

**Blended:**

2 scoops Formula One  
 2 scoops PDM  
 1 1/2 - 2 cups ice  
 1 cup water  
 Blend until smooth

**Shaken:**

2 scoops Formula One  
 2 scoops PDM  
 2 cups water  
 Couple ice cubes to make it cold

**Over Ice:**

2 scoops Formula One  
 2 scoops PDM  
 2 cups water  
 Shake this up and pour over ice

\*\*play around with other Formula One flavors on these recipes

**Fried Ice Cream**

Vanilla Formula 1  
 vanilla protein drink mix  
 1/2 tsp cinnamon  
 Top with honey and grahams

**Orange Julius**

Orange Formula 1  
 vanilla protein drink mix  
 1/2 tsp vanilla extract  
 1 tsp vanilla pudding

**Carmel Coffee Cake**

Vanilla Formula 1 or Café Latte  
 vanilla protein drink mix  
 1 tsp coffee grounds  
 1 tsp cheesecake pudding  
 1 tsp SF Carmel Syrup

**French Toast**

Vanilla Formula 1  
 vanilla protein drink mix  
 1/2 tsp cinnamon  
 1/4 tsp maple extract

**Orange Struessel Cake**

Orange Formula 1  
 vanilla protein drink mix  
 1/2 tsp cinnamon  
 1 tbsp dry oatmeal

**Vanilla Almond Java Jolt**

Vanilla Formula 1 or Café Latte  
 vanilla protein drink mix  
 2 tsp coffee grounds  
 1/4 tsp almond extract

**Lemon Ice Box**

Vanilla Formula 1  
 vanilla protein drink mix  
 1/2 tsp lemon crystal light

**Orange Lemonade**

Orange Formula 1  
 vanilla protein drink mix  
 1/2 tsp lemon crystal light

**Frozen Hot Chocolate**

Chocolate Formula 1  
 Chocolate Protein Drink Mix  
 1 package SF Hot Chocolate

**Suger Cookie**

Vanilla Formula 1  
 vanilla protein drink mix  
 1/4 tsp almond extract  
 1 tsp cheesecake pudding

**Banana Cream Pie**

Banana Carmel Formula 1  
 vanilla protein drink mix  
 1/4 tsp almond extract

**Cinnamon Mocha**

Vanilla Formula 1 or Café Latte  
 Chocolate protein drink mix  
 1/2 tsp cinnamon  
 1 tsp coffee grounds

**Banana Bread**

Banana Carmel F1  
 vanilla protein drink mix  
 1/2 tsp cinnamon

**Peanut Butter Banana**

Banana Carmel Formula 1  
 Vanilla or PC protein drink mix  
 1 tbsp PB2 or similar

**Peppermint Mocha**

Chocolate Formula 1 or Café Latte  
 Chocolate Protein Drink Mix  
 1/4 peppermint extract  
 1 tsp coffee grounds

**Blueberry Muffin**

Vanilla Formula 1  
 vanilla protein drink mix  
 1/4 cup blueberries  
 1 tsp pistachio pudding

**Triple Berry**

Wild Berry Formula 1  
 vanilla protein drink mix  
 1/8 cup blueberries  
 1/8 cup strawberries  
 1/8 cup raspberries

**White Mocha**

Vanilla Formula 1 or Café Latte  
 vanilla protein drink mix  
 2 tsp white chocolate pudding  
 1 tsp coffee grounds

**Cookies & Cream**

Cookies & Cream Formula 1  
 Vanilla protein drink mix  
 Opt: 1 tsp oreo pudding

**Butterfinger**

Cookies & Cream Formula 1  
 PB protein drink mix  
 1 tsp butterscotch pudding  
 1 tsp SF carmel syrup  
 1 tsp choc pudding

**Monster Cookie**

Cookies & Cream Formula 1  
 PB protein drink mix  
 1 tbsp oatmeal  
 1/4 tsp cinnamon

**WAFFLE**

2 scoops ANY Formula One  
 1 scoop ANY Protein Drink Mix  
 1 egg  
 1/4 cup water  
 Heat up your waffle maker,  
**then** spray it well, put in  
 your batter and cook til done!  
 Add blueberries, walnuts, or  
 oatmeal to the batter or top  
 with bananas or strawberries.  
 Be creative!

**MUG MUFFIN**

2 scoops ANY Formula One  
 1 scoop ANY Protein Drink Mix  
 1 egg  
 3 tbsp water  
 Spray a mug and add batter,  
 microwave for 2 min 10 sec  
 ~Add Blueberries, Oats,  
 Chocolate Chips, Cinnamon, etc.  
 Be creative!

**If doing the 3 day challenge:**

Do the wellness profile that  
 I sent to you via the link  
[www.laurie.myherbalife.com](http://www.laurie.myherbalife.com)  
 On day 1, weigh yourself.  
 Start your day with a shake  
 and a tea.  
 Have your other shake for  
 lunch or dinner.  
 Have a high protein snack  
 around 10am and 2pm  
 Make sure your meal for the  
 day consists of protein, veggies,  
 fruit, and a carb like a serving  
 of rice, or a potatoe or 1 slice  
 of whole grain bread,  
 You will do this for 3 days and  
 weigh on day 4 and send me  
 your results and feedback.