



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