Warning some recipes do contain caffeine. Use skim milk for least amount of fat & calories. Use Soy milk for additional protein. Be creative until you find the shake(s) that you love! Shakes=200 calories.

### Café Latte

You will need:

- 12 oz. Low-Fat or Soy Milk
- 2 Tbsp. Formula 1 Cafe Latte
- 2 Tbsp. Protein Powder (optional)
- 1 small scoop Vanilla ice cream
- 1 tsp. Herbal Tea Concentrate

Mix in Blender or shaker 1 minute. Makes 2 servings.

### Imitation Irish Coffee

You will need:

- 12 oz. Chocolate Low Fat or Soy Milk
- 2 Tbsp. Formula 1 Cafe Latte
- 2 Tbsp. Protein Powder (optional)
- ¼ Tsp. Peppermint Extract
- 2 tsp. Herbal Tea Concentrate

Mix in Blender or shaker 1 minute. Makes 2 servings.

### Coffee n Cream

You will need:

- 8 oz. Low Fat or Soy Milk
- 2 Tbsp. Formula 1 Cafe Latte
- 2 Tbsp. Protein Powder (optional)
- ½ Banana
- 2 Tbsp. vanilla yogurt

Mix in Blender or shaker until smooth. Makes 2 servings.

### Cocomond Coffee

You will need:

- 12 oz. Low Fat or Soy Milk
- 3 Tbsp. Formula 1 Cafe Latte
- 2 Tbsp. Protein Powder (optional)
- 2 Tsp. Coconut Extract
- 2 Tsp. Vanilla Extract

Mix in Blender or shaker until chunky. Makes 2 servings.

### Big Cup a Joe, Please

You will need:

- 16 oz. Chocolate Soy or Skim milk
- 4 Tbsp. Formula 1 Cafe Latte
- 2 Tbsp. Protein Powder (optional)
- 2 Tsp. Herbal Tea Concentrate
- 4 Tbsp. coffee yogurt

Mix in Blender or shaker 1 minute. Makes 2 servings.

### Café Mocha

You will need:

- 8 oz. Skim or Soy Milk
- 2 Tbsp. Formula 1 Cafe Latte
- 2 Tbsp. Protein Powder (optional)
- 1 Tsp. Instant Coffee
- ½ Banana (optional)

Mix in Blender or shaker 1 minute. Makes 1 servings.

## Orange Java

You will need:

- 16 oz. cups Orange juice
- 4 TBS formula 1 Cafe Latte
- 2 tsp. Instant coffee (decaf)
- 1/8 tsp. Vanilla
- 1/2 tsp. Nutmeg (optional)

Mix in Blender or shaker 1 minute.

Makes 1 servings.

## Banana-Café

You will need:

- 8 oz. Skim or Soy Milk
- 2 Tbsp. Formula 1 Cafe Latte
- 2 Tbsp. Protein Powder (optional)
- 1/2 banana
- 2 Tbsp. Low fat plain yogurt

Mix in Blender or shaker 1 minute.

Makes 1 servings.

## Mint Choco-Mocha

You will need:

- 12 oz. Chocolate Skim or Soy Milk
- 2 tsp Formula 1 Cafe Latte
- 2 Tbsp. Protein Powder (optional)
- 2 oz. Vanilla non-fat Ice Cream
- 1/4 Tsp. Peppermint Extract

Mix in Blender or shaker 1 minute

Makes 2 servings.

## Plain ole Cafe Latte

You will need:

- 8 oz. Chocolate Skim or Soy Milk
- 2 Tbsp. Formula 1 Cafe Latte
- 2 Tbsp. Protein Powder (optional)
- 2 Tbsp. plain yogurt

Mix in Blender or shaker 1 minute.

Makes 1 serving.

## Chocolate Shakes & Drinks

You may optionally add 2–6 ice cubes to the recipes. Blend the ingredients & enjoy! Remember juice is high in calories. Use low calorie juice, when possible. Use skim milk for least amount of fat & calories. Use Soy milk for additional protein. Be creative until you find the shake(s) that you love! Shakes=200 calories.

### Chocolate/Peanut Butter

You will need:

- 8 oz. Low-Fat or Soy Milk
- 2 Tbsp. Formula 1 Chocolate
- 2 Tbsp. Protein Powder (optional)
- 1 Tsp. Low-Fat Peanut Butter

Mix in Blender or shaker 1 minute. Drink immediately. Makes 2 servings.

### Chocolate Chip Float

You will need:

- 12 oz. Choc. Low Fat or Soy Milk
- 2 Tbsp. Formula 1 Dutch Chocolate
- 2 Tbsp. Protein Powder (optional)
- 1 Large Scoop Vanilla Ice Cream
- 2 Tbsp. chocolate chips

Mix in Blender or shaker 1 minute. Makes 2 servings.

### Snickers on the Rocks

You will need:

- 8 oz. Low Fat or Soy Milk
- 2 Tbsp. Formula 1 Dutch Chocolate
- 2 Tbsp. Protein Powder (optional)
- ½ Banana
- 1 Snickers candy bar and/or
- 1 Tbsp. Low Fat Peanut Butter

Mix in Blender or shaker until smooth. Makes 2 servings.

### Mounds Chocolate

You will need:

- 8 oz. Low Fat or Soy Milk
- 2 Tbsp. Formula 1 Chocolate
- 2 Tbsp. Protein Powder (optional)
- 2 Tsp. Coconut Extract
- 2 Tsp. Vanilla Extract
- 5-6 almonds, finely chopped

Mix in Blender or shaker until chunky. Makes 2 servings.

### Triple Chocolate Rush

You will need:

- 16 oz. Chocolate Soy or Skim milk
- 4 Tbsp. Formula 1 Dutch Chocolate
- 2 Tbsp. Protein Powder (optional)
- 2 Tbsp. Chocolate syrup
- 4 Tbsp. plain yogurt

Mix in Blender or shaker 1 minute. Makes 2 servings.

### Café Mocha

You will need:

- 8 oz. Skim or Soy Milk
- 2 Tbsp. Formula 1 Chocolate
- 2 Tbsp. Protein Powder (optional)
- 1 Tsp. Instant Coffee
- ½ Banana (optional)

Mix in Blender or shaker 1 minute. Makes 1 serving.

## **International Chocolate**

You will need:

- 2 cups Orange juice
- 4 TBS formula 1 Chocolate
- 2 tsp. Instant coffee (decaf)
- 1/8 tsp. Vanilla
- 1/2 tsp. Nutmeg (optional)

Mix in Blender or shaker 1 minute.

Makes 2 servings.

## **Banana-Chocolate Shake**

You will need:

- 8 oz. Skim or Soy Milk
- 2 Tbsp. Formula 1 Chocolate
- 2 Tbsp. Protein Powder (optional)
- 1/2 banana
- 2 Tbsp. Low fat plain yogurt

Mix in Blender or shaker 1 minute.

Makes 1 serving.

## **Chocolate Mint**

You will need:

- 12 oz. Chocolate Skim or Soy Milk
- 2 tsp Formula 1 Chocolate
- 2 Tbsp. Protein Powder (optional)
- 2 oz. Vanilla non-fat Ice Cream
- 1/4 Tsp. Peppermint Extract

Mix in Blender or shaker 1 minute

Makes 2 servings.

## **Chocolate Blueberry**

You will need:

- 8 oz. Chocolate Skim or Soy Milk
- 2 Tbsp. Formula 1 Chocolate
- 2 Tbsp. Protein Powder (optional)
- 2 Tbsp. blueberry yogurt
- 1/4 cup blueberries

Mix in Blender or shaker 1 minute.

Makes 1 serving.

## **Chocolate-Cherry Shake**

You will need:

- 12 oz. Chocolate Skim or Soy Milk
  - 2 tsp Formula 1 Chocolate
  - 2 Tbsp. Protein Powder (optional)
  - 1 tsp Vanilla Extract
  - 2 Tbsp. cherry yogurt
- Mix in Blender or shaker 1 minute. Makes 2 servings.

## **Plain ole Chocolate Shake**

You will need:

- 8 oz. Chocolate Skim or Soy Milk
  - 2 Tbsp. Formula 1 Chocolate
  - 2 Tbsp. Protein Powder (optional)
  - 2 Tbsp. vanilla yogurt
- Mix in Blender or shaker 1 minute.  
Makes 1 serving.

## Cookies n Cream Shakes & Drinks

You may optionally add 2–6 ice cubes to the recipes. Blend the ingredients & enjoy! Remember juice is high in calories. Use low calorie juice, when possible. Use skim milk for least amount of fat & calories. Use Soy milk for additional protein. Be creative until you find the shake(s) that you love! Shakes=200 calories.

### Apple Pie Ala Mode 2

You will need:

- 12 oz. Apple Cider or Juice
- 2 Tbsp. F1 Cookies n Cream
- ½ Tsp. Cinnamon
- 1 Scoop Vanilla Ice Cream

Mix in Blender or shaker 1 minute.

Makes 2 servings.

### Root Beer Float 2

You will need:

- 12 oz. Water or Ice
- 2 Tbsp. Formula 1 Cookies n Cream
- 2 Tbsp. Protein Powder (optional)
- 1 Large. Scoop Vanilla Ice Cream
- 1 Tsp. Root Beer Extract

Mix in Blender or shaker 1 minute.

Makes 2 servings

### Bananaberry 2

You will need:

- 8 oz. Low Fat or Soy Milk
- 2 Tbsp. Formula 1 Cookies n Cream
- 2 Tbsp. Protein Powder (optional)
- ½ Banana
- ¼ cup fresh or frozen Blueberries

Mix in Blender or shaker 1 minute.

Makes 1 serving.

### Orange Crush Fizz 2

You will need:

- 3 oz Fresh/Frozen Cran. Juice
- 1 oz Pineapple Juice
- 2 oz Herbal Aloe Juice
- 2 Tbsp. F1 Cookies n Cream
- 2 Tbsp. Protein Powder (optional)
- 12 oz. Orange Crush soda.

Blend first 5 ingredients first, then add 8-12 oz Orange Crush Soda.

Makes 2 servings.

### Banana Cream Pie 2

You will need:

- 8 oz. Skim or Soy Milk
- 2 Tbsp. Formula 1 Cookies n Cream
- 2 Tbsp. Protein Powder (optional)
- ½ Banana
- 2 Tbsp. Banana Yogurt or pudding

Mix in Blender or shaker 1 minute.

Top with low fat vanilla wafers or crumbled graham crackers.

Makes 1 serving.

### Pumpkin Pie 2

You will need:

- 12 oz Water, Skim or Soy Milk
- 2 Tbsp Formula 1 Cookies n Cream
- 2 Tbsp. Protein Powder (optional)
- 1 tsp Vanilla Extract
- 2 tsp Ginger
- 2 tsp Cinnamon
- 2 tsp Nutmeg
- 2 tsp Allspice

Mix in Blender or shaker 1 minute.

Makes 2 servings.

## Vanilla Pudding 2

You will need:

- 12 oz Water, Skim or Soy Milk
- 2 Tbsp Formula 1 Cookies n Cream
- 2 Tbsp. Protein Powder (optional)
- 2 Tbsp. Vanilla Pudding

Mix in Blender or shaker 1 minute.

Makes 1 serving.

## Vanilla-Banana Shake 2

You will need:

- 8 oz. Skim or Soy Milk
- 2 Tbsp. Formula 1 Cookies n Cream
- 2 Tbsp. Protein Powder (optional)
- ½ banana

2 Tbsp. Low fat plain yogurt

Mix in Blender or shaker 1 minute.

Makes 1 serving.

## Black Walnut 2

You will need:

- 8 oz. Orange Juice
- 2 Tbsp Formula 1 Cookies n Cream
- 2 Tbsp. Protein Powder (optional)
- ½ Tsp. Black Walnut Extract

Mix in Blender or shaker 1 minute.

Makes 1 serving.

## Orange Creamsicle 2

You will need:

- 12 oz. Skim or Vanilla Soy Milk
- 2 Tbsp. Formula 1 Cookies n Cream
- 2 Tbsp. Protein Powder (optional)
- 1 Scoop Vanilla Ice Cream
- 1 Tsp. Orange Extract or 4 Orange wedges

Mix in Blender or shaker 1 minute.

Makes 2 servings.

## Unbelievable Shake!

You will need:

- 6 oz apple juice
- 2 Tbsp. Formula 1 Cookies n Cream
- 2 Tbsp. Protein Powder (optional)
- 4-5 frozen strawberries
- 1/2 ripe banana
- Ice to taste

Mix in Blender or shaker 1 minute.

Makes 1 serving.

## Cookies n Cream Shake

You will need:

- 8 oz. Skim or Vanilla Soy Milk
- 2 Tbsp. Formula 1 Cookies n Cream
- 2 Tbsp. Protein Powder (optional)
- 2 Tbsp. Vanilla yogurt

Mix in Blender or shaker 1 minute.

Makes 1 serving.

## Tropical Fruit Shakes & Drinks

You may optionally add 2–6 ice cubes to the recipes. Blend the ingredients & enjoy! Remember juice is high in calories. Use low calorie juice, when possible. Use skim milk for least amount of fat & calories. Use Soy milk for additional protein. Be creative until you find the shake(s) that you love! Shakes=200 calories.

### Smooth Orange-Strawberry

You will need:

- 8 oz. orange juice
- 2 Tbsp. Formula 1 Tropical Fruit
- 2 Tbsp. Protein Powder (optional)
- 2 Tbsp. Strawberry yogurt

Mix in Blender or shaker 1 minute.

Makes 2 servings.

### Banana Daiquiri

You will need:

- 6 oz. Diet 7-up or Squirt soda
- 2 Tbsp. Formula 1 Tropical Fruit
- 2 Tbsp. Protein Powder (optional)
- 6 ice cubes (crushed)
- ½ Banana

Mix in Blender or shaker 1 minute.

Makes 1 serving.

### Tropical lemon Shake

You will need:

- 8 oz. Low Fat or Soy Milk
- 2 Tbsp. Formula 1 Tropical Fruit
- 2 Tbsp. Protein Powder (optional)
- ¼ Tbs. Lemon Juice
- 2 Tbsp. Lemon Yogurt or pudding

Mix in Blender or shaker until smooth. Makes 1 serving.

### Hawaiian Punch

You will need:

- 8 oz. Hawaiian Punch
- 2 Tbsp. Formula 1 Tropical Punch
- 2 Tbsp. Protein Powder (optional)
- 3 ice cubes (crushed)
- 1 Tsp. Herbal Aloe Concentrate

Mix in Blender or shaker 1 minute. Makes 1 serving.

### Red Pop

You will need:

- 8 oz. Diet Red Pop soda
- 2 Tbsp. Formula 1 Tropical Punch
- 2 Tbsp. Protein Powder (optional)
- 3 ice cubes (crushed)

Mix in Blender or shaker 1 minute. Makes 1 serving.

### Tropical Orange Punch

You will need:

- 8 oz. Orange Juice
- 2 Tbsp. Formula 1 Tropical Fruit
- 2 Tbsp. Protein Powder (optional)
- 1 Tsp. Herbal Aloe Concentrate

Mix in Blender or shaker 1 minute. Makes 1 servings.



## **Pineapple Delight**

You will need:

2 cups Water

4 Tbsp. formula 1 Tropical Punch

¼ Cup Pineapple chunks

1/8 tsp. Lemon juice

½ tsp. Nutmeg (optional)

Mix in Blender or shaker 1 minute.

Makes 1 servings.

## **Banana Buzz**

You will need:

8 oz. Skim or Soy Milk

2 Tbsp. Formula 1 Tropical Fruit

2 Tbsp. Protein Powder (optional)

½ banana

1 Tsp. Herbal Concentrate Tea

Mix in Blender or shaker 1 minute.

Makes 1 servings.

## **Blue Lagoon**

You will need:

12 oz. Skim or Soy Milk

2 tsp Formula 1 Tropical Fruit

2 Tbsp. Protein Powder (optional)

2 Tbsp. blueberry yogurt

Mix in Blender or shaker 1 minute. Makes 2

servings.

## **Plain ole Tropical Fruit**

You will need:

8 oz. Skim or Soy Milk

2 Tbsp. Formula 1 Tropical

2 Tbsp. Protein Powder (optional)

2 Tbsp. plain yogurt

Mix in Blender or shaker 1 minute.

Makes 1 servings.

## Vanilla Shakes & Drinks

You may optionally add 2–6 ice cubes to the recipes. Blend the ingredients & enjoy! Remember juice is high in calories. Use low calorie juice, when possible. Use skim milk for least amount of fat & calories. Use Soy milk for additional protein. Be creative until you find the shake(s) that you love! Shakes=200 calories.

### Apple Pie Ala Mode

You will need:

- 12 oz. Apple Cider or Juice
- 2 Tbsp. Formula 1 Vanilla
- ½ Tsp. Cinnamon
- 1 Scoop Vanilla Ice Cream

Mix in Blender or shaker 1 minute. Makes 2 servings.

### Root Beer Float

You will need:

- 12 oz. Water or Ice
- 2 Tbsp. Formula 1 Vanilla shake mix
- 2 Tbsp. Protein Powder (optional)
- 1 Large. Scoop Vanilla Ice Cream
- 1 Tsp. Root Beer Extract

Mix in Blender or shaker 1 minute. Makes 2 servings

### Bananaberry

You will need:

- 8 oz. Low Fat or Soy Milk
- 2 Tbsp. Formula 1 Vanilla or Wild Berry shake mix
- 2 Tbsp. Protein Powder (optional)
- ½ Banana
- ¼ cup fresh or frozen Blueberries

Mix in Blender or shaker 1 minute. Makes 1 serving.

### Orange Crush Fizz

You will need:

- 3 oz Fresh/Frozen Cran. Juice
- 1 oz Pineapple Juice
- 2 oz Herbal Aloe Juice
- 2 Tbsp. F1 Vanilla or Wild Berry
- 2 Tbsp. Protein Powder (optional)
- 12 oz. Orange Crush soda.

Blend first 5 ingredients first, then add 8-12 oz Orange Crush Soda. Makes 2 servings.

### Banana Cream Pie

You will need:

- 8 oz. Skim or Soy Milk
- 2 Tbsp. Formula 1 Vanilla
- 2 Tbsp. Protein Powder (optional)
- ½ Banana
- 2 Tbsp. Banana Yogurt or pudding

Mix in Blender or shaker 1 minute. Top with low fat vanilla wafers or crumbled graham crackers. Makes 1 serving.

### Pumpkin Pie

You will need:

- 12 oz Water, Skim or Soy Milk
- 2 Tbsp Formula 1 Vanilla
- 2 Tbsp. Protein Powder (optional)
- 1 tsp Vanilla Extract
- 2 tsp Ginger
- 2 tsp Cinnamon
- 2 tsp Nutmeg
- 2 tsp Allspice

Mix in Blender or shaker 1 minute. Makes 2 servings.

## Vanilla Pudding

You will need:

- 12 oz Water, Skim or Soy Milk
- 2 Tbsp Formula 1 Vanilla
- 2 Tbsp. Protein Powder (optional)
- 2 Tbsp. Vanilla Pudding

Mix in Blender or shaker 1 minute.

Makes 1 serving.

## Vanilla-Banana Shake

You will need:

- 8 oz. Skim or Soy Milk
- 2 Tbsp. Formula 1 Vanilla
- 2 Tbsp. Protein Powder (optional)
- ½ banana

2 Tbsp. Low fat plain yogurt

Mix in Blender or shaker 1 minute.

Makes 1 serving.

## Black Walnut

You will need:

- 8 oz. Orange Juice
- 2 Tbsp Formula 1 Vanilla
- 2 Tbsp. Protein Powder (optional)
- ½ Tsp. Black Walnut Extract

Mix in Blender or shaker 1 minute.

Makes 1 serving.

## Orange Creamsicle

You will need:

- 12 oz. Skim or Vanilla Soy Milk
- 2 Tbsp. Formula 1 Vanilla
- 2 Tbsp. Protein Powder (optional)
- 1 Scoop Vanilla Ice Cream
- 1 Tsp. Orange Extract or 4 Orange wedges

Mix in Blender or shaker 1 minute.

Makes 2 servings.

## Soda Fountain

You will need:

- 1 Cup non fat milk
- 3 oz diet soda (black cherry, root beer, or strawberry)
- 2 Tbsp. Formula 1 Vanilla
- 2 Tbsp. Protein Powder (optional)
- ½ banana or ½ peach (optional)

Mix in Blender or shaker 1 minute.

Makes 1 serving.

## Pear

You will need:

- 12 oz. Skim or Vanilla Soy Milk
- 2 Tbsp. Formula 1 Vanilla
- 2 Tbsp. Protein Powder (optional)
- 1 sm. ripe pear de-seeded
- 4 oz. Herbal Aloe Drink or 6 drops Herbal Aloe Concentrate.
- 2 Drops Almond Extract
- Dash of Cinnamon

2 Tbsp. plain or Vanilla yogurt

Mix in Blender or shaker 1 minute.

Makes 2 servings.

## Tennessee Twister

You will need:

- 8 oz. Orange Juice
- 2 Tbsp Formula 1 Vanilla
- 2 Tbsp. Protein Powder (optional)
- ¼ banana

Mix in Blender or shaker 1 minute.

Makes 1 serving.

## Plain ole Vanilla Shake

You will need:

- 8 oz. Skim or Vanilla Soy Milk
- 2 Tbsp. Formula 1 Vanilla
- 2 Tbsp. Protein Powder (optional)
- 2 Tbsp. Vanilla yogurt

Mix in Blender or shaker 1 minute.

Makes 1 serving.

## Wild Berry Shakes & Drinks

You may optionally add 2–6 ice cubes to the recipes. Blend the ingredients & enjoy! Remember juice is high in calories. Use low calorie juice, when possible. Use skim milk for least amount of fat & calories. Use Soy milk for additional protein. Be creative until you find the shake(s) that you love! Shakes=200 calories.

### Strawberry Soda

You will need:

- 2 Tbsp. Formula 1 Wild Berry
- 2 Tbsp. Protein Powder (optional)
- ¼ Banana (optional)
- 4 Strawberries
- 12 oz. 7-Up or Red Pop soda

Blend first 4 ingredients first, then add 8-12 oz. Soda.

Makes 2 servings.

### Strawberry-Orange

You will need:

- 1 cup unsweetened Orange Juice
- 2 Tbsp. Formula 1 Wild Berry
- 2 Tbsp. Protein Powder (optional)
- ½ Tsp. pineapple extract
- 4-5 fresh strawberries
- 4-6 ice cubes (optional)

Mix in Blender or shaker 1 minute.

Makes 1 serving.

### Bananaberry

You will need:

- 8 oz. Low Fat or Soy Milk
- 2 Tbsp. Formula 1 Vanilla or Wild Berry shake mix
- 2 Tbsp. Protein Powder (optional)
- ½ Banana
- ¼ cup fresh or frozen Blueberries

Mix in Blender or shaker 1 minute.

Makes 1 serving.

### Orange Crush Fizz

You will need:

- 3 oz Fresh/Frozen Cranberry Juice
- 1 oz Pineapple Juice
- 2 oz Herbal Aloe Juice
- 2 Tbsp. F1 Vanilla or Wild Berry
- 2 Tbsp. Protein Powder (optional)
- 12 oz. Orange Crush soda

Blend first 5 ingredients first, then add 8-12 oz Orange Crush Soda.

Makes 2 servings.

### CranBerry Cooler

You will need:

- 2 Cups unsweetened Cranberry Juice
- 8 Tbsp. Formula 1 Wild Berry
- 4 Tbsp. Protein Powder (optional)
- ½ Cup chopped tart apple
- ½ Cup Mandarin Orange Slices
- 1 Cup Pineapple or White Grape Juice

Mix in Blender or shaker 1 minute.

Makes 4 serving.

### Passionate Papaya

You will need:

- 6 oz. Apple Juice
- 2 Tbsp Formula 1 Vanilla
- 2 Tbsp. Protein Powder (optional)
- ½ Papaya
- 2 oz. Herbal Aloe Juice or 6 drops Aloe Concentrate.

Dash of Cinnamon

Mix in Blender or shaker 1 minute.

Makes 1 serving.

## **Wildberry Banana**

You will need:

- 8 oz Water, Skim or Soy Milk
- 2 Tbsp Formula 1 Wild Berry
- 2 Tbsp. Protein Powder (optional)
- 2 Tbsp. Strawberry yogurt
- ½ banana

Mix in Blender or shaker 1 minute.

Makes 1 serving.

## **Raspberry Delight**

You will need:

- 8 oz. Skim or Soy Milk
- 2 Tbsp. Formula 1 Wild Berry
- 2 Tbsp. Protein Powder (optional)
- 1/3 cup raspberries, fresh or frozen
- 1/2 banana
- 2 Tbsp. Raspberry yogurt

Mix in Blender or shaker 1 minute.

Makes 1 serving.

## **Blue Berry Creamsicle**

You will need:

- 12 oz Skim or Soy Milk
- 2 Tbsp. Formula 1 Wild Berry
- 2 Tbsp. Protein Powder (optional)
- 1 Scoop Vanilla Ice Cream
- 1 cup blueberries

Mix in Blender or shaker 1 minute.

Makes 2 servings.

## **Plain ole Wild Berry Shake**

You will need:

- 8 oz. Skim or Vanilla Soy Milk
- 2 Tbsp. Formula 1 Vanilla
- 2 Tbsp. Protein Powder (optional)
- 2 Tbsp. any berry yogurt

Mix in Blender or shaker 1 minute.

Makes 1 serving.

# Energy Bars and Cookies

Energy Bars and Cookies are a great way to get the nutrition you need without having to drink it. Excellent for sports, traveling and on the go.

## Chewy Crunchy Snack Bars

### Ingredients

1 Cup Formula 1 Chocolate, Vanilla or Cookies n Cream  
 ¾ Cup Quaker Oats  
 ¼ Cup Wheat Germ  
 ½ Cup Dry Cereal of Choice  
 1/3 Cup Low-Fat Peanut Butter  
 ½ Cup Honey

### Directions

Mix dry ingredients together in a big bowl. Then add moist ingredients. Mix Well. Put in an 8x8 pan and cut into 8 bars and wrap. Refrigerate or freeze 1 to 2 hours.  
 1 Bar = 1 Shake.

## Maple Bars

### Ingredients

1 Cup Formula 1 Chocolate, Vanilla or Cookies n Cream  
 2 cups Rice Crispies  
 1 Cup Oats  
 ½ Cup Pecans  
 ¼ Cup Coconut (optional)  
 ½ Cup Real Maple Syrup  
 1 Cap-Full Maple Flavoring

### Directions

Mix dry ingredients together in a big bowl. Mix wet ingredients in another bowl. Add the wet and dry ingredients together. Mix Well. If dry add 1 Tbsp. water. Put in an 8" x 8" pan. Cut into 8 bars & wrap. Refrigerate or freeze 1 to 2 hours  
 1 Bar = 1 Shake.

## Apple Cinnamon Power Bars

### Ingredients

1 Cup Formula 1 Vanilla  
 1 Cup Rice Crispies  
 ¾ Cup Quaker Oats  
 ½ Cup Honey  
 ½ Cup Apple Butter  
 Cinnamon to taste  
 Top with ¼ Cup Melted Cinnamon Chips (optional)  
 1 Bar = 1 Shake

### Directions

Mix dry ingredients in a big bowl. (including cinnamon to taste). Mix wet ingredients in another bowl. Add the wet & dry ingredients together. Mix Well. Mixture will be too moist to make bars at this point. Add additional oats and Rice Krispies until mixture is thick enough to press into 8x8 pan. (Topping opt.)

## Power Bars

## Ingredients

1 Cup Formula 1 Chocolate, Vanilla or Cookies n  
Cream  
1 Cup Rice Crispies  
¾ Cup Quaker Oats  
½ Cup Honey  
1/3 Cup Low-Fat Peanut Butter  
1 Tbsp. Water

## Directions

Mix all ingredients together in a big bowl. Put in an 8x8 pan and cut into 8 bars and wrap. Refrigerate or freeze.  
1 Bar = 1 Shake.

## Chocolate Chip Power Bars

### Ingredients

1 Cup Formula 1 Chocolate, Vanilla or Cookies n  
Cream  
½ Cup honey  
½ Cup Low-Fat Peanut Butter  
½ Cup Chocolate Chips  
3 Tbsp. Water  
1 Cup Quick Oats  
2 Cups Rice Krispies

### Directions

Mix first 4 ingredients together. Mix with dry ingredients thoroughly and press flat in an 8" x 8" pan. Refrigerate for 1 hour. Cut into 8 equal bars. Store in refrigerator or freezer.  
1 Bar = 1 Shake.

## Apple Butter Bars

### Ingredients

1 Cup Formula 1 French Vanilla  
1 Cup Rice Crispies  
¾ Cup Quick Oats  
½ Cup Honey  
½ Cup apple butter  
½ Tsp. cinnamon  
¼ Cup Cinnamon Chips

### Directions

Mix all ingredients thoroughly except cinnamon chips. Press flat in a 8x8 pan. Melt cinnamon chips and spread on top. Refrigerate for 1 hour. Cut into 8 equal bars. Wrap and refrigerate or freeze.  
1 Bar = 1 Shake.

## Peanut Butter Fudge Bars

### Ingredients

1 Cup Formula 1 Chocolate, Vanilla or Cookies n  
Cream  
1 Cup non-fat dry milk  
½ Cup Low-Fat Peanut Butter  
½ Cup Honey  
1 Bar = 1 Shake.

### Directions

Mix dry ingredients together in a big bowl. Mix wet ingredients in another bowl. Add the dry ingredients to the wet & mix well. Pour into a loaf pan. Refrigerate 1 hr & cut into 8 pieces. Wrap and store in freezer.

## Peanut Butter Walnut Bars

## Ingredients

1 Cup Formula 1 Chocolate or Cookies n Cream  
½ Cup Rice Crispies Cereal  
½ Cup Oatmeal (old fashioned)  
¼ Cup Wheat Germ  
½ Cup Honey  
1/3 Cup Low-Fat Peanut Butter  
½ Cup Walnuts

## Directions

Mix all ingredients together. A blender works great. Mixture may be crumbly. Press firmly into a 8" pan, no grease needed. Cut into 8 equal pieces. Bars can be eaten immediately or wrapped individually in plastic wrap and refrigerated or frozen.

## Power Cookies

### Ingredients

1 Cup Formula 1 Chocolate, Vanilla or Cookies n Cream  
1 stick of salt free butter or margarine  
1 Cup sugar  
1 Tbsp. baking cocoa  
½ Cup low fat milk  
1 Tsp. Vanilla extract  
1 Tbsp. Low-Fat Peanut Butter  
2 Cups Oatmeal

### Directions

In 1 qt sauce pan heat butter, sugar, cocoa, and nonfat milk on stove. Stir continually until it comes to a full boil. Then low boil for 1 minute. Remove from heat. Do not stir. Add the following ingredients in this order: Formula 1, vanilla, peanut butter, and oatmeal. Stir & drop 8 cookies onto non-stick cookie sheet. Refrigerate. When cooled, take cookies off sheet and store in air tight container.

## Cinnamon No-Bake Cookies

### Ingredients

1 Cup Formula 1 Chocolate, Vanilla or Cookies n Cream  
¼ Cup low fat margarine  
¾ Cup Brown Sugar  
½ Cup low fat milk  
1 Tsp. Vanilla Extract  
1 Tbsp. Cinnamon  
2 cups Oat Meal

### Directions

In 1 qt sauce pan bring sugar, milk, and butter to a boil, stir constantly. Remove from heat and add cinnamon and vanilla extract. Cool then add Formula 1 and oat meal. Place cookies on wax paper. Makes 21 cookies.



## Cakes and Pies

Energy Bars and Cookies are a great way to get the nutrition you need without having to drink it. Excellent for sports, traveling and on the go.

### Apple Crumb Cake

#### Ingredients

1 Cup Formula 1 Vanilla  
1 Med Apple (sliced & Cooked)  
1/3 Cup Quick Oats  
½ Tbsp. Margarine  
Dash of Cinnamon  
1/8 Cup Apple Juice

#### Directions

Place Margarine, cinnamon & apple juice in small pan on low heat. Allow margarine to melt. Remove from heat. Add Formula 1, mix well. Stir in quick oats. Crumble over warm apples.

### Wild Berry Lemon Cheese Cake

#### Ingredients

1 Cup Formula 1 Wild Berry  
8oz. Lemon Chiffon Yogurt  
16 Oz. Philadelphia Cream Cheese  
¼ Cup Coconut flakes (optional)  
1 Ready Made graham cracker pie crust.  
2 Tsp. Cinnamon

#### Directions

Mix all ingredients in bowl until smooth. Place mixture in pie crust and chill for 1 hour. (Feel free to substitute alternate ingredients for a different cheesecake.)

### Coconut Pie

#### Ingredients

1 Cup Formula 1 Vanilla  
2 ½ Cups Low fat or Soy Milk  
1 Pkg. Vanilla sugar free pudding  
¼ Cup Coconut flakes  
1 Ready made piecrust (ex: Graham Cracker)

#### Directions

Mix Form 1 & milk together. Add coconut extract & mix well. Add pudding & mix well. Pour into crust & chill 1 hour. When chilled add light cool whip. Cut into 8 equal pieces.  
1 piece = 1 Shake & 50 calories.

### Peanut Butter Pie

#### Ingredients

1 Cup Formula 1 Vanilla or Chocolate  
2 ½ Cups Low Fat Milk  
1 Pkg. White Chocolate low calorie pudding  
¼ Cup Peanut Butter  
Cool Whip (optional)  
1 Ready made piecrust

Mix together Formula 1, milk, and pudding. Add in peanut butter and mix well. Pour into crust and chill for 1 hour. Add light cool whip. Cut into 8 equal pieces.  
1piece = 1 Shake & 50 calories

### Formula 1 Pie

**Ingredients**

1 Cup Formula 1 Chocolate, Vanilla or Cookies n Cream  
 1 Pkg Pudding (sugar free / fat free) in Chocolate, Banana or White Chocolate  
 2 Cups Low fat Milk  
 1 Ready Made Graham Cracker pie crust

**Directions**

Mix F1 pudding and milk together until pudding & Formula 1 are thoroughly dissolved. Pour into Graham Cracker Crust & top with Cool Whip (optional). Cool 6 hours.  
 Slice into 8 pieces  
 1 slice = 1 Shake.

**Protein Pudding Pie****Ingredients**

1 Cup Formula 1 Chocolate, Vanilla, Wild Berry or Cookies n Cream  
 1 pkg. Instant pudding  
 1¾ cup milk  
 1 low-fat graham cracker crust  
 Fat-free whipped topping

**Directions**

Mix pudding, milk & formula 1 together until thick. Pour into pie crust and chill for at least 6 hours. Top with fat-free whipped topping. Cut into 8 pieces. Cover and store in refrigerator.

**Banana Coconut Cream Pie****Ingredients**

4 Tbsp Formula 1 Chocolate, Vanilla or Cookies n Cream  
 1 Cup low-fat milk  
 8 oz. Vanilla pudding  
 ½ Banana  
 ¼ Cup Coconut flakes  
 1 Ready Made pie crust

**Directions**

Mix ingredients together until thick. A blender works well. Pour into pie crust and chill for at least 6 hours. Top with fat-free whipped topping. Cut into 8 pieces. Cover and store in refrigerator.

**Instant Pudding****Ingredients**

1 Cup Formula 1 Chocolate or Cookies n Cream, Wild Berry  
 1 pkg. Instant pudding  
 1¾ cup milk

**Directions**

Mix all ingredients together. A blender works great. Drink immediately  
 \*Try all of these great combinations:  
 \*Pistachio pudding with V formula 1  
 \*Chocolate pudding with C formula 1  
 \*Chocolate pudding with Cookies n Cream formula 1  
 \*Banana pudding with V formula 1  
 \*White chocolate pudding with C formula 1  
 \*Vanilla pudding with formula 1  
 \*Cheesecake pudding with F1 any flavor.

## Where to Find Ingredients

Many of these recipes call for specific shake mixes, teas and juices. In this section we show you where to get them.

### Formula 1 Shake Mix



For weight loss have two shakes and one healthy meal every day. For weight management have 1 shake per day.

#### Nutritional Shake Mix

7 delicious flavors to choose. 1 Serving includes 9 grams of protein and 15g when mixed with soy milk. Contains 19 minerals and vitamins. Only 1 gram of fat.

### Herbal Concentrate Tea



A delicious low-calorie tea-mix that can be savored all day, for a natural energy lift.

#### Herbal Concentrate Tea

Did You Know - Green tea has so many health benefits it has been nick-named the miracle leaf. Studies have shown that regular consumption of green tea promotes good overall health and wellness.

### Herbal Aloe concentrate



Support internal cleansing and healthy elimination with organic nutrients and enzymes from the aloe vera plant.

#### Herbal Aloe Concentrate

A scientifically developed beverage that contains the organic nutrients found in the aloe vera plant. The great-tasting result is a beverage that helps soothe your digestive system and assists the natural self-cleansing actions of your body.

## Formula 3 Personal Protein Powder



Features a proprietary blend of soy and whey protein. This unique formula provides all your daily protein needs. Excellent for hunger control and maintaining energy levels throughout the day.

### F3 Personal Protein Powder

Formula 3 is a convenient way to increase your protein consumption, which helps you maintain your energy level between meals. 6 grams protein per tablespoon.