Ultimate Balanced Lifestyle

DAILY EBOOK

HERBALIFE NUTRITION

DAY 1 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: Core

2. FOCUS OF THE DAY
   - 2.1 THE ULTIMATE BALANCED LIFESTYLE PLAN
   - 2.2 How to balance your plate and control portion sizes

3. RECIPES OF THE DAY
   - 3.1 Shake of the Day: Strawberry Mint Mojito
   - 3.2 Snack of the Day: List of Healthy Snack Options
   - 3.3 Meal of the Day: Tuna and Broccoli Salad with Honey Vinaigrette

4. PRODUCT OF THE DAY
   - Formula 1 Nutritional Shake Mix

5. QUOTE OF THE DAY

6. DAILY CHECKLIST

Ultimate Balanced Lifestyle

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 >>>> Tuesday 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: Core

Boost your core strength with today's workout of the day

VIDEO LINK >>>> Core Workout*

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

Ultimate Balanced Lifestyle

FOCUS OF THE DAY
2.1 THE ULTIMATE BALANCED LIFESTYLE PLAN

NUTRITION

Breakfast: Herbalife Shake

Mid-Morning Snack: 150 – 200 Calories with a MINIMUM of 10g of protein

Lunch: Herbalife Shake

Mid-Afternoon Snack: 150 – 200 Calories with a MINIMUM of 10g of protein

Dinner: Healthy balanced evening meal

The key is to eat 'little and often', keeping your body fuelled throughout the day. When you get the balance correct you should never feel hungry and you should never feel full.

PORTION CONTROL IS VITAL IF YOU WANT TO ACHIEVE YOUR DESIRED RESULTS.

HYDRATION

Keeping your body hydrated properly is essential for your organs to function properly. You will learn more about this throughout the cycle.

You should aim to drink between 2 – 3 litres of water EVERY day.

EXERCISE

Exercising is extremely important for your general wellbeing and will burn the calories to achieve your results.

You want to aim to burn a MINIMUM of 300 – 400 calories EVERY day.
This equates to 10,000 steps or a 30 – 45 min high intensity workout.

Everyone is going to have a different level of mobility and athletic ability, therefore healthy steps are a fantastic way to get the exercise you need each day, however some may also choose to do HIIT workouts or weight training.

2.2 How to balance your plate and control portion sizes

THE HERBALIFE NUTRITION PHILOSOPHY

This highlights what your body requires on a daily basis to function correctly and help you achieve your personal goals

1. **Daily Nutrition: 40% Carbohydrates, 30% Protein, 30% Fats**
2. **Hydration: 2 - 3 Litres of water per day**
3. **Exercise: Minimum of 10,000 steps per day**

PREPARING YOUR HEALTHY BALANCED MEAL

½ of the plate: Filled with leafy greens and crunchy vegetables.

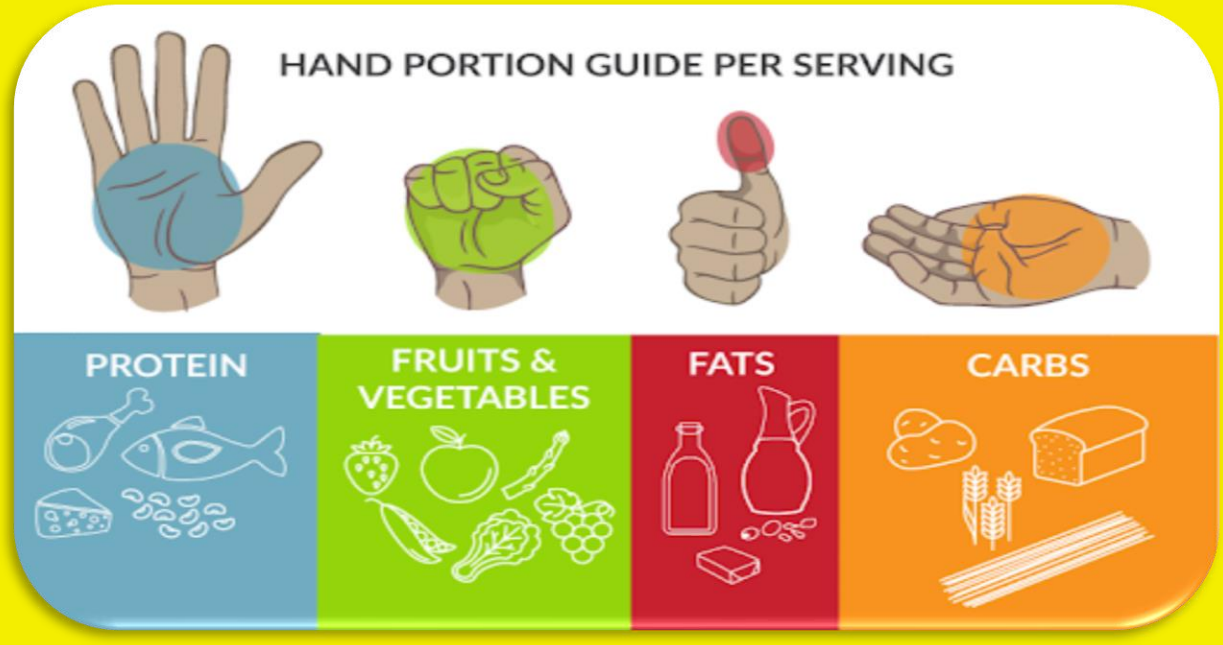
¼ of the plate: Filled with whole grains and/or legumes (rice, lentils, oats etc.).

¼ of the plate: Filled with a 'palm-sized' portion of healthy protein.

To look and feel your best, your body needs a complex blend of nutrients. Not only do you need the right Proteins, Carbohydrates, Fats, Vitamins and Minerals, you also need adequate fluids to stay hydrated and a good dose of fibre.

DON'T FORGET TO SHARE A PICTURE OF YOUR HEALTHY BALANCED MEAL IN YOUR GROUP CHAT!

Ultimate Balanced Lifestyle



PROTEIN

Protein is a macronutrient that is vital to virtually every cell in the body. Your body uses protein to manufacture important molecules, like hormones and enzymes, and to build and maintain muscle tissue. Protein is also great at satisfying hunger. Your body is constantly assembling, breaking down and using protein, so it's important to include enough protein in your diet every day to replace what is being used. The Herbalife Nutrition Philosophy suggests that up to 30% of your daily calorie intake should come from protein, which can include either plant-based protein (beans, lentils and other legumes) or animal protein (Poultry, fish and eggs).

When creating a healthy balanced meal, aim for your protein to be the size of the palm of your hand.

USEFUL TIP: The less legs the animal has, the leaner the source of protein

CARBOHYDRATES

Your body's preferred source of fuel is another macronutrient called carbohydrates. These are what our bodies run on and they are especially important for our brain as well. The Herbalife Nutrition Philosophy suggests that up to 40% of your daily calorie intake should come from beneficial carbohydrates – whole grains, beans, vegetables and fruits.

When creating a healthy balanced meal, aim to have no more than a cupped hand size portion of cooked starchy carbohydrates (grains, legumes, pasta, potatoes, bread etc.) and 'fist' sized portion of fruits and vegetables.

HEALTHY FATS

Your body also requires a small amount of healthy fats. Many people think of fats as a bad thing, however it is important to understand there are many healthy sources, such as fats from fish, nuts, olive oil and avocados, which our body requires in order to function properly.

Fats are a very concentrated source of calories, which is why it is recommended that you limit fats to 30% of your daily calorie intake.

When creating a healthy balanced meal, aim for your healthy fats to be the size of your thumb.

RECIPES OF THE DAY

3.1 Shake of the Day: Strawberry Mint Mojito

3.2 Snack of the Day: List of Healthy Snack Options

HEALTHY PROTEIN SNACKS

For best results follow the list!

Protein Snack Foods

- Greek yogurt
- Cottage Cheese
- Tuna
- Salmon
- Shrimp
- Turkey / Chicken slices
- Eggs
- Beans
- Lentils
- Edamame Soybeans
- Nut butter
- Almonds / Pistachios
- Pumpkin / Sunflower seeds
- Herbalife protein bar

Handy Snack Extras

- *Biscuits* - rice cakes, cruskits, ryvitas
- *Wraps* - whole grain barley
- *Veggies* - greens, cucumber, tomatoes, spinach, silver beet, carrots, celery, capsicum
- Herbs & Spices
- Fruit

Protein Dips/Spreads

(alter to suit with herbs/spices)

- Chobani dip
- Hummus
- Tuna with lemon juice & cottage cheese mix
- Avocado with lemon juice & cottage cheese mix

❖ Check portions and keep snack under 150 calories.
❖ Aim for as much protein as you can; e.g 10g.
❖ Use low fat, low sugar and unsalted versions.

HERBALIFE NUTRITION
Independent Herbalife Member

Ultimate Balanced Lifestyle

3.3 Meal of the Day: Tuna and Broccoli Salad with Honey Vinaigrette

TUNA & BROCCOLI SALAD WITH HONEY VINAIGRETTE

INGREDIENTS

For the Salad:

- 2 big handfuls salad leaves
- 3 radishes, sliced
- ½ cup (120g) tuna in water, drained
- 2 slices bread
- 100g broccoli
- 2 tsp Parmesan, grated

For the Dressing:

- 2 tbsp olive oil
- 3 tbsp of lemon juice
- 1 tsp of honey
- salt & pepper

INSTRUCTIONS

Divide salad leaves between two plates. Add sliced radish & pieces of tuna. Toast bread & cut into cubes, add to the salad. Place broccoli in a pot of boiling water & cook for approx. 5 mins, then strain & add to the salad. In a bowl, mix all dressing ingredients & drizzle over salad. Sprinkle with parmesan cheese & serve.

INFO

Serves: 2
Prep: 10 mins
Cook: 0 mins

Nutrition per serving:
328 kcal
14g Fats
26g Carbs
21g Protein

QUICK | PROTEIN

Ultimate Balanced Lifestyle

Ultimate Balanced Lifestyle

PRODUCT OF THE DAY

FORMULA 1 NUTRITIONAL SHAKE MIX

The Formula 1 Nutritional Shake provides a healthy meal with an excellent balance of high quality protein, essential micronutrients and added botanicals and herbs.

9 Delicious Flavours To Choose From
Banana Cream, Cafe Latte, Spiced Apple, Mint & Chocolate, Summer Berries, Strawberry Delight, Cookie Crunch, Smooth Chocolate, Vanilla Cream

Key Benefits

- #1 Meal-replacement shake in the world.
- Formula 1 is the pioneering Herbalife Nutrition product. It is backed by science with high-quality protein and all the nutrients your body needs in a healthy meal.
- A Formula 1 shake is a convenient healthy alternative to a high-calorie breakfast, lunch or dinner.
- High in protein contributing to a growth in muscle mass, Formula 1 is also a meal replacement that contains key micro and macro nutrients.

Nutritional Information

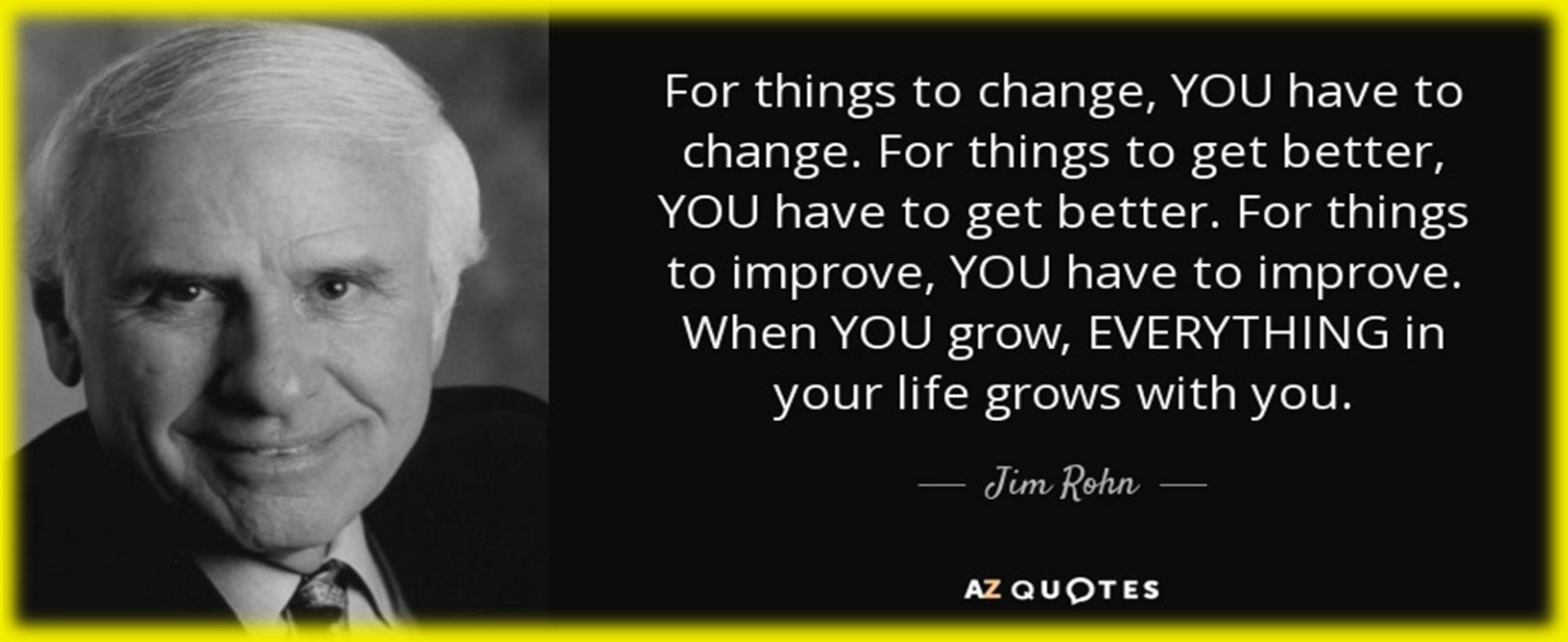
- 222 kcal per serving
- 18 - 22g protein per serving (when mixed with Semi-Skimmed Milk or the Herbalife Protein Drink Mix), contributing to the growth of muscle mass
- 5g of fibre per serving
- Minimum 38% of the daily recommended intake for 25 vitamins and minerals per serving, including Chromium which helps maintain normal blood sugar levels
- Vegan ingredients & gluten free!

Usage

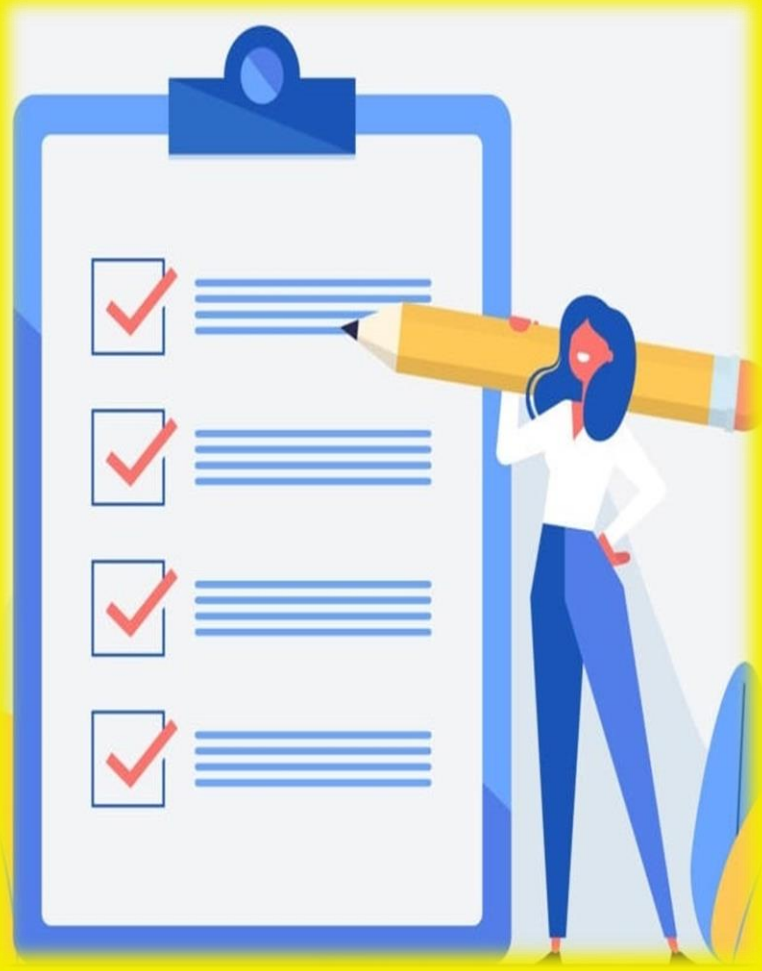
Herbalife Nutrition Formula 1 can only be considered a meal replacement when prepared to the label instructions.
For Weight Loss: Replace two meals per day with this delicious shake and eat one nutritionally balanced meal.
For Healthy Nutrition and to Maintain Weight: Replace one meal per day with Herbalife Formula 1 shake and eat two nutritionally balanced meals.

VIDEO LINK >>>> https://vimeo.com/365494976

QUOTE OF THE DAY



DAILY CHECKLIST



- ✓ Submitted Daily Weight
- ✓ Submitted Cycle Targets
- ✓ Taken 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
- ✓ Posted Daily Plan in group
- ✓ Completed The Daily Wall Chart Tracker

Ultimate Balanced Lifestyle