

## Formula 1 Meal Replacements

**\*\* Add Personalized Protein Powder as Recommended \*\***

### Made with French Vanilla Formula 1

#### ORANGE FROST

1 serving French Vanilla  
4 fl oz nonfat milk  
4 fl oz orange juice  
1 tsp vanilla extract  
pinch of sugar



#### APRICOT SHAKE

1 serving French Vanilla  
6 oz apricot yogurt

#### PEACH MILK SHAKE

1 serving French Vanilla  
8 fl oz nonfat milk  
1 tsp Brandy essence

1 peach

#### DELICATESSEN SHAKE

1 serving French Vanilla  
6 oz lemon yogurt

#### LIGHT BANANA SHAKE

1 serving French Vanilla  
8 fl oz nonfat milk  
1/2 banana

#### PINA COLADA SHAKE

1 serving French Vanilla  
5 fl oz nonfat milk  
1/4 cup fresh pineapple  
1 tsp Coconut extract  
1 tsp Rum essence  
3 fl oz herbal aloe juice

#### SODA FOUNTAIN SHAKE

1 serving French vanilla  
5 fl oz nonfat milk  
3 oz of soda (root beer, black cherry, crème soda)  
1/2 banana or peach

#### PUMPKIN PIE SHAKE

1 serving French Vanilla  
8 fl oz water or skim milk  
1/4 tsp vanilla extract  
1/4 tsp pumpkin pie spice

#### VANILLA EGG NOG SHAKE

1 serving French Vanilla  
8 fl oz skim milk  
1 tbsp Honey  
1/4 tsp Vanilla extract  
1/8 tsp Nutmeg

#### ALOHA DELIGHT SHAKE

1 serving French Vanilla  
8 fl oz nonfat milk  
1/2 tsp Coconut extract  
1/2 tsp Pineapple extract  
1 tbsp Orange juice

#### BANANABERRY SHAKE

1 serving French Vanilla or Wildberry  
8 fl oz nonfat milk  
1/2 banana  
1/4 cup fresh or frozen  
blueberries/strawberries

#### APPLE PIE SHAKE

#### BLUEBERRY SHAKE

1 serving French Vanilla  
8 fl oz nonfat milk  
½ cup apple  
½ tsp Cinnamon  
Dash of Nutmeg

#### **COFFEE AMARETTO FREEZE**

2 serving French Vanilla  
2 fl oz nonfat milk  
2 oz amaretto coffee creamer  
½ tsp Instant coffee  
Lots of ice cubes (8+)

#### **BANANA FRUIT SHAKE**

1 serving French Vanilla  
4 oz nonfat yogurt  
4 fl oz water  
½ cup frozen peach slices  
½ medium banana

#### **STRAWBERRY BANANA SHAKE**

1 serving French Vanilla  
½ cup milk  
½ cup apple juice  
4 strawberries  
1/2 banana

#### **FRUITY COCONUT**

1 serving French Vanilla  
4 fl oz nonfat milk  
1 - 6 oz container nonfat coconut yogurt  
1 tbsp crushed pineapple  
½ banana

#### **APPLE SHAKE**

1 serving French Vanilla  
8 fl oz apple juice  
1/8 tsp cinnamon

1 serving French Vanilla  
4 fl oz nonfat milk  
1/4 cup blueberries (fresh)  
6 oz light (reduced sugar/fat free) peach yogurt

#### **BUTTER PECAN FREEZE**

1 serving French Vanilla  
2 fl oz nonfat milk  
2 oz butter pecan coffee creamer  
Lots of ice cubes (8+)

#### **TROPICANA**

1 serving French Vanilla  
6 oz coconut yogurt

#### **PISTACHIO BANANA GULP**

1 serving French Vanilla  
¼ cup nonfat milk  
1/2 container plain nonfat yogurt  
2-3 Tbs pistachio instant pudding mix  
1/2 banana

#### **BLACK FOREST SHAKE**

1 serving French Vanilla  
8 fl oz nonfat milk  
½ tsp Black walnut extract  
½ banana

#### **GREEN FOR TWO (2 servings)**

2 servings French Vanilla  
1 kiwi fruit  
1 banana  
3 tbsp Crushed pineapple  
2 fl oz herbal aloe juice

#### **WATERMELON SHAKE**

1 serving French Vanilla  
1 cup watermelon



### **PINEAPPLE BERRY CRASH (2 servings)**

2 servings French Vanilla  
1 cup orange juice  
¼ cup pineapple juice  
2 pineapple rings  
6 fresh strawberries  
12-15 frozen raspberries  
8-10 frozen boysenberries  
12-15 frozen blueberries  
3 oz nonfat yogurt (any flavor)

### **ARCTIC FOREST (2 servings)**

2 servings French Vanilla  
½ cup nonfat milk  
1 peach, frozen  
10 blueberries, frozen  
½ tbsp crushed pecan  
½ tsp salt  
¼ tsp vanilla extract  
1 cup light vanilla frozen yogurt

### **APPLE COCONUT**

1 serving French Vanilla  
¼ cup apple juice  
1 tbsp coconut milk  
½ banana  
¼ tsp ginger

### **CARROT SHAKE**

1 serving French vanilla  
1 cup carrot juice  
½ cup apple juice  
6 oz nonfat vanilla or plain frozen yogurt  
1/2 banana

### **FLORIDA FIZZ**

1 serving French Vanilla  
3 fl oz fresh Florida orange juice  
2-5 ice cubes  
4 oz orange crush  
blend first 3 ingredients  
then add orange crush  
And stir...

### **MEGA-A-CITRUS RUSH**

1 serving French Vanilla

### **BLACK & BLUE**

1 serving French Vanilla  
½ cup apple juice  
¼ cup blueberries  
¼ cup blackberries  
½ banana  
1/3 cup raspberry sherbet

### **PEACHES & DREAMS**

1 serving French Vanilla  
6 fl oz apple cider  
3-5 slices of peach  
4 large strawberries  
1/2 banana  
1/8 tsp cinnamon

### **STRAWBERRY-PINEAPPLE PARADISE (2 servings)**

2 servings French Vanilla  
½ cup whole strawberries  
1 cup dole pineapple juice  
½ cup orange juice  
½ cup low fat vanilla frozen yogurt

### **BANANA BERRY SMOOTHIE**

1 serving French Vanilla  
8 oz berry flavored yogurt  
1 med. banana  
½ cup water

### **PAPAYA RASPBERRY SHAKE**

1 serving French Vanilla  
½ cup fruit juice or water  
1/2 frozen banana, peeled  
½ cup fresh pineapple  
10-12 raspberries

### **CRAZY ADDICTION**

1 serving French Vanilla

½ cup diced pineapple  
½ cup diced cantaloupe  
½ cup fresh orange juice  
½ cup carrot juice  
Pinch of nutmeg

½ banana  
½ cup crushed pineapple  
½ cup nonfat yogurt  
1 tbsp honey  
Dash of coconut extract

### Formula 1 Meal Replacements

**\*\* Add Personalized Protein Powder as Recommended \*\***

**Made with Dutch Chocolate Formula 1 Shake Mix**

#### BOUNTY

1 serving Dutch chocolate  
6 oz coconut yogurt  
3 fl oz nonfat milk



#### CHOCNANA SHAKE

1 serving Dutch chocolate  
1 banana  
8 fl oz nonfat milk

#### MOUNDS CHOCOLATE DRINK

1 serving Dutch chocolate  
8 fl oz nonfat milk or water  
¼ tsp Coconut extract  
¼ tsp Vanilla extract

#### SNICKERS ON THE ROCKS

1 serving Dutch chocolate  
8 fl oz nonfat milk or water  
1 tsp Cocoa  
1 tsp Low fat peanut butter

#### MOCHA SHAKE

1 serving Dutch chocolate  
8 fl oz nonfat milk  
1 tsp Instant decaf coffee  
1/2 banana

#### CHOCOLATE CHERRY SODA

1 serving Dutch chocolate  
8 fl oz nonfat milk or water  
¼ tsp Cherry extract

#### MARK'S CHOCOLATE MASTERPIECE

1 serving Dutch chocolate  
8 fl oz nonfat milk  
1 cup black cherries

#### CHOCOLATE MINT

1 serving Dutch chocolate  
5 fl oz nonfat milk  
3 fl oz herbal aloe juice  
Mint extract

#### PEPPERMINT CHOCOLATE

1 serving Dutch chocolate  
6 fl oz nonfat milk  
2 oz vanilla nonfat ice cream  
¼ tsp Peppermint extract

#### CAPPUCINO SHAKE

#### EXTRA CHOCOLATEY SHAKE

1 serving Dutch chocolate  
4 fl oz nonfat milk  
4 oz vanilla frozen yogurt  
1 tbsp Instant decaf coffee

### RASPBERRY RAZZATAZ

1 serving Dutch chocolate  
8 fl oz unsweetened juice or water  
1/3 cup raspberries  
1/2 banana

1 serving Dutch chocolate  
8 fl oz nonfat milk  
¼ tsp Vanilla extract  
¼ tsp Chocolate syrup  
1 tsp Hershey's cocoa

### CRANRASPBERRY DELIGHT

1 serving Dutch chocolate  
8 fl oz cran-raspberry juice  
1/2 banana

## Formula 1 Meal Replacements

**\*\* Add Personalized Protein Powder as Recommended \*\***

**Made with Wild Berry Formula 1 Shake Mix**

### FRUIT JUICY SHAKE

1 serving Wild Berry  
8 fl oz unsweetened juice  
4-5 fresh strawberries  
1/2 banana



### SENSATION SHAKE

1 serving Wild Berry  
8 fl oz orange juice  
1/2 banana

### FRUIT FIZZ (2 servings)

2 servings Wild Berry  
8 fl oz unsweetened orange juice  
1/2 banana  
4 tbsp Strawberry yogurt  
4-6 oz diet 7-up

### KAPALUA CRUSH

1 serving Wild Berry  
2 fl oz herbal aloe juice  
2 tbsp Crushed pineapple  
1 tbsp Coconut milk  
4 fl oz orange juice

### SUZAN'S STRAWBERRY SENSATION

1 serving Wild Berry  
8 fl oz unsweetened juice  
1/4 cup fresh strawberries  
1/4 fresh apricot

### STRAWBERRY FIZZ

1 serving Wild Berry  
8 fl oz 7 UP or Slice (diet)  
4 strawberries

1/2 banana

## SPECIAL RECIPES

### SHAKE BARS (only 1 per day)

½ cup honey  
½ cup reduced fat peanut butter  
½ cup chocolate chips (white choc, butterscotch, etc)  
3 tbsp Water  
1 cup Formula #1 (your choice)  
1 cup quick oats  
2 cups Rice Krispies  
Melt together first 4 ingredients  
Mix dry ingredients into 8x8 pan  
Mix thoroughly Press Flat  
Refrigerate for 1 hour  
Cut into 8 equal bars

### MARSHMALLOW CRISPS

7 oz jar marshmallow crème  
1 2 tbsp Water  
1 cup Formula #1 (your choice)  
4 cups Rice Krispies or Cocoa Krispies  
Mix marshmallow crème and Formula #1  
Add Water  
When mixed, add Rice Krispies  
Blend together Press into 8x8 pan  
Cut into 8 equal bars

### SUMMER FRUIT SALAD

1 6 oz container of vanilla light yogurt  
2 tablespoons Formula 1 (any flavor)  
Mix together and pour over:  
1/2 cup fresh fruit (ex. pineapple, grapes)  
Equals to one shake plus a fruit serving.

### LEMON CRUNCH BARS

1 cup Formula 1 Vanilla  
2 Tablespoons sugar-free, instant lemon

### CHEWY CRUNCHY SNACK BARS

MIX TOGETHER...  
½ cup old fashioned oats  
1 cup Formula #1 (your choice)  
½ cup Rice Krispies  
1 cup nonfat dry milk  
ADD...  
½ cup peanut butter  
½ cup honey  
3 tbsp honey  
Blend together thoroughly  
Press into 8x8 pan  
Cut into 8 equal bars

### PEANUT BUTTER FUDGE

1 Cup Formula 1 Vanilla or Chocolate  
½ cup peanut butter  
½ cup honey  
1 cup dry milk  
\*Mix all ingredients. Press in an 8x8 pan.  
Cut in 8 pieces. 1 piece = 1 shake.

### MAPLE PECAN BARS (my favorite)

1 Cup formula 1 Vanilla  
1 Cup Oatmeal  
½ Cup peanut butter  
½ Cup pure maple syrup  
1-2 cap full maple flavoring  
½ cup chopped pecans  
\*Mix all ingredients together  
Press into and 8x8 pan  
Cut into 8=pieces  
1 bar = 1 Shake

pudding mix  
1-1/2 cup Rice Krispies  
1/3 cup honey (warm in Microwave)  
2 tablespoons water  
\*Mix dry ingredients. Add water & honey.  
Mix and  
press in loaf pan. Cut into 8 pieces. 1 piece  
= 1 shake.

## PIE RECIPES

### PEANUT BUTTER PIE

1 cup Formula #1 (vanilla or chocolate)  
2 cups skim milk  
1 pkg. white chocolate sugar free pudding  
1 ready made Piecrust (ex: Keebler  
chocolate)  
¼ cup Peanut Butter  
Mix Formula #1 and milk together  
Add Peanut Butter Mix well  
Add pudding mix  
Pour into pie crust and chill for 1 hour  
When chilled, add light Cool Whip  
Cut into 8 equal pieces  
Each piece equals 1 shake and 50 calories

### OREO PIE

1 cup Formula #1 cookies and cream  
2 cups skim milk  
1 pkg. White chocolate sugar free pudding  
1 ready made piecrust (ex: Oreo crust)  
Mix Formula #1 and milk together  
Add pudding Mix well  
Pour into piecrust and chill for 1 hour  
When chilled, add Light cool whip  
Cut into 8 equal pieces  
Each piece equals 1 shake

### CHOCOLATE PIE

1 cup Formula #1 (vanilla or chocolate)  
2 cups skim milk  
1 pkg. Chocolate sugar free pudding  
1 ready made piecrust (ex: graham  
cracker)  
Mix Formula #1 and milk together

### BANANA PIE

1 cup Formula #1 vanilla (or ½ cup vanilla  
& ½ cup  
tropical fruit)  
2 cups skim milk  
1 pkg Banana sugar free pudding  
1 ready made piecrust (ex: shortbread)  
Mix Formula #1 and milk together  
Add pudding Mix well  
Pour into piecrust and chill for 1 hour  
When chilled, add Light Cool Whip  
Cut into 8 equal pieces  
Each piece equals 1 shake

### VANILLA NUTMEG PIE

1 cup Formula #1 vanilla  
2 cups skim milk  
1 pkg. Vanilla sugar free pudding  
½ - 1 teaspoon nutmeg  
1 ready made Piecrust (ex: shortbread)  
Mix Formula #1 and milk together  
Add Pudding; Mix well  
Pour into crust and chill for 1 hour  
When chilled add Light cool whip  
Cut into 8 equal pieces  
Each piece equals 1 shake

### BUTTERSCOTCH PIE

1 cup Formula #1 vanilla  
2 cups skim milk  
1 pkg. Butterscotch sugar free pudding  
1 ready made piecrust (ex: graham  
cracker)  
Mix Formula #1 and milk together

Add pudding Mix well  
Pour into piecrust and chill for 1 hour  
When chilled add Light cool whip  
Cut into 8 equal pieces  
Each piece equals 1 shake

Add pudding Mix well  
Pour into crust and chill for 1 hour  
When chilled add light cool whip  
Cut into 8 equal pieces  
Each piece equals 1 shake