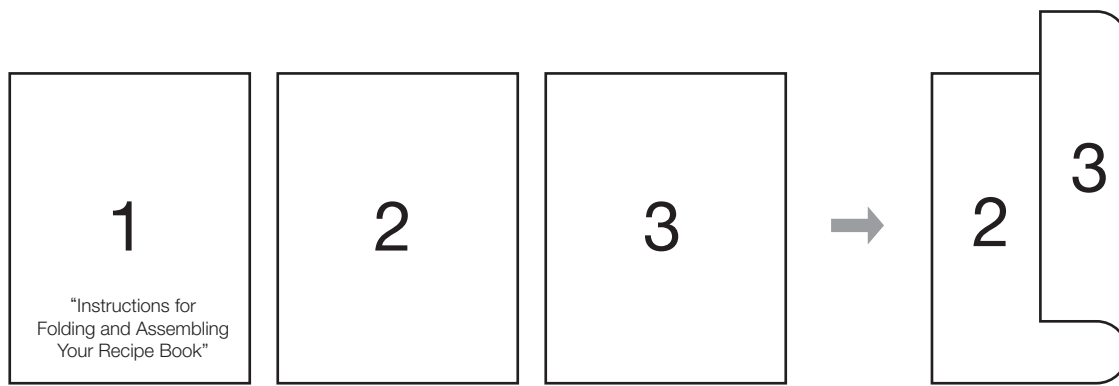


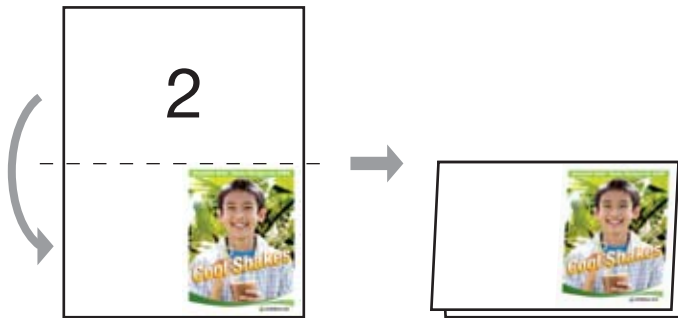
Instructions for Folding and Assembling Your Recipe Book



Step 1: Print one copy of the “Instructions for Folding and Assembling Your Recipe Book,” the first page of your PDF (1 pictured above).

Note: When printing multiple copies of the actual recipe pages (2 and 3 pictured above), be sure NOT to print the first-page instruction sheet.

Step 2: Print 2 and 3 of your PDF as a two-sided sheet.



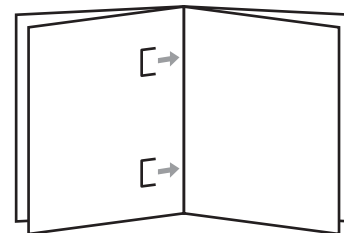
Step 3: Fold 2 in half from top to bottom.



Step 4: Fold in half again from side to side.



Step 5: Trim excess from across the top.



Step 6: (Optional) To create a four-page booklet-type brochure, staple vertically along the center fold.

Directions: Combine shake mix, pudding mix, pumpkin spice (adjust to taste) and milk in shaker cup or blender. Shake or blend until all ingredients are well mixed.

Equipment: Shaker cup or blender

- 8 ounces 2% reduced-fat milk or soy milk
- 1 1/2 tablespoons pumpkin spice
- 1 1/2 tablespoons sugar-free cheesecake pudding mix
- 2 slightly rounded tablespoons Vanilla Herbalife Kids™ Shake mix

Ingredients:

Perfectly Pumpkin Cheesecake

Directions: Combine shake mix, pudding mix and milk in shaker cup or blender. Shake or blend until all ingredients are well mixed.

Equipment: Shaker cup or blender

- 8 ounces 2% reduced-fat milk or soy milk
- 1 1/2 tablespoons sugar-free cheesecake pudding mix
- 2 slightly rounded tablespoons Vanilla Herbalife Kids™ Shake mix

Ingredients:

Chill-Out Cheesecake



Directions: Combine shake mix, milk powder, cranberry juice, blueberries and orange extract in blender. Blend until all ingredients are well mixed.

Equipment: Blender

- 1 slightly rounded tablespoon Vanilla Herbalife Kids™ Shake mix
- 1/3 cup nonfat dry milk powder
- 1 cup light (low-calorie) cranberry juice
- 1 cup frozen blueberries
- 2 to 3 drops orange extract

Ingredients:

Blitzin' Berry

Choc-o-Minty

Ingredients:

- 2 slightly rounded tablespoons Chocolate Herbalife Kids™ Shake mix
- 1 low-fat or sugar-free fudge-dipped mint chocolate sandwich cookie
- 8 ounces 2% reduced-fat milk

Equipment: Blender

Directions: Combine shake mix, sandwich cookie and milk in blender. Blend until all ingredients are well mixed.

STRAWBERRY SHAKE MIX RECIPE

Strawberry Bananza

Ingredients:

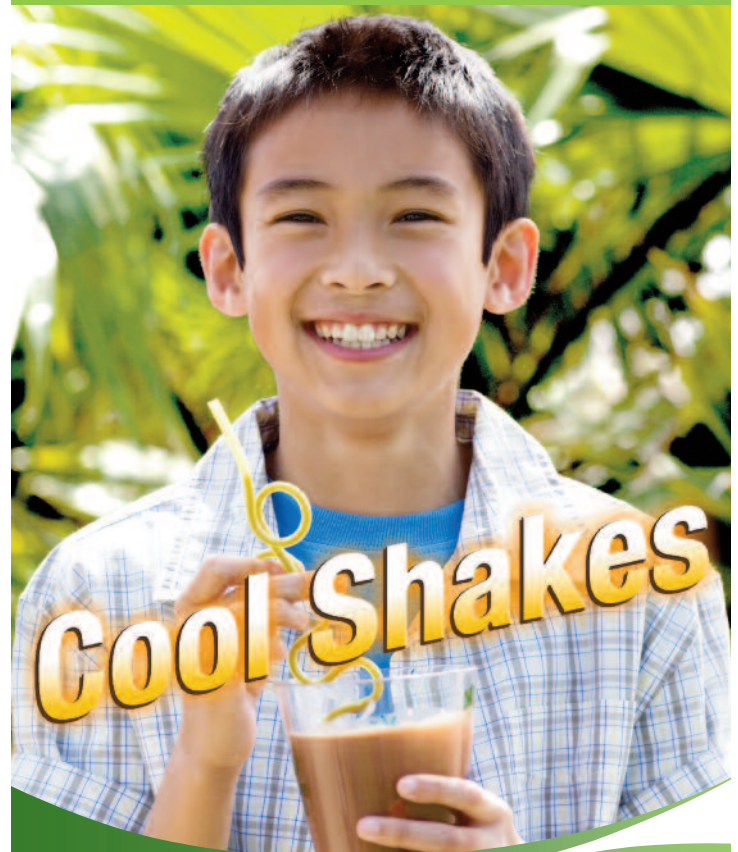
- 2 slightly rounded tablespoons Strawberry Herbalife Kids™ Shake mix
- 1 small banana (or 1/2 medium to large banana)
- 8 ounces 2% reduced-fat milk

Equipment: Blender

Directions:

Combine shake mix, banana and milk in blender. Blend until all ingredients are well mixed.

Herbalife Kids™ Shake Recipes for AYSO



Directions: Combine shake mix, pudding mix and milk in shaker cup. Shake until all ingredients are well mixed.

Equipment: Shaker cup or blender

- 2 slightly rounded tablespoons Vanilla Herbalife Kids™ Shake mix
- 1 tablespoon sugar-free banana cream pudding mix
- 8 ounces 2% reduced-fat milk or soy milk

Ingredients:

Banana Cream Pie

Directions: Combine shake mix, orange juice, dry milk and vanilla extract in shaker cup or blender. Shake or blend until all ingredients are well mixed.

Equipment: Shaker cup or blender

- 2 slightly rounded tablespoons Vanilla Herbalife Kids™ Shake mix
- 8 ounces orange juice
- 1/4 cup nonfat dry milk
- 2 drops vanilla extract (optional)

Ingredients:

Orange Cream Supreme



VANILLA SHAKE MIX RECIPES

Creamy Nutty Swirl

Ingredients:

- 2 slightly rounded tablespoons Vanilla Herbalife Kids™ Shake mix
- 2 to 3 drops hazelnut extract or black walnut extract
- 8 ounces orange juice
- 1/4 cup nonfat dry milk

Equipment: Shaker cup or blender

Directions: Combine shake mix, orange juice, dry milk, and hazelnut extract or black walnut extract in shaker cup or blender. Shake or blend until all ingredients are well mixed.

Directions: Combine shake mix, soy milk, milk and coconut extract in shaker cup or blender. Shake or blend until all ingredients are well mixed.

Equipment: Shaker cup or blender

- 2 slightly rounded tablespoons Chocolate Herbalife Kids™ Shake mix
- 4 ounces almond-flavored soy milk
- 4 ounces 2% reduced-fat milk
- 2 to 3 drops coconut extract

Ingredients:

Chocolate Almond Coconut

CHOCOLATE SHAKE MIX RECIPES



Choco'nana

Ingredients:

- 2 slightly rounded tablespoons Chocolate Herbalife Kids™ Shake mix
- 1 small banana, or 1/2 medium to large banana
- 8 ounces 2% reduced-fat milk

Equipment: Blender

Directions: Combine shake mix, banana and milk in blender. Blend until all ingredients are well mixed.

Chocolate Peanut Butter

Ingredients:

- 2 slightly rounded tablespoons Chocolate Herbalife Kids™ Shake mix
- 1 tablespoon reduced-fat peanut butter
- 8 ounces 2% reduced-fat milk

Equipment: Blender

Directions: Combine shake mix, peanut butter and milk in blender. Blend until all ingredients are well mixed.