



INSPIRATION FOR BETTER NUTRITION

# EAT *right*

## So what's the secret to this "diet" plan being different?

There are many plans out there, but this plan will not only help you maintain your energy levels and sculpt your body how you want it, but this will help educate you on nutrition whilst doing so. The best bit... You'll be eating normal healthy whole unprocessed food!

**Important:** If you have any underlying medical condition you should consult your GP before starting this or any other nutrition or training program.

## Let's get started:

### 1: Portion Sizes:

Food portion sizes today are far bigger than they were 30 years ago, which means we're consuming a lot more calories than we often realise. In fact, many of us no longer know what makes a normal portion – a problem known as "portion distortion".



### 2: Fill up on Fiber & Protein

Eating food with lots of fiber and protein will help you feel full for longer, so you're more likely not to want to chew your arm off between meals.

Most people in the UK eat only about 18g of fiber a day at best, but should aim to eat at least 25-30g. Increase your fiber intake gradually, though, as a sudden increase can cause cramp and constipation

#### #Bonus Fact:

Fiber keeps your bowels healthy and can help reduce cholesterol.

### 3: Water is NON NEGOTIABLE:

Make sure to drink plenty of water to avoid issues like cramp and constipation with the increase of your fiber intake.

- Add one extra glass of water for every hour of exercise!
- To get some extra electrolyte, use a Herbalife 24 Hydrate or CR7 with every liters of water

Workout your needs by multiplying body weight in kilograms by 0.033 = Liters of water per day: **2 - 3ltrs is a rough guide!**



Use measuring cups like above to control your portions

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Eat slowly: It takes about 20 minutes for your stomach to tell your brain you're full

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Eat snacks between meals: reduces over eating and extra-large portions

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Eat with smaller plates and bowls. You'll have a smaller portion and still feel satisfied

#### Is this for me?

This guide is intended for use by those wanting to get **HEALTHY & FIT**

It's not just another "FAD" diet for someone wanting to counter act known bad habits!



# WHY IS Breakfast IMPORTANT?

In order to improve overall dietary patterns and nutrient gaps, it is recommended that this meal should include at least 3 food groups.

Breakfast eaters usually have healthier habits throughout the day and this will result in a positive impact on their overall health; better weight management; disease prevention from having the right nutrients;

The recommended amount of calories that a healthy breakfast should provide is between **15 to 25%** of the total daily energy intake.

Breakfast is the first meal of the day designed to break the fast after the night period and usually consumed within 2 to 3 hours of waking.

The aim should be to achieve between **10 to 20%** of the Daily Reference Value (DRVs) for vitamins, minerals, and fibre on this first meal.

Having Breakfast results in an increased vitamins and minerals intake, which is usually not compensated by any other meal during the rest of the day.\*

A high-protein breakfast has been associated with higher appetite control and a daily reduction in the desire to eat, as a result, improving weight management.\*



\* Ledy et al. (2013). Beneficial effects of a higher-protein breakfast on the appetitive, hormonal, and neural signals controlling energy intake regulation in overweight/obese, "breakfast-skipping," late-adolescent girls. *American Journal of Clinical Nutrition*; 97(4):677-88



## Discover your symbol:

### Burn



High protein, moderate fat  
Low Carbohydrates

### Balance



Balanced protein, fat & carbs  
40 / 30 / 30

### Build



High protein,  
High carbohydrates

## Your Herbalife Healthy Breakfast Programs:



### Low Sugar Healthy Breakfast – Mix with water



- F1 Nutrition Shake
- Herbalife Thermo Tea
- Protein Drink Mix



### Rebuild Strength

Get the most from your  
workouts & recover faster!

## Enhance your results: Other optional “targeted results” products



Protein F3



Cell-activator



Niteworks



Xtra - Cal



Thermo-complete



Oat Apple Fibre



Cell-activator



Herbal Aloe



Rose Guard



Herbalifeline Max



Protein F3



Cell-activator



F1 Sport



CR7



Restore

# HOW TO MAKE A FORMULA 1 SHAKE

## OPTION 1

2 scoops Formula 1  
250ml semi-skimmed milk

AROUND 18 G PROTEIN  
ON AVERAGE 221 KCAL

## OPTION 2

2 scoops Formula 1  
2 scoops  
Protein Drink Mix  
250ml water

24 G PROTEIN 206 CALORIES

## OPTION 3

2 scoops Formula 1  
2 tbsp Personal  
Protein Powder  
250ml water  
1 cup of chopped fruit

AROUND 19 - 20 G PROTEIN  
AROUND 138 - 148 KCAL

## HOW TO PREPARE:

1. Start by pouring 250ml of water or milk into a shaker cup or blender.
2. Add Formula 1, Herbalife Nutrition Boosters, plus fruits and veggies, as desired.
3. Add 4-5 ice cubes.
4. Blend or shake to mix well. For a thicker shake, blend at low speed for a few minutes.  
For a thinner or on-the-go shake, use a shaker cup instead of a blender.

Remember, to be considered a meal, a shake should provide at least 12.5 grams of protein and 200 calories.



## BOOSTERS

Personalise your shake by adding Herbalife Nutrition products:

### PROTEIN

- Protein Drink Mix
- Personalised Protein Powder

### FIBRE

- Oat Apple Fibre
- Fibre & Herb Tablets



## REMIX YOUR MORNING SHAKE

Serve yourself a morning shake with a twist!

- 2 scoops Formula 1 Vanilla\*
- 250ml semi-skimmed milk
- 2 slices of pineapple
- 4 fresh spinach leaves
- 1 tbsp. of mixed nuts

KCAL: 377 | CARBS: 41G | PROTEIN: 22G | FAT: 15G | FIBRE: 6G



## BREAKFAST BOWL\*

- 2 scoops Formula 1 Strawberry
- 250ml almond milk
- 1/2 banana
- 1 cup strawberries
- 1 tbsp. oats
- Desiccated coconut (optional topping)

Blend the Formula 1 powder and milk, and then serve in your favourite bowl – topping it with strawberries, banana and oats!

KCAL: 315 | CARBS: 43G | PROTEIN: 14G | FAT: 11G | FIBRE: 9G

\*Not a meal replacement recipe.



# GOOD MORNINGS START HERE

# MEAL BUILDER MADE EASY

With the right support, eating well every day can be as easy as **1, 2, 3!** Simply follow our step-by-step meal builder to make a healthy, balanced meal to support your personalised plan.

## STEP 1 START WITH PROTEIN



CHICKEN  
OR TURKEY



FISH



LEAN BEEF



SHELLFISH



PORK OR  
LAMB (LOIN)

170g  
COOKED

115g  
COOKED

170g  
COOKED

### VEGETARIAN EDITION



GREEK-STYLE  
YOGURT (NON-FAT  
OR LOW-FAT)  
½ CUP



EGGS  
1 WHOLE



COTTAGE CHEESE;  
RICOTTA (NON-  
FAT OR LOW-FAT)  
½ CUP



BEANS, LENTILS  
OR SOY BEANS  
½ CUP COOKED



TOFU  
100G  
(¼ BLOCK)



TEMPEH OR  
SEITAN  
85g

CHOOSE  
3

CHOOSE  
2

CHOOSE  
3

## STEP 2 ADD VEGETABLES



COOKED VEGETABLES, VEGETABLE SOUP, TOMATO SAUCE (1 CUP)

CHOOSE  
2

CHOOSE  
2

CHOOSE  
3

SUITABLE FOR  
VEGETARIANS

SUITABLE FOR  
VEGETARIANS



RAW VEGETABLES

ANY  
AMOUNT

ANY  
AMOUNT

ANY  
AMOUNT



### STEP 3 ADD WHOLE GRAINS/STARCH



**RICE (BROWN OR WILD)**  
½ CUP, COOKED



**100% WHOLE GRAIN BREAD OR CRACKERS**  
1 SLICE;  
½ PITA BREAD;  
½ ENGLISH MUFFIN;  
4 MEDIUM CRACKERS



**TORTILLAS**  
2 CORN;  
1 MEDIUM-SIZED  
FLOUR (WHOLE GRAIN)



**BEANS, PEAS, CORN OR LENTILS**  
½ CUP, COOKED



**POTATO (WHITE OR SWEET)**  
½ MEDIUM



**PASTA, QUINOA, MILLET, BARLEY OR BULGUR**  
½ CUP, COOKED



NONE  
0

CHOOSE  
1

CHOOSE  
2

### STEP 4 ADD SOME HEALTHY FAT FOR FLAVOUR



**OLIVE OIL**  
1 TBSP



**NUTS**  
1 HANDFUL



**HOUMOUS, LOW-FAT SALAD DRESSING, MAYONNAISE, SOUR CREAM, VINAIGRETTE**  
2 TBSP



**AVOCADO**  
½ SMALL



**PARMESAN OR LOW-FAT FETA CHEESE**  
2 TBSP



**SEEDS OR NUT BUTTER**  
1 TBSP



115g  
COOKED

115g  
COOKED

170g  
COOKED

### STEP 5 SEASON IT UP!



**HERBS & SPICES**



**LEMON**



**GARLIC**



**VINEGAR**



**SALSA & HOT SAUCE**



**MUSTARD**



ANY  
AMOUNT

ANY  
AMOUNT

ANY  
AMOUNT

## PUT IT ALL TOGETHER CREATE SIMPLE, DELICIOUS MEALS!

#### GRILLED SALMON, CARROTS AND PASTA

- Grilled salmon
- Steamed carrots with lime juice and dill
- Whole grain pasta tossed with garlic and parsley
- Green salad with olive oil vinaigrette

#### GINGER-GARLIC STIR-FRY

- Stir-fried tofu and edamame with broccoli, ginger and garlic
- Brown rice
- Green salad with sesame dressing

#### TURKEY-VEGGIE WRAP AND SOUP

- Whole grain flour tortilla
- Roasted turkey breast
- Chopped lettuce, tomatoes, onion
- Houmous
- Vegetable soup



# What's Cooking?

Why not inspire your taste buds this month with delicious seasonal ingredients.. Try something new with these delicious, nutritious, easy to prepare recipes....

**V** Vegetarian

**Nv** Non-Vegetarian

**4** Number of servings

## Salmon, Sweet Potato and Chilli Fish Cakes

**4**  
SERVINGS

- 75g breadcrumbs or polenta (cornmeal)
- 300g fresh or tinned salmon
- 350g sweet potatoes, cooked and mashed
- 2 tbsp. cream cheese
- 4 spring onions, finely chopped
- 2 chillies, finely chopped
- 1 tsp. ground cumin
- 1 tbsp. lemon juice
- Small handful of coriander leaves, finely chopped
- 2 eggs, beaten

1. Combine the breadcrumbs or polenta with seasoning and leave to one side.
2. Steam the sweet potatoes until soft. Mash well before adding the salmon, cream cheese, spring onions, chillies, cumin, lemon juice and herbs. Season to taste
3. Form the mixture into cakes, if too wet, add a little plain flour. Once the cakes are formed, you can leave to rest or continue with the coating.
4. To coat the fish cakes, brush with a little beaten egg then dip into the bread crumb mixture. This is a little messy so be prepared! Place on greased baking parchment and chill in the fridge for 10 minutes to help them set. You can now continue to cook them or you can freeze them. Freeze on the tray until frozen, then bag or place parchment between each cake and then freeze.
5. To cook, grill or fry until golden.
6. Serve with a lovely salad.

Kcals	Protein	Carbs	Fat	Fibre
316	21g	34g	10g	4g

**Nv**







- 1 red large onion, finely chopped
- 200g cashew nuts, chopped (a processor makes this job easier)
- 250g mushrooms (chopped)
- 50g breadcrumbs (if low carb, opt for 25g of almond or coconut flour)
- 2 tsp yeast extract

1. Fry onion in a little oil until translucent.
2. Add onions and nuts and cook for 5 minutes
3. Add yeast extract, followed by the breadcrumbs.
4. Place into lined loaf tin and press down to form firm base
5. Bake in oven for 40 minutes.

Can be frozen (before baking) and used when needed.

Kcals	Protein	Carbs	Fat	Fibre
240	9g	20g	15g	2g



**6**  
SERVINGS

## Mushroom and Cashew Nut Loaf

- 1 tsp coconut oil
- 2 red onions, chopped
- 2-3 cloves of garlic, roughly chopped
- 2 peppers, sliced
- 3 chorizo sausages, sliced
- 500g chicken pieces (breast, leg or thigh)
- 2 tbsp paprika
- 400ml chicken stock
- 1 tin chopped tomatoes
- 3 tsp. sun-dried tomato paste
- 1 tsp oregano
- Small handful chopped parsley
- 30g olives (optional)

1. Preheat your oven to 180°C
2. Place coconut oil in your sauté or stock pan and melt on a medium heat.
3. Add the onions, garlic, peppers and chorizo and cook for 5 minutes.
4. Add the chicken pieces and brown.
5. Add all remaining ingredients, season to taste and simmer gently for 5 minutes.
6. Remove from heat and place into your ovenproof dish. Cover with a lid or foil and cook for 25 minutes.
7. Serve with steamed green vegetables.

Kcals	Protein	Carbs	Fat	Fibre
291	25g	15g	15g	4g



## Chorizo Chicken Pot



**6**  
SERVINGS





## EAT RIGHT WHEN YOU EAT OUT

We eat so many meals out these days that dining out isn't the special occasion it used to be. Resist the urge to splurge when you're out. If you're trying to cut your calories, split a starter with a friend and order an extra salad. Or, skip the starchy side dishes and double up on vegetables. Ask for dressings and sauces on the side so you can control how much you eat.



## EAT RIGHT AFTER YOU EXERCISE

After a good workout, your body might be low on fuel, so try to eat something within 30–45 minutes after you finish your exercise. Your muscles are looking to fruits, vegetables and whole grains to help replenish their stock of carbohydrates – and a shot of protein to help them recover.



## EAT RIGHT WHEN YOU GET UP

You don't need to eat immediately on waking, but it's really important to eat in the morning. Those who eat breakfast regularly are better able to control their weight, while breakfast skippers are likely to over-compensate and eat too much at lunch. If you can't face much in the morning, try a bowl of porridge with a bit of protein powder stirred in, some fresh fruit with a scoop of cottage cheese or yoghurt, or a protein shake made with protein powder, milk and fruit.



## EAT RIGHT AT NIGHT

A lot of people eat lightly or skip meals during the day, only to eat huge amounts of calories between dinner and bedtime. But when you do most of your eating at night, your brain and muscles don't get the fuel they need for your daily physical and mental activities. Instead, distribute your calories fairly evenly over your meals and snacks. If after-dinner snacking is piling on the pounds, try brushing your teeth right after dinner – it's one of the best ways to signal that you're done eating for the day.

# NUTRITION 80%

# 20% WORKOUT



# abs & core

## 30-Day Challenge

20 repetitions each  
x 4 sets in total  
20 seconds rest between sets

1  CRUNCHES	2  CROSS CRUNCHES	3  HIGH CRUNCHES	4  FLUTTER KICKS	5  SCISSORS
6  LEG RAISES	7  RAISED CRUNCHES	8  SIT UPS	9  SITTING TWISTS	10  REVERSE CRUNCH
11  HALF WIPERS	12  DEAD BUG	13  BUTT LIFTS	14  SIDE JACKS	15  HALF CRUNCH
16  CRUNCH KICKS	17  KNEE TO ELBOW	18  BUTTERFLY SITS	19  LONG ARM CRUNCH	20  SIDE CRUNCH
21  SIDE LEG RAISES	22  HUNDREDS	23  SIDE BRIDGE	24  INFINITY CIRCLES	25  PULSE TIPS
26  SIDE TO SIDES	27  WINDOW WIPERS	28  BOAT FOLDS	29  ASSIST CRUNCH TWIST	30  V UPS





Do you know someone who could benefit from  
**LEADING A HEALTHIER, ACTIVE LIFESTYLE?**



**30  
DAY** CHALLENGE