Ultimate Balanced Lifestyle

DAILY EBOOK

HERBALIFE NUTRITION

DAY 3 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: Upper Body Workout
2. FOCUS OF THE DAY
   - Focus on Fat Loss NOT Weight Loss!
3. RECIPES OF THE DAY
   - 3.1 Shake of the Day: Lean & Green
   - 3.2 Snack of the Day: Cottage Cheese Protein Pancakes
   - 3.3 Meal of the Day: Salmon Tartar with Avocado & Mango
4. PRODUCT OF THE DAY
   - Aloe Mango & Aloe Max
5. QUOTE OF THE DAY
6. DAILY CHECKLIST

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DAILY WORKOUTS

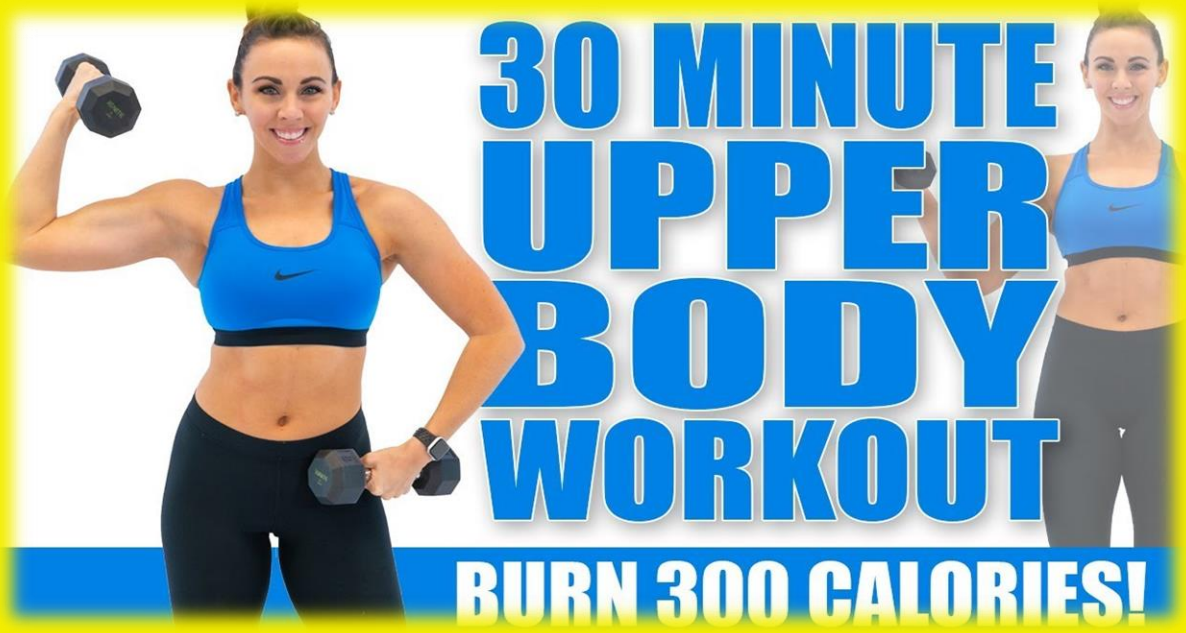
1.1 Morning Wake 'N' Shake

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: Upper Body



Today's workout of the day focuses on the Upper Body

VIDEO LINK >>>> Upper 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

Focus on Fat Loss NOT Weight Loss!

A Healthy Balanced Diet is essential for effective FAT LOSS to:

- ✓ Keep Lean Muscle
- ✓ Only Lose Body Fat

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SIGNS THAT YOU ARE WINNING

NOT HUNGRY ALL THE TIME

Increasing protein and reducing unnecessary carbohydrates and fats sends signals to the brain to say that you are satisfied.

IMPROVED SENSE OF WELLBEING

As your new healthier habits become part of your daily routine, you will start to feel so much better in yourself, with far more energy and increased focus and clarity. This change doesn't happen overnight and can take time, so hang in there, be patient and you will reap the reward for your hard work and dedication.

MEASUREMENTS CHANGE AND CLOTHES FIT BETTER

As you burn body fat, even if the number on the scales doesn't change, your body shape will be. You will be dropping inches off your body and those clothes that felt tight before will begin to fit nicely again! This is why we highly recommend you take measurements and photos throughout your journey, to track your non-scale victories and see how your body composition is changing.

IMPROVED MUSCLE TONE

As you burn body fat and build lean muscle through good nutrition and exercise, you will start to see big improvements in you muscle tone.

CHRONIC PAIN IMPROVES

Reducing fat levels will improve or help to prevent chronic pain in areas such as your back, hips knees and ankles.

TOILET HABITS MAY CHANGE

Increased levels of protein can lead to constipation, whereas increased fibre can improve bowl movements. You want a good balance of the two in your daily diet.

REDUCED RISK OF HEALTH PROBLEMS

As your nutritional habits improve, your blood pressure, sugar levels and cholesterol will reduce, which will reduce your risk of cardiovascular disease, heart attacks or strokes.

YOU SNORE LESS

As your nutrition improves and you hydrate your body better, it will improve your airways and reduce snoring

YOUR MOOD IMPROVES

Reducing your consumption of sugary and processed foods will stabilise your blood sugar levels and reduce mood swings.

THE IMAGES ON THE PREVIOUS PAGE REALLY HIGHLIGHT WHY IT IS SO IMPORTANT TO FOCUS ON THE NON-SCALE VICTORIES AND NOT GET CAUGHT UP WITH THE NUMBER ON THE SCALES!

RECIPES OF THE DAY

3.1 Shake of the Day: Lean & Green

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3.2 Snack of the Day: Cottage Cheese Protein Pancakes

COTTAGE CHEESE PROTEIN PANCAKES

INGREDIENTS

- 1 heaped cup (250g) cottage cheese
- 3 eggs
- 1 tsp of vanilla extract
- 1 tbsp of coconut sugar
- 3 heaped tbsp flour (regular or gluten-free)

INSTRUCTIONS

Place cottage cheese into a bowl, add egg yolks (keep the whites separate) & crush everything with a fork. Add in the flour, & mix thoroughly. Whisk the egg whites into a stiff foam & add to cheese mixture, gently combine the ingredients.

Heat a dry, non-stick pan and fry the pancakes (about 2 tbsp of batter per pancake) in batches, for about 3 mins, until the bottom is slightly browned. Turn & cook for another 2 mins. Suggested serving: Greek yogurt, honey, & berries.

INFO

Makes: 4
Prep: 10 mins
Cook: 10 mins

Nutrition per serving:
162 kcal
4g Fats
18g Carbs
12g Protein

QUICK | LOW CARB | VEG

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3.3 Meal of the Day: Salmon Tartar with Avocado & Mango

SALMON TATAR WITH AVOCADO & MANGO

INGREDIENTS

- 1 small salmon filet (100g), cut in cubes
- ¼ avocado, cut in cubes
- ¼ cup (30g) mango, cut in cubes
- 1 tbsp. lime juice
- 1/3 tsp. honey
- chili pepper, to taste
- handful coriander, chopped

INSTRUCTIONS

Wash & dry the salmon, then cut it into small cubes. Next cut avocado & mango into cubes & add to the salmon.

Mix in lime juice, chili pepper, & coriander. Season to taste with salt & pepper & mix well.

Set aside to chill in the fridge for at least 10 mins, then serve with toast (not included in nutrition info).

INFO

Serves: 1
Prep: 10 mins
Cook: 0 mins

Nutrition per serving:
282 kcal
17g Fats
9g Carbs
26g Protein

DF | QUICK | GF | LOW CARB

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PRODUCT OF THE DAY

Aloe Mango

Made from the Aloe Vera Leaf, Aloe Mango is a refreshing drink which contains Aloe Vera juice to give your water a refreshing citrus twist.

KEY BENEFITS:

- 40% Aloe Vera juice, derived from the whole Aloe Vera leaf
- Aloe juice is extracted using cold press, achieving high-quality Aloe juice
- Only 22 calories per serving
- Supports gut health as well as many other health benefits

VIDEO LINK >>>> https://vimeo.com/365493539

Aloe Max

The Aloe Max has a higher concentration of Aloe Vera juice in comparison to the Aloe Mango.

KEY BENEFITS:

- 97% Aloe Vera juice
- Contains no colours, sweeteners or flavours
- Suitable for Vegetarians and Vegans
- Only 2 calories per serving

VIDEO LINK >>>> https://vimeo.com/365499822

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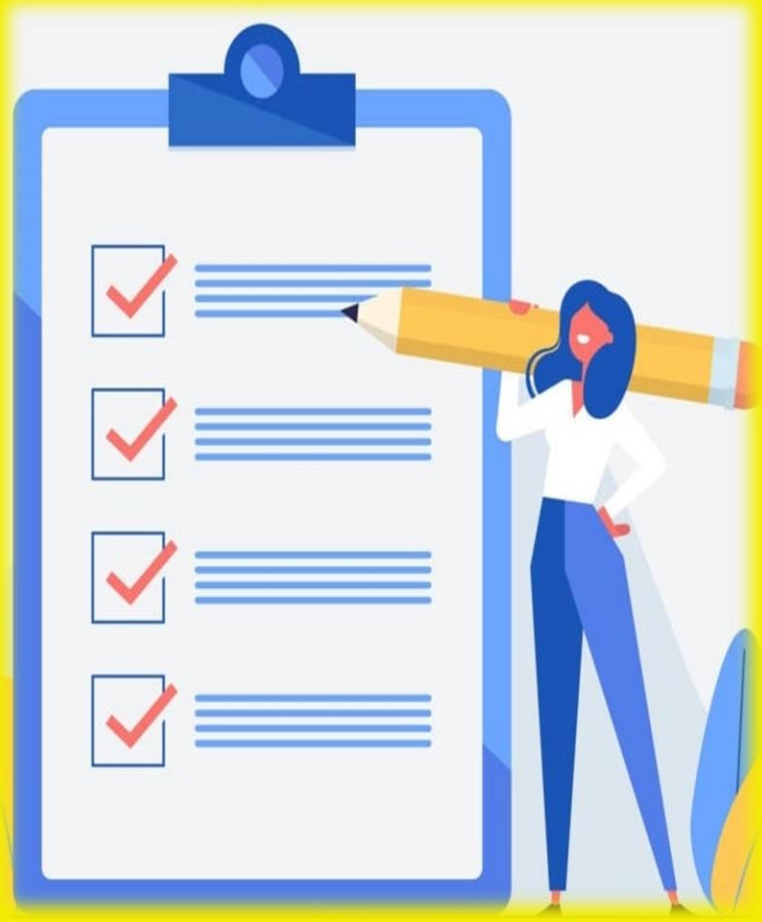
QUOTE OF THE DAY

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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