Ultimate Balanced Lifestyle

DAILY EBOOK

HERBALIFE NUTRITION

DAY 10 CONTENT:

Click on the titles below to skip to each section*

*If the links do not work on your phone, simply scroll down the document

1. DAILY WORKOUTS
   - 1.1 Morning Wake 'N' Shake
   - 1.2 Workout of the Day: Intense Cardio & Abs
2. FOCUS OF THE DAY
   - Habits of Happy People
3. RECIPES OF THE DAY
   - 3.1 Shake of the Day: Super Smoothie Bowl
   - 3.2 Snack of the Day: Strawberry Protein Muffins
   - 3.3 Meal of the Day: Spinach Shakshuka
4. PRODUCT OF THE DAY
   - High Protein Iced Coffee
5. QUOTE OF THE DAY
6. DAILY CHECKLIST

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DAILY WORKOUTS

1.1 Morning Wake 'N' Shake

Kick start your day with a 15 minute high energy blast as soon as you wake up. Morning exercise boosts your metabolism, helping you to burn more calories during the day. It helps stabilise your cortisol levels, reducing stress and improving your focus and concentration throughout the day. Get your morning workout in and set the tone for a positive day ahead.

VIDEO LINK >>>> Monday Wake 'N' Shake*

*If this link does not work on your phone, use the link on the telegram message

1.2 Workout of the Day: Intense Cardio & Abs

Today's workout of the day is an intense cardio and abs workout.
No equipment needed for this workout, just a sweat towel!

VIDEO LINK >>>> Intense Cardio & Abs Workout*

*If this link does not work on your phone, use the link on the telegram message

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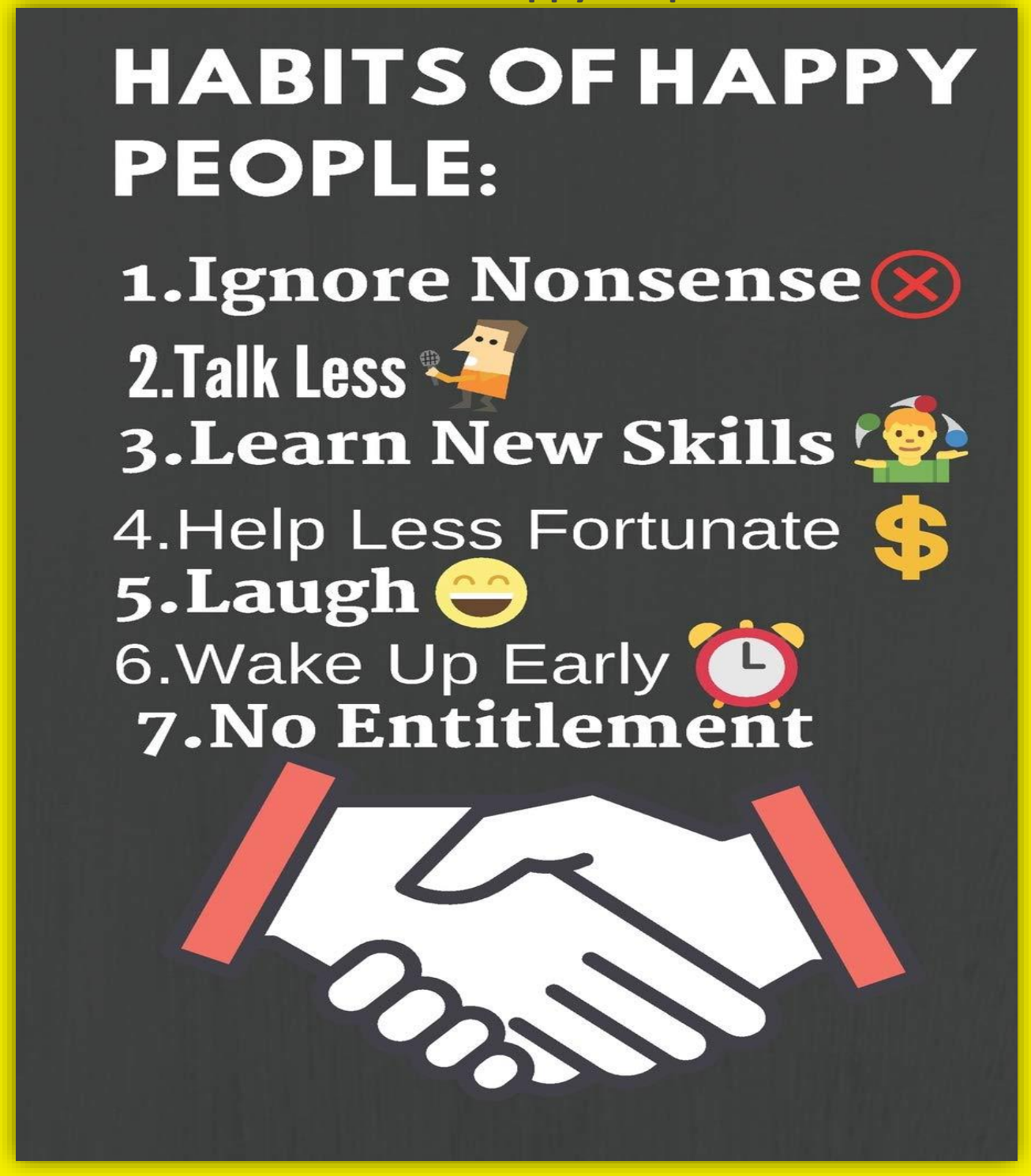
FOCUS OF THE DAY

Habits of Happy People



Before we go any further, let's not fool ourselves into believing that anyone is happy 24/7, as that simply isn't realistic. We are all human beings that carry real emotions, which influence the way we feel on a daily basis. What we will focus on here are different factors that can help reduce the feeling of stress, anxiety, depression and anger, which will ultimately lead to greater happiness.

1. IGNORE NONSENSE

We all know people who love drama! They love to gossip about others and undermine people to make themselves feel better. It can be hard to ignore these people, especially if they are family, friends or co-workers. You can however make a conscious effort to limit the time you spend around them and don't engage in negative conversations. Make sure you focus your time and energy on positive people who bring added value and happiness to your life and don't bring you or others down.

2. TALK LESS

Listen more. Take the time to really listen and hear what people are saying so that you can engage in meaningful conversation. You want to listen to learn, not simply listen to talk. You can't learn or grow as a person if you are always talking and not hearing what others are saying. When people feel heard, they feel happier. When people have listened, engaged and had a meaningful conversation everybody wins and feels happier.

3. LEARN NEW SKILLS

It is important to find a hobby or interest that you would like to start learning about. Even if you are not someone who enjoys reading, there are many ways to learn now as we all have access to audio books and podcasts. Find a topic or subject that inspires you, motivates you and helps you to grow and feel happiness through learning something new. Learning a new skill is just as important as learning a new perspective. Reading and listening is the perfect way to learn more about yourself as well as the world around you.

4. HELP LESS FORTUNATE

Taking the time to help others not only makes them happy but it also makes you feel a sense of happiness as well. There is a lot to be gained from giving to those in need without expecting anything in return. Through caring about the happiness of others, we find our own happiness. There is nothing more rewarding than seeing the happiness on someone's face resulting from a selfless act of kindness.

5. LAUGH

As the saying goes "laughter is the best medicine", therefore ensure you do activities and engage with people that make you laugh and smile. There is scientific evidence to prove that laughter is good for your health as it reduces stress, improves your mood, relieves pain, improves your immune system and causes you to live in the moment and forget any worries or fears from the past. Make sure you take a large dose of your laughter medicine daily!!

6. WAKE UP EARLY

Wake up early, conquer your morning and you will find you are more productive for the rest of the day. Getting up early allows you time to see the sunrise, have your morning tea, reflect on life, do some exercise and plan for the day ahead. That extra time will remove a lot of the morning stress and rushing around, which will leave you more relaxed and happier throughout the day.

7. NO ENTITLEMENT

Entitlement is believing you deserve something that you haven't worked for or earned. The belief that it is someone else's responsibility to help you or provide you with something, often without appreciation. We all know someone who feels the world owes them something! When you feel entitled, you lose the ability to learn, grow, help and respect others or appreciate what you have. The most successful and happiest people tend to be those who work hard for what they have and feel extremely grateful for what they have achieved.

RECIPES OF THE DAY

3.1 Shake of the Day: Super Smoothie Bowl

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3.2 Snack of the Day: Strawberry Protein Muffins

STRAWBERRY PROTEIN MUFFINS

INGREDIENTS

- 1 cup (120g) oat flour
- 1/4 cup (25g) vanilla protein powder
- 1 tbsp lemon juice
- Zest of ½ a lemon
- 2 tbsp stevia
- ½ tsp baking soda
- pinch sea salt
- pinch cinnamon
- 1 tbsp coconut oil melted
- 3/4 cup egg whites
- 2 tbsp unsweetened almond milk
- ½ cup (125g) non-fat Greek yoghurt
- 1 tsp vanilla extract
- ½ cup (100g) strawberries chopped
- 1/4 cup (45g) 75% dark chocolate, chopped

INSTRUCTIONS

Preheat oven to 350F (180C). Mix all dry ingredients except chocolate chips & then mix in all wet ingredients. Stir until a smooth batter is formed, lightly stir in strawberries & chocolate chips (leave a few aside to top muffins). Line muffin tray with muffin liners & spray with oil. Make sure you spray the liners. Pour batter evenly into muffin tin. Drop 3-5 mini chocolate chips on top of each muffin. Bake the muffins for 23-25 mins or until the muffins are cooked through & edges browned. Remove from oven & let cool before serving.

INFO

Makes: 12
Prep: 10 mins
Cook: 25 mins

Nutrition per serving:
91 kcal
4g Fats
9g Carbs
6g Protein

NUTS | FREEZER | GF | LOW CARB | VEG

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3.3 Meal of the Day: Spinach Shakshuka

SPINACH SHAKSHUKA

INGREDIENTS

- 1 tbsp. coconut oil
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 4 cups (300g) mushrooms, sliced
- 2 cups (450g) leaf spinach
- 4 eggs
- handful parsley, chopped

INSTRUCTIONS

Heat oil in a large pan over medium heat. Add the onion & garlic & cook for 2-3 mins until soft. Next, add mushrooms & cook for another 3-4 mins. Season with salt & pepper. Add spinach to the pan in batches. Cover the pan with a lid & let it wilt, repeat this step until all the spinach is used. Stir well and taste for seasoning.

Make 4 indentations in the spinach & break an egg in each. Cook for 5-6 mins covered with lid until egg whites are set. Dress in fresh parsley & serve.

INFO

Serves: 2
Prep: 10 mins
Cook: 15 mins

Nutrition per serving:
321 kcal
22g Fats
19g Carbs
24g Protein

DF | VEG | QUICK | GF | LOW CARB

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PRODUCT OF THE DAY

High Protein Iced Coffee

For all the coffee lovers, go-getters, dreamers with deadlines and explorers: this one's for you! It can be challenging to find a healthier iced coffee drink that's not loaded with sugar, fat and calories, but still tastes great.
This product has taken two ingredients that you know and love - Protein and Coffee - and blended them together to create a drink that's deliciously refreshing! Whether you are on-the-go, or just need a caffeine boost, reach for a glass of refreshing High Protein Iced Coffee!

KEY BENEFITS:

- 100% Robusta espresso coffee beans
- 15g whey protein
- Suitable for vegetarians
- No added sugar
- Only 80kcal
- 80mg caffeine
- Real coffee beans for an authentic coffee taste
- Protein contributes to the growth and maintenance of muscle mass
- Protein contributes to the maintenance of normal bones
- Low fat
- Contains no colours or preservatives

Add cold water, ice and enjoy!

VIDEO LINK >>>> https://vimeo.com/471870494

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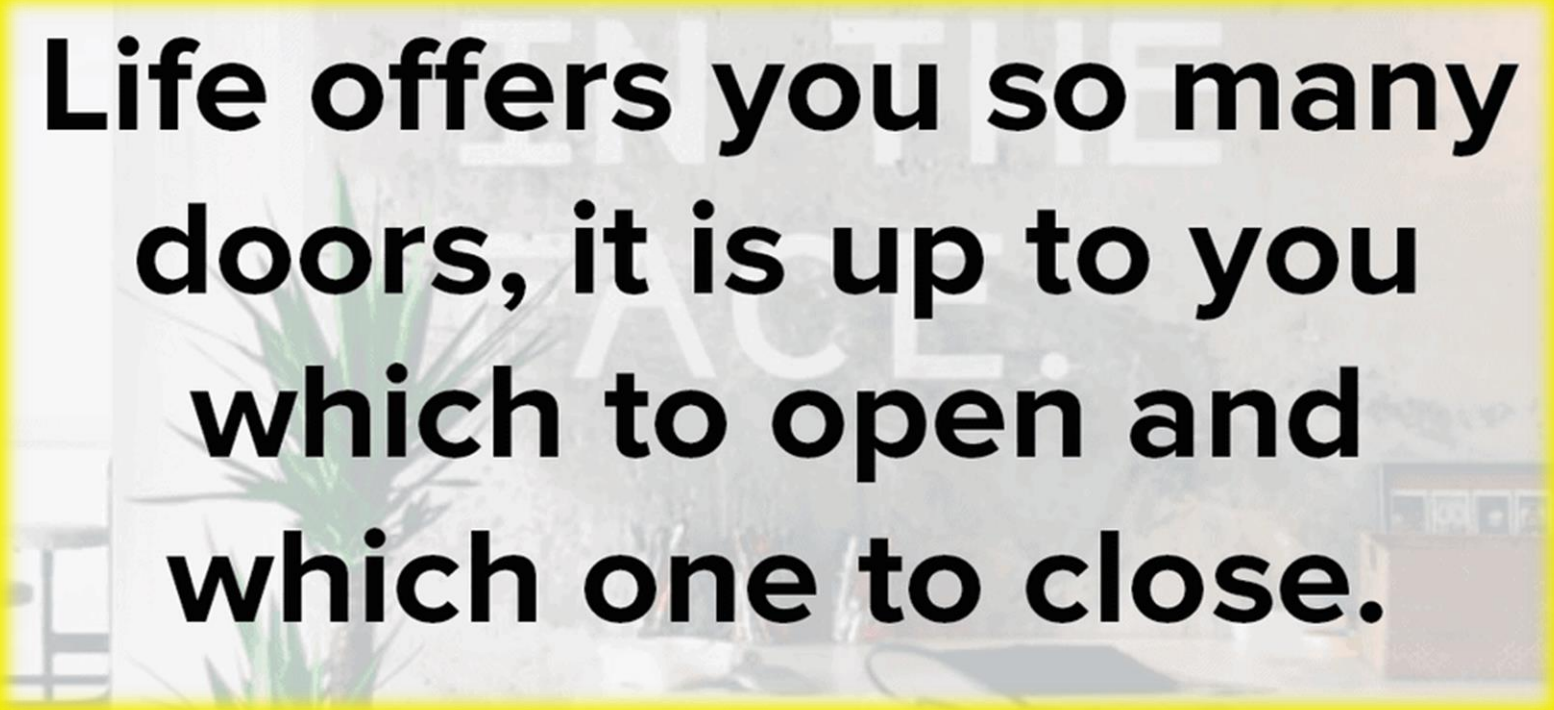
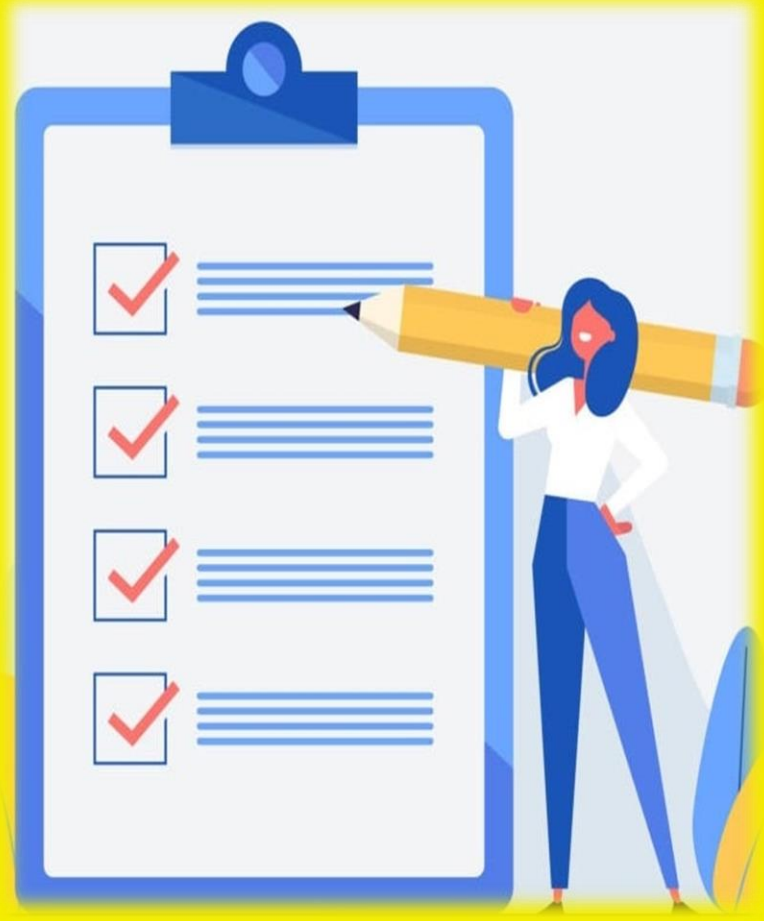
QUOTE OF THE DAY



DAILY CHECKLIST



- ✓ Submitted Daily Weight
- ✓ Herbalife Tea
- ✓ Aloe
- ✓ Oat Apple Fibre
- ✓ Breakfast Shake
- ✓ Mid-Morning Snack
- ✓ Lunch Shake
- ✓ Mid-Afternoon Snack
- ✓ Healthy Balanced Evening Meal
- ✓ Drunk 2 – 3 Litres of Water
- ✓ Exercise: Min. 10,000 Steps *or* 30 - 45 Min Workout
- ✓ Posted Daily Plan in group
- ✓ Completed The Daily Wall Chart Tracker

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