



# THE BIG BOOK OF BREAKFAST

Add *LIFE* to

**BREAKFAST**

The Most Important Meal of the Day!



**HERBALIFE  
NUTRITION**



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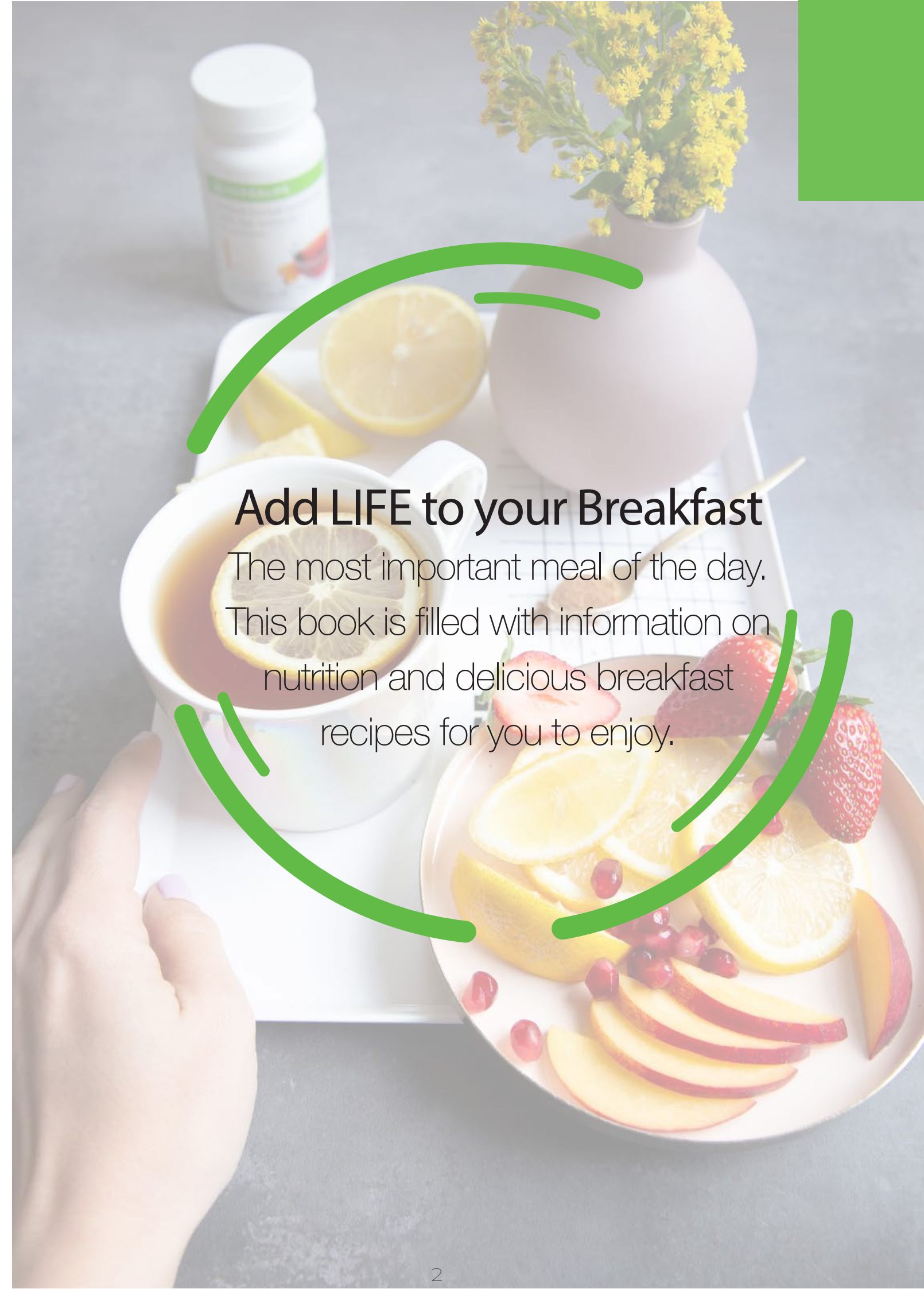
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## Add LIFE to your Breakfast

The most important meal of the day. This book is filled with information on nutrition and delicious breakfast recipes for you to enjoy.



# MEET OUR PRODUCTS

Add LIFE to

## BREAKFAST

The Most Important Meal of the Day!

## HERBALIFE BREAKFAST

How often do you skip breakfast or grab a coffee and pastry on-the-go to stop the hunger pangs mid-morning? Once a week? Twice? Everyday?

'Breakfast' literally means to 'break the fast' that occurs overnight. After approximately 12 hours without fuel, it's easy to see why it's called the most important meal of the day – providing the energy your body needs to get you going in the morning. A balanced breakfast on a regular basis means:

- A more balanced overall diet
- An increased vitamins and minerals intake
- More likely of meeting the 5 a day requirement



# SHAKE

Welcome to the

**NEW Generation**

of Formula 1



- Gluten free
- 4 g of fibre
- Suitable for vegans
- Around around 18 g of protein
- 24 vitamins and minerals

# FORMULA 1 SHAKE MIX

## DELIGHT YOUR TASTE BUDS DAY AFTER DAY

Formula 1 is available in 9 delicious flavours. Enjoy them alone or get creative and blend with fruits, vegetables, herbs and spices. Need inspiration?

Visit [myherbalifeshake.com](http://myherbalifeshake.com) for inspirational shake recipes.

- Underpinned by science and developed by experts in nutrition
- High in protein from soy and dairy, around 18 g of protein when prepared with semi-skimmed milk (1.5%fat)
- Formula 1 Free From is lactose, soy and gluten free when made according to directions



### WHICH FLAVOUR WILL YOU CHOOSE?

- OUR FLAVOURS:**
- Café Latte Flavoured
  - Spiced Apple Flavoured
  - Banana Cream Flavoured
  - Summer Berries Flavoured
  - Mint Chocolate Flavoured
  - Vanilla Flavoured
  - Chocolate Flavoured
  - Strawberry Delight Flavoured
  - Cookie Crunch Flavoured
  - Free From - Vanilla Flavoured



**NEW  
FORMULA 1  
SHAKE MIX**





# PROTEIN DRINK MIX

When enjoyed as a snack, Protein Drink Mix delivers the following nutritional benefits:

- 15 g protein
- 7 g of carbohydrates
- 20 vitamins and minerals

## FAST FACTS

Protein Drink Mix can be enjoyed as a snack or added to your favourite Formula 1 Shake.



# MULTIFIBRE

A delicious way to increase your daily fibre intake. No added sugar!

- 5 g of fibre per serving
- Low kilojoule – 75 kJ per serving
- 6 fibre sources from apple, oat, maize, citrus, chicory and soya
- Contains both soluble and insoluble fibre
- Artificial sweetener free
- Enjoy with water or mixed with your favourite Formula 1 Shake or juice
- Delicate apple flavoured





# DELICIOUS Duo



## NEW FORMULA 1 & PROTEIN DRINK MIX



For a delicious Shake Mix with 24 g of protein, mix 2 scoops of the New Generation Formula 1 with 2 scoops of Protein Drink Mix and 300 ml of water.

## HERBAL ALOE CONCENTRATE DRINK

A tasty and low kilojoule drink to help you stay hydrated. Simply add it to water for a healthier alternative to high-kilojoule, sugary soft drinks.

- Contains 40% Aloe Vera juice which is derived from the whole aloe vera leaf
- The Aloe is extracted using cold processing which is the best way to achieve the highest quality of the Aloe ingredient
- Liven up your water with a refreshing taste to help you to achieve adequate fluid intake of approximately 2 – 2.5 litres per day
- Mango flavoured: artificial flavouring and colourant free
- Original: contains citrus to give your water a refreshing flavour twist



Available in:

Mango Flavoured  
Original





# AloeMax Concentrate Drink



Our hand-picked Aloe Vera leaves are carefully selected and prepared to ensure you receive a great quality product. We go to great lengths to ensure our Aloe exceeds industry quality standards.

AloeMax Concentrate Drink contains 97% Aloe Vera and is free from colourants, sweeteners and flavourings. From our fields to your glass, enjoy daily as an addition to your Herbalife breakfast.

- Contains 97% Aloe Vera juice derived from the whole aloe leaf
- Suitable for Vegans
- Only 9 kilojoules per serving
- Aloe juice is extracted using cold

# INSTANT HERBAL BEVERAGE

Wake up to a refreshing herbal drink, containing 85 mg caffeine to help increase alertness whenever you need it. Low in kilojoules and infused with green and black tea, it is delicious enjoyed hot or cold.

- Low kilojoule with approx. 26 kilojoules per serving
- A unique blend of orange pekoe - a traditional black tea, and green tea with extracts of malva flower, hibiscus flower and cardamom seed
- Our green tea is water extracted to give you the full spectrum of compounds found in green tea





# FORMULA 1 EXPRESS BAR

## Stick to your eating plan on the go!

The Herbalife Formula 1 Express Bar is tasty and convenient, ideal for busy lifestyles when you need a snack on the go - with the same nutritional goodness of a Herbalife Formula 1 Shake. Formulated with key nutrients that are high in protein, high in fibre and vitamins and minerals.

- Provides vitamins and minerals including vitamin C, vitamins B (B1, B12), calcium, iron and essential nutrients

## WHICH FLAVOUR WILL YOU CHOOSE?

- OUR FLAVOURS:
- Chocolate
  - Red Berries and Yoghurt



## WHICH FLAVOUR WILL YOU CHOOSE?

- OUR FLAVOURS:
- Chocolate Peanut
  - Vanilla Almond
  - Citrus Lemon



# PROTEIN BARS

Got a sweet tooth? Curb the chocolate cravings with a delicious high-protein snack, or enjoy this treat pre or post exercise.

- Approx. 586 kilojoules per bar
- 10 g protein per serving
- 15 g carbohydrates per serving



# WHAT YOUR BODY NEEDS

**1 VITAMINS AND MINERALS**

**2 HEALTHY FATS**

**3 FIBRE**

**4 PHYTONUTRIENTS**

**5 PROTEIN**

**6 CARBOHYDRATES**

**7 HYDRATION**

# WHY YOU NEED TO GET ENOUGH VITAMINS & MINERALS

## WHY DO WE NEED THEM?

While they may sound small and unimportant, micronutrients are the vitamins and minerals that are essential and vital to your health. Vitamins and minerals are called micronutrients because they are needed in much smaller amounts than the macronutrients – protein, carbohydrate, and fat. But even though they are only needed in small amounts, it's vitally important that you consume them every day because, with very few exceptions among the vitamins, micronutrients cannot be made by the body. Considering their importance in supporting normal function, growth, and maintenance of the body, it's easy to see why it is vitally important to meet micronutrient needs every day.

## WHAT DO THEY DO?

In general, the main function of vitamins is to enable hundreds of chemical reactions in the body to occur – such as normal energy-yielding metabolism or blood clotting, for example – although different vitamins and minerals have different functions in the body. With today's hectic lifestyle sometimes we struggle to get a balanced diet which provides us with all the vitamins and minerals we need. Vitamin and mineral supplements or fortified food can help you get the recommended amounts of micronutrients on a daily basis.



# SORT OUT THE TRUTH ABOUT HEALTHY FATS

## WHAT ARE FATS?

The nutrition story around fats used to be pretty simple: saturated fats were the bad fats, and polyunsaturated fats were the good fats. But the story is a bit more complicated. Now we're talking about getting the right balance of fats. Two kinds of polyunsaturated fats in particular: omega-3 and omega-6. First, a little terminology. The terms omega-3 and omega-6 refer to the chemical structure of the fatty acid, and there are several omega-3 and omega-6 fatty acids that we eat, not just one. Within each group there are 'essential' fatty acids – the ones we need to eat, because our bodies can't make them. In small amounts and in the right balance, essential fatty acids serve to support vision and brain function.

## AM I GETTING ENOUGH?

The problem is that our food supply is overloaded with the omega-6 fats, and we don't get enough omega-3. When this balance is off, our health may suffer. We're overloaded with omega-6, which is in everything from fried foods, baked goods, chips, salad dressings and sweets. At the same time, we're not eating nearly enough omega-3s – particularly from fish – but also from foods like vegetables and nuts, too. To be sure you get the good fats, try to eat more fish if you can or you can consider a fish oil supplement. Veggies and fruits naturally have the right balance of fatty acids, so do your best to include some at every meal.

# BOOST YOUR FIBRE intake!

## WHAT IS FIBRE?

The average person falls short of meeting the fibre recommendation of 25-30 grams a day. In fact, most of us only eat about 10 grams a day, which means we may be missing out on the health benefits of dietary fibre. Fibre helps move the digestive process along, but high fibre foods also provide the sensation of fullness, so they help with hunger control. If you make sure to include sufficient amounts of good fibre in your breakfast, chances are you'll be less tempted to reach for a sweet treat. If you mix fibre with protein, the sensation of satiety might even take you all the way through to your lunch. Certain fibres support the growth of friendly bacteria in your digestive tract. Think of your gut as an ecosystem.

## AM I GETTING ENOUGH?

There are two types of fibres: soluble and insoluble. Soluble fibres dissolve in water and they thicken up, helping to keep you full. The insoluble fibres absorb water in the lower tract and become more bulky, they speed the passage of waste through your digestive system. Feeling bloated can really ruin your mood so make sure you keep fibre intake in check. You also need to consider that adding too much fibre to your diet in a short period of time might lead to abdominal discomfort and gas, so take it slowly to allow your system time to adjust.



# EAT THE RAINBOW! PHYTONUTRIENTS

## WHAT ARE PHYTONUTRIENTS?

The pigments that give fruit and vegetables (as well as herbs, spices and even some whole grains) their beautiful colours are naturally-occurring plant compounds known as phytonutrients. They each play a different role, such as helping to defend against bacteria and bugs. Many phytonutrients also act as antioxidants that help to protect against cell and tissue damage caused by normal, everyday metabolism

## AM I GETTING ENOUGH?

Eating a balanced diet with at least 5 servings of colourful fruits and vegetables per day can help to ensure you get all the necessary nutrients, and can reap the benefits of the phytonutrients in your food. When fruits such as red apples, blueberries, grapes and oranges are eaten together, they provide a richer mix of nutrients with antioxidant effects than when eaten individually\*. So mix up your salads, fruit salads and stir-fries. Remember the phrase 'eat a rainbow'. Fruit and vegetables have their own unique pigments and phytonutrient profiles; but their level of nutrients with antioxidant properties varies too, which is why it's a good idea to eat an abundance of different types and colours.

# THE IMPORTANCE OF PROTEIN

## WHAT IS PROTEIN?

Protein is one of the major nutrients in our food. It provides energy to the body and it helps to build muscles and bones\*. It seems everywhere we look someone is promoting a new diet that praises the power of protein. But whether you want to lose weight, bulk up, or just eat a nutritious diet, the importance of protein goes far beyond physical appearance and muscle building. If you want to maintain or build up muscle, you need to provide your body with enough protein according to your needs to make sure the necessary amino acids come from your diet and not your muscle.

## AM I GETTING ENOUGH?

Getting the right amount of protein in your diet is needed for several reasons – one of them being its ability to contribute to maintain normal bones. The second benefit is that protein, when coupled with resistance exercise, can help you build muscle mass that, in turn raises your metabolism even while resting<sup>1</sup>. If you exercise regularly, your body will need more protein. Women and men should be eating up to 30% of their total daily kilojoule intake from proteins depending on your age, gender and lifestyle. You need to eat enough protein throughout the whole day making sure you divide it among each of your meals.



# WHAT ARE CARBOHYDRATES anyway?

## WHAT ARE CARBOHYDRATES?

As much as people talk about carbohydrates, you'd think that everyone actually knows where we get our carbs from and how much carbohydrate we should be eating every day – or not. In truth, carbohydrates have been both praised and punished – in part because they're largely misunderstood. When you say the word carbs, you probably picture starchy foods like noodles, bread, rice and potatoes. And you'd be right. But you'd be just as right if fruits or vegetables popped into your head. And you'd still be right if you thought of sugar or honey or jam – or even a glass of milk. That's because lots of foods supply carbohydrates, and it's a good thing, too. When it comes to keeping your engine running, your body's first choice of fuel isn't fat or protein – it's carbohydrates.

## AM I GETTING ENOUGH?

You sometimes hear people refer to different carbs as being 'good' or 'bad.' What they're trying to say is that the good carbohydrate sources are those that are the least processed – foods like whole fruits, vegetables, dairy products, beans and whole grains. The other reason these products are good is that they provide more than just energy to the body. There are also vitamins and minerals tagging along. And in the case of fruits, vegetables, beans and grains, we also pick up some fibre and antioxidants.

# DRINK MORE WATER: HYDRATION

## 5 ways to boost your intake

Water is essential to the entire body; after all, our bodies are made up of approximately 60% water. Keeping the body hydrated both internally and externally is something that we all need to do to look and feel good. So, what can we do? Be sure to keep your body hydrated by drinking plenty of water using these 5 tips.

### 1. SEE IT

It can be really helpful if you can actually see the amount of water you plan to drink, and track your progress over the course of the day. Put the amount of water you plan to drink in a bottle and take it everywhere with you. It will serve as a reminder to drink more, and you'll be motivated to sip on it as the day goes by.

### 2. COOL IT

Cold water often seems more refreshing than room temperature water. Try stashing a bottle of water in your freezer, and carry it with you during the day. It will stay cold for several hours, and you might be encouraged to drink more.

### 3. WAKE UP TO IT

"Morning mouth" is a reminder that most of us are naturally a bit dehydrated in the morning. So, keep a glass of water by your bed, and drink it first thing before your feet even hit the floor.

### 4. FLAVOUR IT

Make your own spa water. Try adding Herbal Aloe Concentrate Drink or a slice of fresh lemon or lime, some cucumber, a few berries, some fresh mint or a slice of fresh ginger to your water. It makes it feel special and adds a hint of refreshing flavour.

### 5. DINE IT

Treat water like an appetiser and start your meals with a glass of water. Not only will you work more water into your day, it might curb your appetite a bit, too.



# BEVERAGE





# BEVERAGE

# WARMING INFUSION

NUMBER OF SERVINGS : 1

## Method:

*Add 2 teaspoons of Raspberry Flavoured Instant Herbal Beverage.*

*Boil 1 litre of water and infuse it with your favourite berries.*

*Comforting and warm, refreshing for an early morning breakfast*





# BEVERAGE

# COOLING ICED TEA

NUMBER OF  
SERVINGS : 1

## Method:

*Add 2 teaspoons of Lemon Flavoured Instant Herbal Beverage*

*Infuse 1 litre of water overnight with pomegranate and a few slices of orange.*

*Add ice*

*Refreshing and citrus flavoured, perfect for anytime of the day*





# BEVERAGE

# MINTY LEMONADE

NUMBER OF  
SERVINGS : 1

## Ingredients:

6 Capfuls of AloeMax Concentrate Drink

250 ml Water

Juice of 1 Medium Lemon

2 Sprigs of Mint Leaf

5 Large Cubes of Ice

## Method:

*Mix all ingredients together in a glass*





# BEVERAGE

# LIGHT REFRESHING MIX

NUMBER OF  
SERVINGS : 1

## Ingredients:

- 6 Capsuls of AloeMax Concentrate Drink
- 250 ml Water
- ½ Apple
- ¼ Cucumber
- Juice of ½ Medium Lemon

## Method:

*Mix all ingredients together in a glass*

### DID YOU KNOW

AloeMax Concentrate Drink contains 97% Aloe Vera juice and is free from colourants, sweeteners and flavourings.







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# Cafe Latte Almond Shake

NUMBER OF  
SERVINGS : 1

## Ingredients:

- 2 Scoops (26 g) Cafe Latte Flavoured Shake Mix
- 1 Scoop (15 g) Protein Drink Mix
- 1 Scoop (5 g) Multifibre
- 250 ml Almond Milk (unsweetened)
- ¼ Cup Almonds

## Method:

*Place all ingredients in a blender and blend until smooth and creamy*

### Formula 1 Fact

Formula 1 Shake is available in 9 delicious flavours. Enjoy each Shake in its original form or get creative and blend with fruits, vegetables, herbs and spices.





# SHAKE



## Pumpkin-Banana Smoothie

NUMBER OF  
SERVINGS : 1

### Ingredients:

2 Scoops (26 g) Formula 1 Banana Cream Flavoured Shake Mix

1 Scoop (15 g) Protein Drink Mix

250 ml Water

½ Cup Cooked Pumpkin

½ Banana

½ Cup Dried Plum

Add a Dash of Cinnamon



### Method:

Place all ingredients in a blender and blend until smooth. Transfer to a large microwavable glass and microwave on high for 1 ½ - 2 minutes, stirring one or two times, until warm.





# SHAKE

# Overnight Oats

NUMBER OF SERVINGS : 1

## Ingredients:

- 2 Scoops (26 g) Summer Berries Flavoured Shake Mix
- 1 Scoop (5 g) Multifibre
- 1/3 Cup Rolled Oats
- 1/2 Cup (75 g) Fresh or Frozen Mixed Berries
- 250 ml Cold Water



## Method:

Mix all ingredients together and refrigerate overnight.







# SHAKE

## Veggie Love

NUMBER OF  
SERVINGS : 1

### Ingredients:

2 Scoops (26 g) Formula 1 Vanilla Flavoured Shake Mix

250 ml Semi-Skimmed Milk (1.5% fat)

50 g Spinach

½ Avocado

½ Vanilla Pod (Split, Seeds Scraped Out)

### Method:

*Place all ingredients in a blender and blend for 30 seconds until smooth and creamy.*





# SHAKE



# BERRY BLAST

NUMBER OF  
SERVINGS : 1

## Ingredients:

2 Scoops (26 g) Formula 1 Summer Berries Flavoured Shake Mix

¼ Cup Blueberries

¼ Cup Blackberries

1 Tbsp Lemon Juice

300 ml Coconut Water

85 g Plain Greek Style Yoghurt, Fat Free



## Method:

*Place all ingredients in a blender and blend until smooth.*





# BREAKFAST





# BREAKFAST MEALS



# Formula 1 Pancakes

NUMBER OF SERVINGS : 1

## Ingredients:

- 2 Scoops (26 g) Formula 1 Cookie Crunch Flavoured Shake Mix
- 1 Banana
- 1 Egg
- ½ Tsp Vanilla Extract
- Pinch of Cinnamon



## Method:

*Whisk until batter is a smooth consistency.  
Cook each side for 2 - 3 minutes.*





## Banana Cream and Almond Overnight Oats

NUMBER OF  
SERVINGS : 1

### Ingredients:

- 1 Scoop (13 g) Formula 1 Banana Cream Flavoured Shake Mix
- 40 g Rolled Oats
- ½ Tbsp Chia Seeds
- 1 Tbsp Almond Butter
- 1½ Tsp Vanilla Extract
- 100 ml Almond Milk

### Toppings (optional):

- ½ Tbsp Almond Butter
- ½ Tbsp Chopped Almonds
- ½ Banana, Sliced
- Blueberries

### Method:

*Combine all the overnight oats ingredients together in a jar and mix. Cover and place in the fridge overnight. To serve, remove from the fridge and add your toppings.*





# BREAKFAST

## Vanilla Almond High-Protein Granola

NUMBER OF  
SERVINGS : 1

### Ingredients:

- 1 Scoop (15 g) Protein Drink Mix
- ¼ Cup Crunchy Almond Butter
- ¼ Cup Honey
- 1 Tsp Pure Vanilla Extract
- 1 Tbsp Ground Flax Seed
- 1 Tsp Ground Cinnamon
- ¼ Tsp Salt
- ⅓ Cup Chocolate Chips
- 1 Cup Oats



### Method:

*Preheat oven to 160 °C and spray a baking sheet with cooking spray or line it with parchment paper or a non-stick baking mat.*

*Set aside. In a small saucepan over medium-low heat, add almond butter and honey, stirring until the almond butter is melted and fully combined with the honey. Stir in vanilla extract.*

*Remove from heat and add oats, Protein Drink Mix, flax, cinnamon and salt. Mix well and use a spatula to ensure that all of the oats are well coated. Spread the granola mixture over a baking sheet, leaving as many clusters as you want, and bake for 8 minutes.*

*Stir and bake for another 8 minutes, or until lightly golden. Let cool completely before adding chocolate chips and transferring to a storage container.*





# Protein French Toast

NUMBER OF  
SERVINGS : 1

## Ingredients:

- 1 Scoop (15 g) Protein Drink Mix
- 2 Slices Wholewheat Bread
- ½ Cup Egg Whites
- ¾ Cup Semi-Skimmed Milk (1.5% fat)
- 1 Medium Banana
- ⅛ Tsp Ground Cinnamon

## Method:

*Mix egg whites, milk and Protein Drink Mix together in a small bowl, adding cinnamon to taste. Dip two slices of bread into the mixture.*

*Cook on medium heat using a non-stick skillet for 2-3 minutes on each side.*

*Cut up the banana into small pieces, smashing them on top both pieces of bread. Add syrup for taste.*







# Zucchini Banana Bread

NUMBER OF  
SERVINGS : 2-4

## Ingredients:

- ½ Cup Formula 1 Banana Cream Flavoured Shake Mix
- 1 Scoop (5 g) Multifibre
- 1 Egg
- 3 Medium Ripe Bananas, Mashed
- 1 Medium to Large Zucchini, Grated using Large Holes on Grater and Liquid Squeezed using a Dishtowel
- ⅓ Cup Maple Syrup
- ¼ Cup Extra Virgin Olive Oil (Melted Coconut Oil Will Work)
- 1 Teaspoon Vanilla Essence
- 1 Cup Whole Wheat Flour
- 1 Tablespoon Baking Powder
- 1 Teaspoon Salt
- 1 Teaspoon Cinnamon



## Method:

*Preheat oven to 180°C. Lightly spray a 23 cm loaf pan with cooking spray. In a medium-sized bowl, crack and beat egg. Combine mashed bananas, zucchini, maple syrup, olive oil and vanilla with the egg. In a separate large bowl, mix together the flour, protein powder, baking powder, Multifibre, salt and cinnamon. Gradually stir liquid mixture into flour mixture. Pour into a rectangle baking pan and cook for 30 minutes or until golden at 180°C.*





# BREAKFAST

## Spiced Apple Protein Muffins

NUMBER OF  
SERVINGS : 12

### Ingredients:

- 2 Scoops (26 g) Formula 1 Spiced Apple Flavoured Shake Mix
- 100 g Rolled Oats
- 60 g Plain Flour
- 1 Tsp Baking Powder
- 30 g Dried Apple, Chopped
- 2 Flax Eggs (2 Tbsp Flaxseed Mixed With 1 Tbsp Water and Set Aside to Thicken)
- 200 ml Almond Milk
- ½ Tsp Vanilla Essence

### Method:

Combine the Formula 1 Spiced Apple Flavoured Shake Mix, oats, flour, baking powder and dried apple. Add the flax eggs, almond milk and vanilla essence and mix until combined. Line a muffin tray with 9 cupcake cases and divide the mixture between each case. Transfer to the oven and bake for 15 minutes, or until golden.





# BREAKFAST



# PROTEIN CREPES

NUMBER OF  
SERVINGS : 2-3

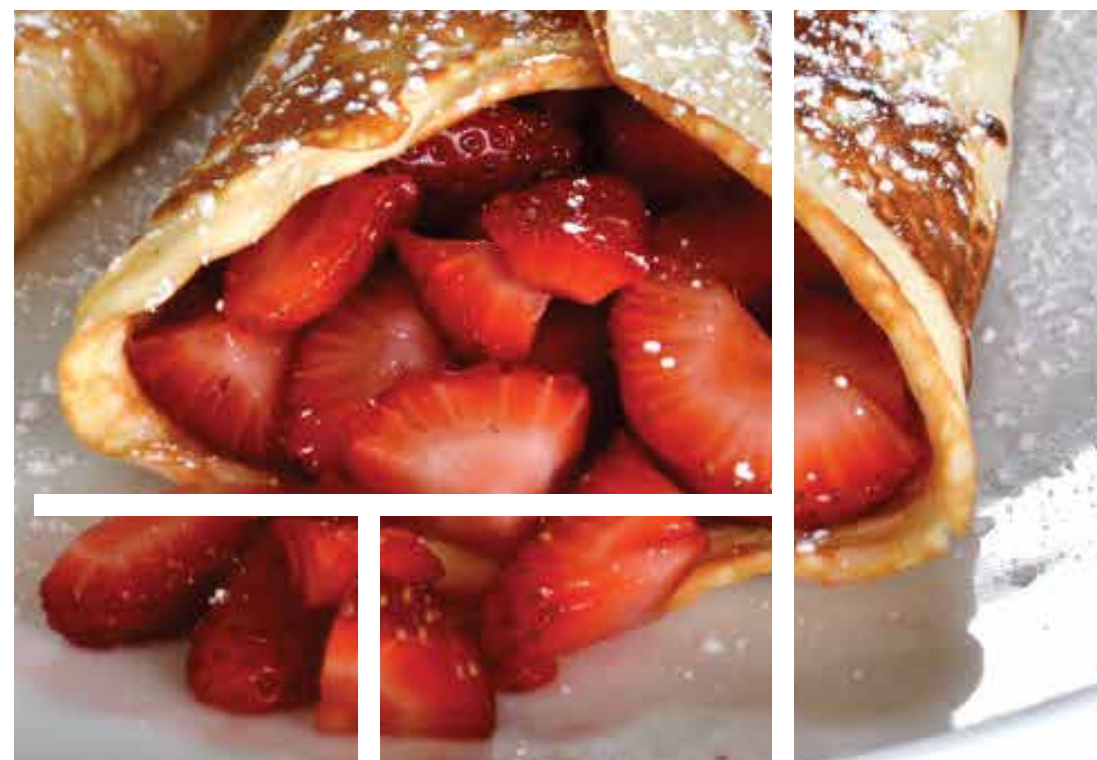
## Ingredients:

2 Scoops (30 g) Protein Drink Mix

½ Cup Egg Whites

## Method:

*Place a non - stick skillet over medium heat. In a bowl combine egg whites and Protein Drink Mix and whisk until Protein Drink Mix is dissolved. Scoop about 1/3 of the mixture into the pan and rotate pan around so the batter spreads thin. Cook until the bottom is lightly browned and flip it over to cook through.*





# BREAKFAST



## WARM CHOCOLATE PROTEIN BOWL

NUMBER OF  
SERVINGS : 1

### Ingredients:

- 2 Scoops (26 g) Formula 1 Chocolate Flavoured Shake Mix
- 1 Scoop (15 g) Protein Drink Mix
- 1 Tsp Cocoa Powder
- 1 Cup Hot Water
- ½ Cup Desiccated Coconut

### NOTE!

Toast coconut on a tray till golden.

### Method:

Mix with all room temperature water into a thick paste then add kettle water to smooth out the consistency and add the warmth to your meal. Sprinkle the toasted coconut on top and savour every mouthful.







**START YOUR DAY  
SUNNYSIDE UP!**

