



Ultimate Balanced Lifestyle

# DAILY EBOOK



**HERBALIFE**  
**NUTRITION**

## DAY 14 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: Total Body HIIT Workout

### 2. [FOCUS OF THE DAY](#)

Congratulations you're at the end of the cycle:  
Time to Review & Reflect

### 3. [RECIPES OF THE DAY](#)

3.1 Shake of the Day: Summer Berries Mermaid Bowl

3.2 Snack of the Day: Spiced Apple Cake

3.3 Meal of the Day: Omelet Wraps

### 4. [PRODUCT OF THE DAY](#)

Immune Booster

### 5. [QUOTE OF THE DAY](#)

### 6. [DAILY CHECKLIST](#)



## DAILY WORKOUTS

### 1.1 Morning Wake 'N' Shake

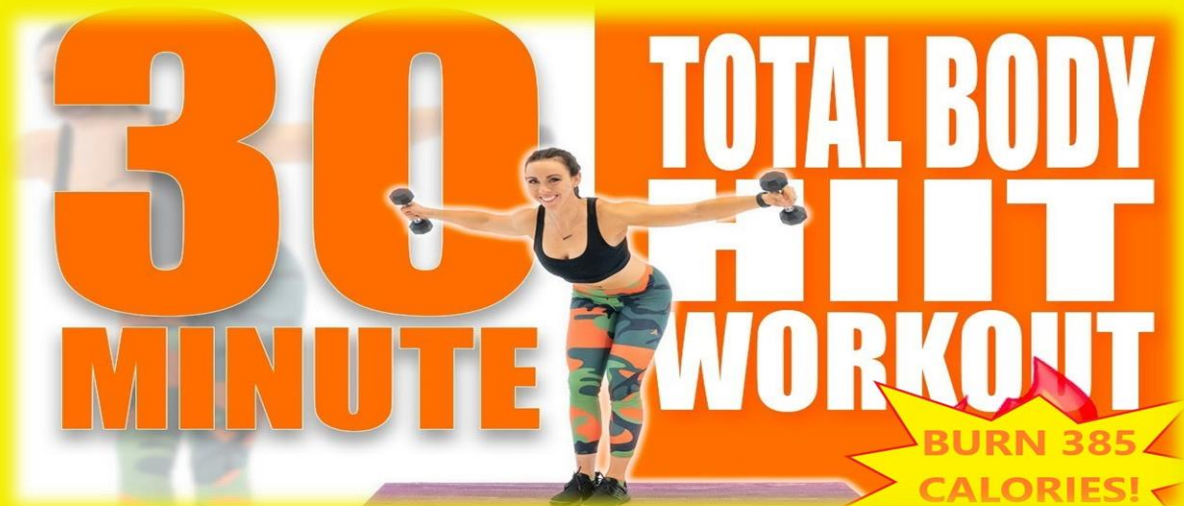


Kick start your day with a 15 minute high energy blast as soon as you wake up. Morning exercise boosts your metabolism, helping you to burn more calories during the day. It helps stabilise your cortisol levels, reducing stress and improving your focus and concentration throughout the day. Get your morning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

**VIDEO LINK >>> [Friday 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: Total Body HIIT



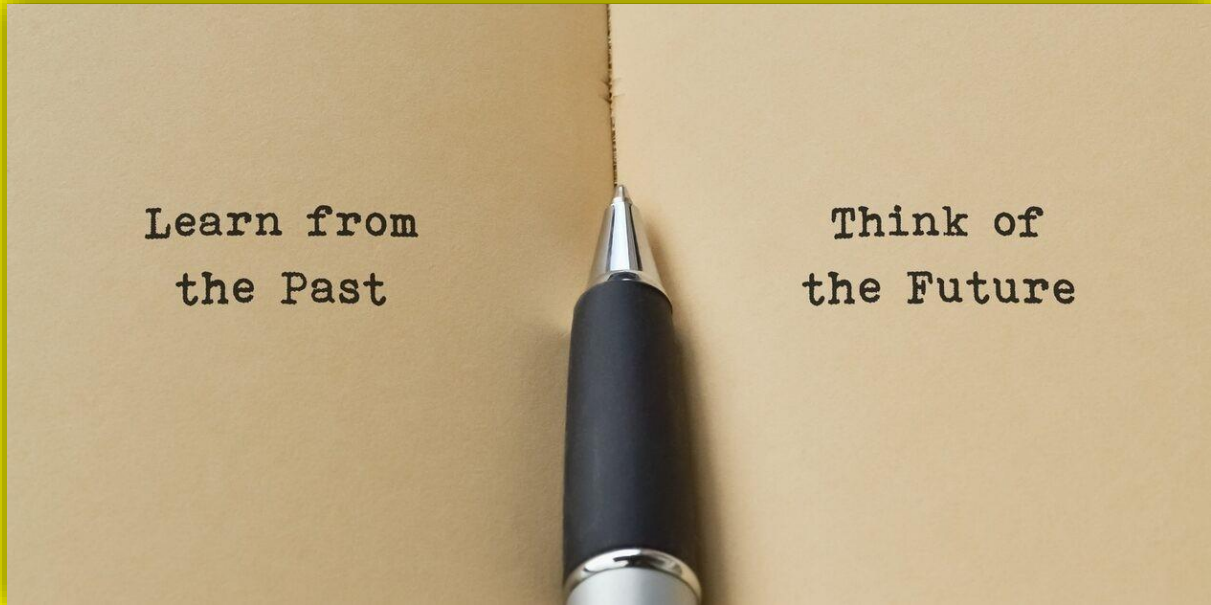
Today's workout of the day is a Total Body HIIT workout. This workout does incorporate dumbbells, however if you don't have any you can complete without, alternatively be creative and use other objects as weights!

**VIDEO LINK >>> [Full Body HIIT Workout\\*](#)**

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

## FOCUS OF THE DAY

**Congratulations you're at the end of the cycle:  
Time to Review & Reflect**



**Congratulations for your commitment over the last 3 weeks and for successfully completing the cycle. Whether this was your first cycle, or you have been on multiple cycles in the past, you have taken amazing steps towards improving your future.**

**The first step towards success is recognising what you want to achieve, then it's all about setting your goals, planning effectively and then making it happen.**

**You should be immensely proud of what you have achieved so far, as you took the leap and joined one of our active teams to help support your journey to lose body fat and improve your health and wellbeing. You have started to improve your nutritional habits, having gained a better understanding of what you should consume to fuel your body effectively. You better understand why water is so important and how much you should be drinking each day, along with how much exercise you should be incorporating into your daily routine.**

At the end of each cycle it is really important to review and self-reflect on how the cycle went. 'Self-Reflection' is so powerful as a tool for success, as it allows you to assess your progress, and if necessary, adapt and realign to keep you on track towards achieving the end result.

**Ask yourself the following questions and then use the results to effectively plan how you are going to approach the next cycle:**

- Did I achieve my targets?
- Were my targets realistic?
- Did I take the plan seriously and follow it correctly?
- Am I using my time wisely and did I successfully make the plan work around my daily life?
- Was I honest about my daily plan, did I use the products and did I truly hold myself accountable?
- Have I approached the process with a positive mindset?
- If things didn't go as expected did I make excuses, blame others, blame the plan itself or did I take responsibility, recognise where things went wrong and looked for solutions to get back on track?
- Did I enjoy the cycle?
- Did I feel like I was missing out on the things that I enjoy?
- Do I feel Better in myself for making positive changes?
- Have I noticed a physical difference in body measurements?
- Do I have more energy, focus and concentration?

Once you have completed the self-reflection, if you have any questions ahead of the next cycle, or you wish to discuss your targets, the plan or additional products that could help boost your results, then contact your Team Leader. The Team Leaders are here to help you achieve amazing results and maintain them!

**THIS IS NOT A DIET, THIS IS A WAY OF LIFE!**

## RECIPES OF THE DAY

### 3.1 Shake of the Day: Summer Berries Mermaid Bowl

# Summer Berries Mermaid Bowl

- 2 Scoops Formula 1 Summer Berries Flavoured (SKU #4470)
- 1 medium banana, frozen
- 60 g mixed berries, frozen
- 200 ml dairy-free milk
- ½ tsp spirulina

Blend until smooth, decorate with berries, banana, coconut flakes and granola.

kJ	Protein	Carbs	Fat	Fibre
1417	20g	52g	7g	10g



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## 3.2 Snack of the Day: Spiced Apple Cake

### Spiced Apple Cake



### Ingredients:

#### Cake

- 1/4 cup soy milk
- 7 scoops Formula 1 Spiced Apple Flavoured (SKU #4464)
- 1 cup almond flour
- 2 tsp baking powder
- 2 tsp vanilla extract
- 1/2 tsp salt
- 1/4 cup unsweetened apple sauce
- 3 egg whites
- 6 tbsp butter; melted
- 3 eggs
- 1/2 tbsp cinnamon
- 1/4 tsp nutmeg
- 3 tbsp water
- 1 tbsp of powdered sugar (for decorating)

**Total portions: 10**

### Instructions:

#### Cake

1. Preheat oven to 150°C.
2. In a mixing bowl, whisk all the ingredients until the mixture is smooth.
3. Spray a large bundt cake pan with non-stick cooking spray and put the mixture in the pan.
4. Bake for 40 minutes or until completely cooked.
5. Let the cake cool down for 10 minutes and remove from mold.

#### Assembly

1. Decorate the cake by sprinkling a thin layer of powdered sugar, over the top to enhance the flavour and appearance.
2. Slice and serve.

Kilojoules (KJ)	Protein	Carbs	Fat	Fibre
878	9g	8g	16g	3g

Serving size: 1 Slice



## 3.3 Meal of the Day: Omelet Wraps



# OMELET WRAPS

### INGREDIENTS

- 7 oz. (200g) cottage cheese
- 4 handfuls watercress
- 1 lemon, peel only
- 6 eggs
- ¼ cup (60ml) soy milk
- 1 tsp. mixed herbs
- 4 tsp. coconut oil
- 3.5 oz. (100g) smoked salmon, chopped

### INSTRUCTIONS

Place cottage cheese, watercress & lemon peel in bowl and puree with hand blender (or food processor) until smooth paste forms. Beat eggs with milk & herbs in separate bowl.

Heat 1 tsp of oil in medium size frying pan & fry 1/4 of the egg over medium heat for 2 minutes until the egg solidifies, then turn over for ½ minute. Remove omelet from pan. To serve, spread cottage cheese paste over omelets and top with smoked salmon. Roll up the omelet as a wrap and cut in half.

### INFO

**Serves:** 4  
**Prep:** 15 mins  
**Cook:** 10 mins

**Nutrition per serving:**  
237 kcal  
15g Fats  
3g Carbs  
20g Protein

DF | QUICK  
| GF | LOW  
CARB



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## PRODUCT OF THE DAY

### Immune Booster



Our immune system is an incredibly complex network that works quietly and tirelessly every single day. Support your immune system with Immune Booster! This powdered food supplement drink is formulated with EpiCor® - a scientifically proven, dried yeast-based ingredient. Immune Booster is smart nutrition for your immune system. It also contains key vitamins and minerals that contribute towards the normal function of the immune system, such as vitamins C and D, Selenium and Zinc. Immune Booster is available as a box of 10 sachets and great for when you are on-the-go!

#### KEY BENEFITS:

- Refreshing berry flavour
- Formulated with EpiCor® - a scientifically proven, dried yeast-based ingredient
- High in key vitamins and minerals such as vitamins C and D, Selenium and Zinc, which contribute to the normal function of the immune system
- Vitamin C, Selenium and Zinc also contribute to the protection of cells from oxidative stress
- Suitable for Vegetarians

**VIDEO LINK >>> <https://vimeo.com/442157185>**

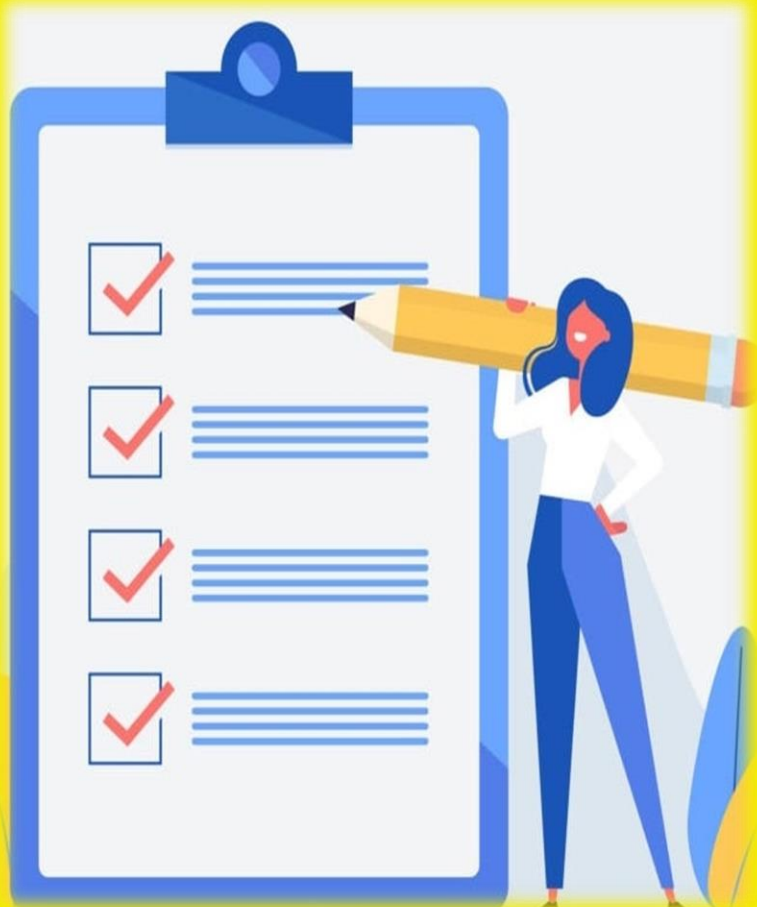
## QUOTE OF THE DAY

Self-reflection is the  
school of wisdom.

Baltasar Gracián

quotefancy

## DAILY CHECKLIST



- ✓ Submitted your Final Weight
- ✓ Taken End of Cycle Measurements and Photos
- ✓ 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
- ✓ Completed The Wall Chart Trackers