Ultimate Balanced Lifestyle

DAILY EBOOK

HERBALIFE NUTRITION

DAY 9 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: Full Body

2. FOCUS OF THE DAY
   - What to eat to stay full

3. RECIPES OF THE DAY
   - 3.1 Shake of the Day: Vitamin Blast
   - 3.2 Snack of the Day: Crispbreads
   - 3.3 Meal of the Day: Low Carb Turkey Salad

4. PRODUCT OF THE DAY
   - Protein Chips

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: Full Body

Today's workout of the day focuses on the Full Body. This workout does incorporate dumbbells and a skipping rope. If you don't have these you can complete without, alternatively be creative and use other objects as weights!

VIDEO LINK >>>> Full Body Workout*

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

Ultimate Balanced Lifestyle

WHAT TO EAT TO STAY FULL

Increase your protein intake

Eat more food with fiber

Take your time when you eat

Ultimate Balanced Lifestyle

To successfully achieve your desired weight loss results, it is important to get your nutrition plan right and consume the right foods, in the right quantity at the right times. To burn body fat and lose weight you need to function in a calorie deficit, therefore occasionally you will experience the feeling of hunger. Feeling hungry is not a pleasant experience, therefore you want to be sensible with your food choices to help you feel full for longer and limit the feeling of hunger.

You are looking for 'Satiety', which is the pleasant feeling of fullness without being stuffed or uncomfortable.

TIPS TO HELP YOU FEEL FULL FOR LONGER

STAY HYDRATED

Make sure that you stay hydrated throughout the day. It is important to note that the feeling of hunger is also a symptom of dehydration, therefore don't confuse the feeling of hunger with always needing to eat more food! You should be drinking between 2 – 3 litres of water every day for your body to function properly, which includes a glass of water as soon as you wake up, a glass before every meal or snack and one before you go to bed. This will help you hit your daily target without having to think about it.

INCREASE YOUR PROTEIN INTAKE

Protein helps our bodies stay 'fuller for longer' and studies show that protein prolongs satiety more than carbohydrates or fats can. Ensuring that you include protein in every meal and snack will help you feel more satisfied between meals and prevent you from grabbing additional food between meals. To keep the calories down and satiety levels up, look to eat more lean protein, such as chicken, seafood, low-fat dairy, legumes, lentils and soy products.

EAT MORE FOOD WITH FIBRE

Fibre contains only 1.5 to 2.5 calories per gram, while other carbohydrates contain 4 calories per gram. Fibre-rich foods also necessitate more chewing and slow the passage of food through the digestive tract. The fibre in carbohydrates helps prevent those peaks and troughs in blood sugar levels that can cause cravings and poor food choices. They also help stimulate a satiety hormone in the brain.

- EAT MORE fibre from whole grains, fruits and vegetables with skins, beans, lentils and legumes. Aim for 25-35 grams of fibre each day to help reduce your calorie intake, increase your satiety level and aid your digestive system.
- EAT LESS refined carbohydrates (like white bread, white rice, white pasta and sugar). When eaten alone, refined and simple carbohydrates can wreak havoc on satiety by causing rises and falls in blood sugar, which trigger hunger every few hours.

TAKE YOUR TIME WHEN YOU EAT

Eating quickly can lead to overeating as your brain doesn't have time to receive fullness signals. It can take up to 20 minutes for your brain to receive the hormone that indicates you are full, therefore if you slow down when eating, you will feel full without consuming as much food. Studies have shown that fast eaters put on more weight as they consume more calories. Slow down when eating, remove distractions and chew more, then you will enjoy your food more, feel more satisfied and full afterwards, and it will help your weight loss program.

RECIPES OF THE DAY

3.1 Shake of the Day: Vitamin Blast

Ultimate Balanced Lifestyle

3.2 Snack of the Day: Crispbreads

Nordics

Vegan

Makes approx. 50

Ultimate Balanced Lifestyle

CRISPBREADS

50g sunflower kernels

50g linseed

50g sesame seeds

50g pumpkin seeds

100g rolled oats

100g rye flour

1 Serving (26g) F1 Vanilla Cream

225ml hot water

Protein	Kcals	Fibre	Fat	Carbs	Sugar
1g	37	1g	2g	4g	0g

Per Serving

Recipe inspired by Herbalife Nutrition Members and refined by Rachel Allen

F1 Vanilla Cream

A favourite in the testing kitchen, these Nordics Crispbreads are so versatile. Pair them with your own toppings for a fibre and protein-packed treat.

Heat the oven to 180°C.

Line two baking trays with parchment paper.

Add the dry ingredients to a bowl and then mix well together then tip in the water, using your hands or a wooden spoon to combine the mixture.

Lift the paper off one of the trays and place half the mixture into it and flatten slightly with clean wet hands. Now cover with another piece of paper the same size and using a rolling pin, roll out the dough very thinly into a rectangle, approximately 35x25cms. The dough should be really thin, about 2mm.

Remove the top layer of parchment paper and repeat with the other half of the dough

Using a sharp knife, cut the dough into pieces without cutting through the paper and sprinkle with the sea salt flakes. Slide the dough on the paper onto the 2 baking trays and place in the preheated oven to cook for 25-30 minutes until golden and crisp.

If you're cooking these in a fan-assisted oven then both trays will cook evenly but if you're using a conventional oven, you'll either need to cook them one at a time, or switch the trays around halfway through cooking and keep in mind that they might take slightly longer to cook.

Store in an airtight container for up to 2 weeks.

3.3 Meal of the Day: Low Carb Turkey Salad

LOW CARB TURKEY SALAD

INGREDIENTS

For the Salad:

- 1lb (450g) cooked turkey breast sliced
- 1 cup (70g) white cabbage, shredded
- 1 cup (70g) red cabbage, shredded
- 1 red bell pepper, finely sliced
- 1 large carrot, grated
- 6 radishes finely sliced
- 1 cup(100g) bean sprouts
- 3 green onions
- 4 tbsp coriander chopped
- 3 tbsp toasted sesame seeds
- 1/3 cup (30g) almonds chopped

For the Dressing:

- 1/4 cup (60ml) tahini
- 1/4 cup (60ml) water
- ¼ cup (60ml) lemon juice
- 1 garlic clove, minced
- 1 tbsp honey

INSTRUCTIONS

Prep vegetables, wash & peel where necessary. Shred cabbage, slice the turkey, peppers, radishes & onions, grate carrot. Chop coriander & almonds. Place salad ingredients in large bowl & mix well to combine. Make the salad dressing by blending all dressing ingredients together until creamy. Pour the salad dressing over the salad & toss to cover. Serve straight away or store in the fridge.

INFO

Makes: 4
Prep: 10 mins
Cook: 10 mins

Nutrition per serving:
162 kcal
4g Fats
18g Carbs
12g Protein

DF | QUICK | NUTS | FREEZER | GF | LOW CARB | VEG | PROTEIN

Ultimate Balanced Lifestyle

Ultimate Balanced Lifestyle

PRODUCT OF THE DAY

Protein Chips

Taking on a healthy and active lifestyle doesn't mean that you have to eat bland meals and say goodbye to snacks.

Change the way you view snacking and treat your taste buds to the subtle heat and smoky undertones of our barbecue flavoured Protein Chips or the tangy taste of our sour cream and onion flavoured Protein Chips.

Herbalife Protein Chips have 50% less fat than fried potato chips. Instead of frying the chips, they are popped with heat to give you a savoury treat with a satisfying crunch.

Protein Chips are available in two tantalising flavours and are gluten-free.

KEY BENEFITS:

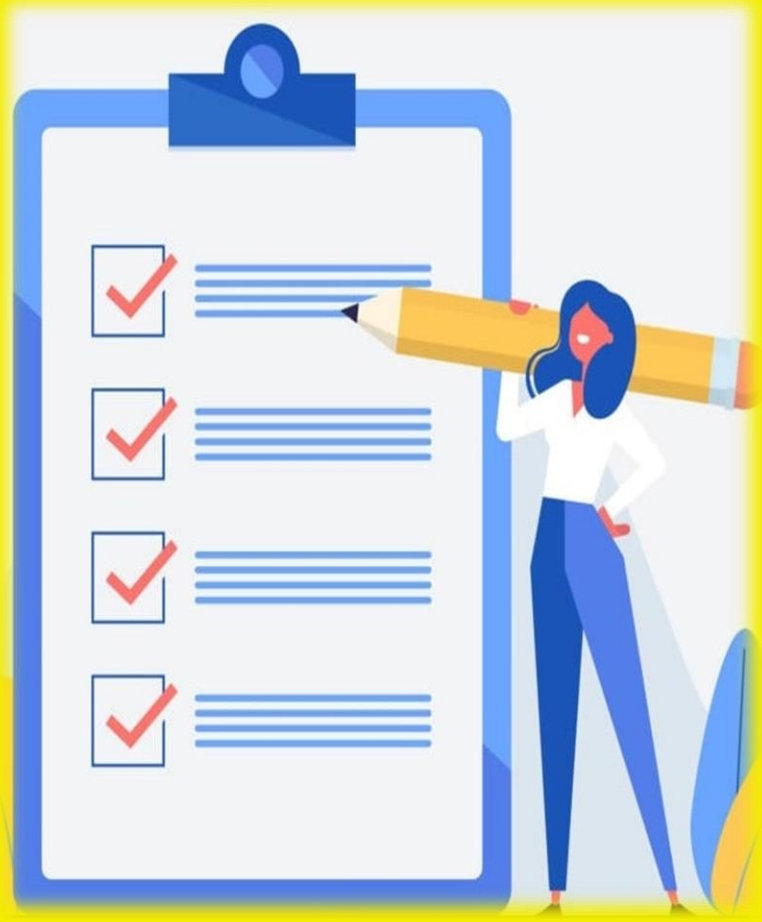
- 50% less fat than fried potato chips
- Never fried, always popped
- Barbecue Flavour contains 11 g of protein
- Sour Cream & Onion contains 12 g of protein
- Barbecue Flavour is suitable for vegans
- Sour Cream & Onion is suitable for vegetarians
- Gluten-free
- High in plant-based protein
- Contains pea protein

VIDEO LINK >>>> https://vimeo.com/579893135

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