

A RECIPE COLLECTION



Shakes, Teas, & Baked Goods



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PREMIUM SHAKES

Premium shakes are added calories. Make sure to follow your meal plan to achieve your desired goal. Ingredients that mention a Frosting or Swirl - those are made with the Dry Syrup Beverage Enhancers mixed with water.

PINEAPPLE UPSIDE DOWN CAKE

Ingredients

- 2 scoops Vanilla Protein Drink Mix
- 2 scoops Pina Colada F1
- 1/2 tsp Cheesecake Beverage Enhancer
- 1/2 tsp Pineapple Beverage Enhancer
- (optional) 1/2 tsp Cherry to sprinkle in cup or add whipped cream and a cherry on top

Directions

1. Blend PDM, F1, cheesecake, and pineapple.
2. Sprinkle cherry in cup before pouring or add whipped cream and a cherry on top.



ORANGE CRUSH

Ingredients

- 2 scoops Vanilla PDM
- 2 scoops F1 Orange
- 1 Orange Liftoff
- 1 scoop Peach Mango Beverage Mix, divided into 2

Optional: Orange Beverage Enhancer to swirl around cup, whipped cream to top

Directions

1. If using orange Beverage Enhancer, add to inside of cup.
2. Sprinkly 1/2 scoop of Peach Mango around in cup.
3. Crush Liftoff in bottom of cup add a splash of water.
4. Blend PDM and F1. Add to cup.
5. Top with whipped cream and 1/2 scoop Peach Mango.



STRAWBERRY SHORTCAKE

Ingredients

- 2 scoops Vanilla PDM
- 1 scoop Wildberry F1
- 1 scoop French Vanilla F1
- 1/2 tsp Strawberry Beverage Enhancer

Optional Toppings: whipped cream, smashed strawberries, small piece of angel food cake

Directions

1. Swirl Strawberry Enhancers around inside of cup.
2. Blend PDM and F1 together, and pour into cup.
3. Add your toppings of choice, if using.



BLUEBERRY CHEESECAKE

Ingredients

- 2 Scoops Vanilla PDM
- 2 Scoops French Vanilla F1
- 3 Tbsp frozen blueberries
- 1/2 Tbsp Blueberry Beverage Enhancer

Optional Toppings: whipped cream, graham cracker, fresh blueberries

Directions

1. Blend PDM, F1, Enhancer, & blueberries, and add to cup.
2. Add your toppings of choice!



SALTED CARAMEL PRETZEL

Ingredients

- 2 scoops Vanilla PDM
- 1 scoop Dulce de Leche F1
- 1 scoop Pralines and Cream Fi
- 1 tsp Salted Caramel Beverage Enhancer
- Crushed pretzels

Directions

1. Blend PDM, F1, and Enhancer, and pour into cup.
2. Top with crushed pretzels.



CARAMEL FUDGE BROWNIE

Ingredients

- 2 scoops Vanilla PDM
- 1 scoop Dulce de Leche F1
- 1 scoop Cookies and Cream F1
- 1/2 tsp Caramel Beverage Enhancer
- 1/2 tsp Brownie Beverage Enhancer
- Sugar Free Caramel Syrup
- Protein Brownie Bite

Directions

1. Swirl cup with caramel Syrup
2. Blend PDM, F1, and Enhancers. Pour into cup.
3. Top with crumled Protein Brownie Bites.



PEANUT BUTTER EXPLOSION

Ingredients

- 2 scoops Peanut Cookie PDM
- 2 scoops Cookies N Cream F1
- 1 Tbsp PB2

Optional Toppings: chocolate swirl, whipped cream, peanuts

Directions

1. (optional) Swirl chocolate around inside of cup.
2. Blend PDM, F1, and PB2.
3. Add your toppings of choice, if using.



GERMAN CHOCOLATE CAKE

Ingredients

- 2 scoops Chocolate PDM
- 2 scoops Dulce de Leche F1
- 1/2 tsp Coconut ABL
- 1 Tbsp Coconut Flakes

Optional: whipped cream, coconut, crushed pecans

Directions

1. Blend PDM, F1, ABL, and coconut flakes.
2. Pour into cup, and add your toppings of choice, if using.



NO BAKE COOKIE

Ingredients

- 2 scoops Peanut Cookie PDM
- 2 scoops Dutch Chocolate F1
- 1/2 Tbsp Peanut Butter Enhancer
- 1 Tbsp Gluten-Free Oats

Optional Toppings: gluten-free oats, mini chips

Directions

1. Blend PDM, F1, Enhancer, and oats.
2. Pour into cup, and add your toppings of choice, if using.



OREO CHEESECAKE

Ingredients

- 2 scoops Vanilla PDM
- 2 scoops Cookies and Cream F1
- 1/2 tsp Cheesecake Enhancer

Optional: crumbled Oreo cookies

Directions

1. Blend PDM, F1, Enhancer.
2. Pour into cup, and add your toppings of choice, if using.



FUNFETTI CUPCAKE

Ingredients

- 2 scoops Vanilla PDM
- 2 scoops Cookies N Cream F1
- 1/2 tsp White Chocolate Enhancer
- 1/2 tsp Cheesecake Enhancer
- 1/2 tsp Sprinkles (more if using as topping, too)

Optional: whipped cream, sprinkles

Directions

1. Blend PDM, F1, enhancers, and sprinkles together.
2. Pour into cup, and add your toppings of choice, if using.



JAVA LAVA

Ingredients

- 2 scoops Vanilla PDM
- 1 scoop Cafe F1
- 1 scoop Dulce de Leche F1
- 1/2 tsp Caramel Beverage Enhancer
- Instant Coffee
- Caramel Protein Swirl

Optional Toppings: mini choc. chips, coffee, caramel swirl

Directions

1. Mix instant coffee in bottom of cup with 1 Tbsp water.
2. Swirl inside of cup with Caramel Protein Frosting.
3. Blend PDM, F1, and Enhancers.
4. Pour into cup, and add your toppings of choice, if using.



CINNAMON TOAST CRUNCH

Ingredients

- 2 scoops Dulce de Leche F1
- 2 scoops Vanilla Protein Drink Mix
- 1/2 tsp Caramel Beverage Enhancer
- Dash of Salt
- 1/2 tsp Cinnamon

Optional: whipped cream, cinnamon, Cinnamon Toast Crunch cereal.

Directions

1. Blend F1, Protein, Enhancer, salt, and cinnamon.
2. Pour into cup
3. Add your toppings of choice, if using.



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SPECIALITY TEAS

You can add Sparkling Water for an extra Fancy Tea

ARNOLD PALMER

Ingredients

- 1/2 tsp Peach Tea
- 1/2 tsp NRG Tea
- 1 Tbsp Mango Aloe
- 1 Lime Liftoff
- 1/4 tsp Lemonade Enhancer
- Ice
- Water

Directions

1. Crush Lime Liftoff in bottom of extra cup. Mix with lemonade and aloe.
2. In main cup, mix both teas with a little water. Top with ice.
3. Pour in Liftoff and lemonade mixture.



TASTE THE RAINBOW

Ingredients

- 1/2 tsp Raspberry Tea
- 1/2 tsp NRG Tea
- 1/2 tsp Strawberry Beverage Enhancer
- 1 Pomegranate Liftoff
- 2 scoops H3O
- Cranberry Aloe
- Blue Blast Beverage Enhancer

Directions

1. In Main cup, crush Liftoff in bottom. Add both Teas & Strawberry BE with a little water. Once dissolved, add ice to top.
2. In extra cup, mix aloe & H3O with water. Pour over the ice in main cup.
3. Sprinkle Blue Blast BE on top of remaining ice & fill with water, if needed.



BARBADOS SUNRISE

Ingredients

- 1 scoop H3O
- Mandarin Aloe
- 1/2 tsp Lemon Tea
- Lime Liftoff
- 1/4 tsp Blue Blast Beverage Enhancer

Directions

1. Crush Liftoff in bottom of cup with water.
2. Mix in H3O, Tea and aloe.
3. Top with ice.
4. In extra cup, mix Blue Blast BE with water.
5. Pour in Blue Blast mixture.



LOVE POTION # 9

Ingredients

- 1 scoop Lemon Niteworks
- Cranberry Aloe
- 1 Pomegranate Liftoff
- 1/4 tsp Cherry Beverage Enhancers
- 1/4 tsp Raspberry Beverage Enhancers
- 1/2 tsp Raspberry Tea
- 1 scoop Beauty Booster

Directions

1. In main cup mix: Beauty Booster, Lemon NW, Aloe
2. Top with ice.
3. In separate cup, mix Cherry, Raspberry and Liftoff with water.
4. Pour liftoff mixture over the ice.



PEACH BELLINI MOXTAIL

Ingredients

- 1/2 tsp Peach Tea
- 1/4 tsp Watermelon Beverage Enhancer
- 1 scoop Orange Niteworks
- 1 Lime Liftoff
- Mandarin Aloe

Directions

1. In main cup mix: Liftoff, Peach Tea, Orange NW, Aloe
2. Top with ice.
3. In separate cup, mix Watermelon BE with water.
4. Pour mixture over the ice.



NOW & LATER

Ingredients

- 1 Tropical Liftoff
- 1/4 tsp Watermelon Beverage Enhancer
- 1 Tbsp Mandarin Aloe
- 1/4 tsp Strawberry Beverage Enhancer
- 1/2 tsp Lemon Tea
- 1/2 tsp Blue Blast Beverage Enhancer
- 1 scoop Lemon Niteworks

Directions

1. In main cup mix: Lemon NW, Watermelon BE, Strawberry BE, Aloe with a little water
2. Top with ice.
3. In separate cup, mix Liftoff, Tea, & Blue Blast BE with water.
4. Pour mixture over the ice.



BAD & BOUJEE

Ingredients

- 1/2 tsp Peach Tea
- 1 Tropical Liftoff
- 1 scoop H3O
- Mange Aloe
- Sprinkle of Tropical Fruit Beverage Enhancer
- Sprinkle of Blue Blast Beverage Enhancer

Directions

1. Crush Liftoff in bottom of cup with a little bit of water.
2. Sprinkle tropical fruit flavor on right side of cup, and blue blast on the left side.
3. In a separate cup, mix together tea, H3O, aloe, and water.
4. Pour tea mixture over Liftoff. Top with ice.



RIVIERA MAYA

Ingredients

- 1 Pomegranate Liftoff
- 1/2 tsp of Peach Tea
- Mango Aloe
- 1 scoop Lemon Niteworks
- 1/4 tsp of Cherry Enhancer
- 1/4 tsp of Green Apple Enhancer
- Sprinkle of Blue Blast Enhancer

Directions

1. Crush Liftoff in bottom of cup with a little bit of water.
2. Add tea and cherry enhancer. Stir
3. Top with ice.
4. In extra cup mix Aloe & Niteworks with little water. Pour over ice.
5. In extra cup Mix green apple enhancer with water. Pour over remaining ice.



LIFESAVER

Ingredients

- 1/2 tsp Lemon Tea
- 1/4 tsp NRG
- 1 Lime Liftoff
- 1 scoop H30
- 1 Tbsp Mango Aloe
- 1/4 tsp Blue Blast Enhancer
- 1/4 tsp Cherry Enhancer

Directions

1. Add blue blast to bottom of cup.
2. In a separate cup, crush Liftoff in bottom of cup., and mix with water, tea, NRG, and H30.
3. Pour into cup and fill with ice and water.
4. Add cherry flavor on top.



PEACH RING

Ingredients

- Tropical Liftoff
- 1/2 tsp Peach Tea
- 1 scoop Beauty Booster
- 1/2 tsp NRG Tea
- 1/4 tsp Strawberry Enhancer
- 1 Tbsp Mandarin Aloe
- 1/2 tsp Peach Beverage Mix

Directions

1. Add all ingredients (EXCEPT Strawberry) into cup with a little bit of water. Mix well & allow to dissolve
2. Add ice & fill cup with water
3. Add Strawberry Enhancer on top



BEAUTY & THE BEAST

Ingredients

- 1 Pomegranate Liftoff
- 1/2 tsp Raspberry Tea
- 1 scoop Collagen Beauty Booster
- 1 Tbsp Mango Aloe

Directions

1. Crush Liftoff in bottom of cup and dissolve with a little water.
2. Mix in tea, beauty booster, and aloe.
3. Top with water and ice.
4. Strawberries are a nice touch as well



CHERRY LIMEADE

Ingredients

- 1/2 tsp Lemon Tea
- 1 Lime Liftoff
- 2 Tbsp Cranberry Aloe
- 1/4 tsp Cherry Lime Beverage Enhancer

Directions

1. Crush Liftoff in bottom of cup, add tea, and enhancer.
Dissolve with a little water.
2. Fill cup with ice.
3. Pour in aloe.
4. Finish with sparkling water.
5. Adding a Cherry & Lime slice is fun too!



CAPTAIN AMERICA

Ingredients

- 1/2 tsp Raspberry Tea
- 1 scoop Lemon Niteworks
- 1 Tbsp Mandarin Aloe
- 1 Pomegranate Liftoff
- 1/4 Cherry Beverage Enhancer
- 1/4 tsp Blue Blast Beverage Enhancer

Directions

1. Crush Liftoff in bottom of cup. Add tea & Cherry BE with a little water.
2. Fill cup with ice.
3. In a separate cup, mix Niteworks with aloe and water.
Pour over ice.
4. Sprinkle Blue Blast on Top



BAKED GOODS



PROTEIN DONUTS

Ingredients *Makes 12*

For the donuts:

- 2 scoops Baked Goods Mix
- 2 scoops F1
- 1/2 tsp baking soda
- 1 egg
- 1 Tbsp White Chocolate Syrup Enhancer
- Water to consistency

Directions

1. Preheat oven to 350°F.
2. Mix all donut ingredients together and mix. Add water until batter has a thick consistency.
3. Bake in prepared donut pan for 15 minutes.
4. Mix frosting ingredients together slowly adding water until it's frosting consistency. Add to warm donuts to create a glazed effect or to cool donuts for a traditional frosting look.

For the frosting:

- 2 Tbsp White Chocolate Beverage Enhancer
- Water

You may substitute flavors or add ingredients to create endless combinations!



Blueberry Donuts. Recipe as written above with blueberries added to the batter.

BANANA CARAMEL PROTEIN WAFFLES

Ingredients *Makes 2 4-inch square waffles*

- 2 scoops Herbalife Baked Goods Mix
- 2 scoops Banana Caramel F1
- 2 Tbsp flour, preferable whole wheat
- 1 egg
- 1/2 cup + 2 Tbsp water
- 1 tsp olive oil

Directions

1. Spray surfaces of waffle iron with pan spray or wipe lightly with olive oil. Turn griddle on and allow to heat.
2. In separate bowls, mix together the dry ingredients and the wet ingredients.
3. Pour the wet ingredients over the dry ingredients and mix well.
4. When waffle iron is ready, pour in batter and cook until golden brown.



PROTEIN BAGELS

Ingredients *Makes a dozen*

- 8 scoops Herbalife Baked Goods Mix
- 2 cups egg whites

Suggested toppings: everything bagel seasoning, cinnamon/sugar, asiago, blueberries

Directions

1. Preheat oven to 350°F.
2. Mix ingredients together until smooth.
3. Divide mix into 12 portions, and roll each into a bagel shape.
4. Portion evenly among your prepared donut/bagel baking tray.
5. Bake for approximately 20 minutes.



BREAKFAST CUPS

Ingredients *Makes 6*

For the cups:

- 4 scoops Herbalife Baked Goods Mix
- 2 eggs

For the filling:

- 3 eggs
- 1 cup cooked turkey sausage
- 3/4 low fat shredded cheese

Directions

1. Preheat oven to 350°F.
2. Mix ingredients together cup ingredients until a non-sticky dough forms. Add small amounts of additional Baked Goods Mix, if needed.
3. Roll out super thin. Use a glass or cookie cutter to get 6 circles.
4. Lightly press into prepared muffin tin, and bake for approximately 10 minutes.
5. While those are baking, scramble your filling ingredients together.
6. Fill your cups once done baking, and then cook for 3 more minutes.



ALMOND HONEY PANCAKES

Ingredients

- 2 scoop French Vanilla F1
- 1 scoop Protein Drink Mix
- 4 Tbsp oats
- 1/4 cup whole almonds
- 1/2 tsp baking powder
- Pinch of salt
- 2 eggs
- 7 Tbsp of 2% milk
- 2 tsp honey

Directions

1. Place oats and almonds into blender until fine. Then mix in a bowl with the F1, PDM, baking powder, and salt.
2. In a separate bowl, whisk the eggs, milk, and honey. Pour the wet ingredients into the center of the dry ingredients. Whisk until the batter is smooth.
3. Into a prepared pan over medium heat, drop in generous tablespoonfuls, spaced apart, and cook until golden on both sides.



BANANA BREAD

Ingredients

- 2 bananas (smashed)
- 8 scoops Herbalife Baked Goods Mix
- 6 scoops of F1
- 4 eggs
- 4 Tbsp flour
- 10oz of water
- Cinnamon (to taste)
- Allspice (to taste)
- Pecans

Directions

1. Preheat oven to 350°F.
2. Combine all ingredients together until smooth.
3. Add to nonstick pan and top with extra spice and pecans.
4. Bake for about 30 minutes, or until toothpick comes out clean.



PIZZA BITES

Ingredients *Makes 32*

- 8 scoops Herbalife Baked Goods Mix
- 2 cups egg whites
- Garden seasoning
- 1/4 cup + 4 Tbsp pizza cheese
- Pepperoni

Directions

1. Preheat oven to 350°F.
2. Mix Baked Goods Mix, egg whites, 1/4 cup cheese, and seasoning together until well mixed.
3. Portion into prepared mini muffin tray(s). Top with remaining cheese and pepperoni.
4. Bake for 20 minutes.



PROTEIN CHEESY PRETZELS

Ingredients *Makes 12*

- 6 scoops Herbalife Baked Goods Mix
- 3 eggs
- 1/2 cup grated cheese
- Seasonings of choice

Directions

1. Preheat oven to 350°F.
2. Bake Baked Goods and eggs until you have a dough that is almost on the verge of sticky. Dust with Baked Goods Mix.
3. Add in a sprinkle of your cheese and/or seasonings.
4. Separate into 12 equal portions, and shape into pretzels.
5. Place on a prepared baking sheet and bake for 10 minutes.
6. Take out and top with remaining cheese and/or seasonings



GLUTEN-FREE PROTEIN PIZZA CRUST

Ingredients

- 6 scoops Herbalife Baked Goods Mix
- 3 eggs
- Crust seasonings of choice

Directions

1. Preheat oven to 400°F.
2. Mix Baked Goods and eggs into a ball. Add dusting of Baked Goods if it's too sticky.
3. Roll out thin. Sprinkle your seasonings on top.
4. Bake for 10 minutes.
5. Finish with your favorite pizza toppings or freeze for later.



ENHANCED PROTEIN BROWNIES

Ingredients

- 2 scoops Herbalife24 Enhanced Protein Powder
- 1 15.5oz can black beans (rinsed and drained)
- 3 eggs
- 3 Tbsp olive oil
- 1 pinch sea salt
- 1 tsp vanilla
- 3/4 cup sugar

Directions

1. Preheat oven to 350°F.
2. Mix together all ingredients until smooth.
3. Pour into a greased 8x8in cake pan.
4. Bake for approximately 30 minutes.
5. Let cool completely before serving.



CHOCOLICIOUS MUG CAKE

Ingredients

- 2 scoops Dutch Chocolate F1
- 1 scoop Chocolate Protein Drink Mix
- 6 Tbsp nonfat or low fat milk alternative
- 1 egg

Directions

1. Lightly grease the inside of a large coffee mug.
Combine ingredients and mix well.
2. Pour mix into coffee mug and microwave on high for 2.5 to 3 mins, until puffed and cooked through.

This recipe works with any combination of F1 & PDM flavors that you enjoy!



JAM-BOREE COOKIE CAKES

Ingredients *Makes 8*

- 4 scoops Herbalife Baked Goods Mix
- 4 scoops of your favorite F1 flavor
- 2 eggs
- Water
- 4 Tbsp favorite jam

Directions

1. Preheat oven to 350°F.
2. Mix together all ingredients slowly adding water until you have a very thick, doughy consistency.
3. Place 8 spoonfuls on a prepared cookie sheet. Create small divots in the tops of each cookie.
4. Fill each divot with 1/2 Tbsp of jam each.
5. Top with remaining dough. Bake for 15 minutes.



HIGH PROTEIN ICED COFFEE TIRAMISU

Ingredients *Makes 4 individual servings*

- 4 2.5" square graham crackers, crushed
- 4 scoops + 8 tsp Herbalife House Blend Protein Coffee, divided
- 1/2 cup + 8 tsp water, divided
- 1/2 cup whipped cream cheese
- 1/2 cup nonfat Greek-style yogurt
- Cocoa powder (optional)

Directions

1. Distribute the graham cracker crumbs over the bottom of 4 3" ramekins or pudding dishes.
2. Mix 8 tsp High Protein Iced Coffee with 8 tsp. water until smooth, and pour over the graham crackers.
3. Whisk together 4 scoops High Protein Iced Coffee with 1/2 cup water. Add cream cheese and yogurt, and whisk until smooth. Pour this mixture on top of the graham cracker layer. Dust with cocoa powder.
4. Cover with plastic wrap and refrigerate several hours or overnight.

