Ultimate Balanced Lifestyle

DAILY EBOOK

HERBALIFE NUTRITION

DAY 4 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 >>>> 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: 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

Understanding Daily Fluctuations

Weighing on a daily basis certainly has it's ups and it's downs!! Fluctuations can certainly prove stressful, especially when you feel you have been squeaky clean on your plan the day before, however these fluctuations are completely normal.

Rest assured that if you are being consistent with your healthy plan, your body fat levels will be reducing at a steady rate, however your body weight may fluctuate. This is because there are so many factors that contribute to body weight. Overnight weight gain is mainly food and water stored in your body and NOT BODY FAT!

Think back to yesterday's focus, about concentrating on body fat NOT body weight.

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MORE SODIUM THAN USUAL

Sodium can cause your body to retain a large volume of water. Cut down on salty foods.

MORE CARBS THAN USUAL

If you consumed more carbs than you normally would it can cause weight retention. 1g of carbs can retain 3g of water so you can see how this can increase your body weight.

YOU WEIGHED IN EARLIER

There may be more food still stored in your system if you weighed earlier than normal. Also less sleep can leave you with more water in the system in the morning

YOU'VE EATEN FOODS THAT CAUSE BLOATING

Certain foods, such as artificial sweeteners, processed foods, carbonated drinks, and for some people, dairy, can cause bloating.

YOU DID AN INTENSE WORKOUT THE DAY BEFORE

This can cause water retention in the muscles as they work to repair abrasions and tears.

YOU HAVEN'T HAD A BOWEL MOVEMENT YET

If you weigh in before emptying your bowel in the morning, when normally you weigh in after you've been to the toilet, that will have an impact on your body weight.

YOU ATE FIBRE-RICH FOODS

Fibre is extremely important for your digestive system, however a sudden increase in fibre intake and water retention can lead to an increase on the scale while your body adjusts.

YOU ATE LATE AT NIGHT

This will result in more food remaining in the system when you weigh in the next morning. Also foods high in carbohydrates, if eaten late, can be stored as fat instead of energy.

YOU CONSUMED ALCOHOL

Most alcohol is high in carbohydrates and sugar causing your body to retain water. Also, alcohol can lead to unhealthy snacking, staying up later and a disrupted sleep which also contribute to weight gain.

YOU WERE NOSE-BREATHING LAST NIGHT

When you are in good health with clear sinuses, you will breath through your nose, which is the body's preferred way. Allergies and illness can force you to breath through your mouth, which cause the kidneys to excrete too much water, requiring you to go to the toilet more through the night and end up dehydrated. Transitioning back to nose breathing will influence the scales

YOU'RE ABOUT TO MENSTRATE

Before you start your period, fluctuations in hormonal levels can lead to weight gain. This can start as early as 5 days before your period begins. Estrogen can cause your body to retain fluid and Progesterone can slow down your digestive tract.

YOU STARTED NEW MEDICATION

Medication causes your body to shift its rhythm and in the short term can cause water retention. Long term effects could be an increased appetite, slowing of your metabolism, or increased fat storage.

RECIPES OF THE DAY

3.1 Shake of the Day: Immunity Booster

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3.2 Snack of the Day: Sweetcorn Fritters

SWEETCORN FRITTERS

INGREDIENTS

- 9.8 oz (280g) organic sweetcorn, drained
- bunch coriander, chopped
- 1 lemon, zest
- 1 cup (120g) buckwheat flour
- 3/4 cup (185ml) cold water
- 4 tsp coconut oil

INSTRUCTIONS

Place sweetcorn in large bowl. Add chopped coriander & lemon zest, season with salt & pepper. Next, add in flour & water & mix well until smooth. Heat 2 tsp of coconut oil in a large non-stick pan on high heat. Once pan it is hot ladle in the mixture. Cook fritters two batches of 4, or divide the oil accordingly if your pan is not big enough (1/2 tsp oil per 1 fritter).

Cook for about 2-3 mins on each side until browned. The batter makes 8 medium sized fritters. Serve with a side of avocado & chilli yogurt (optional).

INFO

Serves: 8
Prep: 10 mins
Cook: 15-20 mins

Nutrition per serving:
97 kcal
3g Fats
15g Carbs
3g Protein

DF | VEG | QUICK | GF | LOW CARB

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3.3 Meal of the Day: Egg & Turkey Stuffed Peppers

EGG & TURKEY STUFFED PEPPERS

INGREDIENTS

- 4 eggs & 4 egg whites
- 2 tbsp almond milk
- 1 tsp coconut oil
- 1 small onion, chopped
- 1 lb (450g) lean ground turkey
- 2 tsp oregano
- 1 tsp cumin
- 2 cups (60g) spinach, chopped
- 4 red medium bell peppers
- ½ cup (50g) cheese (dairy or plant-based)
- parsley, chopped to serve

INSTRUCTIONS

Heat oven to 200C. Beat eggs, egg whites & milk. Heat coconut oil in pan over med heat. Add onion & cook for 3 mins. Add turkey, oregano, cumin, salt & pepper, until meat is cooked & add spinach. Increase heat & add eggs, until eggs are cooked. Set aside. Cut peppers & remove seeds, stuff with eggs & turkey. Place peppers in a baking dish & sprinkle with grated cheese. Bake in oven for 15 mins. To serve sprinkle with chopped parsley.

INFO

Serves: 4
Prep: 5 mins
Cook: 20 mins

Nutrition per serving:
329 kcal
12g Fats
11g Carbs
43g Protein

QUICK | PROTEIN | FREEZER | GF | LOW CARB

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PRODUCT OF THE DAY

Instant Herbal Beverage (Tea)

Low calorie refreshing drink infused with green and black tea. It has a unique blend of orange pekoe, which is a traditional black tea and green tea, with extracts of malva flower, hibiscus flower and cardamom seed. It provides a slow release of energy to help revive and refresh you throughout the day.

4 FLAVOURS AVAILABLE:

- Original
- Lemon
- Peach
- Raspberry

KEY BENEFITS:

- Only 6 calories per serving
- Contains 85mg of caffeine to help increase alertness and improve concentration
- The green tea is water extracted to give the full spectrum of compounds found in green tea.
- Can be enjoyed hot or cold
- 1 serving can burn between 80 – 100 calories, therefore the more you drink the more you shrink!

VIDEO LINK >>>> https://vimeo.com/471870576

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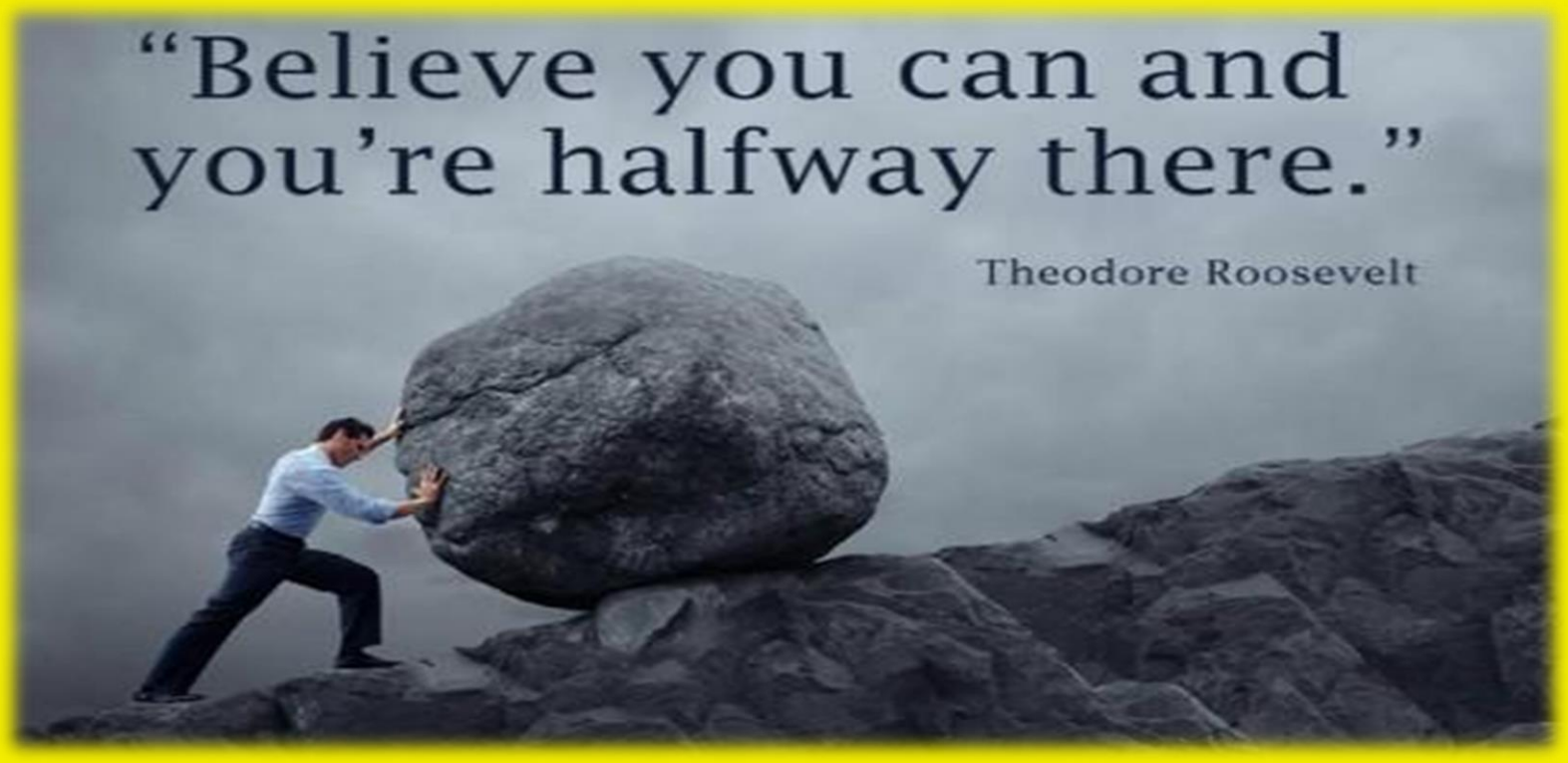
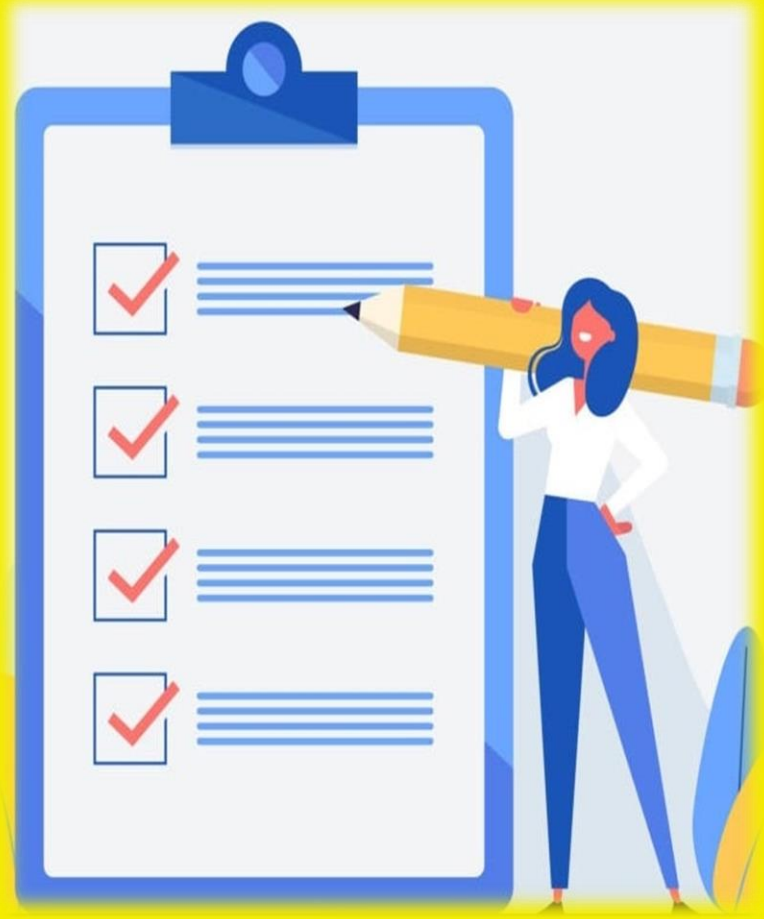
QUOTE OF THE DAY



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
- ✓ Prepared for the weekend to stay strong with your plan

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