



Protein Baked Goods Mix combines with Formula 1 Nutritional Shake Mix and water to make a nutritious muffin that provides an ideal balance of protein and other key nutrients to help satisfy your hunger and give you energy. It also makes high protein waffles and pancakes when prepared as directed†. Enjoy as a healthy meal or snack to add variety to your weight management program.

† For additional muffin, waffle and pancake recipes visit <https://www.herbalife.com/recipes>

DIRECTIONS: Gently shake the canister prior to each use as contents may settle. Place 1/3 cup + 1 tbsp of water†† in a 9 oz or 12 oz mug, add 2 leveled scoops‡ (30g) of Protein Baked Goods Mix and 2 leveled scoops (25g) of Formula 1 Nutritional Shake Mix, mix with a fork until well combined (batter will be thick and sticky) and microwave on high for 3 minutes‡‡. Let stand for 2 minutes before serving. Best when consumed within 10 minutes after preparation.

†† Use liquid measure to add water. ‡ Scoop is provided in canister. ‡‡ Applies to 1100W microwave. Cook times may vary based on microwave wattage.

Prepare as a Daily Meal

PRODUCT	MEAL
Protein Baked Goods Mix	2 scoops
Formula 1	2 scoops
Water	+ 1/3 cup + 1 tablespoon
Protein	24g
Calories	190



MICROWAVE COOKING TIMES

Wattage:	900-1100 Watt	600 Watt
Time:	3 minutes	4 minutes

Herbalife Nutrition Also Recommends: Use with Formula 2 Multivitamin Complex and Formula 3 Cell Activator®, to complete the Herbalife Nutrition® Core Cellular Nutrition program.

For Weight Loss: Replace two meals daily with a Formula 1 shake or Protein Muffin and eat one healthy meal. Incorporate nutritious snacks to meet your daily caloric goals.

For Healthy Nutrition: Enjoy a Formula 1 shake or Protein Muffin every day as a healthy meal.

30-day money-back guarantee. This exclusively formulated product is only available through Herbalife Nutrition Independent Distributors.

NOTICE: Before beginning any weight management program, it is advisable to consult a physician. A healthy weight loss program should include modest calorie intake, balanced diet and regular physical activity. Use this product as a food supplement only. Should be combined with Formula 1 shake when using this product for weight management.

As prepared with Formula 1 this product contains 21 vitamins and minerals. % DV may be lower for some vitamins since heat can degrade the amount in the formula.



Protein Baked Goods Mix

Makes nutritious muffins, waffles and pancakes

- Nutrient dense healthy meal*
- Sustains energy & satisfies hunger
- High protein
- 5 g of fiber*
- 21 vitamins and minerals*
- No artificial sweeteners

Combine with
Formula 1



Scan for recipes



* When prepared with Formula 1 as directed

NET WT: 23.3 OZ (660g)

Images of foods are for presentation purposes only. Product does not contain these foods.

**LOW
GLYCEMIC**

**15g
PROTEIN**

Nutrition Facts

22 servings per container
Serving size

2 scoops (30g)

	Per serving 100 % DV**	Per serving with 2 scoops (25g) of Formula 1 Vanilla 190 % DV**
Calories		
Total Fat	2.5g 3%	3.5g 4%
Saturated Fat	1g 4%	1g 4%
Trans Fat	0g	0g
Polyunsaturated Fat	0g	0.5g
Monounsaturated Fat	1g	1g
Cholesterol	10mg 4%	10mg 4%
Sodium	480mg 21%	580mg 25%
Total Carbohydrate	6g 2%	19g 7%
Dietary Fiber	2g 6%	5g 17%
Total Sugars	2g	11g
Includes Added Sugars	0g 0%	8g 17%
Protein	15g 30%	24g 48%
Vitamin D	0mcg 0%	6mcg 30%
Calcium	250mg 20%	370mg 30%
Iron	2.5mg 15%	5.5mg 30%
Potassium	380mg 8%	640mg 15%
Vitamin A		270mcg RAE 30%
Vitamin C		27mg 30%
Vitamin E		4.5mg 30%
Thiamin		0.36mg 30%
Riboflavin		0.39mg 30%
Niacin		4.8mg 30%
Vitamin B6		0.5mg 30%
Folate		80mcg DFE (50mcg folic acid) 20%
Vitamin B12		1.44mcg 60%
Biotin		9mcg 30%
Pantothenic Acid		1.5mg 30%
Phosphorus		210mg 15%
Magnesium		125mg 30%
Zinc		3.3mg 30%
Selenium		10mcg 20%
Copper		0.35mg 40%
Chromium		10.5mcg 30%
Molybdenum		15mcg 35%

** The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Soy Protein Isolate, Soy Flour, Oat Flour, Calcium Caseinate, Creamer [Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Potassium Phosphate, Soy Lecithin, Calcium Phosphate, Soy Lecithin, Tocopherols (Added to Protect Flavor)], Whole Milk Powder, Double Acting Baking Powder, Dried Whole Egg Powder, Calcium Phosphate, Guar Gum, Soy Lecithin, Potassium Chloride, Xanthan Gum, Rebbaudioside A (from Stevia Leaf Extract), Maltodextrin, and Natural Flavor.

CONTAINS MILK, SOY AND EGGS.
Contains bioengineered food ingredients.

Formulated and distributed exclusively by: HERBALIFE INTERNATIONAL OF AMERICA, INC. 800 W. Olympic Blvd., Suite 406, Los Angeles, CA 90015, USA
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