Ultimate Balanced Lifestyle

DAILY EBOOK

HERBALIFE NUTRITION

DAY 13 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: Lower Body Workout

2. FOCUS OF THE DAY
   - The Importance of Micronutrients: Essential Vitamins and Minerals

3. RECIPES OF THE DAY
   - 3.1 Shake of the Day: Green Heart For Charlie
   - 3.2 Snack of the Day: Beetroot Hummus
   - 3.3 Meal of the Day: Quick & Easy Meatballs

4. PRODUCT OF THE DAY
   - Herbalifeline Max

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 >>>> Thursday 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: Lower Body

Today's workout of the day focuses on the Lower Body. This workout does incorporate dumbbells, however if you don't have any you can complete without, alternatively be creative and use other objects as weights!

VIDEO LINK >>>> Lower Body Workout*

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

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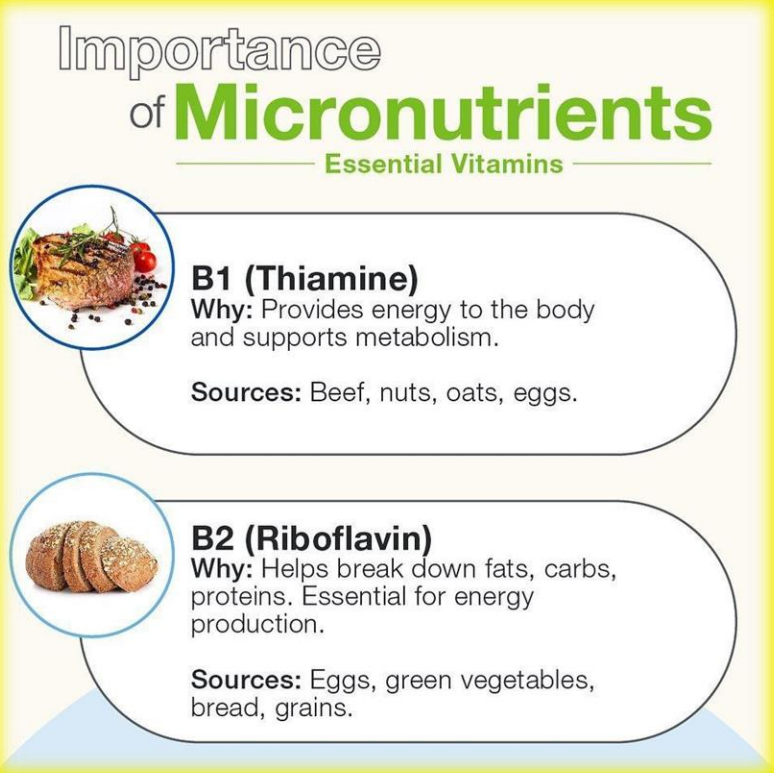
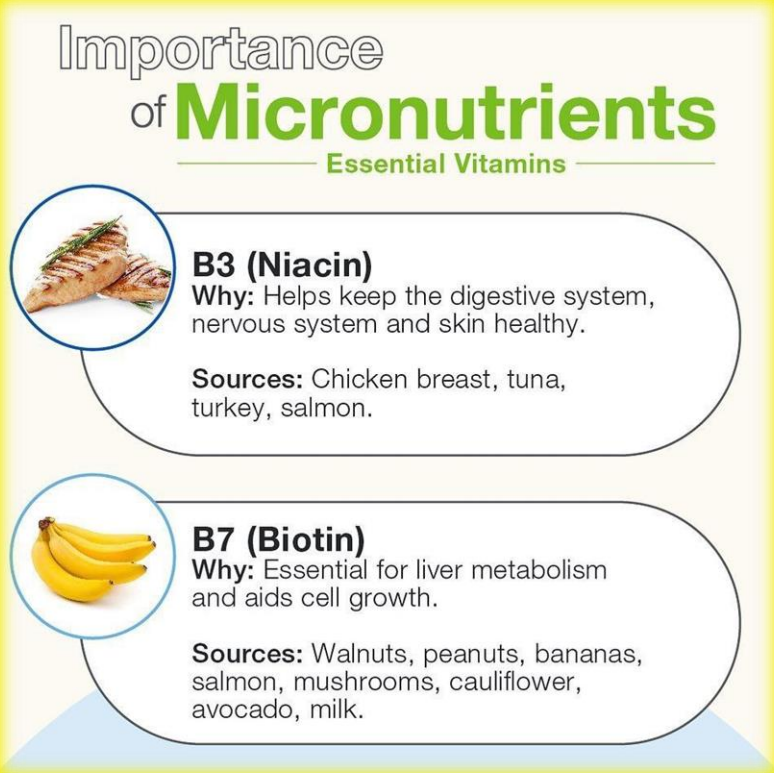
FOCUS OF THE DAY

The Importance of Micronutrients: Essential Vitamins and Minerals



It is important to understand that essential vitamins and minerals need to be obtained from foods or supplements because they cannot be made in the body.



Consuming a sufficient amount of micronutrients is necessary to maintain a healthy body and ensure optimum performance.

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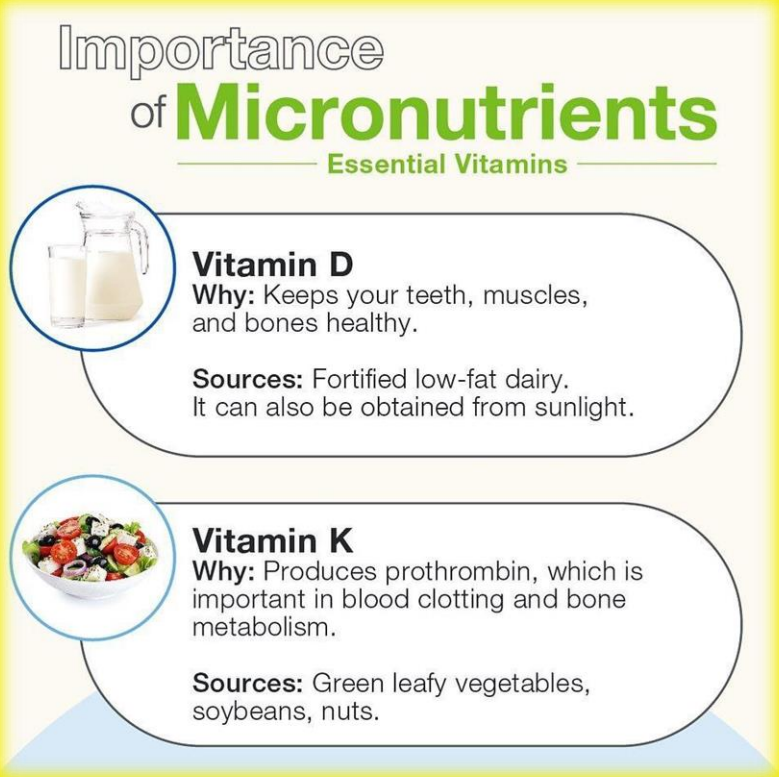
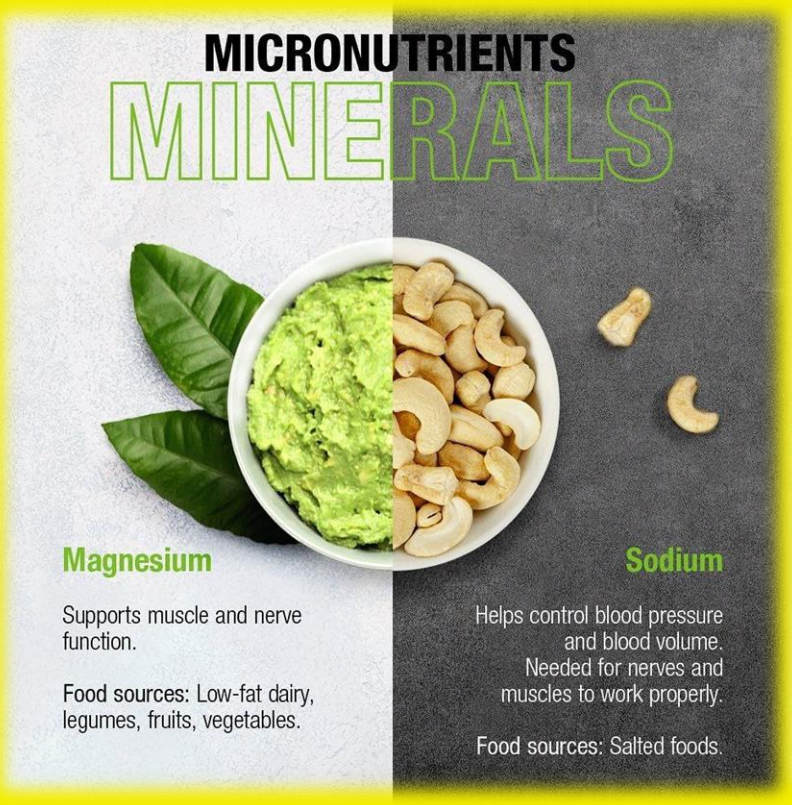


The pictures inform you why we need certain vitamins and minerals as well as highlighting where they can be found.

Make sure you are incorporating the essential vitamins and minerals into your daily nutrition.



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RECIPES OF THE DAY

3.1 Shake of the Day: Green Heart For Charlie

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3.2 Snack of the Day: Beetroot Hummus

UK & Ireland

Vegetarian
Serves 8

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BEETROOT HUMMUS

2 small raw beetroot (175g in weight altogether)

1 x 400g tin of chickpeas

2 tablespoons chopped coriander

2 generous teaspoons ground cumin

1 tablespoon tahini paste

4 servings (24g) F3 PPP

1 tablespoon lemon juice

3 tablespoons extra virgin olive oil

To serve:

Some sesame seeds

A few coriander leaves

Protein	Kcals	Fibre	Fat	Carbs	Sugar
6g	83	<1g	4g	7g	2g

Per Serving

Recipe created by Rachel Allen

This dip with a twist is low in sugars and high in protein. It's a brilliant accompaniment to the Turkey Koftas but you can enjoy it in a multitude of ways – spread on toast with avocado and pine nuts or as a simple dip with carrot and celery sticks.

Peel the beetroot, cut into chunks and place in a food processor. Drain the chick peas from the tin but reserve the liquid. Place the chickpeas in with the beetroot and add the chopped coriander, cumin, tahini paste, F3 PPP, lemon juice and olive oil. Blend well, adding some of the chickpea liquid to loosen the mixture.

Tip the mixture into a bowl and scatter with sesame seeds and some coriander leaves.

Tip: Cover the hummus if storing it in the fridge – preferably in an air tight container.

If you want a bit of heat, add a little chopped red chilli to the food processor.

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3.3 Meal of the Day: Quick & Easy Meatballs

QUICK & EASY MEATBALLS

INGREDIENTS

- 1 lb (500g) lean ground beef
- 1 small onion, finely diced
- 2 garlic cloves, minced
- 1 red pepper, diced
- 1 egg
- ½ cup (30g) buckwheat flour
- ¼ cup coriander, chopped
- 1 tsp oregano
- 12 slices streaky bacon

INSTRUCTIONS

Preheat oven to 400F (200C). Place all ingredients apart from bacon in a bowl, season with salt & pepper & mix well using hands. Once combined, form 12 meatballs (use a ¼ cup for measuring).

Wrap each meatball in a slice of bacon & place on a baking sheet. Bake for 20 mins. For the last 4-5 mins set the oven to grill/broil to crisp the outside.

INFO

Serves: 4
Prep: 15 mins
Cook: 20 mins

Nutrition per serving:
309 kcal
14g Fats
9g Carbs
36g Protein

DF | PROTEIN | GF | LOW CARB

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PRODUCT OF THE DAY

Herbalifeline Max

Herbalifeline® Max is a food supplement rich in Omega-3 essential fatty-acids EPA and DHA, which contribute to the normal function of the heart as well as maintenance of normal blood pressure and blood triglyceride levels. DHA also contributes to the maintenance of normal brain function and vision.

KEY BENEFITS:

5 Health Benefits:

- EPA and DHA contribute to the normal function of the heart* (1 capsule)
- DHA contributes to the maintenance of normal brain function** (1 capsule)
- DHA contributes to the maintenance of normal vision** (1 capsule)
- EPA and DHA contribute to the maintenance of normal blood triglyceride levels*** (4 capsules)
- EPA and DHA contribute to the maintenance of normal blood pressure**** (5 capsules)

• Fish oil is sustainably sourced and accredited by Friend of the Sea
• No fishy aftertaste thanks to essential oils from thyme and peppermint contained in the product
• All the ingredients of Herbalifeline® Max are encapsulated using a vegetarian gel capsule

*The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA.
**The beneficial effects are obtained with a daily intake of 250mg of DHA.
***The beneficial effect is obtained with a daily intake of 2g of EPA and DHA.
****The beneficial effect is obtained with a daily intake of 3g of EPA and DHA
A supplemental daily intake of 5g of EPA and DHA combined must not be exceeded.

VIDEO LINK >>>> https://vimeo.com/471871476

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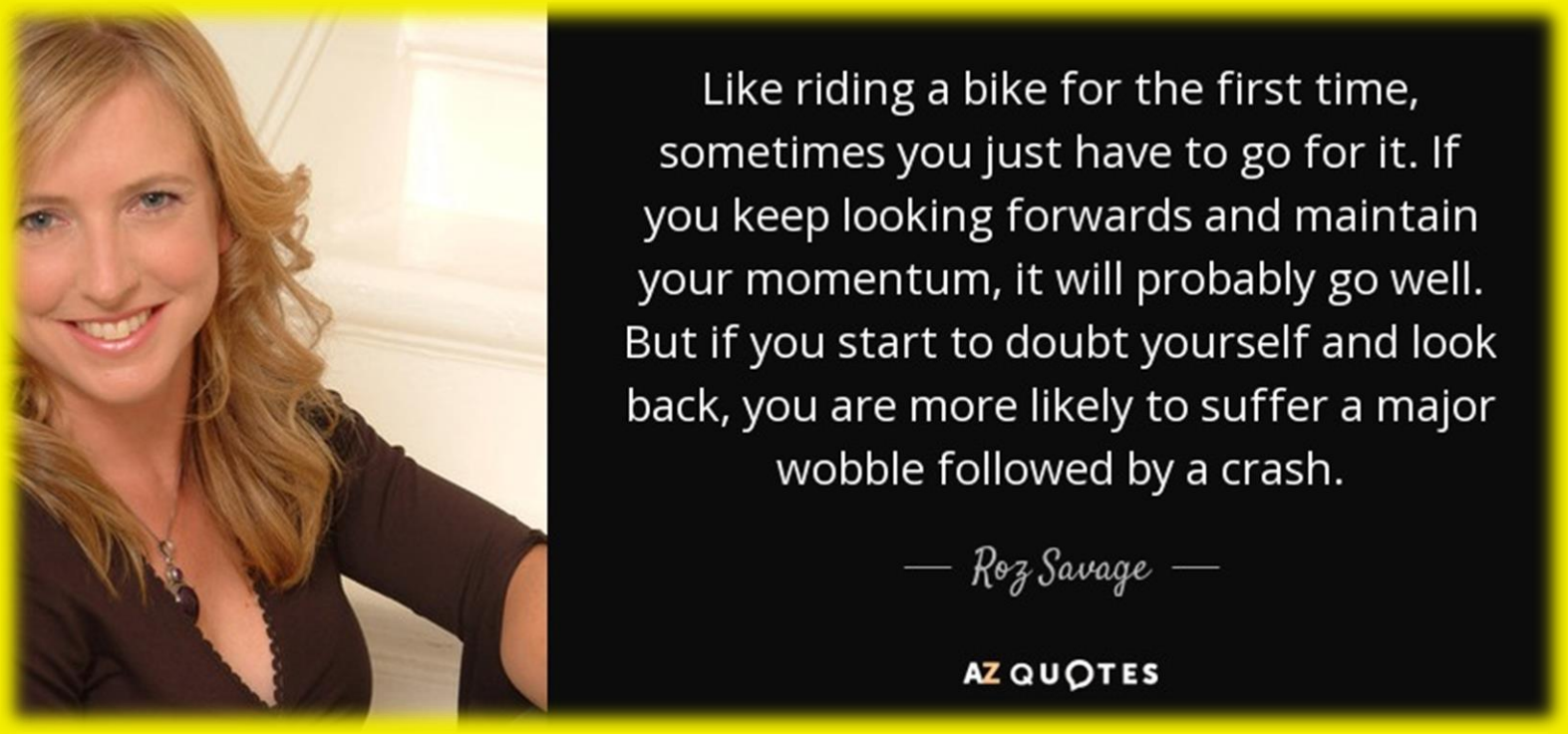
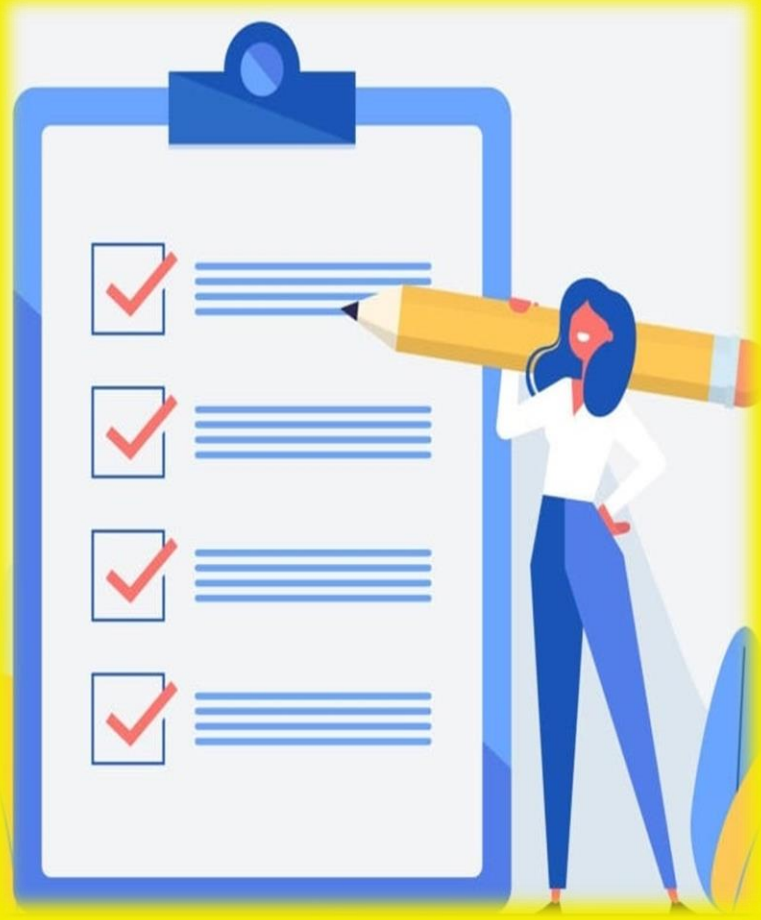
QUOTE OF THE DAY



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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