

The Herbalife London Triathlon Power Shake



Herbalife has teamed up with renowned chef Jean-Christophe Novelli to create two exclusive, original, energy-packed protein shakes to mark the Michelob ULTRA London Triathlon.

These delicious shakes are an ideal way to boost your energy levels before a race – especially if your stomach is a little sensitive before the big event! Bursting with flavour, they contain a balance of carbs, protein, vitamins, minerals and herbs to provide a nutritious meal in a glass.

Choose from our two Triathlon recipes, both containing Herbalife ShapeWorks™ Formula 1 Nutritional Shake Mix and three main ingredients. For those who like a milk based shake, Tropical Tri Treat contains a mouthwatering combination of exotic mango, banana and pineapple, mixed together with semi-skimmed milk and served over crushed ice, giving your body around 364 calories and 57g of valuable carbohydrates.

If you are lactose intolerant or prefer juice, Champions Mix is a fruit and nut blend with succulent apricots and almonds, combined with banana and fresh orange juice. This shake has approximately 445 calories and 66.5g of carbohydrates.

Tropical Tri Treat

1 serving of ShapeWorks™ Formula 1 Vanilla (92 cal, 9g carbs)
1 serving of Performance Protein Powder (22 cal)
1/2 small banana (55 cal, 15g carbs)
1/2 small mango (60 cal, 15g carbs)
1 slice of pineapple (35 cal, 8g carbs)
200ml of semi-skimmed milk (100 cal, 10g carbs)
100ml of iced water or crushed ice

Champions Mix

1 serving of ShapeWorks™ F1 Vanilla (92 cal, 9g carbs)
1 serving of Performance Protein Powder (22 cal)
Three chopped dried apricots (94 cal, 4g carbs)
1 small banana (110 cal, 30g carbs)
1 heaped teaspoon of chopped almonds (80 cal)
100ml of unsweetened orange juice (47 cal, 10.5g carbs)
150ml of iced water or crushed ice

Champions Mix is a fruit and nut blend with succulent apricots and almonds, combined with banana and fresh orange juice.



Jean-Christophe Novelli, who recently appeared in the hit TV series 'Hell's Kitchen' and has restaurants in London and Hertfordshire, competed in this year's Triathlon. Last year, he competed in the London Triathlon Sprint distance. However, this year he tackled the Olympic distance for the first time!

