Ultimate Balanced Lifestyle

DAILY EBOOK

HERBALIFE NUTRITION

DAY 14 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: Lower Body Workout
2. FOCUS OF THE DAY
   - Understanding Nutrition Labels on Food
3. RECIPES OF THE DAY
   - 3.1 Shake of the Day: Cherry-Orange Beet
   - 3.2 Snack of the Day: Omelet with Cottage Cheese & Basil
   - 3.3 Meal of the Day: Cod with Creamy Zoodles
4. PRODUCT OF THE DAY
   - Immune Booster
5. QUOTE OF THE DAY
6. DAILY CHECKLIST

Ultimate Balanced Lifestyle

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: Total Body HIIT

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!

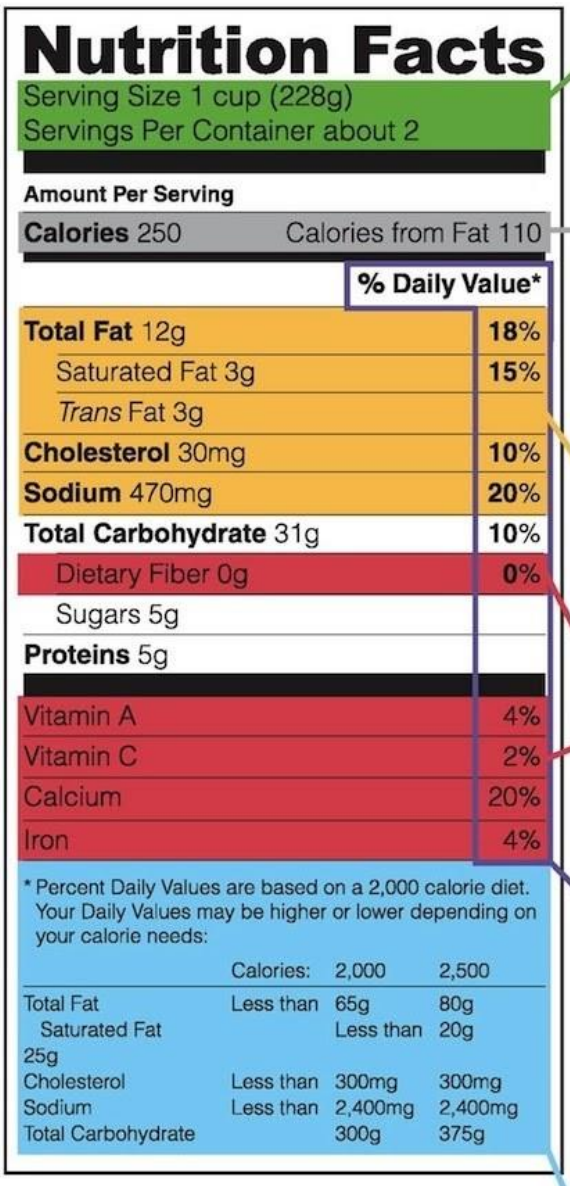
VIDEO LINK >>>> Lower Body Workout*

*If this link does not work on your phone, use the link on the telegram message

Ultimate Balanced Lifestyle

FOCUS OF THE DAY

Understanding Nutrition Labels on Food



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container about 2

Amount Per Serving

Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Trans Fat 3g	
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat		Less than	20g
25g			
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

1 Serving Size

This section is the basis for determining number of calories, amount of each nutrient, and %DVs of a food. Use it to compare a serving size to how much you actually eat. Serving sizes are given in familiar units, such as cups or pieces, followed by the metric amount, e.g., number of grams.

2 Amount of Calories

If you want to manage your weight (lose, gain, or maintain), this section is especially helpful. The amount of calories is listed on the left side. The right side shows how many calories in one serving come from fat. In this example, there are 250 calories, 110 of which come from fat. The key is to balance how many calories you eat with how many calories your body uses. ***Tip:*** *Remember that a product that's fat-free isn't necessarily calorie-free.*

3 Limit these Nutrients

Eating too much total fat (including saturated fat and trans fat), cholesterol, or sodium may increase your risk of certain chronic diseases, such as heart disease, some cancers, or high blood pressure. The goal is to stay below 100%DV for each of these nutrients per day.

4 Get Enough of these Nutrients

People often don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. Eating enough of these nutrients may improve your health and help reduce the risk of some diseases and conditions.

5 Percent (%) Daily Value

This section tells you whether the nutrients (total fat, sodium, dietary fiber, etc.) in one serving of food contribute a little or a lot to your total daily diet.

The %DVs are based on a 2,000-calorie diet. Each listed nutrient is based on 100% of the recommended amounts for that nutrient. For example, 18% for total fat means that one serving furnishes 18% of the total amount of fat that you could eat in a day and stay within public health recommendations. Use the Quick Guide to Percent DV (%DV): 5%DV or less is low and 20%DV or more is high.

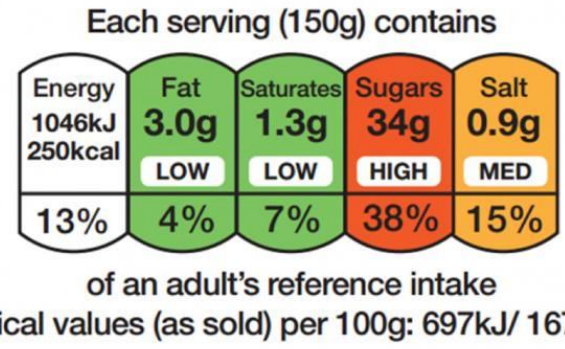
6 Footnote with Daily Values (DVs)

The footnote provides information about the DVs for important nutrients, including fats, sodium and fiber. The DVs are listed for people who eat 2,000 or 2,500 calories each day.

– The amounts for total fat, saturated fat, cholesterol, and sodium are maximum amounts. That means you should try to stay below the amounts listed.

Ultimate Balanced Lifestyle

Red amber and green colour coding



Colour-coded nutritional information tells you at a glance if the food has high, medium or low amounts of fat, saturated fat, sugars and salt:

red means high
amber means medium
green means low
In short, the more green on the label, the healthier the choice.

Nutrition labels are often displayed as a panel or grid on the back or side of packaging. In addition, most of the big supermarkets and many food manufacturers also display nutritional information on the front of pre-packed food, which is colour coded using a traffic light system. This is very useful when you want to compare different food products at a glance.

There are guidelines to tell you if a food is high in fat, saturated fat, salt, sugar or not, which are:

TOTAL FAT:
☹ HIGH IN FAT is more than 17.5g of fat per 100g
👍 LOW IN FAT is 3g of fat or less per 100g

SATURATED FATS:
☹ HIGH IN SATURATED FATS is more than 5g of saturated fat per 100g
👍 LOW IN SATURATED FATS is 1.5g of saturated fat or less per 100g

SUGARS:
☹ HIGH IN SUGAR is more than 22.5g of total sugars per 100g
👍 LOW IN SUGAR is 5g of total sugars or less per 100g

SALT:
☹ HIGH IN SALT is more than 1.5g of salt per 100g (or 0.6g sodium)
👍 LOW IN SALT is 0.3g of salt or less per 100g (or 0.1g sodium)

Ultimate Balanced Lifestyle

RECIPES OF THE DAY

3.1 Shake of the Day: Cherry-Orange Beet

Ultimate Balanced Lifestyle

3.2 Snack of the Day: Omelet with Cottage Cheese & Basil

OMELET WITH COTTAGE CHEESE & BASIL

INGREDIENTS

- 6 large eggs
- 4 tbsp water
- 1 tbsp oil or butter
- bunch fresh basil
- 200g cottage cheese
- 12 cherry tomatoes

INSTRUCTIONS

Beat eggs with water & season with salt & pepper. Heat ¼ oil in a frying pan & bake 1 thin omelet, repeat until you have 4. Keep them warm under aluminium foil.

Chop the basil finely & mix with the cottage cheese. Season with freshly ground pepper. Cut tomatoes into quarters. Divide the cottage cheese & tomato over the omelets & roll them up. Cut diagonally & serve immediately.

INFO

Serves: 4
Prep: 10 mins
Cook: 10 mins

Nutrition per serving:
200 kcal
14g Fats
3g Carbs
15g Protein

VEG | QUICK | GF | LOW CARB

Ultimate Balanced Lifestyle

Ultimate Balanced Lifestyle

3.3 Meal of the Day: Cod with Creamy Zoodles

COD WITH CREAMY ZOODLES

INGREDIENTS

For the Fish:

- 10 oz. (300g) cod fillets
- 1 tsp paprika
- 1 tsp. turmeric
- 1 tsp. oregano
- 1/2 tsp. chili
- 1 tbsp. buckwheat flour
- 1/4 cup (60ml) veg stock
- 1/3 cup (80ml) cream (dairy or plant based)
- 3 tbsp. chives, chopped

For the Zucchini:

- 2 medium zucchinis
- 1 tsp oil
- 1 clove garlic, minced
- 4 sundried tomatoes

INSTRUCTIONS

For the fish: Cut fish into 2 or more pieces. Season with salt, pepper & spices. Coat in buckwheat flour. Heat 2 tbsp of oil in a frying pan & fry the cod until golden for about 5 mins, then flip & repeat on the other side. Mix the cream & the hot stock together, pour into the pan with the cod and bring to the boil, simmer for 2-3 mins. Sprinkle with chives & simmer for another 1-2 mins.

For the zucchini: Make zucchini noodles (zoodles) using a special julienne peeler or spiralizer, or peel with vegetable peeler, making wide but thin ribbons. Heat oil in a frying pan, add the minced garlic & fry briefly. Add the zoodles & occasionally stir until they soften slightly, for 3 - 4 mins. Season with salt & pepper. At the end, add the chopped sundried tomatoes. To serve, divide the zoodles between two bowls, place the cod on top & pour over the sauce.

INFO

Serves: 2
Prep: 10 mins
Cook: 20 mins

Nutrition per serving:
271 kcal
11g Fats
13g Carbs
33g Protein

QUICK | GF | LOW CARB | PROTEIN

Ultimate Balanced Lifestyle

Ultimate Balanced Lifestyle

PRODUCT OF THE DAY

Immune Booster

Our immune system is an incredibly complex network that works quietly and tirelessly every single day. Support your immune system with Immune Booster! This powdered food supplement drink is formulated with EpiCor® - a scientifically proven, dried yeast-based ingredient. Immune Booster is smart nutrition for your immune system. It also contains key vitamins and minerals that contribute towards the normal function of the immune system, such as vitamins C and D, Selenium and Zinc. Immune Booster is available as a box of 10 sachets and great for when you are on-the-go!

KEY BENEFITS:

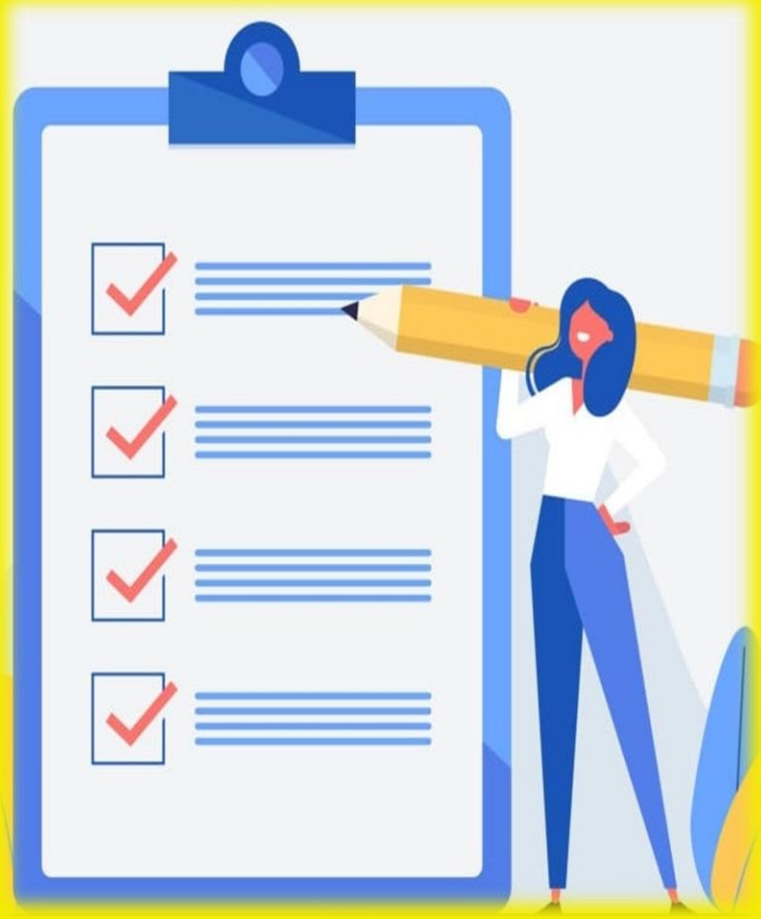
- Refreshing berry flavour
- Formulated with EpiCor® - a scientifically proven, dried yeast-based ingredient
- High in key vitamins and minerals such as vitamins C and D, Selenium and Zinc, which contribute to the normal function of the immune system
- Vitamin C, Selenium and Zinc also contribute to the protection of cells from oxidative stress
- Suitable for Vegetarians

VIDEO LINK >>>> https://vimeo.com/442157185

Ultimate Balanced Lifestyle

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

Ultimate Balanced Lifestyle