Ultimate Balanced Lifestyle

DAILY EBOOK

HERBALIFE NUTRITION

DAY 7 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: Upper Body Shred

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

Phytonutrients – Eat a Rainbow!

Phytonutrients, also called phytochemicals, are chemical compounds produced by plants. The name 'Phyto' comes from the Greek word for plant. These chemicals help keep plants healthy and can provide significant benefits to humans who eat plant-based foods.

Phytonutrient-rich foods include colourful fruits and vegetables, legumes, nuts, tea, whole grains and many spices. They are not considered essential for life, however they provide fantastic health benefits, such as helping boost your immune system to fight off diseases, as well as antioxidant and anti-inflammatory benefits.

Phytochemicals give the plants their rich colours, which is why we say you should 'EAT A RAINBOW'. Aim to include foods with lots of natural colour on your plate as part of your healthy balanced meal.

BENEFITS FROM THE DIFFERENT COLOURED PLANTS

RED

Fruits and vegetables rich in red colour contain the antioxidants lycopene and ellagic acid. Antioxidants help protect your body's cells from the free radicals that play a role in the development of heart disease, diabetes and even cancer. Tomatoes, red peppers, red apples, cherries and strawberries are just a handful of the foods you can eat to get these disease-fighting benefits.

ORANGE

We all need Vitamin C. Orange-coloured fruit is packed with it, as well as carotenoids, including beta-carotene. Your body converts beta-carotene into vitamin A, which promotes healthy vision. Orange is also the colour of many citrus fruits, which can help increase your blood flow and reduce your risk of having a stroke. And don't forget to indulge in pumpkin, sweet potatoes or carrots. You can find these benefits in peaches, cantaloupe and, well, oranges, too.

GREEN

We've all heard how important "leafy greens" are to our diet. That's because they're some of the healthiest foods we can put in our mouths. The benefits are many: They have vitamin K, which is essential for our blood and bone health. They're packed full of antioxidants and folates. Kale alone has as much calcium as milk. Broccoli boosts your immune system and helps block cancer-causing properties. Other greens you can add to your diet include cucumbers, spinach, grapes, avocados and edamame.

BLUE

Help lower your blood pressure naturally by helping yourself to some blue-coloured foods. Did we mention that these foods have anti-aging properties? Grab a handful of blueberries and help slow the march of time on your body. Other blue-coloured foods to add to your plate include the deceptively named blackberries, which actually are a dark blue shade, and some you might not realize come in the colour blue, such as corn, potatoes and carrots.

YELLOW

Eating the yellow part of the fruit and vegetable rainbow gives you many of the same benefits as eating foods that fall under the orange layer – vitamin C and carotenoids. Brighten up your plate with some sweet corn, yellow bell peppers, pineapple, squash or lemons.

PURPLE

They're at the bottom of the rainbow, but that doesn't mean they're less important. Purple fruits and vegetables share similar benefits to blue-coloured foods: Both groups have anthocyanins, which are strong antioxidants that help protect our cells from damage and, like their red-coloured friends at the top of the rainbow, help reduce our risk of cancer, stroke and heart disease. Plums, prunes and grapes are some purple-coloured fruits. Going the veggie route, you can pick from purple cabbage, radishes and eggplant, among other options.

HOW MANY COLOURS CAN YOU GET ON YOUR PLATE THIS EVENING?

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RECIPES OF THE DAY

3.1 Shake of the Day: Green Goddess

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3.2 Snack of the Day: Chickpeas on Toast

CHICKPEAS ON TOAST

INGREDIENTS

- 2 tsp olive oil
- 2 shallots, diced
- 2 cloves garlic, minced
- ½ tsp smoked paprika
- ½ tsp sweet paprika
- ½ tsp brown sugar
- 1 can (14oz./400g) chopped tomatoes
- 1 can (14oz./400g) chickpeas, drained
- 4 slices bread, toasted
- handful parsley, to garnish
- 1/3 cup (60g) olives, halved, to garnish

INSTRUCTIONS

Heat olive oil over medium-high heat pan. Add shallots & cook for 2-3 mins, then add garlic & cook for another 1-2 mins. Add all the spices to the pan & mix well. Add in chopped tomatoes & 2 tbsp of water. Simmer on low-medium heat until sauce has reduced. Mix in the drained chickpeas, season with salt, sugar and black pepper and cook for another 5 mins until warmed through. Serve on the toasted bread with parsley and black olives.

INFO

Serves: 4
Prep: 5 mins
Cook: 20 mins

Nutrition per serving:
253 kcal
8g Fats
33g Carbs
11g Protein

DF | VEG | QUICK | FREEZER

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3.3 Meal of the Day: Pepper Steak

PEPPER STEAK

INGREDIENTS

- 12 oz (340g) round beef, trimmed
- 4 tsp plus 3 tbsp. soy sauce
- 1 tbsp rice wine
- 3 tsp buckwheat flour
- 2 tsp coconut oil
- 1 large onion, sliced into strips
- 1 red bell pepper, sliced into strips
- 1/2 tsp black pepper
- crushed red pepper flakes, to taste

INSTRUCTIONS

Slice beef into thin slices. Place in bowl & add 4 tsp soy sauce, 1 tbsp rice wine, 1 tsp buckwheat flour & season with freshly ground black pepper. In small bowl mix 3 tbsp soy sauce, 1 tbsp water & 2 tsp buckwheat flour, set aside. Heat 1 tsp oil in pan on high heat. Add beef & cook for around 20 secs letting the beef brown. Stir meat, cooking another 2 mins & transfer to plate. Add remaining 1 tsp of oil to pan, add peppers & onions & cook about 4-5 mins. Return beef to pan, add earlier prepared sauce & red pepper flakes (optional). Stir fry about 30-60 secs on medium heat until slightly thickened. Serve with rice (not included in nutrition info per serving). Store in fridge for up to 4 days.

INFO

Serves: 4
Prep: 5 mins
Cook: 10 mins

Nutrition per serving:
187 kcal
6g Fats
12g Carbs
22g Protein

DF | PROTEIN | GF | LOW CARB | FREEZER

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PRODUCT OF THE DAY

LiftOff & LiftOff Max

These are a healthy, sugar-free alternative to energy drinks, providing the boost you need to re-energise your body on a demanding day.

LiftOff

Stress and tiredness can often cause us to reach for sugary, high calorie foods and drink. LiftOff provides the perfect alternative when your body needs an energising lift.

KEY BENEFITS:

- 10 kcal per serving
- 70.5 mg of caffeine per serving
- 100% of your Vitamin C Recommended Daily Allowance (RDA) to help alleviate tiredness
- 100% of your RDA for B Vitamins (B1, B2, B3, B5, B6 & Biotin)
- Flavours: Lemon & Lime*

*The video Spotlight below is American and advertises 4 flavours. In the UK only Lemon & Lime is available

VIDEO LINK >>>> LiftOff Video Spotlight

LiftOff Max

LiftOff Max is designed to help boost your performance during a workout with a higher dose of caffeine compared with the standard LiftOff.

KEY BENEFITS:

- 13 kcal per serving
- 180 mg of caffeine per serving
- Formulated with vitamins B6, B12 and C
- Contains pantothentic acid, which contributes to normal mental performance
- Informed Sports Certified
- Sugar-Free
- No artificial colours or flavours
- Naturally sourced sweetener from stevia leaves

VIDEO LINK >>>> https://vimeo.com/636946565

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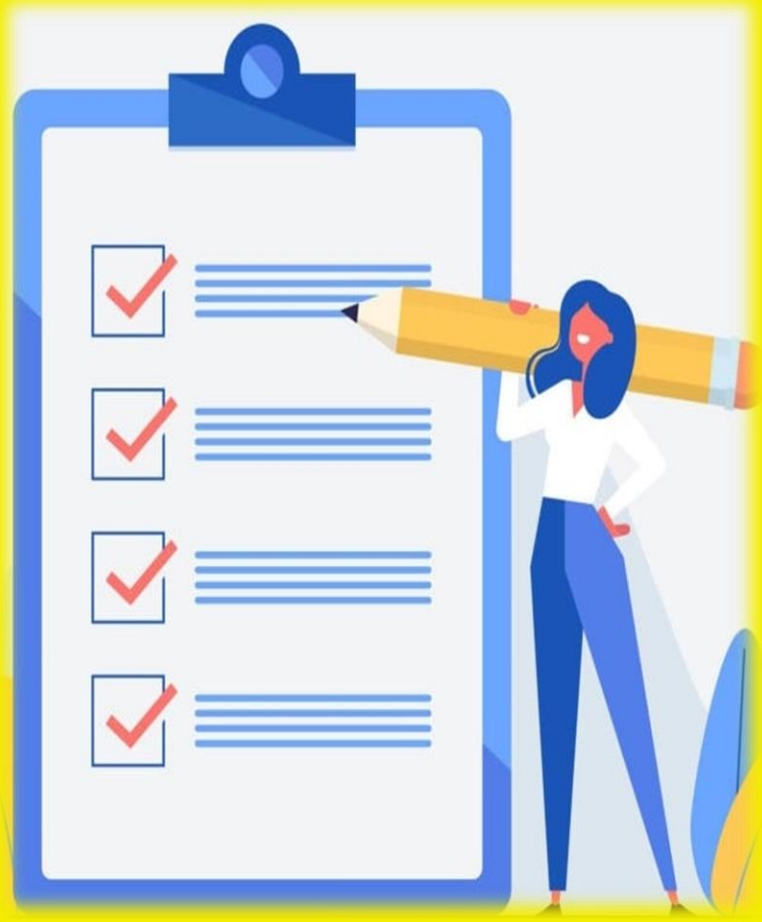
QUOTE OF THE DAY

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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