Ultimate Balanced Lifestyle

DAILY EBOOK

HERBALIFE NUTRITION

DAY 2 CONTENT:

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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 >>>> Wednesday 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: HIIT

Today's workout of the day is a High Intensity Interval Training (HIIT) session

VIDEO LINK >>>> HIIT 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

Hydration and how to calculate your minimum daily water intake

Did you know that about 60% of your body is composed of water?

We all know that water is essential, however we are less aware of its role in the body. Despite how important water is, many of us do not drink enough to support our body's basic functions. If you wait until you feel thirsty before you have a glass of water, then you are already dehydrated!

Drinking water helps maintain the balance of body fluids. The function of these bodily fluids include digestion, absorption, circulation, creation of saliva, transportation of nutrients, and the maintenance of body temperature.

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IMPORTANT BENEFITS OF DRINKING WATER

IMPROVED BLOOD CIRCULATION

A lack of water can cause blood to become thicker, putting more strain on the heart to pump the blood and oxygen around the body, therefore increasing blood pressure.

SUPPORTS BRAIN FUNCTIONS

Water cushions the brain, spinal cord and other sensitive tissues. Dehydration can affect the function of the brain, causing issues with concentration, memory and mood. This can also cause side effects such as headaches and migraines.

KEEPS THE AIRWAYS OPEN

Dehydration can cause the airways to restrict, which in turn can make the effects of asthma and allergies worse

NUTRIENT TRANSPORT

Minerals and Nutrients dissolve in water, which then travel around the body to the various cells. Most of the body's chemical reactions take place in water.

REMOVE TOXINS AND PREVENT KIDNEY DAMAGE

The kidneys regulate fluid in the body and remove toxins. Insufficient water can lead to kidney stones and other problems.

BOOSTS PERFORMANCE

Water enhances performance during strenuous activity. A lack of water causes muscle fatigue, therefore the muscles will not function properly during exercise and they will not repair themselves properly after exercise.

LUBRICATES THE JOINTS

Joints are surrounded by cartilage which allows the joint to move freely without the bones rubbing together. A lack of water can lead to joint pain.

PREVENTS DRY SKIN

Water helps your skin look fresh and healthy. Dehydration can cause dry skin and speed up the appearance of wrinkles.

SUPPORTS WEIGHT LOSS

Firstly, staying well hydrated will prevent you overeating as hunger is also a symptom of dehydration. Secondly, water helps boost your metabolism so that you burn more calories.

HOW TO CALCULATE YOUR MINIMUM DAILY WATER INTAKE:

YOUR WEIGHT (LBS) X 0.015

RECIPES OF THE DAY

3.1 Shake of the Day: Awakening Breakfast Shake

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3.2 Snack of the Day: Egg Broccoli & Ham Muffins

EGG BROCCOLI & HAM MUFFINS

INGREDIENTS

- ½ broccoli
- 5 eggs
- 1 clove garlic, minced
- pinch of chilli flakes, optional
- 4 slices ham, chopped
- 1/3 cup (30g) grated cheese

INSTRUCTIONS

Preheat oven to 360F (180C). Place broccoli in pot of boiling water & cook for approx 3 mins. Strain & cut into small pieces. Beat eggs in a medium size bowl, add minced garlic & season with salt & pepper, & chilli flakes if using.

Grease a 6-mould muffin tray with oil or butter, & fill the moulds with evenly divided broccoli, ham, & grated cheese. Pour beaten eggs into the moulds & bake in the oven for 10-15 mins, or until eggs have set.

INFO

Serves: 6
Prep: 5 mins
Cook: 15 mins

Nutrition per serving:
102 kcal
6g Fats
4g Carbs
10g Protein

DF | QUICK | FREEZER | GF | LOW CARB

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3.3 Meal of the Day: Moroccan Cod & Bulgur Salad

MOROCCAN COD & BULGUR SALAD

INGREDIENTS

- 10 oz (300g) cod fillets
- 1 tbsp lemon juice
- 2 cloves garlic, crushed
- ½ tsp turmeric
- ½ tsp paprika
- ½ tsp cumin
- pinch of saffron
- 2 tbsp olive oil
- Scant ½ cup (100g) of bulgur groats
- 1 tomato, chopped
- 1/4 onion, chopped
- 15 green olives, halved
- 3 sprigs of parsley, chopped
- lemon wedges, to serve

INSTRUCTIONS

Drizzle cod fillets with lemon juice. Season with salt & pepper, rub with garlic & the rest of the spices, coat with 1 tbsp of oil. Leave for half an hour to marinade, if you have time. Cook bulgur in salted water (about 15 mins) & once cooked set aside. Place chopped tomato in a salad bowl, add in chopped onion, olives & parsley. Season with salt & pepper, mix & set aside. Heat the pan & fry cod for about 3-4 mins each side until cooked throughout, then remove from the pan. Heat the cooked bulgur on the same pan with the remaining juices, then divide between plates. Serve with the cod & top with the earlier prepared tomato salad. Serve with lemon wedges.

INFO

Serves: 2
Prep: 5+30 mins
Cook: 15-25 mins

Nutrition per serving:
447 kcal
18g Fats
42g Carbs
34g Protein

DF | PROTEIN

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PRODUCT OF THE DAY

Protein Drink Mix (PDM), including Vegan Version

The Protein Drink Mix (PDM) acts as the perfect high protein milk substitute to add to your Formula 1 Shake Mix, creating a complete healthy meal replacement with 24g of protein.

KEY BENEFITS:

- 15g of high quality protein
- 20 essential vitamins and minerals
- 7g of Carbohydrates
- Can be made with water

VIDEO LINK >>>> https://vimeo.com/466209132

Vegan Version

The Vegan Protein Drink Mix is high in protein, gluten free, sugar free and dairy free. Just like with the standard PDM, when you combine this with the Formula 1 Shake Mix it creates a complete healthy meal replacement with 24g of protein.

KEY BENEFITS:

- 100% Vegan
- 15g of high quality protein
- 22 essential vitamins and minerals
- 6g of Carbohydrates
- Can be made with water

VIDEO LINK >>>> https://vimeo.com/636937568

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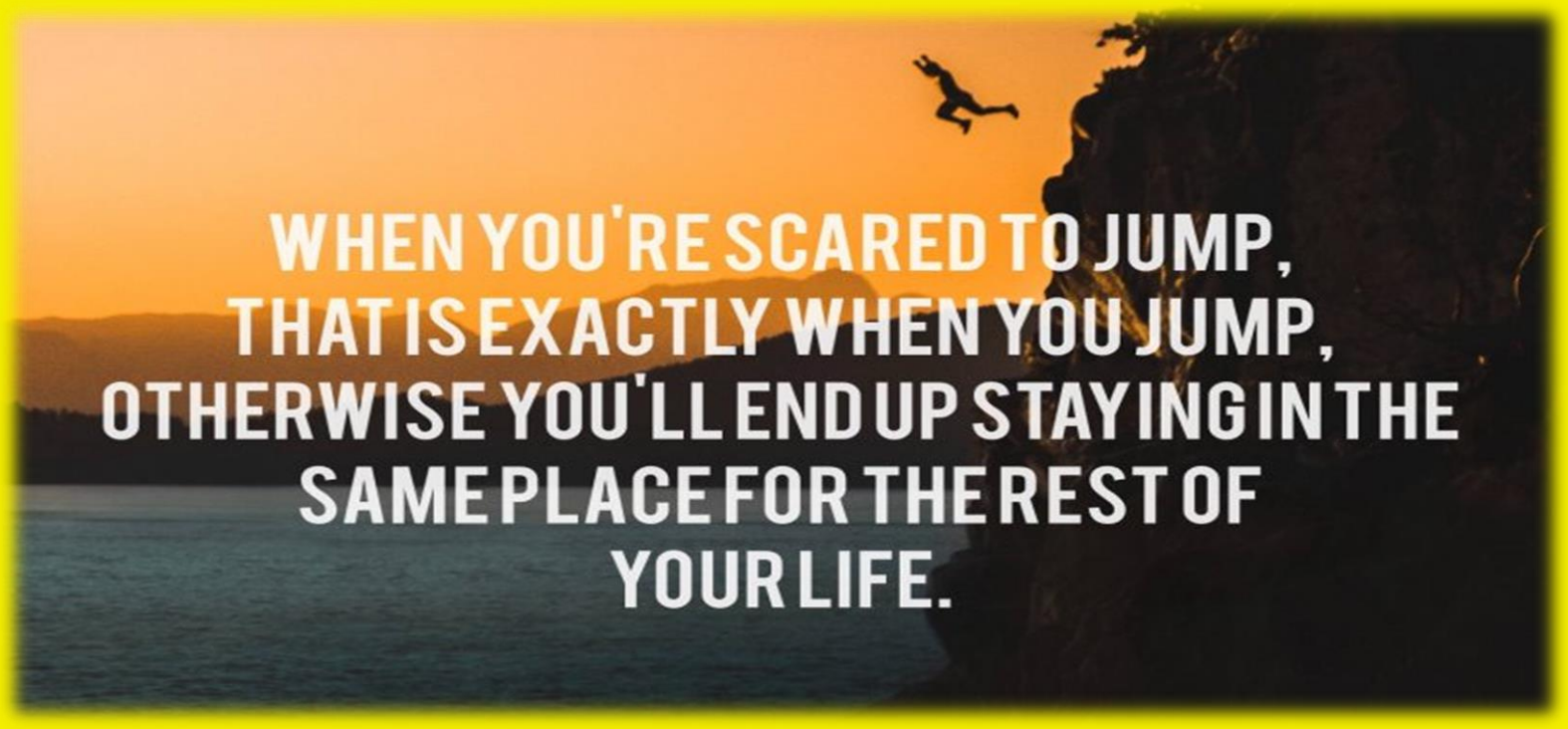
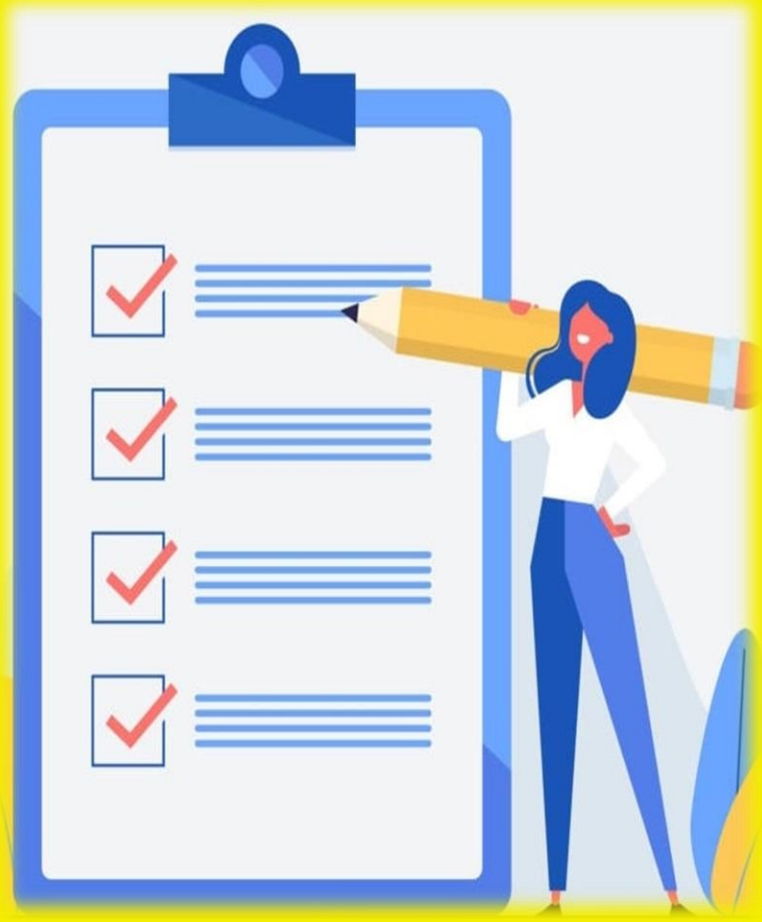
QUOTE OF THE DAY



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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