Ultimate Balanced Lifestyle

DAILY EBOOK

HERBALIFE NUTRITION

DAY 15 CONTENT:

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DAILY WORKOUTS

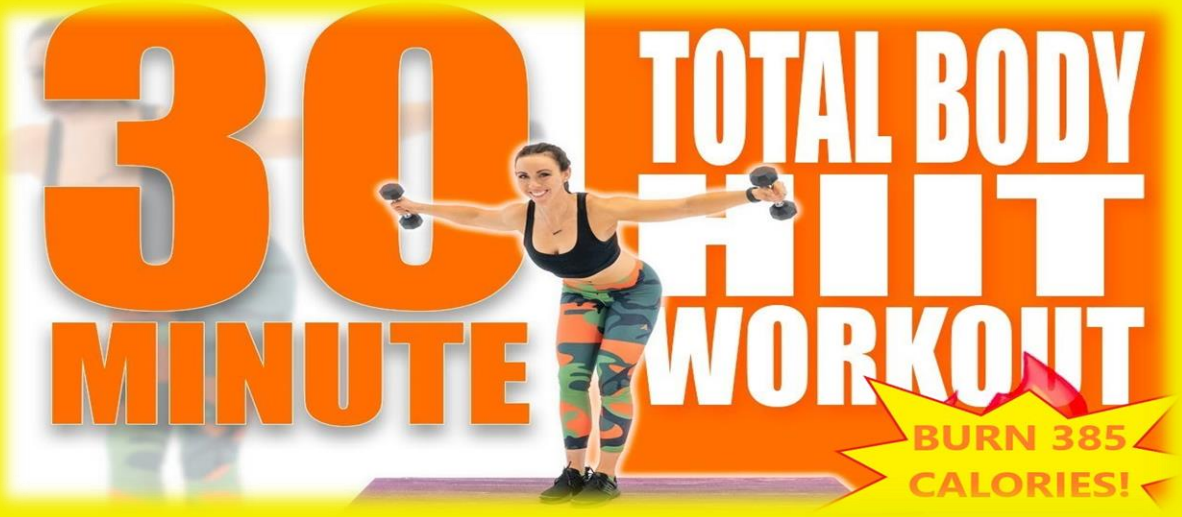
1.1 Morning Wake 'N' Shake

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: Total Body HIIT



Today's workout of the day is a Total Body HIIT workout. 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 >>>> Full Body HIIT Workout*

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

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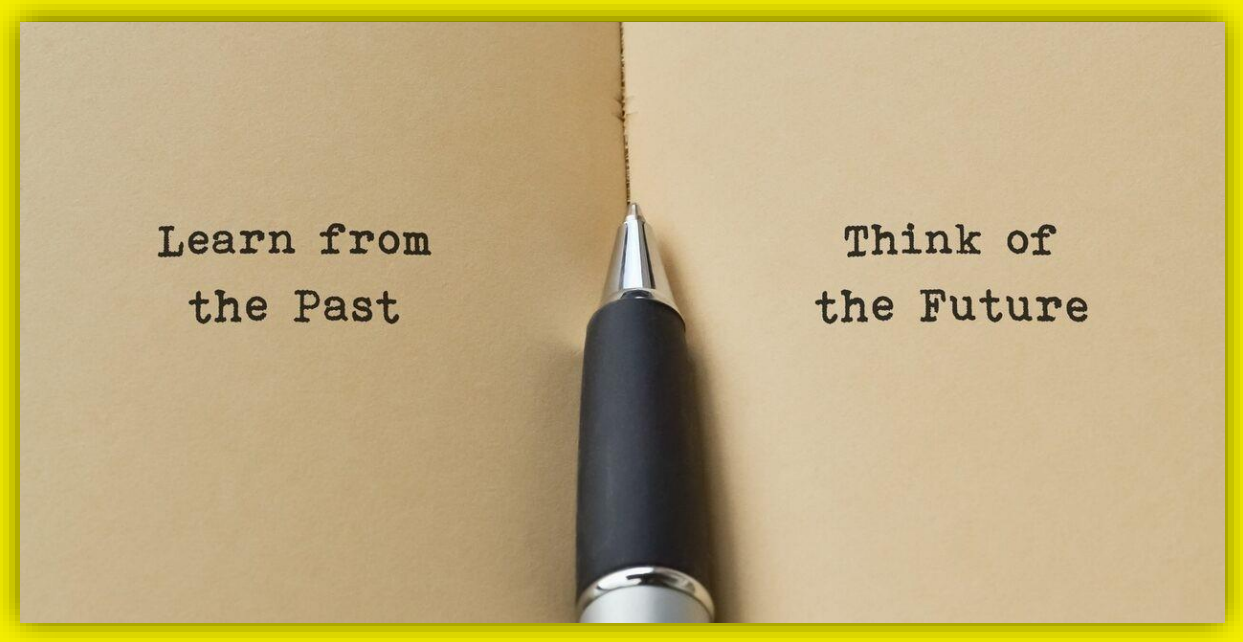
FOCUS OF THE DAY

Congratulations you're at the end of the cycle: Time to Review & Reflect



Congratulations for your commitment over the last 3 weeks and for successfully completing the cycle. Whether this was your first cycle, or you have been on multiple cycles in the past, you have taken amazing steps towards improving your future.

The first step towards success is recognising what you want to achieve, then it's all about setting your goals, planning effectively and then making it happen.

You should be immensely proud of what you have achieved so far, as you took the leap and joined one of our active teams to help support your journey to lose body fat and improve your health and wellbeing. You have started to improve your nutritional habits, having gained a better understanding of what you should consume to fuel your body effectively. You better understand why water is so important and how much you should be drinking each day, along with how much exercise you should be incorporating into your daily routine.

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At the end of each cycle it is really important to review and self-reflect on how the cycle went. 'Self-Reflection' is so powerful as a tool for success, as it allows you to assess your progress, and if necessary, adapt and realign to keep you on track towards achieving the end result.

Ask yourself the following questions and then use the results to effectively plan how you are going to approach the next cycle:

- **Did I achieve my targets?**
- **Were my targets realistic?**
- **Did I take the plan seriously and follow it correctly?**
- **Am I using my time wisely and did I successfully make the plan work around my daily life?**
- **Was I honest about my daily plan, did I use the products and did I truly hold myself accountable?**
- **Have I approached the process with a positive mindset?**
- **If things didn't go as expected did I make excuses, blame others, blame the plan itself or did I take responsibility, recognise where things went wrong and looked for solutions to get back on track?**
- **Did I enjoy the cycle?**
- **Did I feel like I was missing out on the things that I enjoy?**
- **Do I feel Better in myself for making positive changes?**
- **Have I noticed a physical difference in body measurements?**
- **Do I have more energy, focus and concentration?**

Once you have completed the self-reflection, if you have any questions ahead of the next cycle, or you wish to discuss your targets, the plan or additional products that could help boost your results, then contact your Team Leader. The Team Leaders are here to help you achieve amazing results and maintain them!

THIS IS NOT A DIET, THIS IS A WAY OF LIFE!

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RECIPES OF THE DAY

3.1 Shake of the Day: Summer Berries Mermaid Bowl

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3.2 Snack of the Day: Spiced Apple Cake

Ingredients:

Cake

- 1/4 cup soy milk
- 7 scoops Formula 1 Spiced Apple Flavoured (SKU #4464)
- 1 cup almond flour
- 2 tsp baking powder
- 2 tsp vanilla extract
- 1/2 tsp salt
- 1/4 cup unsweetened apple sauce
- 3 egg whites
- 6 tbsp butter; melted
- 3 eggs
- 1/2 tbsp cinnamon
- 1/4 tsp nutmeg
- 3 tbsp water
- 1 tbsp of powdered sugar (for decorating)

Total portions: 10

Instructions:

Cake

1. Preheat oven to 150°C.
2. In a mixing bowl, whisk all the ingredients until the mixture is smooth.
3. Spray a large bundt cake pan with non-stick cooking spray and put the mixture in the pan.
4. Bake for 40 minutes or until completely cooked.
5. Let the cake cool down for 10 minutes and remove from mold.

Assembly

1. Decorate the cake by sprinkling a thin layer of powdered sugar, over the top to enhance the flavour and appearance.
2. Slice and serve.

Kilojoules (KJ)	Protein	Carbs	Fat	Fibre
878	9g	8g	16g	3g

Serving size: 1 Slice

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3.3 Meal of the Day: Lemon Chicken with Aloe and Quinoa

Spain

Serves 4

LEMON CHICKEN WITH ALOE AND QUINOA

4 chicken breasts (around 100g each)

4 servings 60g of AloeMax

2 cloves of garlic

100g onion

Small bunch coriander, roughly chopped

8 servings (14g) Instant Herbalife Beverage, Lemon

Zest of a lemon

Salt

Pepper

For Garnish:

200g quinoa

2 ripe medium avocados

½ small onion or 2 spring onions

2 servings (12g) of F3 PPP

Juice of half a lime or lemon

Fresh coriander

Pinch salt

Protein	Kcals	Fibre	Fat	Carbs	Sugar
44g	533	5g	24g	36g	7g

Per Serving

Recipe inspired by Herbalife Nutrition Members and refined by Rachel Allen

Perfect for a healthy mid-week meal, this balanced dish is a powerhouse of flavours which are brought alive by the Instant Herbalife Beverage lemon and AloeMax. Serve with the Stuffed Tomatoes (p.76) to bring a fresh dimension of flavours to your plate.

Preparation of the chicken:

Put the breasts to macerate with AloeMax, garlic and onion for 8 hours.

In a pan, brown the peppered breasts on both sides until browned and cooked through.

Add the remaining marinade and Instant Herbalife Beverage lemon, and cook for a further 2 minutes.

Preparation of the quinoa and the guacamole:

Boil the quinoa and add a sprinkle of sea salt, stir it and let it chill.

Mix the avocados, lemon juice and F3 PPP in a blender, adding water if required and then garnish with chopped onion and fresh coriander.

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PRODUCT OF THE DAY

Formula 3 Personalised Protein Powder (PPP)

Formula 3 Personalised Protein Powder is a rich source of soy and whey protein, which can help build lean body mass and maintain healthy bones.

This product is perfect for adding to a either your shake or a variety of meals to help boost your protein consumption

KEY BENEFITS:

- Rich in soy and whey protein to help build lean muscle mass and maintain healthy bones.
- 5g protein per serving.

USAGE:

One level tablespoon of powder (6g") supplies 5g of protein. Take one to four servings daily. Formula 3 can be added to your Herbalife Formula 1 shake or stirred into other foods such as sauces, soups and gravies.

VIDEO LINK >>>>

https://m.youtube.com/watch?v=ajpzAL7vQDU

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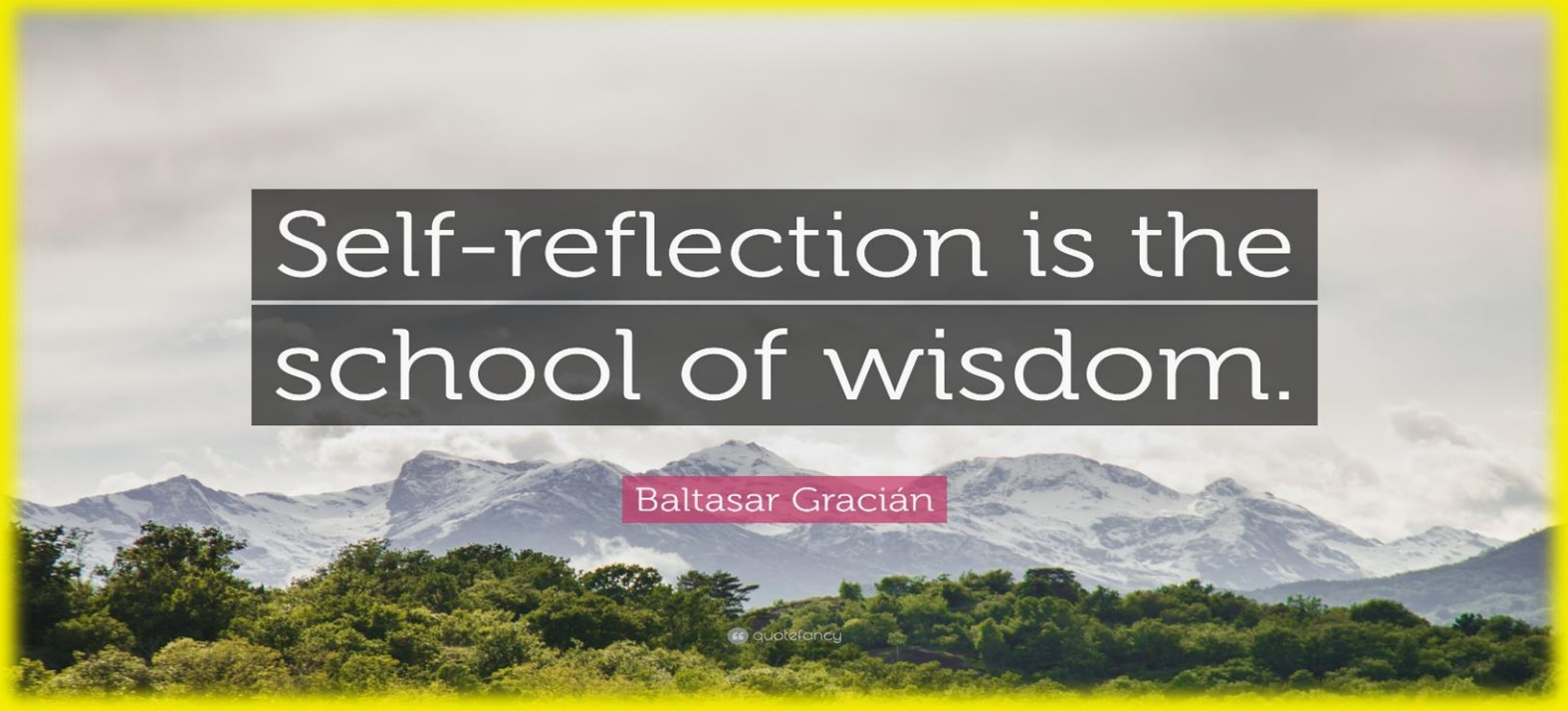
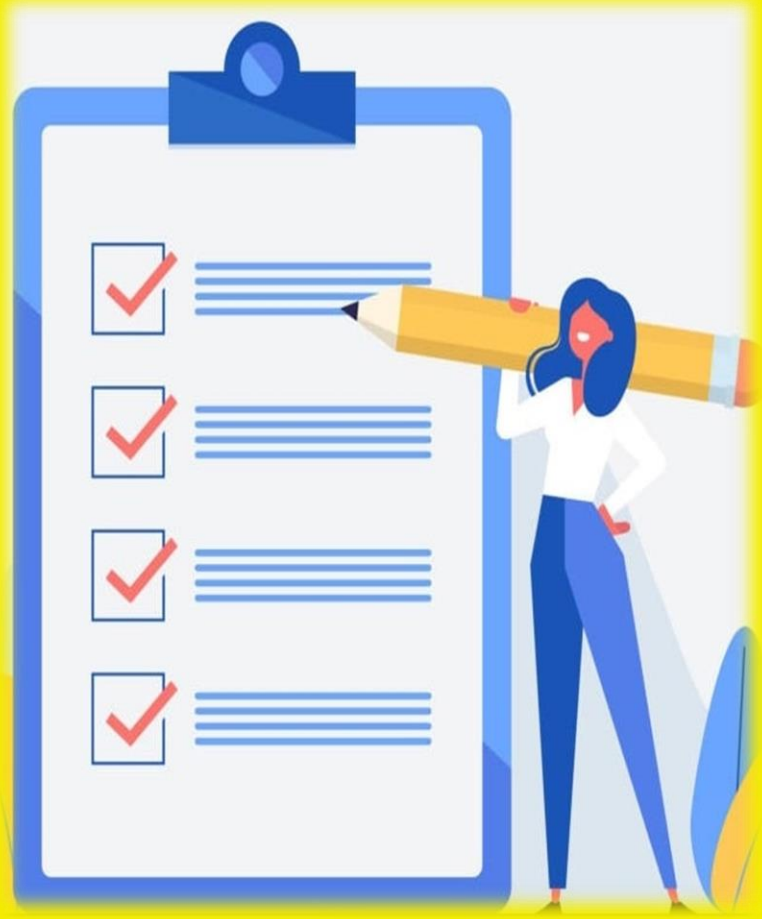
QUOTE OF THE DAY



DAILY CHECKLIST



- ✓ Submitted your Final Weight
- ✓ Taken End of Cycle Measurements and Photos
- ✓ 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
- ✓ Completed The Wall Chart Trackers

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