

URBAN NUTRITION SHOP

The 7-Day Shake & Meal Planner

One week of simple breakfasts, easy snack swaps, hydration reminders, and small movement wins - plus 6 shake recipes built on Herbalife products.

HOW TO USE THIS PLANNER

1. Each day has four tiny targets: a shake, a snack swap, water, and movement.
2. Days point to numbered recipe cards - find them all on pages 4 and 5.
3. Stuck or have questions? Reply to the email this came from. Real human, real answers.

These statements have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure, or prevent any disease.

Urban Nutrition Shop | Independent Herbalife Distributor

Days 1-4: Build the base

Four small targets a day. Check them off and keep moving.

Day 1 - Kickoff

- SHAKE** Sunrise Shake - Formula 1 Mango Pineapple (recipe card 1)
- SWAP** Swap your usual afternoon snack for a piece of fruit + string cheese
- WATER** Fill a water bottle first thing - aim to finish it by lunch
- MOVE** 10-minute walk after your biggest meal

Day 2 - Hydrate

- SHAKE** Berry Greens Shake - Formula 1 Wild Berry + spinach (recipe card 2)
- SWAP** Trade one sugary drink today for the Herbal Tea Refresher (recipe card 6)
- WATER** Add a second bottle refill this afternoon
- MOVE** Take the stairs every chance you get today

Day 3 - Prep ahead

- SHAKE** Choc-PB Cup Shake - Formula 1 Dutch Chocolate (recipe card 3)
- SWAP** Pre-portion tomorrow's snacks into grab-and-go bags tonight
- WATER** Start the day with a full glass of water before coffee
- MOVE** 5 minutes of stretching before bed

Day 4 - Halfway

- SHAKE** Formula 1 French Vanilla + frozen banana + a dash of cinnamon
- SWAP** Add a vegetable to lunch AND dinner today
- WATER** Keep the bottle on your desk where you can see it
- MOVE** 15-minute walk - invite someone to join you

Days 5-7: Finish strong

Four small targets a day. Check them off and keep moving.

Day 5 - Power up

- SHAKE** Iced Cafe Latte Shake - Formula 1 Cafe Latte + cold brew (recipe card 4)
- SWAP** Protein first at every meal today - notice how you feel
- WATER** One glass of water before every meal
- MOVE** Try one new movement: a video, a class, a bike ride

Day 6 - Weekend mode

- SHAKE** Pina Colada Cooler - Formula 1 Pina Colada, blended extra cold (recipe card 5)
- SWAP** Plan one 'fun food' on purpose and enjoy it - no guilt, no spiral
- WATER** Weekends count too: same bottle, same goal
- MOVE** Get outside for 20 minutes, any pace

Day 7 - Reflect & reset

- SHAKE** Your favorite recipe card from this week - you've earned a repeat
- SWAP** Write down the one swap that felt easiest to keep
- WATER** Finish strong: full bottle before dinner
- MOVE** Light stretch + pick your start day for the next week

Recipe cards 1-3

Every recipe starts with 2 scoops of Formula 1. Numbers match the daily plan.

1 Sunrise Shake

BLEND

- 2 scoops Formula 1 Mango Pineapple
- 8 oz cold water or coconut water
- 1/2 frozen banana
- Handful of ice

Blend 30-45 seconds until smooth. Tastes like vacation, works like breakfast.

2 Berry Greens Shake

BLEND

- 2 scoops Formula 1 Wild Berry
- 8 oz unsweetened almond or dairy milk
- Big handful of fresh spinach
- 1/2 cup frozen mixed berries

Blend greens and milk first, then add the rest. You won't taste the spinach - promise.

3 Choc-PB Cup Shake

BLEND

- 2 scoops Formula 1 Dutch Chocolate
- 8 oz milk of choice
- 1 tbsp powdered peanut butter
- 1/2 frozen banana + ice

Blend until creamy. Dessert energy, breakfast credentials.

Recipe cards 4-6

Every recipe starts with 2 scoops of Formula 1. Numbers match the daily plan.

4 Iced Cafe Latte Shake

BLEND

- 2 scoops Formula 1 Cafe Latte
- 4 oz chilled brewed coffee or cold brew
- 4 oz milk of choice
- Plenty of ice

Blend and pour over extra ice. Your coffee-shop order, minus the line.

5 Pina Colada Cooler

BLEND

- 2 scoops Formula 1 Pina Colada
- 8 oz cold coconut milk beverage
- 1/4 cup frozen pineapple
- Handful of ice

Blend extra cold and take it to go. Weekend mode, activated.

6 Herbal Tea Refresher

BLEND

- 1/2 tsp Herbal Tea Concentrate (any flavor)
- 12-16 oz cold water
- Squeeze of lemon or lime
- Optional: splash of Herbal Aloe Concentrate

Stir over ice. The afternoon pick-me-up that replaces the sugary stuff.

Weekly habit tracker

Print this page or keep it on your phone. Check a box every time you hit a target.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
SHAKE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SNACK SWAP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WATER GOAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MOVEMENT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

End-of-week reflection

The swap that felt easiest to keep:

The recipe card I'll make again:

One habit I'm carrying into next week:

READY FOR WEEK TWO?

Join our free 21-Day Habit Challenge - weekly check-ins, group support, and zero guesswork.

Shop the lineup: urbannutritionshop.herbalife.com/en-us/u