

Staying Healthy Has Never Been Tastier & Easier

Totally Tropical Shake

- 1 serving of Tropical Fruit Formula 1
- 1/2 cup crushed pineapple
- 1 medium orange (peeled and de-seeded)
- 1/2 banana
- 200ml skimmed milk
- 4-6 ice cubes (optional)
- Only 350 calories***



Fruit Fizz Shake

- 1 serving of Strawberry Formula 1
- 1 fresh orange (peeled and de-seeded)
- 1/2 banana
- 4 tablespoons strawberry yoghurt
- 200ml skimmed milk
- Only 320 calories***



Chocnana Shake

- 1 serving of Chocolate Formula 1
- 1 banana
- 250ml skimmed milk
- 3 ice cubes (optional)
- Only 270 calories***



Watermelon Shake

- 1 serving of Vanilla Formula 1
- 250ml skimmed milk
- 1 cup watermelon
- 1 cup cantaloupe melon
- 4-6 ice cubes (optional)
- Only 280 calories***



200 Calories

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More **VITAMIN A** than a mango



More **VITAMIN C** than a banana



More **PROTEIN** than a 62g chicken thigh



More **FIBRE** than 50g broccoli



More **CALCIUM** than 200g yogurt



More **IRON** than 115g beans

Your Friendly Herbalife Distributor: