

[HERBALIFE FORMULA 1 SHAKE RECIPES](#)



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Herbalife Shake Recipes Vanilla Formula 1 Shake Mix

Hi Alicia! You can certainly do 2 scoops of the Formula 1 and 1-2 scoops of Protein Mix. If you have both Formula 1 and Protein Mix, 1 scoop of each will still give you everything you need and make it taste good. If you only have Formula 1, we recommend using 2 scoops. It's really up to individual preference. Our recipes are mostly just guidelines.

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Mit Herbalife Formula 1 können Sie leckere Shakes genießen, die Sojaprotein enthalten und wichtige Nährstoffe.

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this is a quick video to show you how to make a lovely Herbalife formula 1 meal replacement shake. if you want any info on Herbalife products

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Formula 1. Herbalife's delicious protein shakes are loaded with essential vitamins, minerals and nutrients that are perfect for busy people. Whether you

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