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Appetizers

Broccoli-Cauliflower Cheese Soup:

- 1 packet [Soup Mix](#) ½ c. broccoli or cauliflower (or combination of both), steamed and finely chopped
- 1/3 c. shredded cheddar cheese

Prepare soup mix as directed, add other ingredients and serve.

Cream of Mushroom Soup:

- 1 packet [Soup Mix](#)
- ½ c. cooked mushrooms, finely chopped

Prepare soup mix as directed, add mushrooms and simmer until mushrooms have cooked.

Egg Drop Soup:

- 1 packet [Soup Mix](#) 1 egg
- 1 green onion

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Prepare soup mix as directed in a saucepan. Heat until soup is simmering. In small bowl, beat one egg. Drizzle egg into simmering soup in a thin stream. Serve topped with chopped green onion.

Other great soup additions:

- Add holiday ham, turkey or chicken to any of the soup mixes for a quick and healthy way to use up leftovers! Add a squeeze of lemon juice and shredded chicken to Cream of Chicken Soup Mix. Add chopped clams to Cream of Potato-Leek Soup Mix to make clam chowder. Add pureed roasted red peppers and garlic to Cream of Chicken Soup Mix.
- Add chopped spinach, minced garlic and parmesan cheese to Tomato Soup Mix for a delicious Florentine-style recipe!

Snacks

Protein Balls:

- 1 c. [Formula 1 Protein Drink Mix](#) (Chocolate or Vanilla) 1 c. low-fat peanut butter 1 c. honey 1 c. non-fat dry milk
- crushed crispy rice cereal for crunch, if desired

Combine ingredients in a bowl and stir until well-blended. Divide mixture and roll into balls, coating with wheat germ or crushed low-fat graham crackers. Store in refrigerator.

Formula 1 Bars:

- 1 c. [Formula 1 Protein Drink Mix](#) (Chocolate or Vanilla) 1 c. low-fat peanut butter 1 c. dry oatmeal (not instant) 1 c. honey 1/3 c. low-fat peanut butter 1/4 c. wheat germ 3/4 c. crushed crispy cereal 1 tbsp. water
- dash cinnamon (optional)

Combine ingredients in a bowl and stir until well-blended. Divide into bar servings and store in individual plastic bags in refrigerator.

Healthy Shakes/Beverages

Healthy Hot Chocolate:

- 14 oz. water 2 tbsp. [Chocolate Shake Mix](#)
- 2 tbsp. [Formula 3 Protein Powder](#)

Boil 10 oz. of water. In shaker, add 4 oz. cold water, Shake Mix and Protein Powder. Shake until combined and powder is dissolved. Pour into large mug. Add hot water and stir. Add [Raspberry Herbal Concentrate](#) or a little instant coffee for extra flavor, if desired.

Orange Julius-Style Shake:

- 16 oz. very cold water
- 2 tbsp. [Formula 1 Vanilla Shake Mix](#) 1 packet [Peach Mango Drink Mix](#)
- 2-3 ice cubes

Add all ingredients to blender and mix on high until ice is crushed and shake is rich and creamy.

Apple Pie Shake:

- 2 tbs. [Formula 1 Protein Drink Mix](#), French Vanilla flavor 1 small apple, seeded or 1/4 c. applesauce 1 c. nonfat milk 1/2 tsp. cinnamon
- dash of nutmeg

Combine all ingredients and blend until smooth.

Orange Dreamsicle Delight:

- 2 tbs. [Formula 1 Protein Drink Mix](#), French Vanilla flavor 8 oz. orange juice
- 4 to 6 ice cubes

Combine all ingredients and blend until smooth.

Strawberry Sensation:

- 2 tbs. [Formula 1 Protein Drink Mix](#), Wild Berry flavor 8 oz. cold water 1 c. fresh, ripe strawberries
- 4 to 6 ice cubes

Combine all ingredients and blend until smooth.

Pina Colada Shake:

- 2 tbs. [Formula 1 Protein Drink Mix](#), French Vanilla flavor ½ c. nonfat milk ½ c. pineapple juice ½ tsp. coconut extract
- 4 to 6 ice cubes

Combine all ingredients and blend until smooth.

Soda Fountain Shake:

- 2 tbs. [Formula 1 Protein Drink Mix](#), French Vanilla flavor 5 oz. nonfat milk
- 3 oz. flavored diet soda (black cherry, strawberry, root beer, etc.)

Combine all ingredients and blend until smooth.

Perfect Pear Shake:

- 2 tbs. [Formula 1 Protein Drink Mix](#), French Vanilla flavor 1 small ripe pear 4 oz. nonfat milk or juice 2 drops almond extract
- dash of cinnamon

Combine all ingredients and blend until smooth.

Fruit Drink:

Add a little [Herbal Concentrate](#) to [Peach Mango Drink Mix](#) and prepare as directed.

Iced Cappuccino:

- 2 tbs. [Formula 1 Protein Drink Mix](#), French Vanilla flavor ½ c. nonfat milk 1 c. cold coffee (or cold water with 1 tsp. of instant coffee) 1 packet artificial sweetener
- 3 to 4 ice cubes

Combine all ingredients and blend until smooth. Top with a sprinkle of cinnamon or cocoa powder.

Creamy Chocolate Shake:

- 10 oz. very cold water 3 tbs. [Shake Mix](#), Chocolate flavor 1 tbs. [Performance Protein Powder](#)
- 2 to 3 ice cubes

Blend on high until rich and creamy.

Salads

Spinach and Shrimp Salad (serves 4):

For vinaigrette dressing:

- ½ c. fresh lemon juice 2 minced garlic cloves 1 tbs. Dijon mustard 1 tbs. virgin olive oil 2 tbs. chopped parsley 1 tbs. chopped oregano ½ tsp. crushed fennel seeds 2 tbs. water 1 tsp. salt
- ¼ tsp. crushed red pepper

For the salad, combine:

- 8 c. baby spinach leaves 2 tbs. shredded fresh basil 1 lb. medium cooked and peeled shrimp 1/3 c. grated parmesan
- ½ c. thinly sliced red onion

Whisk vinaigrette together and refrigerate until chilled. Toss salad with vinaigrette and serve on chilled plates.

Crunchy Spinach Salad:

- 2 to 3 c. fresh spinach leaves, washed and dried 3 celery stalks, julienned 6 scallions, trimmed and quartered 2 oz. firm goat cheese, cut into strips 1 medium avocado, sliced 4 strips cooked bacon, cooked and crumbled
- 1 packet [Roasted Soy Nuts with Cardia® Salt](#)

Dressing:

- ¼ c. sunflower or light olive oil 2 tsp. fresh lemon juice 1 tsp. Dijon mustard 2 tsp. chopped fresh dill
- salt and pepper to taste

Toss all salad ingredients. Mix dressing ingredients and pour over salad.

Quick Crunchy Chicken Salad:

- 1 c. diced cooked chicken 1 minced scallion 1 stalk chopped celery chopped parsley capers or chopped green olives (optional) 2 tbs. mayonnaise
- 1 tbs. sour cream

Mix all together and top with one packet of [Roasted Soy Nuts with Cardia® Salt](#).

Main Courses

Curried Turkey Meatballs (serves 4):

For sauce:

- 1 tbs. vegetable oil 1 c. chopped onion 1 tbs. fresh minced ginger 2 minced garlic cloves 2 tbs. curry powder ½ tsp. cumin ¼ tsp. cayenne pepper 3 ½ c. low-fat chicken broth

- 3 tbs. cornstarch

For meatballs:

- 1 lb. ground turkey 1 large egg ¼ c. dried bread crumbs 1 tsp. coriander 1 tsp. salt
- 1/3 c. minced onion

Directions:

In a saucepan, saute the onion, ginger and garlic in oil until the onion is soft. Add the curry, cumin and cayenne and stir for one minute. Add three cups of chicken broth and bring to a boil.

Combine all meatball ingredients in a bowl and roll into golf ball-sized meatballs. Drop into the boiling broth, cover and simmer on low for 7 to 10 minutes until done. Remove with a slotted spoon and set aside.

In a separate bowl, whisk the cornstarch into remaining ½ c. of broth. Pour this mixture into simmering broth in saucepan and bring it to a boil. Add salt to taste.

Serving suggestions:

Cover each plate with spinach leaves and place meatballs on top. Spoon curry sauce over meatballs and serve plain nonfat yogurt as a garnish.

Peppered Salmon with Tomato Mint Salsa (Serves 4):

- 4 (6 oz.) salmon filets 1 tsp. coarsely ground black pepper 3 tsp. Dijon mustard
- cooking spray

For the salsa:

- 4 c. chopped tomato ¼ c. diced red onion 1 tbs. chopped fresh basil 1 tbs. lemon juice 2 tbs. chopped fresh mint
- 1 tbs. chopped jalapeno pepper

Directions:

Combine salsa ingredients in a bowl and set aside to let flavors develop.

Place salmon on a baking pan coated with cooking spray. Spread mustard on

filets and sprinkle with pepper. Broil 10 to 12 minutes until salmon is done.

Top each filet with salsa, garnish with fresh mint.

Pork Tenderloin with Rosemary and Thyme (serves 4):

- 2 tbs. Dijon mustard ½ tsp. black pepper 2 tsp. chopped fresh rosemary 1 tsp. chopped fresh thyme
- 1 (1 lb.) boneless pork tenderloin

Preheat oven to 350 degrees. Place tenderloin in shallow baking pan coated with cooking spray. Combine all ingredients and brush over tenderloin. Bake for 50 minutes or until meat thermometer registers an internal temperature of 160 degrees. Garnish with fresh herbs.

Sun-Dried Tomatoes and Shrimp (serves 4):

- 20 dehydrated sun-dried tomatoes (not packed in oil) ½ c. boiling water
Cooking spray 1 lb. medium shrimp (peeled and deveined) ½ c.
chopped green onion 3 tbs. fresh lemon juice 1 tbs. olive oil ¾ tsp.
dried Italian seasoning ¼ tsp. black pepper 16 small pitted black olives
1 minced garlic clove
- ½ c. shredded parmesan cheese

Combine sun-dried tomatoes and boiling water in a bowl. Cover and let stand 30 minutes to rehydrate, then drain. Slice thinly and set aside. Place a nonstick cooking pan over high heat, spray with cooking spray, add shrimp and green onions and saute for five minutes. Add sun-dried tomatoes and all other ingredients except the parmesan cheese. Cook 1 to 2 minutes until heated through, sprinkle with cheese and serve hot.

Turkey Bacon Frittata:

- 4 slices cooked turkey bacon (chopped) 1 pinch black pepper 1 ½ c.
thinly sliced sweet onion 1 pinch ground nutmeg 6 large egg whites and
1 yolk lightly beaten 4 c. shredded spinach
- 1 oz. shredded low fat mozzarella

Preheat oven to 450 degrees. Combine eggs, bacon, pepper and nutmeg in bowl and set aside. Add onion to skillet coated with cooking spray, saute until lightly browned. Add spinach, cover and cook 2 minutes. Add egg mixture,

cook over medium-low heat until eggs are almost set. Cover handle of pan with foil (to avoid melting) and bake in oven for 5 minutes. Remove, sprinkle with cheese and return to oven until cheese melts.

Moroccan Grilled Chicken:

For marinade:

- ¾ c. lemon juice 1 tsp. tumeric ½ tsp. cumin ½ tsp. allspice 1 ½ tsp. olive oil 1 pinch of pepper 1 pinch cardamom 1 pinch salt 3 minced garlic cloves
- 6 boneless, skinless chicken breasts

For sauce:

- 1 ½ c. diced cucumber 1 c. chopped onion 2 tbs. minced fresh mint
- 8 oz. plain lowfat yogurt

Prepare marinade. Place chicken breasts in a large resealable plastic bag and cover with marinade. Seal bag and place in refrigerator for at least eight hours. Combine sauce ingredients in a small bowl, stir well, cover and refrigerate. Grill or broil chicken until cooked through. Thinly slice cooked chicken breasts diagonally into strips. Serve chicken with sauce on the side and garnish with shredded cabbage and chopped tomato.

Desserts

Thermo-Pie:

- 1 c. [Formula 1 Protein Drink Mix](#) (Chocolate or Vanilla) 2 c. 1% or non-fat milk
- 1 box of sugar-free/fat-free pudding mix (any flavor)

Mix pudding with [Formula 1 Protein Drink Mix](#) and milk. Pour into a pre-molded, low-fat graham cracker crust and chill for six hours. Top with fat-free, non-dairy whipped topping. Enjoy a slice of Thermo-Pie as part of

your weight-management program.

Jell-O®:

- 1 box Jell-O®, any flavor
- 1 packet [Peach Mango Drink Mix](#)

Add Jell-O® mix to 2 c. boiling water and stir until dissolved. Add 2 c. cold water to the Drink Mix and stir until dissolved. Combine hot and cold mixtures and stir. Pour into dessert dish(es) and refrigerate until firm.

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