

# SUGGES HANDBOOK



## **THE FREE 5 DAY SANTA SHRED**

Jen-the health coach



THANK YOU FOR JOINING THE 5 DAY SANTA SHRED!

I'm offering something I said I would NEVER do.... A FREE 5 DAY SANTA SHRED; LOSE 5 LBS IN 5 DAYS!

Get those super quick results to feel sensational for that special event coming up.... At last, we can get together and celebrate!

Why have I never done this before? Because, quite frankly, I am not into quick fix weight loss solutions, but rather I advocate health led nutrition plans. My results above took me 90 days to achieve. BUT....having helped hundreds of women now over the years, I KNOW that many women, just want to feel more confident in their chosen outfit and I simply LOVE helping people feel amazing! And I get it; time is not always available and I keep getting asked for a solution, so here it is girls...Follow this plan and you really can lose 5lbs in 5 days!

Let's do this!....



# YOUR 3-STEPS TO SUCCESS

# 1

**Clear your house of temptations:** ; if it isn't on the Plan then it simply does not go in your mouth. Then plan your meals on the Blank Meal Planner in your welcome pack

# 2

**Schedule in your daily workouts** so they happen each day, no excuses, these need to get done. All workouts can be found in your welcome pack.

# 3

**Listen to the daily talks** to stay motivated and get equipped to guarantee future success with your health goals.



# GETTING STARTED

Firstly, read this welcome pack all the way through carefully.  
Next, print off the **blank meal planner**, which you will find in this welcome pack.

Looking carefully at the Food Lists below, start to plan your meals for the 5 days.

For each meal you must select a **healthy fat** from the shred plan, plus a **protein** choice plus a **carbohydrate** choice.

You can add spices, garlic and ginger, as long as they are salt and sugar free. There are a few recipes attached you can use, but feel free to create your own ideas too, from within these choices.

For **breakfast**, you can choose from either;  
the Herbalife Formula 1 smoothie

**or**

The Berry Shake smoothie (recipe attached)

To order a Herbalife trail pack ,which has 6 breakfast smoothies plus the 'fat-burning' thermogenic Herbal Beverage Tea, for £13.70, please contact your Herbalife Distributer, or if you do not have a distributer already, then order from my online shop:  
[jenniebradley.goherbalife.com](http://jenniebradley.goherbalife.com)

Will you find the meals repetitive and a bit boring? Probably.  
Will you get super quick results from sticking with it? Definitely.

My 6 week challenges have over 74 recipes with a wide range of foods to choose from, but this is a shred, and shred's are not fun, or sustainable, BUT it will get you that quick fix which we all need from time to time.

## **Final words:**

- DO NOT SKIP A MEAL. It's important to eat every 2-3hrs. You will slow down your metabolism and your progress if you skip any - trust me.
- DRINK 2 LITRES OF CLEAR WATER every day without fail.
- PLAN the time for your workouts. Get organised and do not let any obstacles get in the way!

# HABIT TRACKER

WEEK OF: \_\_\_\_\_

	S	M	T	W	T	F	S
PLAN FOOD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PREP FOOD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WORKOUT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LISTEN TO THE TALK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 LITRES OF WATER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## NOTES



# FOOD LIST



## D R I N K S

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- water, 2 litres for women
- water, 3 litres for men
- max 2 cups tea/coffee a day - black or with plant milk
- max 2 cups herbal tea
- max 2 cups herbalife original herbal beverage tea
- unlimited herbalife aloe max within your water allowance
- no fizzy water
- no fruit juice
- no squash
- no alcohol
- no cow's milk

## S P I C E S

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- all spices with no added sugar or salt
- ground pepper
- garlic
- chilli
- ginger
- no oxo cubes
- no gravy
- no salt

## S W E E T E R N E R S

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- stevia only
  - no sugar
  - no artificial sweetener
-

# SHRED FOOD



## FATS

- For each meal choose from ONE of the following:
- 1 tsp olive oil
- 6 raw almonds
- 6 olives

## PROTEINS

- For each meal choose a **palm portion** of:
  - chicken breast
  - ostrich steak
  - tuna steak
  - tinned tuna in water
  - white fish
  - turkey breast or 2% fat turkey mince
  - prawns
- OR 100g of:**
- Quorn mince
  - Quorn pieces
  - tofu
  - tempeh

## CARBS

- For each meal choose a **hand portion** of;
  - spinach
  - broccoli
  - cabbage
  - brussels sprouts
  - kale
  - courgette
- OR 1 x 400g drained tin/100g dry weight of:**
- chickpeas
  - lentils



# WHICH HERBALIFE PRODUCTS DO I NEED?

**You can purchase an optional 6 day trail pack for £13.70 (including postage), from your Herbalife Distributer, or if you do not have a distributor, then you can order this from my on-line shop: [jenniebradley.goherbalife.com](http://jenniebradley.goherbalife.com)**

## **For the breakfast:**

- Formula 1: 1 sachet or 26g ( 2 scoops) from a tub with either:
- Protein Drink Mix (PDM): 14 g (1 scoop) and 300ml water

**or**

- if not using the PDM, mix with 300ml of soya or pea milk
- Herbalife Herbal Beverage Tea Original Flavour - max 2 a day

## **Optional but highly recommended:**

- Oat Apple Fibre 1 scoop a day
- Aloe Max- soothes and cleanses the digestive system
- Cell Activator - aids weight loss by helping the body to metabolise carbs
- Herbalifeline Max - a high grade 'friends of the sea' certified, omega-3 fatty acids, with both DHA and EPA, in a vegetarian capsule.





# SUPPLEMENTS

I use, swear and love the Herbalife products. I have been using them for five years now.

I do strongly recommend that you start using the following supplements during this shred and incorporate them into your routine after the 5 days.

I will be talking about the importance of supplementation in our day 4 talk.

- Herbalifeline Max by Herbalife or another high-grade Omega Three (1000mg per capsule with EPA +DHA)
- Herbalife Formula 2 Multivitamin and mineral complex for men and women or a similar high-grade product.
- Herbalife Oat Apple Fibre



# THE WORKOUTS

Melt body fat fast with the 5 daily High Intensity Workouts!

You will find these workouts in your welcome pack.

Do follow them in order and complete one each day.

They will take 30 minutes and each exercise is differentiated for beginners and those that are more advanced.

When it comes to exercise, gauge your intensity on a scale of 1–10 — a 5–6 effort should have you breathing quickly, but still allow you to carry on a conversation easily. An 8–9 effort should have you breathing very heavily and able to answer yes or no questions only. You need to be working a 8-9 effort as this is when your body will go reaching for those stored fat energy!

Since your intensity varies with your personal fitness level, vary your speed and power to reach this recommended effort range for each workout



# DOCUMENT YOUR RESULTS!

I suggest that the day before you start your shred, or on the morning of day 1, you take a 'starting photo'.

Take a photo, front and sideways in your target outfit to wear, or maybe an item of clothing which is your goal to be back into.

On the morning **after** you complete the Shred, after going to the loo, but before eating or drinking anything, take a photo of you again in your 'progress outfit' and see and feel the difference!

I would love for you to send me both photos either via email or Facebook messenger!

If you decide to share your results and shred experience on social media, I would appreciate it if you could hashtag me #jenthehealthcoach

Thank you!

# DAY ONE TALK

## Why You Have Failed At Every Diet You've Ever Tried Before

Notes:

### CHECKLIST

- Complete Workout
- Plan Meals
- Watch the Talk

### CONNECT

**#JENTHEHEALTHCOACH**

share your progress and creations with the community!

**JOIN MY LIVESTREAMS**

Facebook /Jen-The Health Coach

Wednesdays 7.30am



# DAY TWO TALK

## Why Creating Goals Guarantees Success

Notes:

### CHECKLIST

- Complete Workout
- Plan Meals
- Watch the Talk

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# DAY THREE TALK

## How To Stop Self Sabotaging Forever!

Notes:

### CHECKLIST

- Complete Workout
- Plan Meals
- Watch the Talk

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Wednesdays 7.30am

# DAY FOUR TALK

## How To Lose Weight Without Depriving Your Body With What it NEEDS!

Notes:

### CHECKLIST

- Complete Workout
- Plan Meals
- Watch the Talk

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Wednesdays 7.30am

# DAY FIVE TALK

## How To Sustain Your Results Forever!

Notes:

### CHECKLIST

- Complete Workout
- Plan Meals
- Watch the Talk

### CONNECT

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creations with the community!

**JOIN MY LIVELIVEWORKOUTS**

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Wednesdays 7.30am



# Blank Meal Planner The 5 Day Shred



	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Monday	Protein Shake				
Tuesday	Protein Shake				
Wednesday	Protein Shake				
Thursday	Protein Shake				
Friday	Protein Shake				
Saturday	Protein Shake				
Sunday	Protein Shake				

# herbalife shake

## meal 1 only

### ingredients

- 300 ml soya or pea milk
- **or**, 14g herbalife protein drink mix with 300 ml of water
- 1 x sachet of the herbalife formula 1 or 26g of formula 1 from a tub

### directions

- put all the ingredients into a small blender with some ice, and whizz until smooth
- drink it cold or warm in the microwave for 50secs, stir and reheat for a further 40/50 seconds
- add more or less water depending how thick you like your shake
- enjoy with your herbal beverage tea!

# berry protein shake

## meal 1 only

### ingredients

- 200 ml soya or pea milk
- 100g fage 0% greek yogurt or 200g tablespoons alpro yogurt plain
- 1 tbsp of frozen blueberries
- optional stevia to taste
- Ice cubes to taste

### directions

- put all the ingredients into a small blender and whizz until smooth,

# cod & olives

## ingredients

- palm portion of cod
- 6 olives, halved
- 1 tsp dried Italian herbs or herbs of choice
- handful of green vegetables

## directions

- pre-heat oven to 180 °C
- place the seasoned fish on a piece of foil big enough to make a parcel
- top with the sliced olives
- scrunch foil over the fish to create a closed parcel.
- bake in the oven for approx 15 minutes, or until cooked.
- serve with the green vegetables



# seabass & hot kale salad

## ingredients

- 1 seabass fillet
- 1 handful of kale
- 6 chopped almonds

## directions

- grill the seabass fillets for 4-5 mins on each side until the skin is crispy and the flesh is milky in colour.
- boil or steam the kale according to the packet instructions.
- serve the fish with the kale, sprinkle over the nuts

# chicken/tofu/ tinned tuna & spinach leaf salad with toasted almonds

## ingredients

- 1 palm sized cooked chicken chopped or 100g smoked tofu or a tin of tuna in spring water, drained
- hand portion of spinach leaves
- 6g flaked almonds, toasted

For the dressing:

- ½ clove garlic, crushed
- juice of ½ lemon or lime

## directions

- mix all the ingredients, except the almonds, in a bowl
- place the flaked almonds in a non stick pan, with no oil, and heat, moving them occasionally, until lightly toasted on both sides, then sprinkle over the salad
- place the dressing ingredients into a screw top container, shake until well mixed, then pour over the salad and toss well.

# simple chicken/tuna steak /white fish

## ingredients

- palm portion chicken breast or tuna or white fish
- 1 tsp olive oil
- hand portion green vegetables

## directions

- chop the chicken into cubes if using
- heat the oil in a non stick pan and gently cook the chicken for about 10m mins, turning regularly to ensure it is cooked evenly all the way through
- if using fish, then cook in the oil according to pack instructions.

# curried quorn/chicken

## ingredients

- 100g quorn pieces or palm portion chicken breast
- 1 clove of garlic
- 1tsp grated ginger
- 1tsp of olive oil
- ¼ tsp turmeric
- 1 tsp garam masala
- juice 1 lime

## directions

- heat the oil in a non-stick frying pan then add the quorn or chicken pieces, garlic and spices
- cook the quorn according to packet instruction and the chicken until cooked all the way through
- add a little water if needed to prevent sticking
- when cooked, take off the heat and add the lime juice
- serve with a handful of permitted green veg

A RECIPE BY JEN-THE HEALTH COACH

# lentils with chilli

## ingredients

- 400g tin of lentils, drained and rinsed
- 1 tsp olive oil
- 1 clove garlic,
- crushed chilli to taste
- ½ tbsp chilli powder (no salt, no sugar)
- ½tsp ground cumin
- ½ tsp smoked paprika
- boiling water in a kettle

## directions

- heat the oil in a large pan over low to medium heat and add the garlic and chilli and stir for a few seconds
- add all the spices and lentils, adding enough boiling water to bind the ingredients and prevent from sticking
- simmer for 5 minutes,keep topping up with the boiling water if needed
- serve with a hand portion of permitted green vegetables

# spiced chickpeas

## ingredients

- freshly ground black pepper
- 1 tsp olive oil
- 400g can chickpeas, drained and rinsed
- ½ tsp ground coriander
- ½ tsp ground cumin
- ½ tsp ground sumac
- ½ tsp smoked paprika
- a pinch of cayenne pepper, or to taste
- garlic clove, finely chopped
- 60ml of water

## directions

- mix all the spices for the chickpeas together
- heat the oil gently in a saucepan and when the oil is warm (you don't want it hot, otherwise the spices and garlic will burn), add the mixed spices and garlic and stir together for a couple of minutes
- add the chickpeas and water and cook until everything is nice and hot
- check for seasoning, as this is a good time to add extra cayenne for more of a kick
- simmer on a low heat for 10 mins



# prawn & courgetti linguini

## 2 servings

### ingredients

- 300g king prawns cooked
- 1 x courgette spiralised or 1 pack of courgetti
- 2 cloves of garlic
- ½ tsp dried chilli flakes
- juice of ½ lemon
- 2 x tsp olive oil
- black pepper

### directions

- heat the oil in a pan on a low heat and add the chilli and garlic for 1 minute
- add the prawns and cook until heated through
- add the courgetti, and lemon juice
- toss to mix and heat through, then serve!

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By joining the challenge you take full responsibility for your health and if you have any medical issues that could affect your fitness or health, it is advised you seek medical advice before starting the Plan.