

What is **A Meal Replacement?**



● Table of Contents

What is A Meal Replacement?	3
The Science Behind Meal Replacement Products	4
What is Herbalife Nutrition Formula 1?	5
The Science Behind Formula 1	6
Ways to Customize Your Shake	7
Formula 1 Shake Recipes	8
References	14

What is **A Meal Replacement?**

While there is no specific regulatory definition of Meal Replacements in the US, the term generally refers to discrete prepackaged, calorie-controlled products that can be in forms including shakes, soups, or bars that are designed to replace one or more daily meals.

Meal Replacements have long been validated as safe and effective tool for weight loss and management because they provide calorie and portion control for those who may have difficulty with self-selection of foods.¹ Consumers also commonly use Meal Replacements to replace a traditional meal in a day to help ensure adequate intake of the essential macro-and micronutrients or as a means to boost protein intake to help preserve and maintain lean body mass.²



The Science Behind Meal Replacement Products

The efficacy of Meal Replacements for weight management are related to three key aspects:

1. Protein and Glycemic Index

Protein helps with satiety. Therefore, getting the right amount of protein to control hunger at every meal is an important factor in a weight loss program, and for achieving and maintaining a healthy body weight. In addition, some Meal Replacement shake products, such as Herbalife Nutrition Formula 1, also have a low glycemic index (GI). GI is a measure of how quickly a food causes blood sugar levels to rise. Foods with a low GI allow for a slow release of sugar into the blood, providing more sustained hunger control.

2. Nutrient Density

Nutrient density refers to the ratio of nutrients relative to calories in a food. A food with low nutrient density provides a lot of calories, fat, and sugar with few essential nutrients. Cookies, cakes, refined pasta, and sugary soft drinks fall in this category. High nutrient density foods provide a lot of nutrients per calorie and include fruits, vegetables, lean proteins, whole grains and Meal Replacements. Nutrient dense foods should be the foundation of any diet, and they are particularly important when calories are restricted, since fewer calories are available to provide daily nutritional needs. Meal Replacements are generally nutrient-rich with a fixed number of calories, and so can be considered a nutrient dense option, especially for people who need to control their calorie intake.

3. Behavioral Change

Aside from the above nutritional considerations, Meal Replacements simplify weight management by eliminating the need to plan and prepare meals once or twice per day, and they also simplify the calorie-counting process and facilitate portion control. The behavioral advantages of a Partial Meal Replacement Diet are as key as the nutritional advantages when compared to typical or fad diets. The reasons why Meal Replacements are effective as part of an overall balanced plan is that they are convenient, can increase compliance, can help establish a regular eating pattern, ensure accuracy of calorie estimation, help avoid nutrient gaps, and increase awareness with self-monitoring.²



What is Herbalife Nutrition Formula 1?

An Herbalife Nutrition Formula 1 shake is a complete, convenient, balanced meal. Its soy and whey protein formula is rooted in the latest research showing the efficacy of Meal Replacements for weight management, but can be a part of anyone's balanced daily regimen along with diet and exercise, whether the goal is to shed pounds, build muscle, or simply maintain a healthy diet.

A Formula 1 shake, when made with 8 fluid ounces of nonfat milk or soy milk contains:

- 21 vitamins and minerals to help fill nutritional gaps
- 17 grams of protein
- An excellent source of antioxidant vitamins C and E.
- 3 grams of dietary fiber
- 170 nutrient-dense calories

Many customers prefer to mix **Formula 1 with Herbalife Nutrition Protein Drink Mix** and 8 fluid ounces of water to create a shake with 24 grams of protein and 200 calories.



The Science Behind **Formula 1**

Not all Meal Replacements are built alike. Quality is a key differentiating factor, especially when it comes to products that are commercially available.

In 2020, independent researchers investigated the efficacy and safety of Herbalife nutrition products when used as high-protein Meal Replacements for weight management.³ The meta-analysis included randomized controlled trials of Herbalife Nutrition's high-protein products used as Meal Replacements, published through July 2019 in peer-reviewed journals. Data from 9 studies were consolidated, and included 934 participants (463 in treatment groups and 471 in control groups).

The results of the meta-analysis found that participants who consumed Herbalife Nutrition high-protein products experienced significantly larger decreases in body weight, body mass index, and fat mass when compared to individuals consuming control diets. In addition, the meta-analysis concluded that Herbalife Nutrition's high-protein products are safe for weight management and do not pose any risk in reducing body weight.*

*While the study was funded by Herbalife Nutrition, study executions, including data analysis, data interpretation, and manuscript preparation were all conducted independently.





Ways to **Customize Your Shake**

Herbalife Formula 1 shakes can also be customized with a variety of add-ins:

- Add more protein by including low-fat cottage cheese, plain yogurt, soft tofu, ricotta cheese or Herbalife Nutrition Personalized Protein Powder.
- Add fruits and vegetables to get more servings of healthy foods in your diet. Frozen fruits and vegetables can give shakes a thicker texture.
- Add more fiber with foods such as rolled oats, bran, or seeds.
- For people with higher calorie needs, nuts, nut butter, avocado, or dried fruits can be added to boost the calorie content of your shake.



Formula 1 Shake Recipes

Herbalife Nutrition Formula 1 can be the foundation for a healthy diet and lifestyle, and there are so many options for making delicious shakes. Here are some recipes and everyone can find a shake that works for them!



Country Berry Protein Shake

Ingredients

- 2 scoops Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Wild Berry
- 1 cup nonfat or low-fat milk, or soy milk
- ½ cup fresh or frozen raspberries
- ½ cup fresh or frozen carrot slices

Directions

Combine ingredients in a blender and mix well.

With nonfat milk:

250
Calories

19g
Protein

40g
Carbs

2.5g
Fat



Cinnamon Roll Latte Protein Shake

Bring the coffee shop home with this protein-filled shake infused with raisins and cinnamon.

Ingredients

- 2 scoops Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, French Vanilla
- 2 scoops Herbalife Nutrition Protein Drink Mix, Vanilla
- 1 cup cold coffee
- ½ medium banana
- 1 TBSP raisins
- ¼ tsp ground cinnamon
- 3-5 ice cubes (optional)

Directions

Combine ingredients in a blender and mix well.

280

Calories

24g

Protein

38g

Carbs

4g

Fat

Chocolate Chip Cookie Protein Shake

Ingredients

- 1 scoop Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Cookies 'n Cream
- 1 scoop Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Dutch Chocolate
- 2 scoops Herbalife Nutrition Protein Drink Mix, Chocolate
- 1 cup nonfat or low-fat milk, or soy milk
- 3-5 ice cubes

Directions

Combine ingredients in a blender and mix well.

With nonfat milk:

290

Calories

32g

Protein

30g

Carbs

4.5g

Fat





Luscious Lemon Bar Protein Shake

Love lemon? You're in for a tangy treat that provides the ideal balance of protein and other key nutrients.

Ingredients

- 2 scoops Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, French Vanilla
- 2 scoops Herbalife Nutrition Protein Drink Mix, Vanilla
- 1 cup cold water
- 2 TBSP lemon juice
- 3-5 ice cubes

Directions

Combine ingredients in a blender and mix well.

200
Calories

24g
Protein

18g
Carbs

4g
Fat

Caramel Comfort Protein Shake

Ingredients

- 1 scoop Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Dulce de Leche
- 1 scoop Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Cookies 'n Cream
- 2 scoops Herbalife Nutrition Protein Drink Mix, Vanilla
- 1 cup cold water
- 3-5 ice cubes

Directions

Combine ingredients in a blender and mix well.

200
Calories

24g
Protein

18g
Carbs

4g
Fat





References

1. Flechtner-Mors M, Ditschuneit HH, Johnson TD, Suchard MA, Adler G. Metabolic and weight loss effects of long-term dietary intervention in obese patients: four-year results. *Obes Res.* 2000;8(5):399-402.
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