Ultimate Balanced Lifestyle

DAILY EBOOK

HERBALIFE NUTRITION

DAY 10 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: Intense Cardio & Abs

Today's workout of the day is an intense cardio and abs workout.
No equipment needed for this workout, just a sweat towel!

VIDEO LINK >>>> Intense Cardio & Abs 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

The Habit Loop: How to change bad habits

Habits, both good and bad, are formed from repetitive behaviour. The more you repeat the same process, the more ingrained the habit becomes and the harder it is to break.

Change can be tough, especially if it is a routine or behaviour that has been in place for many years. If you truly want to change a habit then you need motivation, commitment and patience as it isn't something that will change overnight.

The habit loop shown above, helps you understand how habits are formed and how you can break them down to form new habits.

PART 1: THE CUE

This is the trigger that sets of the habitual behaviour.
Cues can take many different forms and tend to fall into one of these 5 categories:

1. **Location**
2. **Time**
3. **Current emotional state**
4. **People around you**
5. **Your last action**

For example, you walk past a bakery and the smell of fresh pastries prompts you to go in and buy one. Therefore your location, along with smelling the fresh pastries, acted as the cue. If you hadn't walked past the bakery then you would not have consumed the pastry.

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PART 2: THE ROUTINE

Also referred to as the repeated behaviour, may be something you are fully aware of, such as getting up when your alarm goes off, or it may be an action you are less conscious of, such as chewing a pen lid while in deep thought.

Habitual behaviours often happen automatically, however in the early stages you would have made a conscious choice to pursue that action. For example:

- **When you feel tired you decide to make a cup of coffee to feel more alert**
- **When you're bored you pick up your phone and scroll through social media**

Over time, as you repeat the same action, this routine becomes more automatic thanks to the final component of the habit loop.

PART 3: THE REWARD

This refers to what the behaviour does for you and reinforces the routine to keep the habit firmly in place.

Some rewards are beneficial, such as the feeling you get after a delicious healthy meal or a good workout at the gym. These rewards make you feel good, however they also have positive health benefits. Other rewards can be far less beneficial, such as spending an entire evening scrolling through social media or watching YouTube videos. This reward can make you feel good at the time as it relieves boredom, however it can have a negative effect on physical and mental health.

Once the brain associates a specific behaviour with a reward, you will begin to crave the behaviour without realising it.

HOW TO BREAK THE LOOP AND CHANGE BAD HABITS

1. IDENTIFY THE ROUTINE

This is the easy part as it simply deciding which behaviour you want to change.

2. TRY DIFFERENT REWARDS

For example, if boredom triggers you to pick up your phone and scroll through social media, try to override that instinct by picking up a book about something that inspires or motivates you or do some exercise. This will break the boredom and provide a far greater reward as you will grow and develop mentally and physically instead of just wasting the time.

3. EXPLORE THE TRIGGERS

Identifying the cues that trigger your routine are the key to breaking the habit. Look back at the 5 categories above, then when you find yourself repeating a routine, note down what could have been the possible cue.

4. FIND A WAY AROUND THE CUE

Using the example from part 1 regarding buying a pastry from the bakery.

The Morning Routine: You walk to work past the bakery and the smell of fresh pastry draws you in to buy one. The location and the smell are the cues that trigger the response. Look at altering the location variable, therefore take a different route to work that doesn't take you past a bakery and tempt you to buy that morning pastry. In addition, ensure you get up early enough to have a healthy balanced breakfast before you head to work, therefore removing the feeling of hunger and reducing the temptation to buy food on route to work.

HABITS CAN CHANGE IF YOU REALLY WANT THEM TO CHANGE!

RECIPES OF THE DAY

3.1 Shake of the Day: Super Smoothie Bowl

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3.2 Snack of the Day: Strawberry Protein Muffins

STRAWBERRY PROTEIN MUFFINS

INGREDIENTS

- 1 cup (120g) oat flour
- 1/4 cup (25g) vanilla protein powder
- 1 tbsp lemon juice
- Zest of ½ a lemon
- 2 tbsp stevia
- ½ tsp baking soda
- pinch sea salt
- pinch cinnamon
- 1 tbsp coconut oil melted
- 3/4 cup egg whites
- 2 tbsp unsweetened almond milk
- ½ cup (125g) non-fat Greek yoghurt
- 1 tsp vanilla extract
- ½ cup (100g) strawberries chopped
- 1/4 cup (45g) 75% dark chocolate, chopped

INSTRUCTIONS

Preheat oven to 350F (180C). Mix all dry ingredients except chocolate chips & then mix in all wet ingredients. Stir until a smooth batter is formed, lightly stir in strawberries & chocolate chips (leave a few aside to top muffins). Line muffin tray with muffin liners & spray with oil. Make sure you spray the liners. Pour batter evenly into muffin tin. Drop 3-5 mini chocolate chips on top of each muffin. Bake the muffins for 23-25 mins or until the muffins are cooked through & edges browned. Remove from oven & let cool before serving.

INFO

Makes: 12
Prep: 10 mins
Cook: 25 mins

Nutrition per serving:
91 kcal
4g Fats
9g Carbs
6g Protein

NUTS | FREEZER | GF | LOW CARB | VEG

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3.3 Meal of the Day: Spinach Shakshuka

SPINACH SHAKSHUKA

INGREDIENTS

- 1 tbsp. coconut oil
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 4 cups (300g) mushrooms, sliced
- 2 cups (450g) leaf spinach
- 4 eggs
- handful parsley, chopped

INSTRUCTIONS

Heat oil in a large pan over medium heat. Add the onion & garlic & cook for 2-3 mins until soft. Next, add mushrooms & cook for another 3-4 mins. Season with salt & pepper. Add spinach to the pan in batches. Cover the pan with a lid & let it wilt, repeat this step until all the spinach is used. Stir well and taste for seasoning.

Make 4 indentations in the spinach & break an egg in each. Cook for 5-6 mins covered with lid until egg whites are set. Dress in fresh parsley & serve.

INFO

Serves: 2
Prep: 10 mins
Cook: 15 mins

Nutrition per serving:
321 kcal
22g Fats
19g Carbs
24g Protein

DF | VEG | QUICK | GF | LOW CARB

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PRODUCT OF THE DAY

High Protein Iced Coffee

For all the coffee lovers, go-getters, dreamers with deadlines and explorers: this one's for you! It can be challenging to find a healthier iced coffee drink that's not loaded with sugar, fat and calories, but still tastes great.
This product has taken two ingredients that you know and love - Protein and Coffee - and blended them together to create a drink that's deliciously refreshing! Whether you are on-the-go, or just need a caffeine boost, reach for a glass of refreshing High Protein Iced Coffee!

KEY BENEFITS:

- 100% Robusta espresso coffee beans
- 15g whey protein
- Suitable for vegetarians
- No added sugar
- Only 80kcal
- 80mg caffeine
- Real coffee beans for an authentic coffee taste
- Protein contributes to the growth and maintenance of muscle mass
- Protein contributes to the maintenance of normal bones
- Low fat
- Contains no colours or preservatives

Add cold water, ice and enjoy!

VIDEO LINK >>>> https://vimeo.com/471870494

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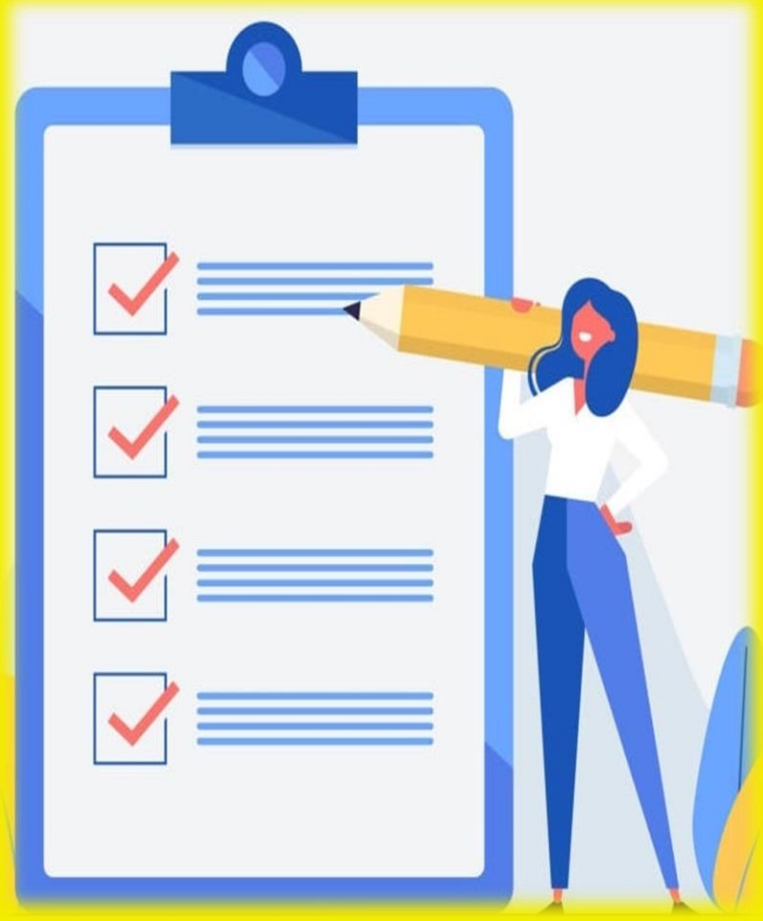
QUOTE OF THE DAY

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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