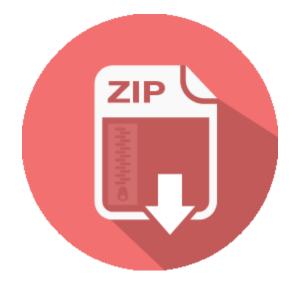
# **HERBALIFE FORMULA 1 SHAKE RECIPES**



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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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