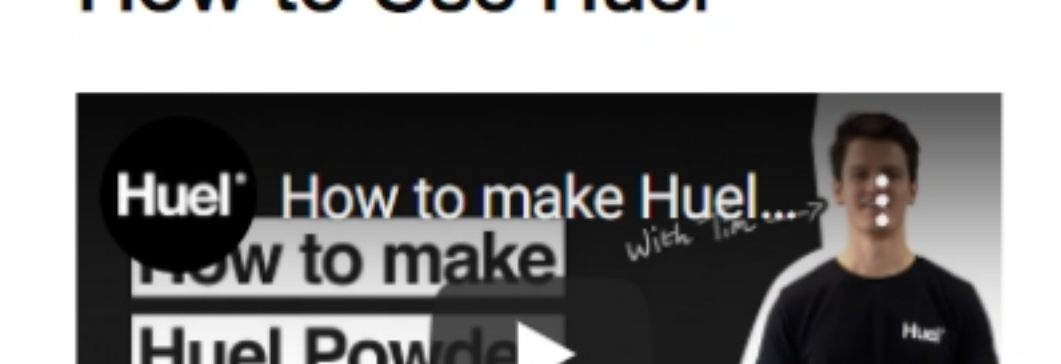
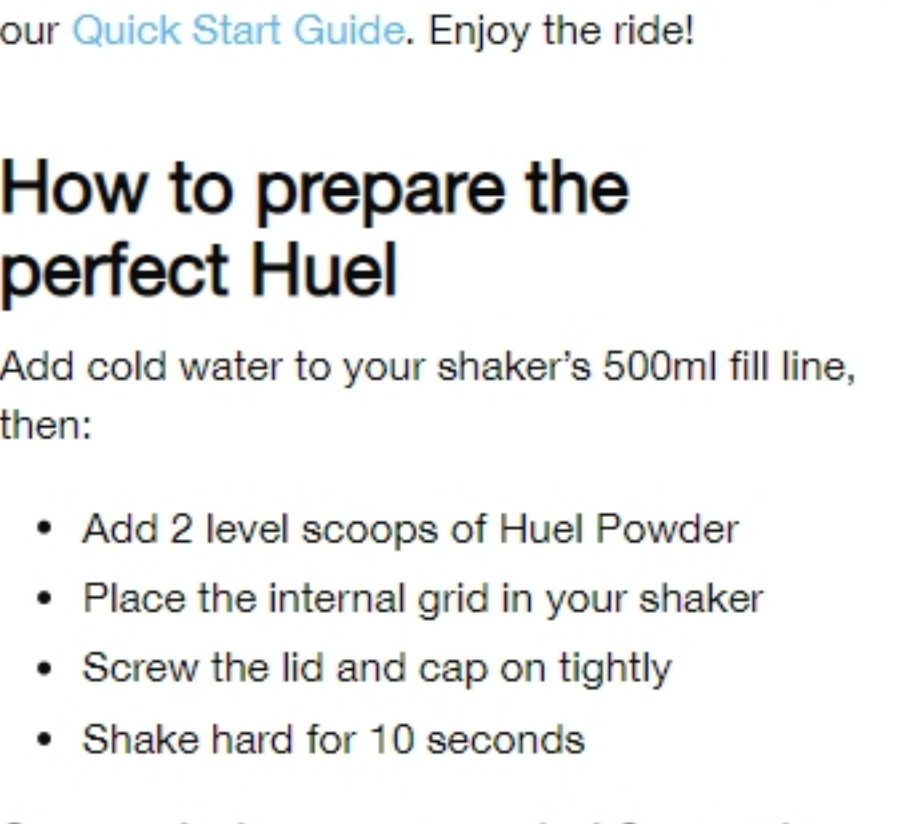


Compare Redesign

Original Design



How to Use Huel



Using Huel for the first time? Read on for everything you need to know, or take a look at our [Quick Start Guide](#). Enjoy the ride!

How to prepare the perfect Huel

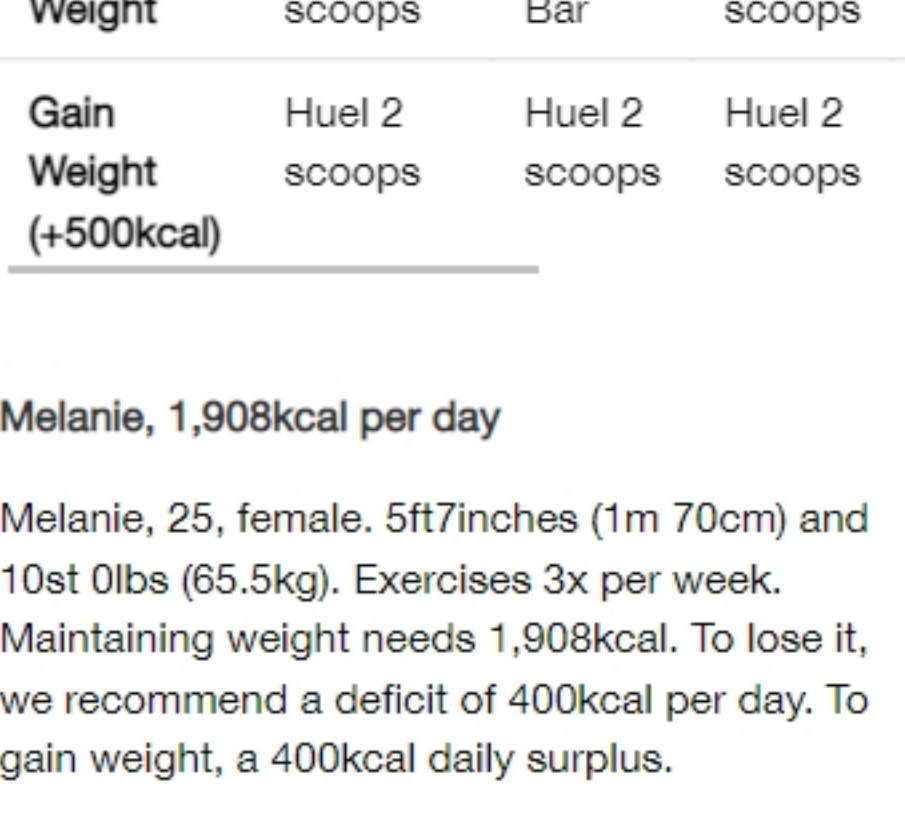
- Add 2 level scoops of Huel Powder
- Place the internal grid in your shaker
- Screw the lid and cap on tightly
- Shake hard for 10 seconds

- Once you're happy, get creative! Our top tips:
- If you want to be precise, use scales to weigh your Huel
 - Add ice cubes, or even try chilling overnight
 - Too thick? Add more water
 - Too thin? Use less next time
 - Customise your flavour with our [Flavour Boosts](#)
 - Try milk (or milk alternative) instead of water for a creamier end result

What percentage of your diet should be Huel?

This is entirely up to you. We've found that the most popular approach is to replace time-pressured weekday meals like breakfast and lunch, then sit down for a traditional meal in the evening. The best of both worlds!

But you can also use Huel as a snack, so make sure you check out our [Huel Bars](#).



Whatever you do, make sure to gradually build up your Huel intake. Your body needs time to adjust in your diet, so start with 1 Huel meal a day, and add 1 more every 3-5 days until you reach your ideal balance.

How many calories do you need?

We're all different and all have slightly different calorie requirements. Below are two broad examples, but work your own out at [calculator.melcalc.com/calculator](#).

Seth, 2,454kcal per day
Seth, 25, male, 6ft (1m 83cm) and 124lb (56.2kg). Exercises 3x per week. Maintaining weight needs 2,454kcal per day. To gain weight, a 500kcal daily surplus.

Goal	Breakfast	AM Snack	Lunch	P	S
Lose Fat (-500kcal)	Huel 2 scoops	-	Huel 2 scoops	-	-
Maintain	Huel 2 scoops	Huel Bar	Huel 2 scoops	-	-
Gain Weight (+500kcal)	Huel 2 scoops	Huel 2 scoops	Huel 2 scoops	-	-

Melanie, 1,908kcal per day
Melanie, 25, female, 5ft 7inches (1m 70cm) and 104lb (46.9kg). Exercises 3x per week. Maintaining weight needs 1,908kcal per day. To gain weight, a 400kcal daily surplus.

Goal	Breakfast	AM Snack	Lunch	P	S
Lose Fat (-400kcal)	Huel 2 scoops	-	Huel 2 scoops	-	-
Maintain	Huel 2 scoops	Huel Bar	Huel 2 scoops	-	-
Gain Weight (+400kcal)	Huel 2 scoops	Huel Bar	Huel 2 scoops	-	-

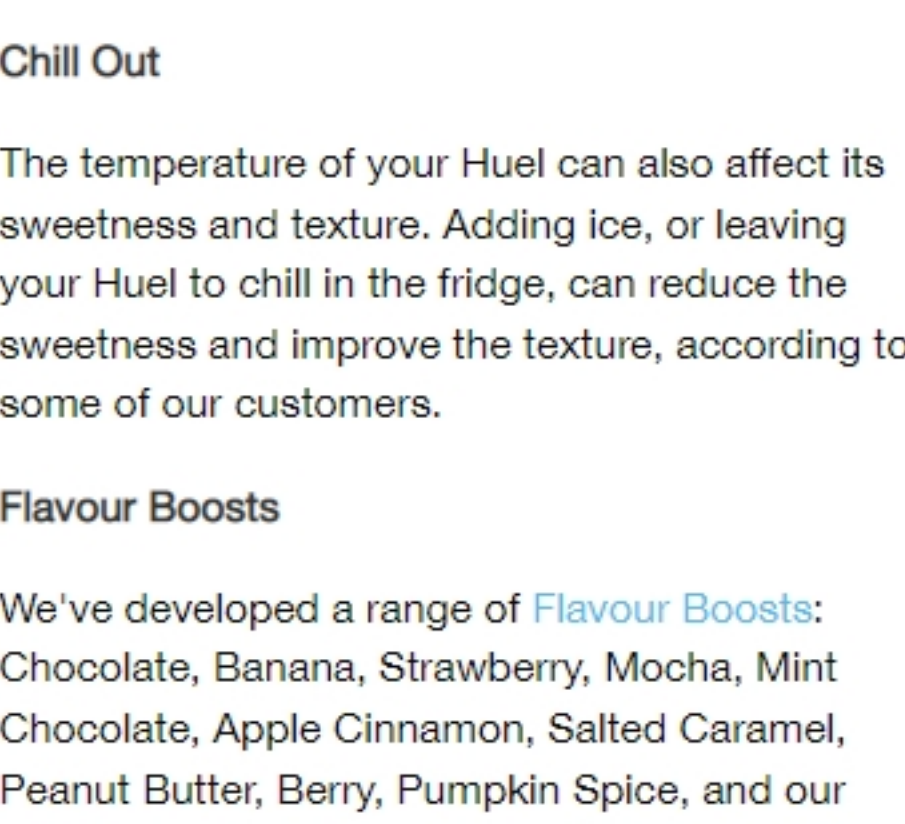
If you want to learn more about how to gain weight or lose fat, read our guides, written by our Nutritionalist James Collier:

- [Huel Guide to Gaining Weight](#)
- [Huel Guide to Fat Loss](#)

How to measure and weigh Huel

No need to get the scales out – a level scoop of Huel holds roughly 50g which is about 200 calories. A scoop is provided in the box with your initial order, instead of inside every pouch, to cut down on waste.

Huel Black Edition weighs slightly less compared to Huel Powder – with one level scoop of Black Edition holding roughly 45g rather than 50g. This is due to a difference in density between the two powders. Although weighing slightly different amounts, calorie count is the same for both, with one level scoop containing roughly 200 calories.

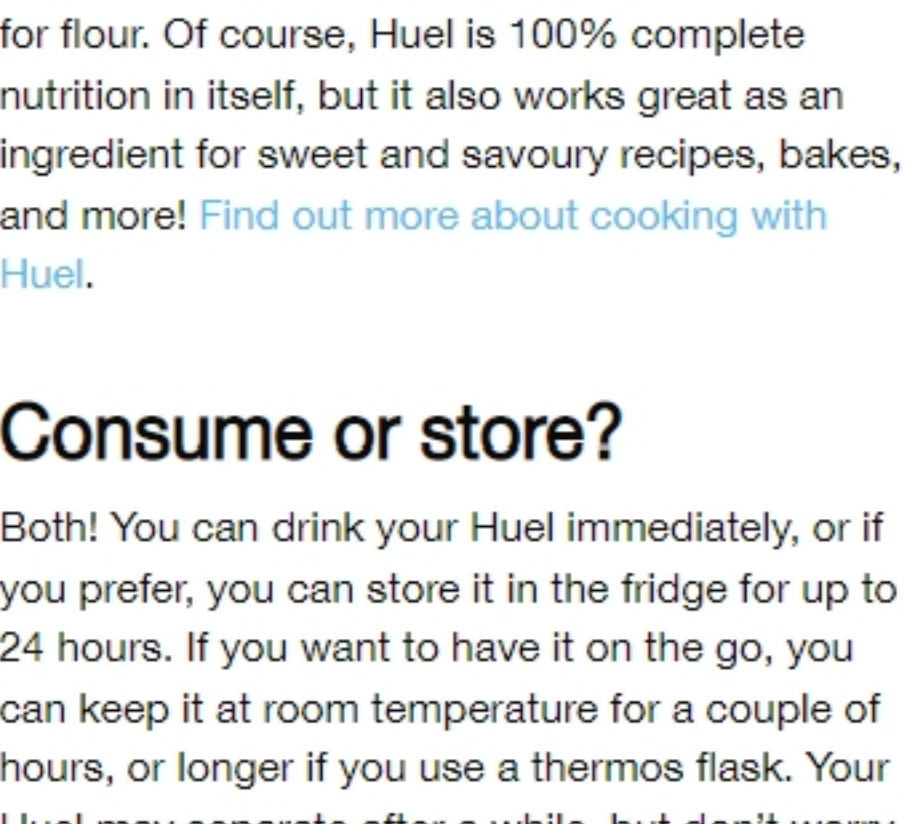


If you want to weigh your Huel more accurately, we recommend using some simple kitchen scales. For example, add water to your shaker's fill line, then place on the scales and zero them. Then add your Huel for a precise measurement.

See below our charts indicating the amount of calories in Huel by scoop and by weight to help you with your calculations:

Number of Level Scoops	Weight	Huel Powder
1	50g	200kcal
2	100g	400kcal
3	150g	600kcal
4	200g	800kcal

Powder Hacks



Blend
Not satisfied with the texture and consistency of your Huel? Try blending it! If you want your Huel to be smoother and creamier, there's no better way to ensure this than using a blender.

Chill Out
The temperature of your Huel can also affect its sweetness and texture. Adding ice, or leaving your Huel to chill in the fridge, can reduce the sweetness and improve the texture, according to some of our customers.

Flavour Boosts
We've developed a range of [Flavour Boosts](#): Chocolate, Banana, Strawberry, Mocha, Mint Chocolate, Apple Cinnamon, Salted Caramel, Peanut Butter, Berry, Pumpkin Spice, and our limited-edition flavours, Chocolate Cherry and Gingerbread. These are designed to work with both Vanilla Huel and our Unflavoured & Unsweetened version.

Change Your liquid
Replacing water with milk can also affect how thick and smooth your Huel is, and it can also make your Huel much creamier. However, with milk come more calories, so make sure you take these into account. Need some inspiration? Check out our guide to [plant-based milk alternatives](#).

Mix Your Huel
Mix Vanilla and Unflavoured & Unsweetened. The usual amount that is combined is 2 parts Vanilla to 1 part Unflavoured & Unsweetened. But you can mix as much or as little as you like, for example adding a little Vanilla Huel to slightly change the taste of Unflavoured & Unsweetened Huel.

Get Cooking
Believe it or not, Huel can be a great substitute for flour. Of course, Huel is 100% complete nutrition in itself, but it also works great as an ingredient for sweet and savoury recipes, bakes, and more! [Find out more about cooking with Huel](#).

Consume or store?

Both! You can drink your Huel immediately, or if you prefer, you can allow it in the fridge for up to 24 hours. If you want to have it on the go, you can keep it at room temperature for a couple of hours, or longer if you use a thermos flask. Your Huel may separate after a while, but don't worry, this is completely normal. Just give it a nice shake and you're good to go.

Clean

The new Huel Shaker is easy to clean and dishwasher safe due to its durable, stylish and stain resistant design. Either wash by hand or put in the dishwasher to save time on the washing up!

To avoid Huel settling in your shaker once you're done, we advise you to clean it as soon as you can. If this isn't possible, leave some water in it to stop it drying out or rinse it out with water before placing in the dishwasher.

New Huel Shaker FAQs

How is the new Huel Shaker different from the old shaker?

It's ours! Our old shaker was off-the-shelf, so many different brands used it. It just didn't really feel like us and it wasn't designed for Huel or Hueligans. So we took matters into our own hands, we tried to design something iconic our Hueligans would be proud to carry!

The Huel Shaker has a sleek new design with many additional features that make it (in our unbiased opinion) the best shaker yet! Below we've listed the main design differences:

- New lockable clip and hard-wearing Tritan™ body provide extra grip and dent protection. So you can lock it, loop it or just chuck it in your bag - it's even more 'on-the-go' friendly.
- Stamp your authority with a place to personalise your shaker on the base.
- Pour and go—the simple fill line makes it easy to get the perfect Huel every time.

Where is the new Huel Shaker made?

Our new shaker was designed in the UK and is produced in a world class factory in China. Like with all Huel suppliers we only choose the best and our supplier is a member of Sedex and regularly undergoes the SMETA audit to ensure they meet our expectations. This is an audit process which means members conform to the highest social standards, specifically around safety and human rights of workers. In addition to that the Huel team have visited this site to ensure these standards are upheld.

Is the new Huel Shaker recyclable?

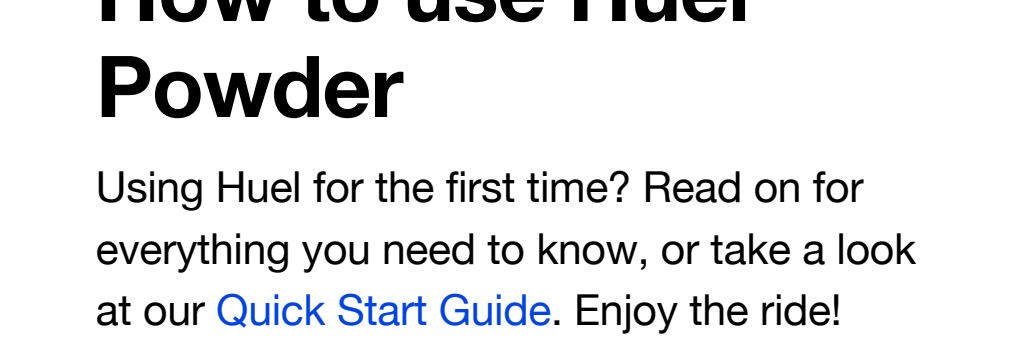
The new shaker is not recyclable but, like many similar quality water bottles you may already use, this shaker is not single-use and will ever need.

We have designed this shaker for durability, the longest possible usage time which incorporates both the quality of material after extensive use and washing, and also avoiding staining of the material which may encourage early disposal. We intend this to be the only shaker you will ever need.

If you have more questions, check out our [FAQ](#) page, or visit [Huel's forum](#) where you can search for similar questions or post your own.

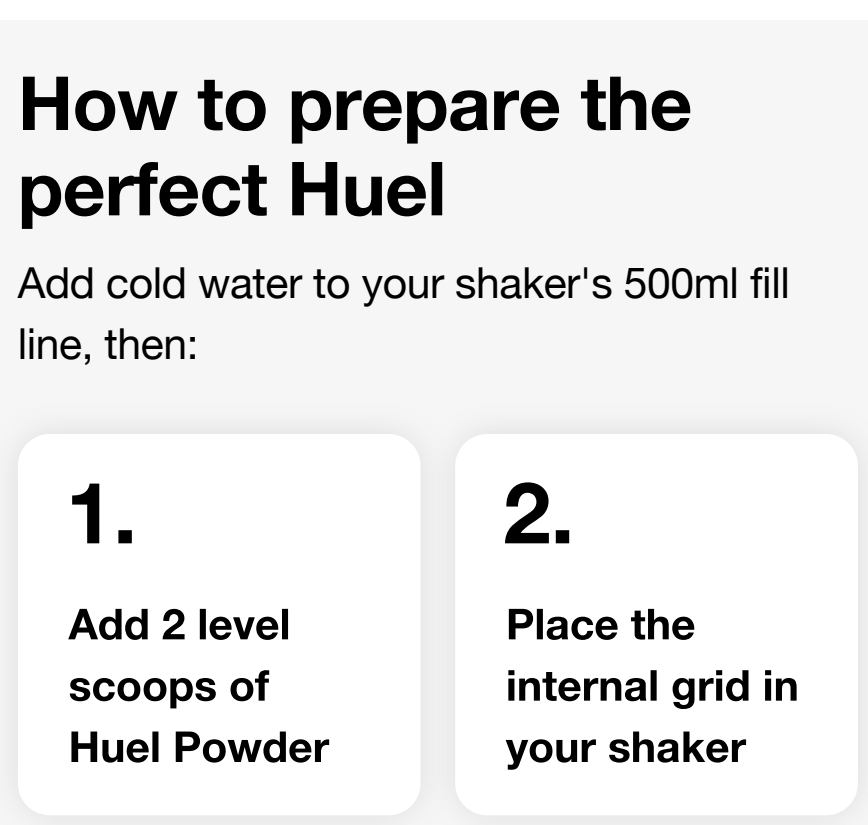


Redesign



How to use Huel Powder

Using Huel for the first time? Read on for everything you need to know, or take a look at our [Quick Start Guide](#). Enjoy the ride!



On This Page +

How to prepare the perfect Huel

1. Add 2 level scoops of Huel Powder
2. Place the internal grid in your shaker
3. Screw the lid and cap on tightly
4. Shake hard for 10 seconds

Once you're happy, get creative! Our top tips:

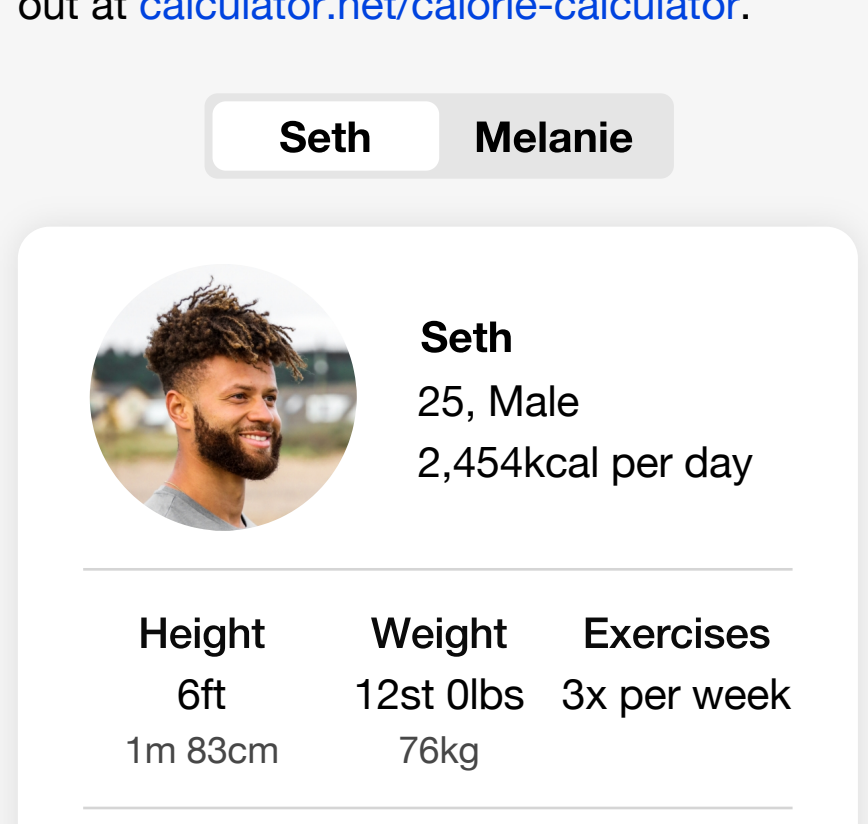
- If you want to be precise, use scales to weigh your Huel
- Add ice cubes, or even try chilling overnight
- Too thick? Add more water
- Too thin? Use less next time
- Try milk (or milk alternative) instead of water for a creamier end result

Customise your flavour with our [Flavour Boosts](#).

What percentage of your diet should be Huel?

This is entirely up to you. We've found that the most popular approach is to replace time-pressured weekday meals like breakfast and lunch, then sit down for a traditional meal in the evening. The best of both worlds!

But you can also use Huel as a snack, so make sure you check out our [Huel Bars](#).



Whatever you do, make sure to gradually build up your Huel intake. Your body needs time to adjust in your diet, so start with 1 Huel meal a day, and add 1 more every 3-5 days until you reach your ideal balance.

Too busy for breakfast? Huel is the perfect commute ready meal.

How many calories do you need?

We're all different and all have slightly different calorie requirements. Below are two broad examples, but work your own out at [calculator.melcalc.com/calculator](#).

Seth, 2,454kcal per day
Seth, 25, Male
2,454kcal per day

Height 6ft 11cm
Weight 124lb
Exercises 3x per week

Maintaining weight needs 2,454kcal. Our recommendations on how to: Lose it = a daily deficit of -500kcal. Gain it = a daily surplus of +500kcal.

Lose Fat -500kcal	Maintain Weight	Gain Weight +500kcal
Breakfast	Huel 2 scoops	-
AM Snack	-	-
Lunch	Huel 2 scoops	-
PM Snack	Huel Bar	-
Evening Meal	744kcal	-
Evening Snack	210kcal	-

If you want to learn more about how to gain weight or lose fat, read our guides, written by our Nutritionalist James Collier:

- [Huel Guide to Gaining Weight](#)
- [Huel Guide to Fat Loss](#)

How to measure and weigh Huel

No need to get the scales out – a level scoop of Huel holds roughly 50g which is about 200 calories. A scoop is provided in the box with your initial order, instead of inside every pouch, to cut down on waste.

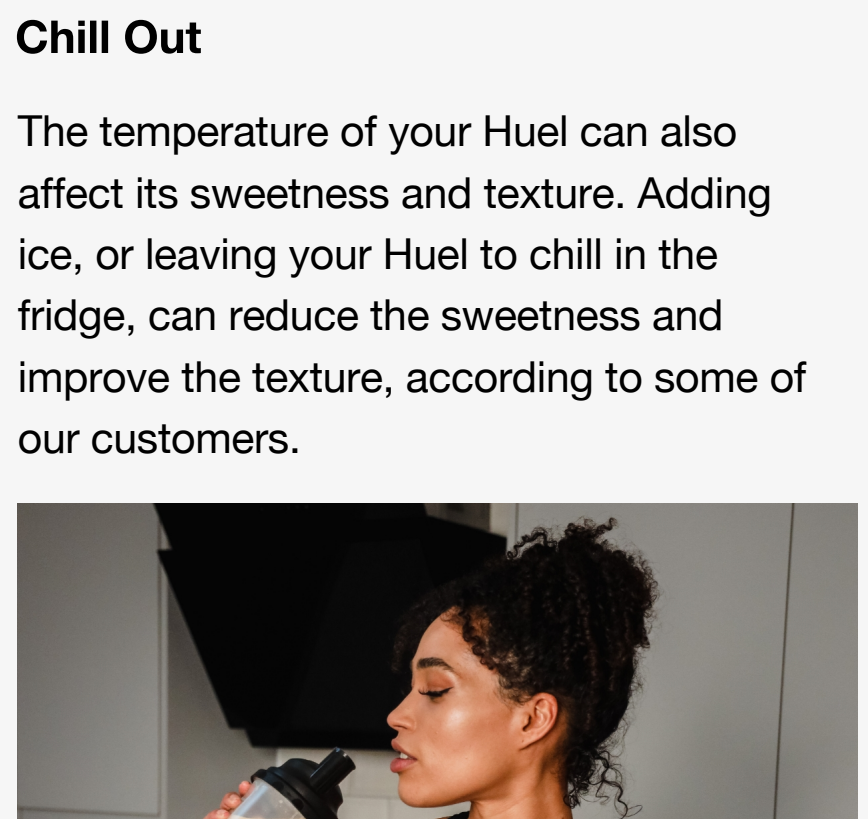
Huel Black Edition weighs slightly less compared to Huel Powder – with one level scoop of Black Edition holding roughly 45g rather than 50g. This is due to a difference in density between the two powders. Although weighing slightly different amounts, calorie count is the same for both, with one level scoop containing roughly 200 calories.

For more precision, we recommend using some simple kitchen scales.

See below our charts indicating the amount of calories in Huel by scoop and by weight to help you with your calculations:

Number of Level Scoops	Weight	Huel Powder
1	50g	200kcal
2	100g	400kcal
3	150g	600kcal
4	200g	800kcal

Powder Hacks

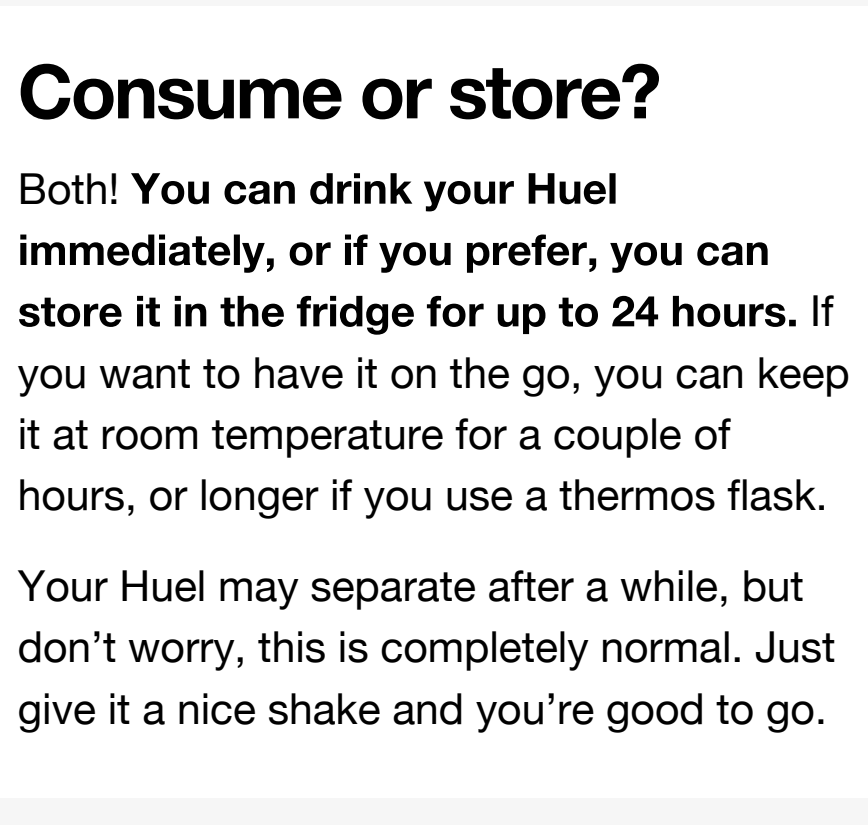


Blend
Not satisfied with the texture and consistency of your Huel? Try blending it! If you want your Huel to be smoother and creamier, there's no better way to ensure this than using a blender.

Flavour Boosts
We've developed a range of [Flavour Boosts](#): Chocolate, Banana, Strawberry, Mocha, Mint Chocolate, Apple Cinnamon, Salted Caramel, Peanut Butter, Berry, Pumpkin Spice, and our limited-edition flavours: Chocolate Cherry & Gingerbread.

Change Your liquid
Replacing water with milk can also affect how thick and smooth your Huel is, and it can also make your Huel much creamier. However, with milk come more calories, so make sure you take these into account. Need some inspiration? Check out our guide to [plant-based milk alternatives](#).

Chill Out
The temperature of your Huel can also affect its sweetness and texture. Adding ice, or leaving your Huel to chill in the fridge, can reduce the sweetness and improve the texture, according to some of our customers.



Mix Your Huel
Mix Vanilla and Unflavoured & Unsweetened. The usual amount that is combined is 2 parts Vanilla to 1 part Unflavoured & Unsweetened. But you can mix as much or as little as you like, for example adding a little Vanilla Huel to slightly change the taste of Unflavoured & Unsweetened Huel.

Get Cooking
Believe it or not, Huel can be a great substitute for flour. Of course, Huel is 100% complete nutrition in itself, but it also works great as an ingredient for sweet and savoury recipes, bakes, and more! [Find out more about cooking with Huel](#).

Consume or store?

Both! You can drink your Huel immediately, or if you prefer, you can allow it in the fridge for up to 24 hours. If you want to have it on the go, you can keep it at room temperature for a couple of hours, or longer if you use a thermos flask. Your Huel may separate after a while, but don't worry, this is completely normal. Just give it a nice shake and you're good to go.

Clean

The new Huel Shaker is easy to clean and dishwasher safe due to its durable, stylish and stain resistant design. Either wash by hand or put in the dishwasher to save time on the washing up!

To avoid Huel settling in your shaker once you're done, we advise you to clean it as soon as you can. If this isn't possible, leave some water in it to stop it drying out or rinse it out with water before placing in the dishwasher.

New Huel Shaker FAQs

How is the new Huel Shaker different from the old shaker?

It's ours! Our old shaker was off-the-shelf, so many different brands used it. It just didn't really feel like us and it wasn't designed for Huel or Hueligans. So we took matters into our own hands, we tried to design something iconic our Hueligans would be proud to carry!

The Huel Shaker has a sleek new design with many additional features that make it (in our unbiased opinion) the best shaker yet! Below we've listed the main design differences:

- New lockable clip and hard-wearing Tritan™ body provide extra grip and dent protection. So you can lock it, loop it or just chuck it in your bag - it's even more 'on-the-go' friendly.
- Stamp your authority with a place to personalise your shaker on the base.
- Pour and go—the simple fill line makes it easy to get the perfect Huel every time.

Where is the new Huel Shaker made?

Our new shaker was designed in the UK and is produced in a world class factory in China. Like with all Huel suppliers we only choose the best and our supplier is a member of Sedex and regularly undergoes the SMETA audit to ensure they meet our expectations. This is an audit process which means members conform to the highest social standards, specifically around safety and human rights of workers. In addition to that the Huel team have visited this site to ensure these standards are upheld.

Is the new Huel Shaker recyclable?

The new shaker is not recyclable but, like many similar quality water bottles you may already use, this shaker is not single-use and will ever need.

We have designed this shaker for durability, the longest possible usage time which incorporates both the quality of material after extensive use and washing, and also avoiding staining of the material which may encourage early disposal. We intend this to be the only shaker you will ever need.

If you have more questions, check out our [FAQ](#) page, or visit [Huel's forum](#) where you can search for similar questions or post your own.

Dropdown State

On This Page -

- How to prepare the perfect Huel
- What percentage of your diet should be Huel?
- How many calories do you need?
- How to measure and weigh Huel
- Powder Hacks
- Consume or store?
- Clean
- New Huel Shaker FAQs

On This Page -

- How to prepare the perfect Huel
- What percentage of your diet should be Huel?
- How many calories do you need?
- How to measure and weigh Huel
- Powder Hacks
- Consume or store?
- Clean
- New Huel Shaker FAQs

On This Page -

- How to prepare the perfect Huel
- What percentage of your diet should be Huel?
- How many calories do you need?
- How to measure and weigh Huel
- Powder Hacks
- Consume or store?
- Clean
- New Huel Shaker FAQs

On This Page -

- How to prepare the perfect Huel
- What percentage of your diet should be Huel?
- How many calories do you need?
- How to measure and weigh Huel
- Powder Hacks
- Consume or store?
- Clean
- New Huel Shaker FAQs

On This Page -

- How to prepare the perfect Huel
- What percentage of your diet should be Huel?
- How many calories do you need?
- How to measure and weigh Huel
- Powder Hacks
- Consume or store?
- Clean
- New Huel Shaker FAQs

On This Page -

- How to prepare the perfect Huel
- What percentage of your diet should be Huel?
- How many calories do you need?
- How to measure and weigh Huel
- Powder Hacks
- Consume or store?
- Clean
- New Huel Shaker FAQs

On This Page -

- How to prepare the perfect Huel
- What percentage of your diet should be Huel?
- How many calories do you need?
- How to measure and weigh Huel
- Powder Hacks
- Consume or store?
- Clean
- New Huel Shaker FAQs

On This Page -

- How to prepare the perfect Huel
- What percentage of your diet should be Huel?
- How many calories do you need?
- How to measure and weigh Huel
- Powder Hacks
- Consume or store?
- Clean
- New Huel Shaker FAQs

On This Page -

- How to prepare the perfect Huel
- What percentage of your diet should be Huel?
- How many calories do you need?
- How to measure and weigh Huel
- Powder Hacks
- Consume or store?
- Clean
- New Huel Shaker FAQs

On This Page -

- How to prepare the perfect Huel
- What percentage of your diet should be Huel?
- How many calories do you need?
- How to measure and weigh Huel
- Powder Hacks
- Consume or store?
- Clean
- New Huel Shaker FAQs

On This Page -

- How to prepare the perfect Huel
- What percentage of your diet should be Huel?
- How many calories do you need?
- How to measure and weigh Huel
- Powder Hacks
- Consume or store?
- Clean
- New Huel Shaker FAQs

On This Page -

- How to prepare the perfect Huel
- What percentage of your diet should be Huel?
- How many calories do you need?
- How to measure and weigh Huel
- Powder Hacks
- Consume or store?
- Clean
- New Huel Shaker FAQs

On This Page -

- How to prepare the perfect Huel
- What percentage of your diet should be Huel?
- How many calories do you need?
- How to measure and weigh Huel
- Powder Hacks
- Consume or store?
- Clean
- New Huel Shaker FAQs

Join our VIP list
Never miss out on new products, exclusive offers, and more when you join the Huel mailing list.

Enter your email address [Sign Up](#)

This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. You can unsubscribe at any time. [Huel Privacy Policy](#)

Huel®

Our Products

About Us

Help

[Facebook](#) [Twitter](#) [Instagram](#) [YouTube](#)

CHOOSE LOCATION

[VISA](#) [Apple Pay](#) [Amazon](#) [PayPal](#)

© 2015 - 2021 Huel Limited

The Huel of Fame from @huel

Use #huel in your Huel photos for the chance to feature on our Instagram.

Join our VIP list
Never miss out on new products, exclusive offers, and more when you join the Huel mailing list.

Enter your email address [Sign Up](#)

This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. You can unsubscribe at any time. [Huel Privacy Policy](#)

Huel®

Our Products

About Us

Help

[Facebook](#) [Twitter](#) [Instagram](#) [YouTube](#)

CHOOSE LOCATION

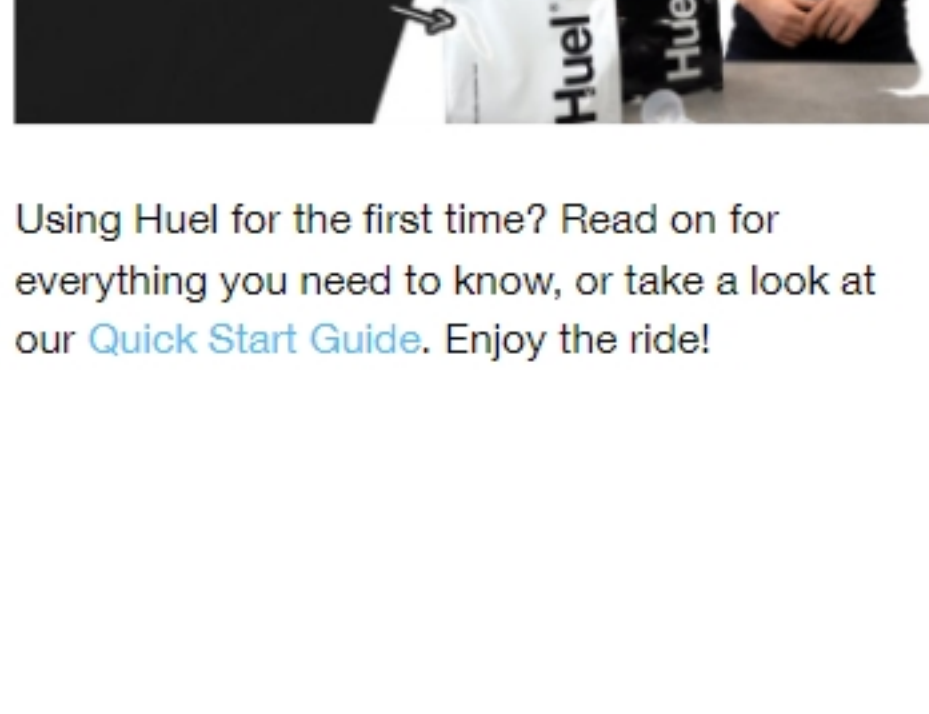
[VISA](#) [Apple Pay](#) [Amazon](#) [PayPal](#)

© 2015 - 2021 Huel Limited

Section to Section Comparison

Original Design

How to Use Huel



Using Huel for the first time? Read on for everything you need to know, or take a look at our [Quick Start Guide](#). Enjoy the ride!

How to prepare the perfect Huel

Add cold water to your shaker's 500ml fill line, then:

- Add 2 level scoops of Huel Powder
- Place the internal grid in your shaker
- Screw the lid and cap on tightly
- Shake hard for 10 seconds

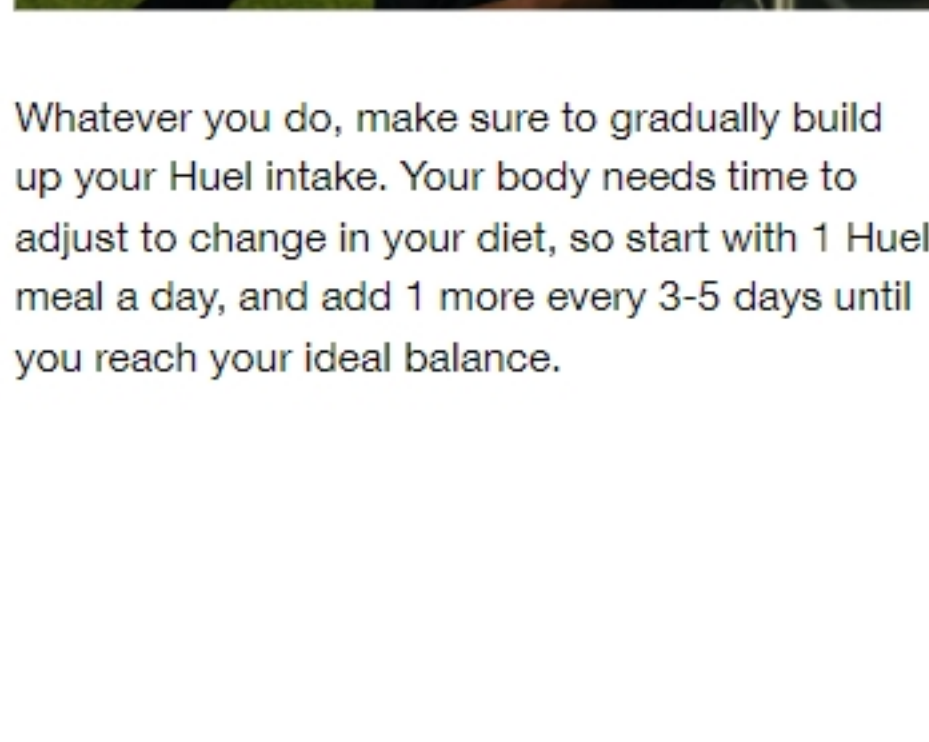
Once you're happy, get creative! Our top tips:

- If you want to be precise, use scales to weigh your Huel
- Add ice cubes, or even try chilling overnight
- Too thick? Add more water
- Too thin? Use less next time
- Customise your flavour with our [Flavour Boosts](#)
- Try milk (or [milk alternative](#)) instead of water for a creamier end result

What percentage of your diet should be Huel?

This is entirely up to you. We've found that the most popular approach is to replace time-pressured weekday meals like breakfast and lunch, then sit down for a traditional meal in the evening. The best of both worlds!

But you can also use Huel as a snack, so make sure you check out our [Huel Bars](#).



Whatever you do, make sure to gradually build up your Huel intake. Your body needs time to adjust to change in your diet, so start with 1 Huel meal a day, and add 1 more every 3-5 days until you reach your ideal balance.

How many calories do you need?

We're all different and all have slightly different calorie requirements. Below are two broad examples, but work your own out at [calculator.net/calorie-calculator](#).

Seth
2,454kcal per day

Seth, 25, male, 6ft (1m 83cm) and 12st 0lbs (76kg). Exercises 3x per week. Maintaining weight needs 2,454kcal. To lose it, we recommend a deficit of 500kcal per day. To gain weight, a 500kcal daily surplus.

Goal	Breakfast	AM Snack	Lunch
Lose Fat (-500kcal)	Huel 2 scoops	-	Huel 2 scoops
Maintain Weight	Huel 2 scoops	Huel Bar	Huel 2 scoops
Gain Weight (+500kcal)	Huel 2 scoops	Huel 2 scoops	Huel 2 scoops

Melanie, 25, female, 5ft7inches (1m 70cm) and 10st 0lbs (65.5kg). Exercises 3x per week. Maintaining weight needs 1,908kcal. To lose it, we recommend a deficit of 400kcal per day. To gain weight, a 400kcal daily surplus.

Goal	Breakfast	AM Snack	Lunch
Lose Fat (-400kcal)	Huel 2 scoops	-	Huel 2 scoops
Maintain Weight	Huel 2 scoops	Huel Bar	Huel 2 scoops
Gain Weight (+400kcal)	Huel 2 scoops	Huel Bar	Huel 2 scoops

If you want to learn more about how to gain weight or lose fat, read our guides, written by our Nutritionist James Collier:

- [Huel Guide to Gaining Weight](#)
- [Huel Guide to Fat Loss](#)

How to measure and weigh Huel

No need to get the scales out – a level scoop of Huel holds roughly 50g which is about 200 calories. A scoop is provided in the box with your initial order, instead of inside every pouch, to cut down on waste.

Huel Black Edition weighs slightly less compared to Huel Powder - with one level scoop of Black Edition holding roughly 45g rather than 50g. This is due to a difference in density between the two powders. Although weighing slightly different amounts, calorie count is the same for both, with one level scoop containing roughly 200 calories.



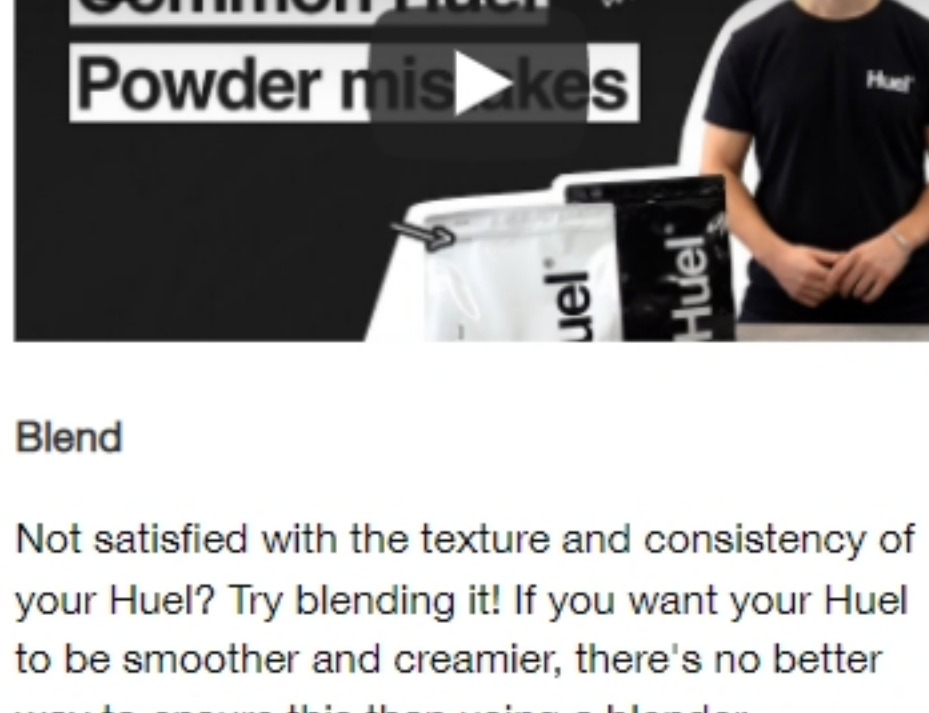
If you want to weigh your Huel more accurately, we recommend using some simple kitchen scales. For example, add water to your shaker's fill line, then place on the scales and zero them. Then add your Huel for a precise measurement.

See below our charts indicating the amount of calories in Huel by scoop and by weight to help you with your calculations:

Calories by scoop

Number of Level Scoops	Weight	Huel Powder
1	50g	200kcal
2	100g	400kcal
3	150g	600kcal
4	200g	800kcal

Powder Hacks



Blend

Not satisfied with the texture and consistency of your Huel? Try blending it! If you want your Huel to be smoother and creamier, there's no better way to ensure this than using a blender.

Chill Out

The temperature of your Huel can also affect its sweetness and texture. Adding ice, or leaving your Huel to chill in the fridge, can reduce the sweetness and improve the texture, according to some of our customers.

Flavour Boosts

We've developed a range of [Flavour Boosts](#): Chocolate, Banana, Strawberry, Mocha, Mint Chocolate, Apple Cinnamon, Salted Caramel, Peanut Butter, Berry, Pumpkin Spice, and our limited-edition flavours, Chocolate Cherry and Gingerbread. These are designed to work with both Vanilla Huel and our Unflavoured & Unsweetened version.

Change Your liquid

Replacing water with milk can also affect how thick and smooth your Huel is, and it can also make your Huel much creamier. However, with milk come more calories, so make sure you take these into account. Need some inspiration? Check out our guide to [plant-based milk alternatives](#).

Mix Your Huel

Mix [Vanilla and Unflavoured & Unsweetened](#). The usual amount that is combined is 2 parts Vanilla to 1 part Unflavoured & Unsweetened. But you can mix as much or as little as you like, for example adding a little Vanilla Huel to slightly change the taste of Unflavoured & Unsweetened Huel.

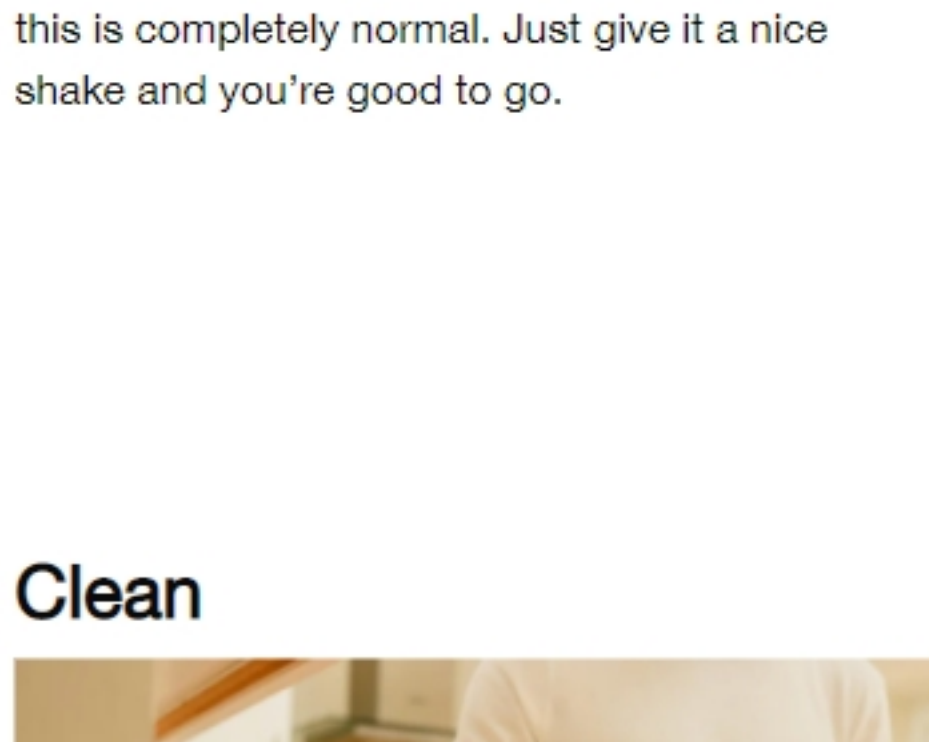
Get Cooking

Believe it or not, Huel can be a great substitute for flour. Of course, Huel is 100% complete nutrition in itself, but it also works great as an ingredient for sweet and savoury recipes, bakes, and more! [Find out more about cooking with Huel](#).

Consume or store?

Both! You can drink your Huel immediately, or if you prefer, you can store it in the fridge for up to 24 hours. If you want to have it on the go, you can keep it at room temperature for a couple of hours, or longer if you use a thermos flask. Your Huel may separate after a while, but don't worry, this is completely normal. Just give it a nice shake and you're good to go.

Clean



The new Huel Shaker is easy to clean and dishwasher safe due to its durable, stylish and stain resistant design. Either wash by hand or put in the dishwasher to save time on the washing up!

To avoid Huel setting in your shaker once you're done, we advise you to clean it as soon as you can. If this isn't possible, leave some water in it to stop it drying out or rinse it out with water before placing in the dishwasher.

New Huel Shaker FAQs

How is the new Huel Shaker different from the old shaker?

It's ours! Our old shaker was off-the-shelf, so many different brands used it. It just didn't really feel like us and it wasn't designed for Huel or Hueligans. So we took matters into our own hands, we tried to design something iconic our Hueligans would be proud to carry!

The Huel Shaker has a sleek new design with many additional features that make it (in our unbiased opinion) the best shaker yet! Below we've listed the main design differences:

- New lockable cap and hard-wearing Tritan™ body provide extra spill and dent protection. So you can lock it, loop it or just chuck it in your bag - it's even more 'on-the-go' friendly.
- Stamp your authority, with a place to personalise your shaker on the base.
- Pour and go—the simple fill line makes it easy to get the perfect Huel every time.

Where is the new Huel Shaker made?

Our new shaker was designed in the UK and is produced in a world class factory in China. Like with all Huel suppliers we only choose the best and our supplier is a member of Sedex and regularly undergoes the SMETA audit to ensure they meet our expectations. This is an audit process which means members conform to the highest social standards, specifically around safety and human rights of workers. In addition to that the Huel team have visited this site to ensure these standards are upheld.

Is the new Huel Shaker recyclable?

The new shaker is not recyclable but, like many similar quality water bottles you may even use, this shaker is not single-use. Not even close.

We have designed this shaker for durability, the longest possible usage time which incorporates both the quality of material after intensive use and washing, and also avoiding staining of the material which may encourage early disposal. We intend this to be the only shaker you will ever need.

If you have more questions, check out our [FAQ](#) page, or visit [Huel's forum](#) where you can search for similar questions or post your own.

The Huel of Fame from @huel

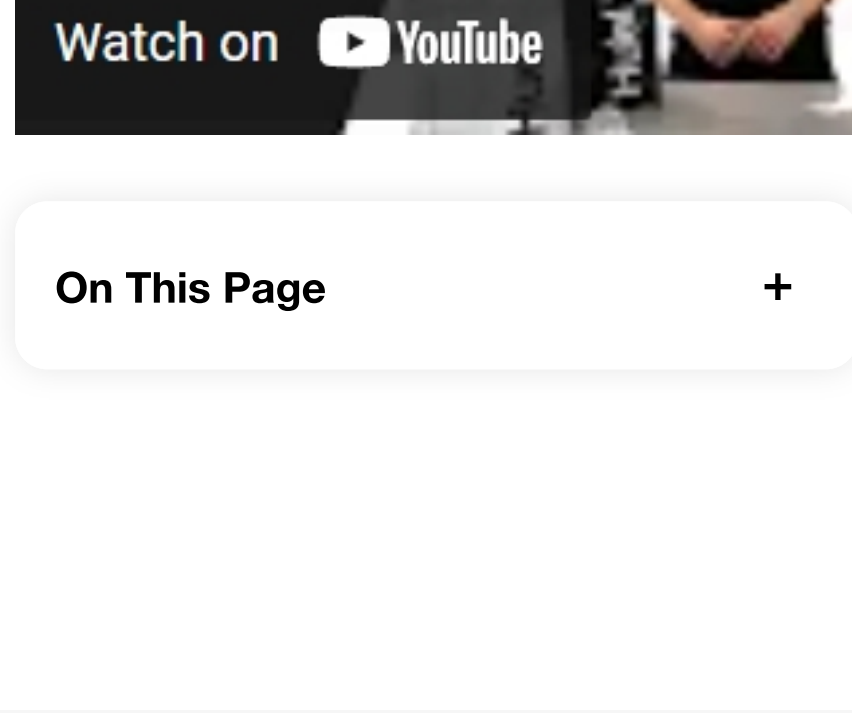
Use #huel in your Huel photos for the chance to feature on our Instagram



Redesign

How to use Huel Powder

Using Huel for the first time? Read on for everything you need to know, or take a look at our [Quick Start Guide](#). Enjoy the ride!



Watch on [YouTube](#)

On This Page [+](#)

How to prepare the perfect Huel

Add cold water to your shaker's 500ml fill line, then:

- 1. Add 2 level scoops of Huel Powder**
- 2. Place the internal grid in your shaker**
- 3. Screw the lid and cap on tightly**
- 4. Shake hard for 10 seconds**

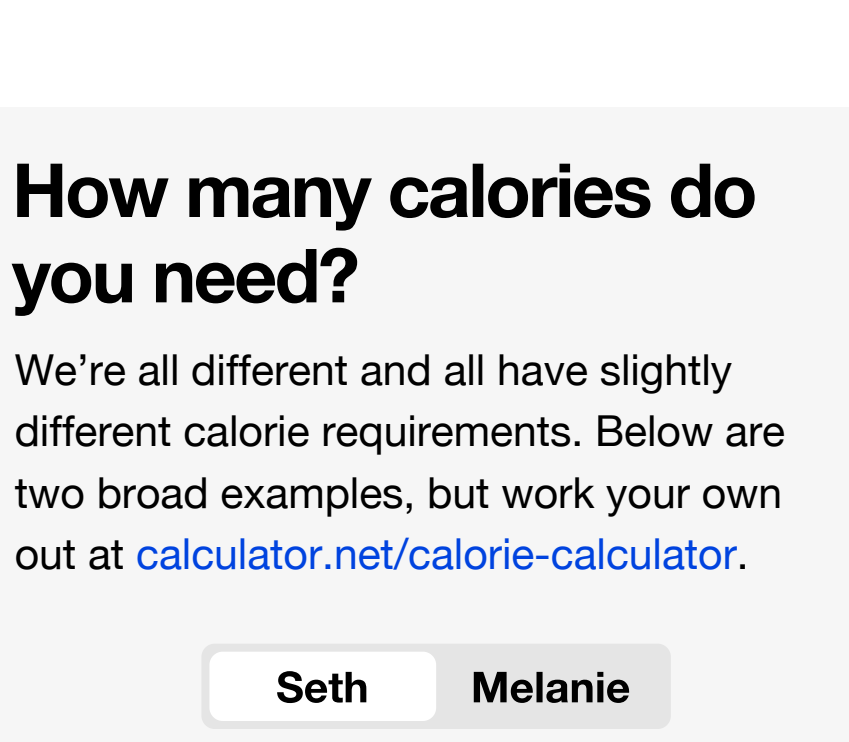
Once you're happy, get creative! Our top tips:

- If you want to be precise, use scales to weigh your Huel
- Add ice cubes, or even try chilling overnight
- Too thick? Add more water
- Too thin? Use less next time
- Try milk (or [milk alternative](#)) instead of water for a creamier end result

Customise your flavour with our [Flavour Boosts](#).

What percentage of your diet should be Huel?

This is entirely up to you. We've found that the most popular approach is to replace time-pressured weekday meals like breakfast and lunch, then sit down for a traditional meal in the evening. The best of both worlds!



But you can also use Huel as a snack, so make sure you check out our [Huel Bars](#).

Whatever you do, make sure to gradually build up your Huel intake. Your body needs time to adjust to change in your diet, so start with 1 Huel meal a day, and add 1 more every 3-5 days until you reach your ideal balance.

Too busy for breakfast? Huel is the perfect commute ready meal.

How many calories do you need?

We're all different and all have slightly different calorie requirements. Below are two broad examples, but work your own out at [calculator.net/calorie-calculator](#).

Seth **Melanie**

Seth
25, Male
2,454kcal per day

Height: 6ft 1m 83cm Weight: 12st 0lbs 76kg Exercises: 3x per week

Maintaining weight needs 2,454kcal. Our recommendations on how to: Lose it = a daily deficit of -500kcal. Gain it = a daily surplus of +500kcal.

Lose Fat -500kcal	Maintain Weight	Gain Weight +500kcal
Breakfast	Huel 2 scoops	
AM Snack	-	
Lunch	Huel 2 scoops	
PM Snack	Huel Bar	
Evening Meal	744kcal	
Evening Snack	210kcal	

If you want to learn more about how to gain weight or lose fat, read our guides, written by our Nutritionist James Collier:

- [Huel Guide to Gaining Weight](#)
- [Huel Guide to Fat Loss](#)

How to measure and weigh Huel

No need to get the scales out – a level scoop of Huel holds roughly 50g which is about 200 calories. A scoop is provided in the box with your initial order, instead of inside every pouch, to cut down on waste.

Huel Black Edition weighs slightly less compared to Huel Powder - with one level scoop of Black Edition holding roughly 45g rather than 50g. This is due to a difference in density between the two powders. Although weighing slightly different amounts, calorie count is the same for both, with one level scoop containing roughly 200 calories.

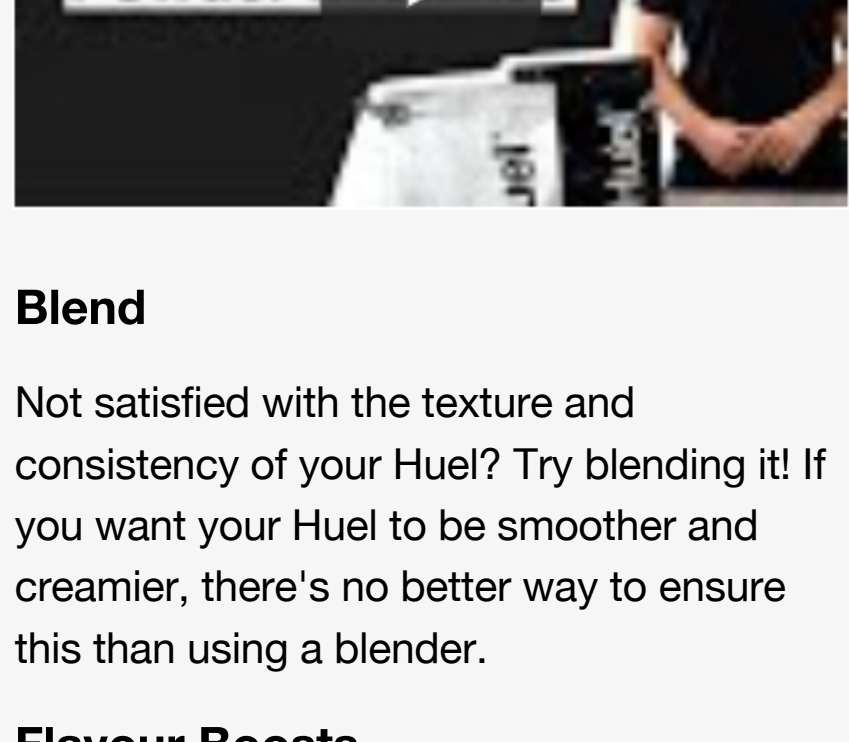
For more precision, we recommend using some simple kitchen scales.

See below our charts indicating the amount of calories in Huel by scoop and by weight to help you with your calculations:

Calories by scoop

Number of Level Scoops	Weight	Huel Powder
x1	50g	200kcal
x2	100g	400kcal
x3	150g	600kcal
x4	200g	800kcal

Powder Hacks



Blend

Not satisfied with the texture and consistency of your Huel? Try blending it! If you want your Huel to be smoother and creamier, there's no better way to ensure this than using a blender.

Flavour Boosts

We've developed a range of [Flavour Boosts](#)! All of which are designed to work with both Vanilla Huel and our Unflavoured & Unsweetened version:

- Chocolate
- Strawberry
- Mint Chocolate
- Salted Caramel
- Peanut Butter
- Banana
- Mocha
- Apple Cinnamon
- Berry
- Pumpkin Spice

Plus our limited-edition flavours:

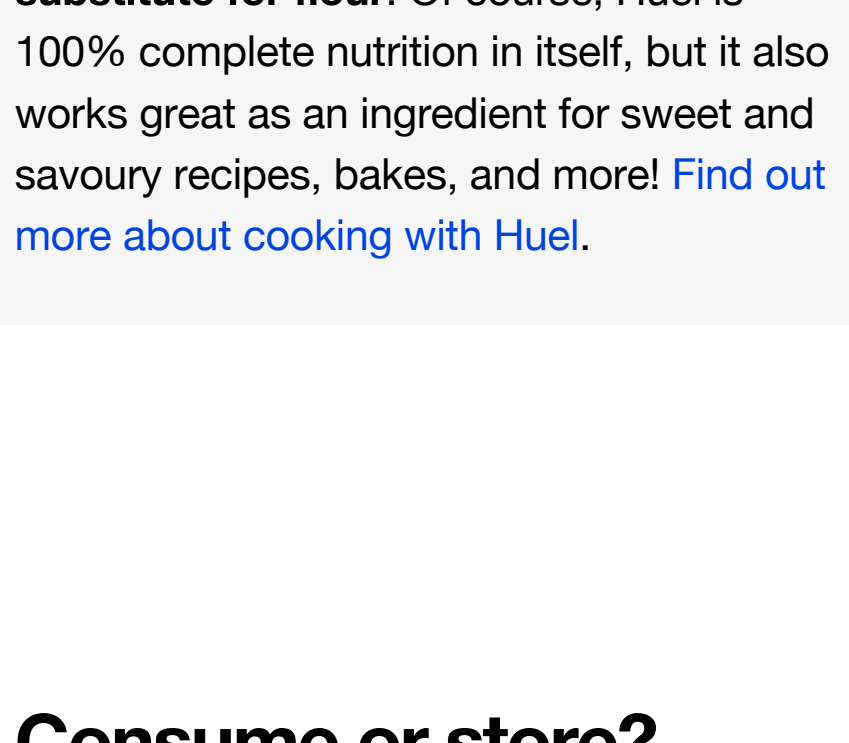
- Chocolate Cherry
- Gingerbread

Change Your liquid

Replacing water with milk can also affect how thick and smooth your Huel is, and it can also make your Huel much creamier. However, with milk come more calories, so make sure you take these into account. Need some inspiration? Check out our guide to [plant-based milk alternatives](#).

Chill Out

The temperature of your Huel can also affect its sweetness and texture. Adding ice, or leaving your Huel to chill in the fridge, can reduce the sweetness and improve the texture, according to some of our customers.



Mix Your Huel

Mix [Vanilla and Unflavoured & Unsweetened](#). The usual amount that is combined is 2 parts Vanilla to 1 part Unflavoured & Unsweetened. But you can mix as much or as little as you like, for example adding a little Vanilla Huel to slightly change the taste of Unflavoured & Unsweetened Huel.

Get Cooking

Believe it or not, Huel can be a great substitute for flour. Of course, Huel is 100% complete nutrition in itself, but it also works great as an ingredient for sweet and savoury recipes, bakes, and more! [Find out more about cooking with Huel](#).

Consume or store?

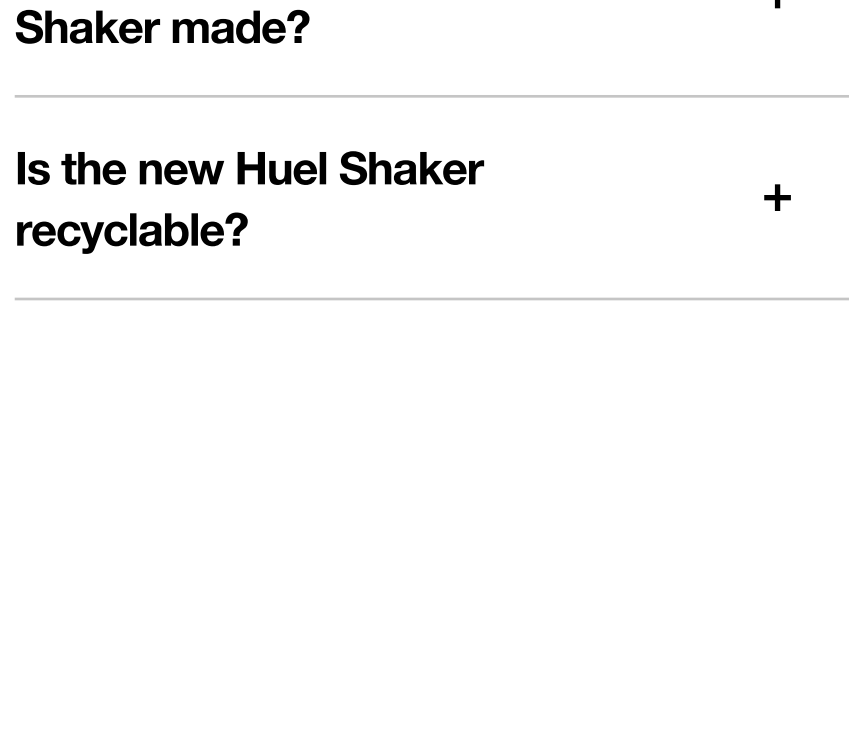
Both! You can drink your Huel immediately, or if you prefer, you can store it in the fridge for up to 24 hours. If you want to have it on the go, you can keep it at room temperature for a couple of hours, or longer if you use a thermos flask. Your Huel may separate after a while, but don't worry, this is completely normal. Just give it a nice shake and you're good to go.

Clean

The new Huel Shaker is easy to clean and dishwasher safe due to its durable, stylish and stain resistant design. Either wash by hand or put in the dishwasher to save time on the washing up!

To avoid Huel setting in your shaker once you're done, we advise you to clean it as soon as you can. If this isn't possible, leave some water in it to stop it drying out or rinse it out with water before placing in the dishwasher.

New Huel Shaker FAQs



How is the new Huel Shaker different from the old shaker? [+](#)

Where is the new Huel Shaker made? [+](#)

Is the new Huel Shaker recyclable? [+](#)

The @huel of Fame

Use #huel in your Huel photos for the chance to feature on our Instagram

