

Rosy Vanilla



INGREDIENTS

- 3scoop formula 1 vanilla
- 1scoop PPP
- 125 ml Water
- 125 ml Soy Milk
- 3 Tea spoon Rose syrup
- 1 Tea spoon Chia seeds (soaked)

DIRECTIONS

- Blend all the ingredients
- Topping-vanilla icecream (optional)



Pistachio-Almond



INGREDIENTS

- 3 scoops Formula1 Vanilla
- 1 scoop PPP
- 125 ml Water
- 125 ml Soy Milk
- 2 Tea spoon Almond-pista Syrup
- 1 tea spoon-Almond powder

DIRECTIONS

- Blend all the ingredients
- Pistachio flakes for garnishing

Chocolate Truffle with cookies

INGREDIENTS

- 3 scoops Formula1 Vanilla Shake
- 1 scoop PPP
- 125 ml Water
- 125 ml Soy Milk
- 3 Tea spoon Chocolate Truffle

DIRECTIONS

- Blend all the ingredients
- Choco Chips for garnishing



Mocha Chocolate



INGREDIENTS

- 3 scoops Formula 1 Chocolate
- 1 scoop PPP
- 125 ml Water
- 125 ml Soy Milk
- 1 dino scoop (Afresh spoon) coffee powder
- 1 teaspoon Hershey's chocolate syrup

DIRECTIONS

- Blend all the ingredients
- Hershey's Chocolate syrup for garnishing

Hazzlenut Chocolate Shake

INGREDIENTS

- 3 scoops Formula1 Vanilla Shake
- 1 scoop PPP
- 125 ml Water
- 125 ml Soy Milk
- 2 Tea spoon Nutrella
- 1 Tea spoon Hazzelnut Café Powder

DIRECTIONS

- Blend all the ingredients
- Harshey's Chocolate Syrup for garnishing



Chocolate Peanut Butter



INGREDIENTS

- 3 scoops Formula1 Vanilla/chocolate
- 1 scoop PPP
- 125 ml Water
- 125 ml Soy Milk
- 2 Tea spoon peanut butter
- 1 teaspoon Hershey's unsweetened coco powder

DIRECTIONS

- Blend all the ingredients

Kesariya Badam Shake

INGREDIENTS

- 3 scoops Formula1 Vanilla Shake
- 1 scoop PPP
- 125 ml Water
- 125 ml Soy Milk
- 4 Tea spoon Kesariya Badam Crush

DIRECTIONS

- Blend all the ingredients
- 1 Tea spoon Almond Powder for garnishing



Anjeer Kesariya Shake

INGREDIENTS

- 3 scoops Formula1 Vanilla Shake
- 1 scoop PPP
- 125 ml Water
- 125 ml Soy Milk
- 4 Tea spoon Anjeer Kesariya Crush

DIRECTIONS

- Blend all the ingredients
- Dry Anjeer for garnishing



Café Mocha Shake

INGREDIENTS

- 3 scoops Dutch Chocolate Formula 1 Shake Mix
- 1 tablespoons Personalized Protein Powder
- 125 ml plain soy milk or nonfat milk
- 125 ml water
- 2 teaspoons instant-coffee crystals
- 1 teaspoon cinnamon
- 4 ice cubes

DIRECTIONS

- Place all ingredients in the blender and mix thoroughly until the ice cubes are completely crushed. Ice cubes are optional



Strawberry Shake

INGREDIENTS

- 3 scoops Formula1 Vanilla Shake
- 1 scoop PPP
- 125 ml Water
- 125 ml Soy Milk
- 3 Tea spoon Strawberry Crush

DIRECTIONS

- Blend all the ingredients
- Strawberry for garnishing



Chai Latte Shake

INGREDIENTS

- 3 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 1 tablespoons Personalized Protein Powder (or more)
- 125 plain soy milk or nonfat milk
- 125 ml water
- 3 tablespoons unsweetened liquid iced tea concentrate
- Pinches of each: ginger, clove, black pepper, cinnamon
- 4-5 ice cubes

DIRECTIONS

- Place all ingredients in the blender and blend thoroughly until the ice cubes are completely crushed



Kiwi Shake

INGREDIENTS

- 3 scoops Formula1 Vanilla Shake
- 1 scoop PPP
- 125 ml Water
- 125 ml Soy Milk
- 3 Tea spoon Kiwi Crush

DIRECTIONS

- Blend all the above ingredients
- Dry Kiwi for garnishing



Cinnamon & Honey Shake

INGREDIENTS

- 3 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 1 tablespoons Personalized Protein Powder (or more)
- 125 plain soy milk or nonfat milk
- 125 ml water
- 1 teaspoon cinnamon
- 1 tablespoon honey
- 4-5 ice cubes

DIRECTIONS

- Place all ingredients in the blender and blend thoroughly until the ice cubes are completely crushed



Butterscoth Shake

INGREDIENTS

- 3 scoops Formula1 Vanilla Shake
- 1 scoop PPP
- 125 ml Water
- 125 ml Soy Milk
- 3 Tea spoon Butterscoth Crush

DIRECTIONS

- Blend all the ingredients.
- Choco Chips for garnishing



Dates Shake

INGREDIENTS

- 3 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 1 tablespoons Personalized Protein Powder (or more)
- 125 plain soy milk or nonfat milk
- 125 ml water
- 2-3 deseeded dates
- 4-5 ice cubes
- Sprinkle flaxseed power on the top (optional)

DIRECTIONS

- Place all ingredients in the blender and blend thoroughly until the ice cubes are completely crushed



Mix Dry Fruit Shake

INGREDIENTS

- 3 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 1 tablespoons Personalized Protein Powder(or more)
- 125 plain soy milk or nonfat milk
- 125 ml water
- 1 tablespoon mix dry fruits(powder/chunks)
- 1 teaspoon honey
- Pinch of cinnamon(optional)
- 4-5 ice cubes
- Sprinkle flaxseed power on the top(optional)



DIRECTIONS

- Place all ingredients in the blender and blend thoroughly until the ice cubes are completely crushed

Mango Kulfi Shake

INGREDIENTS

- 2 scoops Formula 1 Kulfi Nutritional Shake Mix
- 1 scoops Formula 1 Mango
- 1 scoop Personalized Protein Powder
- 125 plain soy milk or nonfat milk
- 125 ml water
- 4-5 ice cubes



DIRECTIONS

- Place all ingredients in the blender and blend thoroughly until the ice cubes are completely crushed

Chocolate Kulfi Shake

INGREDIENTS

- 2 scoops Chocolate Formula 1 Nutritional Shake Mix
- 1 scoop Kulfi Formula 1
- 1 tablespoons Personalized Protein Powder (or more)
- 125 plain soy milk or nonfat milk
- 125 ml water
- 4-5 ice cubes



DIRECTIONS

- Place all ingredients in the blender and blend thoroughly until the ice cubes are completely crushed

Kaju Anjeer Shake

INGREDIENTS

- 3 scoops Vanilla Formula 1 Nutritional Shake Mix
- 1 tablespoons Personalized Protein Powder (or more)
- 125 plain soy milk or nonfat milk
- 125 ml water
- Kaju and Anjeer (according to taste)
- 4-5 ice cubes



DIRECTIONS

- Place all ingredients in the blender and blend thoroughly until the ice cubes are completely crushed

Mango Orange Shake

INGREDIENTS

- 2 scoops Mango Formula 1 Nutritional Shake Mix
- 1 scoop Orange Formula 1
- 1 tablespoons Personalized Protein Powder (or more)
- 125 plain soy milk or nonfat milk
- 125 ml water
- 4-5 ice cubes



DIRECTIONS

- Place all ingredients in the blender and blend thoroughly until the ice cubes are completely crushed

Chocolate Triple berry Shake

INGREDIENTS

- 3 scoops Chocolate Formula 1 Nutritional Shake Mix
- 1 scoop PPP
- 1/2 table spoon Malas triple berry shake
- 125 plain soy milk or nonfat milk
- 125 ml water
- 4-5 ice cubes



DIRECTIONS

- Place all ingredients in the blender and blend thoroughly until the ice cubes are completely crushed

Apple Pie Shake



INGREDIENTS

- 3 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 1 tablespoons Personalized Protein Powder (or more)
- 125 ml soy milk or nonfat milk
- 125 ml water
- 1 cup frozen apple slices/fresh apple slices
- 1 teaspoon of cinnamon
- Pinch of nutmeg.
- Pinch of clove powder
- 1/4 teaspoon vanilla extract
- 4 ice cubes

DIRECTIONS

- Place all ingredients in the blender and mix thoroughly until the ice cubes are completely crushed. Ice cubes are optional

Banana Shake



INGREDIENTS

- 3 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 1 tablespoons Personalized Protein Powder (or more)
- 125 ml plain soy milk or nonfat milk
- 125 ml water
- 1/2 very ripe banana
- 1/8 teaspoon walnut flavoring
- A few drops vanilla extract
- 1 teaspoon cinnamon
- 4 ice cubes

DIRECTIONS

- Place all ingredients in the blender and mix thoroughly until the ice cubes are completely crushed. Ice cubes are optional

Blueberry Shake



INGREDIENTS

- 3 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 1 tablespoons Personalized Protein Powder (or more)
- 1/3 cup nonfat dry milk
- 1/2 cup blueberries
- A few drops orange extract
- 4 ice cubes

DIRECTIONS

- Place all ingredients in the blender and mix thoroughly until the ice cubes are completely crushed. Ice cubes are optional

Chocolate Strawberry Shake



INGREDIENTS

- 3 scoops Dutch Chocolate Formula 1 Nutritional Shake Mix
- 1 tablespoons Personalized Protein Powder (or more)
- 125 ml plain soy milk or nonfat milk
- 125 ml water
- 1 cup strawberries
- A few drops vanilla extract
- 4 ice cubes

DIRECTIONS

- Place all ingredients in the blender and mix thoroughly until the ice cubes are completely crushed. Ice cubes are optional



Vanilla Orange Shake



INGREDIENTS

- 3 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 1 tablespoons Personalized Protein Powder (or more)
- 125 ml plain nonfat milk or plain soy milk
- 125 ml water
- 3 Tablespoons orange juice concentrate
- 1/4 teaspoon vanilla extract
- 4 ice cubes

DIRECTIONS

- Place all ingredients in the blender and blend thoroughly until the ice cubes are completely crushed

Peach Almond Shake



INGREDIENTS

- 3 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 1 tablespoons Personalized Protein Powder (or more)
- 125 ml plain soy milk or nonfat milk
- 125 ml water
- 1 cup peach slices
- Few pinches of ground ginger
- 1/4 teaspoon almond extract/powder
- 4 ice cubes

DIRECTIONS

- Place all ingredients in the blender and mix thoroughly until the ice cubes are completely crushed. Ice cubes are optional

Pineapple Coconut Orange Shake

INGREDIENTS

- 3 scoops French Vanilla Formula
- 1 tablespoons Personalized Protein Powder (or more)
- 125 ml plain soy milk or nonfat milk
- 125 ml water
- 1 cup pineapple chunks
- 1/8 teaspoon coconut extract/milk
- 1/4 teaspoon orange extract/juice
- 4 ice cubes



DIRECTIONS

- Place all ingredients in the blender and mix thoroughly until the ice cubes are completely crushed. Ice cubes are optional

Pina Colada

INGREDIENTS

- 2 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 2 tablespoons Personalized Protein Powder (or more)
- 150 ml Coconut milk
- 100 ml Pineapple Juice
- 1/2 tablespoon desiccated coconut
- 4 ice cubes



DIRECTIONS

- Place all ingredients in the blender and blend thoroughly until the ice cubes are completely crushed

Strawberry & Kiwi Shake

INGREDIENTS

- 3 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 1 tablespoons Personalized Protein Powder (or more)
- 125 ml plain soy milk or nonfat milk
- 125 ml water
- 1/2 cup whole strawberries
- 1 very ripe kiwi, peeled
- 4 ice cubes



DIRECTIONS

- Place all ingredients in the blender and blend thoroughly until the ice cubes are completely crushed

Kiwi Fruit Shake

INGREDIENTS

- 3 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 1 tablespoons Personalized Protein Powder (or more)
- 125 ml plain soy milk or nonfat milk
- 125 ml water
- 1 very ripe kiwi, peeled
- 4 ice cubes



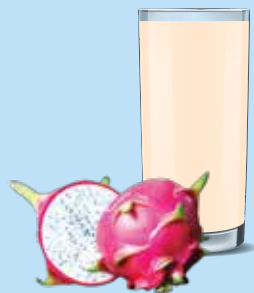
DIRECTIONS

- Place all ingredients in the blender and blend thoroughly until the ice cubes are completely crushed

Dragon Fruit Shake

INGREDIENTS

- 3 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 2 tablespoons Personalized Protein Powder (or more)
- 1 cup plain soy milk or nonfat milk
- 1/2 cup Dragon fruit
- 4 ice cubes



DIRECTIONS

- Place all ingredients in the blender and blend thoroughly until the ice cubes are completely crushed

Strawberry Mint Shake

INGREDIENTS

- 2 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 1 scoops Strawberry Formula 1 Nutritional shake Mix
- 1 tablespoons Personalized Protein Powder (or more)
- 125 ml plain soy milk or nonfat milk
- 125 ml water
- 1 cup fresh Strawberry
- 6 to 7 leaves of Mint
- 4 ice cubes



DIRECTIONS

- Place all ingredients in the blender and blend thoroughly until the ice cubes are completely crushed

Lichi Shake

INGREDIENTS

- 3 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 1 tablespoons Personalized Protein Powder (or more)
- 125 ml plain soy milk or nonfat milk
- 125 ml water
- 1 cup peeled Lichi
- 4 ice cubes



DIRECTIONS

- Place all ingredients in the blender and blend thoroughly until the ice cubes are completely crushed

Banana & Strawberry Shake

INGREDIENTS

- 3 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 1 tablespoons Personalized Protein Powder (or more)
- 125 ml plain soy milk or nonfat milk
- 125 ml water
- ½ cup banana
- ½ cup strawberry
- 4 ice cubes

DIRECTIONS

- Place all ingredients in the blender and blend thoroughly until the ice cubes are completely crushed



Dragon Kiwi fruit Shake

INGREDIENTS

- 3 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 1 tablespoons Personalized Protein Powder (or more)
- 125 ml plain soy milk or nonfat milk
- 125 ml water
- ½ cup riped and peeled dragon fruit
- ½ cup riped and peeled kiwi
- 4 ice cubes



DIRECTIONS

- Place all ingredients in the blender and blend thoroughly until the ice cubes are completely crushed

Custardapple Shake

INGREDIENTS

- 3 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 1 tablespoons Personalized Protein Powder (or more)
- 125 ml plain soy milk or nonfat milk
- 125 ml water
- 1 cup deseeded fresh custard apple
- 4 ice cubes

DIRECTIONS

- Place all ingredients in the blender and blend thoroughly until the ice cubes are completely crushed



Chickoo Shake

INGREDIENTS

- 3 scoops French Vanilla Formula 1 Nutritional Shake Mix
- 1 tablespoons Personalized Protein Powder (or more)
- 125 ml plain soy milk or nonfat milk
- 125 ml water
- 1 cup chickoo
- 4 ice cubes



DIRECTIONS

- Place all ingredients in the blender and blend thoroughly until the ice cubes are completely crushed