

14 DAY

LIGHTEN UP

Weightloss Challenge

BEGIN 2023 FEELING LIGHT,
HEALTHFUL & ENERGISED



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*And so much more wisdom within this
guide for you to explore*

WELCOME

...to your New Year Guide to release unwanted weight.

The Health Hub by nature is a holistic wellness program that focuses on nourishment to bring your body naturally to its ideal weight. But we know that sometimes, you need a bit of a fast boost on your weight loss journey.

This program is an incredibly focused guide for anyone wanting to see fat loss and size reduction. Please be advised that this program is not suitable for pregnant or breastfeeding women or children. Always consult a healthcare practitioner if you're not sure this is for you.

This guide is a starting point and a way to kick start your weight-loss goals inside the Health Hub program.

This is a structured program that is designed to see you shed your first 2-10kgs (depending on how much excess weight your body is holding right now) in just 14 days.

While there is going to be structure here, the goal is you to avoid feeling deprived, but also to maintain the guidelines of this ebook for a short amount of time to see the best results fast. When you have finished this program you can transition to using the recipes from our full Health Hub program with 100's of recipes, workouts, yoga, inspiration and support for long lasting health, vitality and wellness.

Get ready, you're going to understand how amazing your body is designed to look and feel!

A word on Weight loss *(and why diets don't work)*

By Brittani Doherty - Nutritionist

The idea behind this approach to eating is to lower the body weight set point. Overtime some of us may have a set point that is increased, meaning that the body will fight to stay within 2-4kg of their set point. When weight loss is attempted, it can trigger a starvation response that signals to the body to prevent any more weight loss. Six principles have been established to help lower the set point. For any long-term weight loss to succeed, the goal needs to include a downward shift and a 'reset' of the body weight set point.

1. Low to moderate diet palatability – i.e wholefoods-based diet: meat, fish, chicken, vegetables, some fruits, nuts and seeds and grains like rice and quinoa. We will be limiting the grains for these first two weeks, you can reintroduce them when you transition to the Health Hub full program.

Hyperpalatable foods are processed and packed with flavor enhancers and addictive components like sugar, oils and salt.

2. Fat OR carbohydrate restriction – consuming either a ketogenic style diet (higher fat, moderate protein, low carb) or a higher carb low fat diet is to be chosen. For you, with the weight gain held around the mid-abdomen I would recommend the ketogenic approach to be followed for 6 weeks before a 2 week break where more carbs and relaxed style of eating can be maintained. If this is of interest to you, keep an eye peeled for our new Keto Cookbook coming this year.

3. Diet breaks – after the first 6 weeks a diet break will be included, this isn't a free pass to binge, but rather to forget the diet rules for 2 weeks, not focus on weight loss but relax and enjoy what you want to eat. This breaks from any metabolic adaptation that can occur and results in greater weight loss.

4. Adequate sleep - Very important for weight loss as it effects hunger hormones, metabolism, stress, motivation and more.

5. Physical activity – keep up with what you're doing. Exercise is not the silver bullet to weight loss, diet is far more important as well as sleep and stress but exercise has far reaching benefits on longevity, stress management, strength and self-confidence.

6. Intermittent fasting – or otherwise time restricted feeding. Ensuring that you're eating within a 12-hour window (7am-7pm for example). Greater improvements will be seen with a shorter feeding window, having breakfast at 8am and dinner by 5 or 6pm if possible.

How to plate up – *Low Carb Edition*

Who's this for:

Particularly for women, fats are SO important for hormone health and glowing skin, the low carb approach helps with balancing blood sugars and keeping you feeling satiated throughout the day.

The idea with the low carb option isn't to completely deprive yourself of carbohydrates, because we need them, they're in fruits, vegetables, nuts and seeds. But what we do want to focus on is choosing more lower carb options for the time where we are on the challenge, remembering that diet breaks are important here to sustain weight loss and reach your goals. We start with a 6 week phase of low carb eating followed by a 2 week break. From here we pulse for 2 weeks on low carb, 2 weeks off. The break period isn't an invitation to binge eat or drink, but rather to give yourself a break, let your metabolism recalibrate and let your body weight set point drop.

Example plate:

- Grilled salmon with olive oil
- Steamed broccolini and asparagus
- Roasted celeriac chips
- Healthy fats from salmon and olive oil, easy to digest protein from the fish, and fibre from the veg.



SIGNS YOU MAY NEED TO LIGHTEN UP

- Clothes feeling tighter.
- Lacking energy.
- Feeling tired all the time.
- Constipated and / or irregular bowel movements.
- Hormonal imbalances.
- Feeling moody, depressed or anxious.
- Lack of sex drive and libido.
- Brain fog and forgetfulness - that feeling of not having a clear mind.
- Weight gain, especially in areas around your vital organs.
- Dull and lifeless skin or breakouts.
- Stubborn body fat that you cannot lose.
- Restless sleep.
- Excess body odour.
- Often bloated and experiencing stomach pains.
- Getting sick or run down far too often.

Does this Sound like You ?

Then you're like most people who join our program looking for a way to use food to relieve these symptoms and start to heal from the inside out.

What is often frustrating is that these issues aren't big enough to see a doctor or look into hard enough to find the cause, so they just become a part of everyday life, yet luckily for you health is our birth-right. We were made to feel vibrant, vital and energised daily and our shake up program is a great start to getting back to health!

HOW TO RATE YOUR HEALTH

Inside the Health Hub we rate health by...

- Feeling energised to get out of bed without the need for any stimulants to feel awake.
- Clear whites of your eyes.
- Glowing, hydrated and plump skin.
- A healthy, sound and strong mind.
- Flexibility in body and soul.
- Regular and healthy bowel movements.
- The ability to read your body signs and stop eating before the point of feeling full.
- Cravings for abundance in whole foods and things from mother nature.
- Feeling grounded and light, especially when going through trying times.
- A passion for life and a healthy sex drive.

Following this program will result for most in weight loss and a reduction in body size. Please only follow this program if you're in need of releasing excess kilos and consult a healthcare professional if you're unsure.



Measurement Tracker

Use the boxes provided to track your body measurements and weight

WEIGHT			WEIGHT
CHEST			CHEST
WAIST			WAIST
HIPS			HIPS
THIGH			THIGH

HEALTH TIPS

Like anything, there is a method to reaching your goals. To support you in making the most out of these next 14 days here are 6 of our top tips.

- #1** Follow our usual Health Hub principles of eating organic where possible and stick to the approved foods and drinks in this guide.
- #2** Protein is KEY for your transformation! Base your meals around protein for the best results and to keep yourself feeling satiated.
- #3** Have one Complete Protein Shake with water each day as a snack, post workout or if you're experienced at Intermittent Fasting this can be used to break your fast so you can eat a later lunch.
- #4** Stay hydrated to help flush toxins from your body and stop you from mistaking hunger for thirst!
- #5** Take your Juice Plus capsules each morning to boost your nutrient intake.
- #6** Stick with gentle exercise during this 14 days. Being that you're eating less calories, intense workouts (if you don't do them often) will exhaust you faster.

MOVEMENT

During your 14 Day Lighten Up Challenge, we recommend only doing low intensity workouts, unless you're used to more high intensity exercise and your fitness is good.

Daily walks, gentle yoga and meditation will be a great way to keep your stress levels down and help your body adjust to a lower intake of food.

Be sure to drink plenty of water and always listen to your body and eat if you are truly hungry!

Lets talk about willpower

Growing your willpower muscle, or increasing your self-control, can be helpful in the process of losing weight.

Setting clear goals and having clear and specific goals can help give you focus and direction, making it easier to resist temptations and stay on track with your weight loss efforts. Take out a journal and write down what it would mean for you to release the excess weight you feel you're holding right now. What would you do more of? What would you get to say yes to that you're not right now? How would you feel in your body?

Keeping track of your progress is key to keeping your willpower muscle strong. Monitoring your progress can help you stay motivated and see the progress you are making, which can help boost your willpower. Be sure to take a before photo and track your weight and measurements so you can see the progress you're making.

Chronic stress can drain your willpower and have you making choices that don't serve you during this time, so it's important to find ways to manage stress, such as through exercise, meditation, or talking to a therapist. We find that using a gratitude practice can improve your serotonin levels and help you to respond to stressful situations with more ease.

Remember that building your willpower muscle is a process and it may take time. It's important to be patient with yourself and to not get discouraged if you struggle or slip at times. Keep getting back up and eventually you will start to see progress and change that makes it all worth while!

Sleep Hygiene

Poor sleep can impair your willpower and self control, so it's super important over the next 14 days that you're prioritizing good sleep quality.

Here are some tips for better sleep:

1. Stick to a consistent sleep schedule: Try to go to bed and wake up at the same time every day, even on weekends. This can help regulate your body's natural sleep-wake cycle.
2. Create a bedtime routine: Develop a relaxing bedtime routine that helps you wind down before sleep. This could include activities such as reading, listening to calming music, or taking a warm bath.
3. Make your sleep environment comfortable: Create a comfortable and inviting sleep environment by keeping your bedroom cool, dark, and quiet, and using a comfortable mattress and pillows.
4. Avoid screens before bedtime: The blue light emitted by screens can interfere with your body's production of melatonin, a hormone that helps regulate sleep. Avoid screens for at least an hour before bedtime.
5. Limit caffeine and alcohol (remove): Caffeine and alcohol (remove) can interfere with your sleep, so try to limit your intake, especially close to bedtime.
6. Get regular exercise: Regular exercise can help improve sleep quality, but avoid vigorous exercise close to bedtime as it may keep you awake.
7. Practice relaxation techniques: Techniques such as deep breathing, meditation, or progressive muscle relaxation can help calm your mind and body and prepare you for sleep.

There are many good meditation apps and podcasts available that can help you practice meditation and relaxation techniques before bed. Some popular options include:

- **Headspace:** Headspace is a popular meditation app that offers guided meditations and mindfulness exercises.
- **Calm:** Calm is another popular meditation app that offers guided meditations, sleep stories, and relaxation music.
- **Insight Timer:** Insight Timer is a free meditation app that offers a variety of guided meditations, as well as mindfulness exercises and music.
- **The Meditation Podcast:** The Meditation Podcast is a popular podcast that offers guided meditations and relaxation exercises.
- **10% Happier:** 10% Happier is a meditation and mindfulness podcast hosted by journalist Dan Harris. It features interviews with experts in the field of meditation and mindfulness.



14 DAY LIGHTEN UP

Detox Symptoms

What to expect over the next 14 days.

We want to reassure those going through detox symptoms while on this program that this is a very positive thing!

It's always great to listen to your body and we want you to keep doing that. If you've never detoxed before and you're making some changes then know that your body will go through this process. We promise that once you get through the hurdle, your body will thank you.

Your first few days following this weight loss program you might feel tired, sluggish and lack energy. You might notice bloating, gas, your bowel movements may become looser, you might even feel some flu-like symptoms and wonder if you're doing something wrong. Don't stress, the only physiological reason for this is that your body is detoxing toxins from your body and you're on your way to better health!

If these symptoms are mild, be sure to rest, drink enough water and help your body to eliminate these toxins effectively by staying on track. We recommend planning for this period so your body can thrive doing what it needs.

If you would like to read deeper into the detoxification process, you can [click here](#)

*'A healthy outside
starts from the inside'*

Our Health Hub Lighten Up is all about you focussing on what you are choosing for your health and not about what you can't do. We are not asking you to count calories or deprive yourself, instead we are giving you simple steps over the next 14 days that are achievable for creating new and improved healthy habits with ease and flow. These are just simple principles to build upon over time - no fuss, no complication and the building blocks for better health, more happiness and feeling vibrant all year round. Follow these 5 simple steps over the next 14 days and feel the difference, once you have mastered these then feel free to flip to our WELLNESS HABITS page and see what other positive changes you could add in over time for increased energy, vitality and results.

5 Lighten Up Healthy Habits

Start your day with a couple of glasses of warm water with a some fresh lemon and if possible 1 tsp of Apple Cider Vinegar. This will help your metabolism and also wake up your digestive system. It is also a great liver detox flush. Aim to then drink 2-3 litres of good quality filtered water through the day to keep hydrated - so many times hunger is really thirst.

Add complete as a post workout or to break your fast. Simply blend a sachet of your JUICE PLUS COMPLETE with water and ice and have a wholesome meal on the go. You will feel the benefits, feel satiated, energised and less bloated by doing this. Choose to sub the meal you feel challenged with the most to create more flow in your day.

Aim to add something green and more plants into every meal. Add in some frozen spinach and zucchini to make a wholesome green smoothie. Cut veggies to have with hummus for a healthy snack. Add in at least 1-2 cups of veggies with a salad or steamed veg with lunch and dinner. Aim to create more abundance and variety with your greens too!

Get moving! Set aside 20 mins per day to move your body, whether that is a brisk walk in the morning on an empty stomach, a HIIT workout from our guides, a 20 minute yoga session or 20 mins jumping on the trampoline with the kids - it is time to nurture your body and create more energy through moving it daily. TOP TIP is to find something you love and create a habit.

Rest and Recover. You want to be getting an average of 6-8 hours of sleep per night. I know for the beautiful parents out there, that is not possible..... but do the best you can with the time you do have. Set aside your device at night and swap for a book to help with rem sleep too, create some wind down rituals to enhance your quality of sleep too.

WHY CHOOSE JP+ VEGAN COMPLETE?

Let us share with you some of the many reasons JP+ Vegan Complete is a great choice..

Plant Based Protein

Every serve contains 13.5g of plant based protein from pea, chickpea, brown rice and water washed NON GMO soy. It is HIGH BIOLOGICAL plant protein, meaning your body can absorb it to be used. It has a smooth taste and mixes well.

Dietary Fibre + Blend of Sprouts

Each serving of our complete contains 7.7g of fibre which is great for stabilizing your blood sugar and creating a healthy digestive system. It is packed full of concentrated micro nutrients promoting good health and adding in key nutrients into your diet.

Free From

The Health Hub Jp+ Complete is Family Friendly, Free from GLUTEN, DAIRY, AND GMOs. It has no added artificial colours or flavours and is the best of mother nature.

Low GI + Added Nutrients

Jp+ Complete has a low GI rating with the carbohydrates coming from amaranth, quinoa and millet - a balanced energy source and essential amino acids. It also contains yucca powder, pomegranite, spirulina, mushroom powder.

STAPLES YOU WILL NEED FOR THIS GUIDE

Fridge

- Eggs
- Baby Spinach
- Leafy Greens
- Pumpkin
- Zucchini
- Mushrooms
- Broccoli
- Cucumber
- Tomato
- Capsicum
- Kale
- Chicken breast or thigh
- Turkey Mince
- Bacon
- Salmon

Freezer

- ice cubes
- Frozen cauliflower rice

(You can buy items frozen or fresh and wash, cut and freeze them in portions)

Pantry

- Coconut Oil
- Olive oil
- JP+ Complete protein in Chocolate and Vanilla
- Garlic
- Lemons
- Tomato paste
- Onion (Red, brown, Spring onion)
- Herbs & Spices (Salt & pepper, Oregano, Chilli flakes, Paprika, Parsley (Fresh)).

Notes

EXAMPLE DAY ON A PLATE

BEGINNER

8am Breakfast: Shake Up Breaky

12pm Lunch: Roasted Capsicum and Pumpkin Frittata

5pm Dinner: Build Your Own Taco Bowl

Approved Snack: Complete Protein with Water

ADVANCED

11am Breakfast: Complete Protein with Water

1:30pm: Smoked Salmon Salad

6pm: Green Prawn Pasta



EXAMPLE WEEK ON A PLATE

Here is a sample Week on a Plate for your challenge

Day 1:

Breakfast: Scrambled eggs made with ghee or butter and served with a side of grilled mushrooms, sauteed spinach and avocado slices.

Lunch: Grilled chicken salad with mixed greens, cherry tomatoes, avocado, and a homemade dressing made with olive oil and lemon juice.

Dinner: Baked salmon with roasted asparagus drizzled with lemon juice and a side of cauliflower rice.

Day 2:

Breakfast: Smoothie made with water, spinach, and a scoop of Chocolate or Vanilla Complete Protein.

Lunch: Turkey and lettuce wrap made with romaine lettuce, sliced avocado drizzled with olive oil and lemon juice. (Use a large piece of lettuce as the wrap)

Dinner: Green Prawn Pasta with zucchini noodles, garlic and lemon juice.

Day 3:

Breakfast: Omelette made with a variety of vegetables (such as onions, peppers, and mushrooms) and served with a side of nitrate free bacon.

Lunch: Grilled chicken and vegetable skewers made with your choice of vegetables.

Dinner: Zucchini noodles with a homemade tomato sauce made with lean beef or turkey mince, canned tomatoes, garlic, and basil.

Day 4:

Breakfast: Zucchini noodles with chilli fried eggs.

Lunch: Grilled steak salad with mixed greens, cherry tomatoes, avocado, and a homemade dairy-free dressing made with olive oil and lemon juice.

Dinner: Turkey Taco Mince served with steamed broccoli and mixed greens.

Day 5:

Breakfast: Shake Up Breakfast

Lunch: Smoked Salmon Salad

Dinner: Grilled prawns with a side of cauliflower mash and steamed broccoli.

Sample Week on a Plate continued...

Day 6:

Breakfast: Scrambled eggs made with ghee or butter and served with a side of mixed berries.

Lunch: Grilled chicken buddha bowls made with mixed vegetables, sliced avocado and drizzled with olive oil and lemon juice.

Dinner: Slow cooker turkey chili made with ground turkey, vegetables (such as bell peppers, onions, and tomatoes), and a gluten-free broth.

Day 7:

Breakfast: Smoothie made with water, spinach, and a scoop of protein powder.

Lunch: Grilled chicken salad with mixed greens, cherry tomatoes, avocado, and a homemade dressing made with olive oil and lemon juice.

Dinner: Baked pork chops with a side of roasted vegetables and steamed asparagus.



14 DAY LIGHTEN UP

- RECIPES -



B



Zucchini with Fried Eggs

INGREDIENTS

1 zucchini - spiraled
2 eggs
Olive oil
Lemon juice
Chilli flakes

METHOD

Heat a small pan over medium high heat and melt some butter. Crack two eggs into a bowl and when the pan has come to heat, fry until cooked to your liking.

While they're cooking, spiral the zucchini into noodles and place on a plate. Drizzle with olive oil and lemon juice then add salt and pepper to taste. Serve the fried eggs on top of the zucchini noodles and sprinkle with chilli, salt and pepper.

Bacon Sandwich

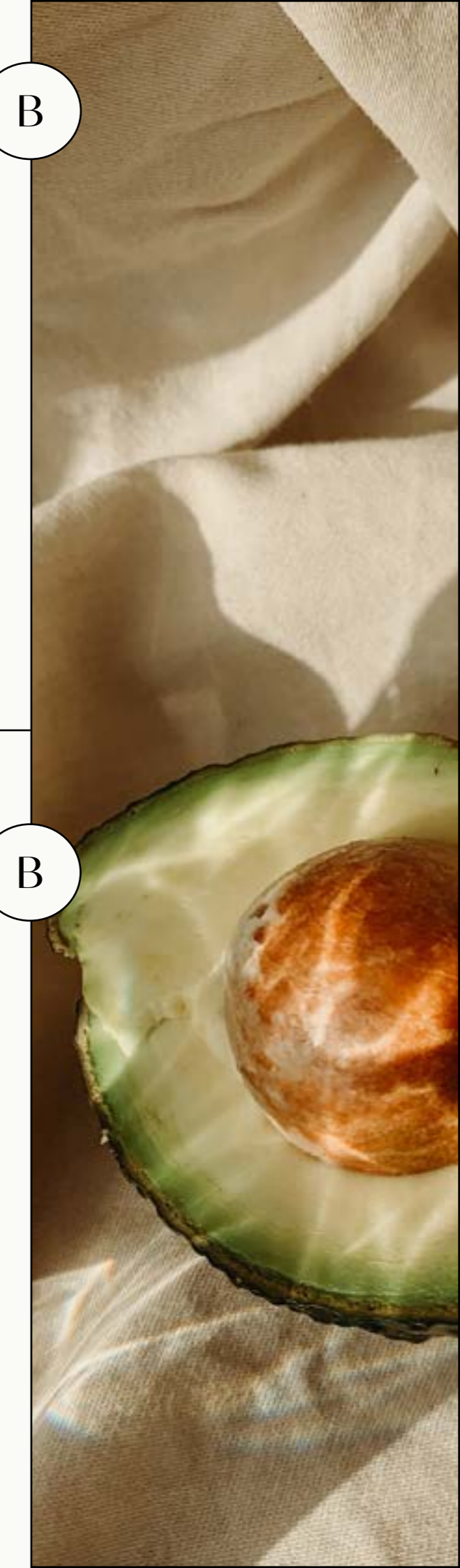
INGREDIENTS

3 small pieces nitrate free bacon
1 tomato, sliced into 3 thick slices
3 pieces of cos lettuce

METHOD

Create little sandwiches by placing a thick slice of tomato and a piece of cooked bacon onto the cos and folding the lettuce leaf in half to form a sandwich

B



B

Lighten Up Breaky

INGREDIENTS

1 piece of nitrate free bacon
2 eggs fried or poached
1/4 avocado
1 tomato
handful of spinach

METHOD

Fry the piece of bacon, tomato and eggs until cooked to your preference. Serve with fresh avocado or wilted spinach.

B



Bacon and Pumpkin Frittata

INGREDIENTS

1 tbsp olive oil
 1 onion, diced
 4 rashers of nitrate free bacon, diced
 2 cups of pre roasted pumpkin cut into small cubes
 1 cup spinach
 8 large eggs
 salt and pepper

METHOD

Preheat the oven to 180 degrees

Sauté the onion in the olive oil until see through. Add in the bacon and sauté until lightly brown.

In a bowl, add the eggs and whisk until combined. Add salt and pepper. Line a baking dish with baking paper and sprinkle the bacon, egg and pumpkin across the base of the dish. Add the spinach. Pour the egg mix over the top of the vegetables.

Bake the frittata for 30 minutes or until lightly golden.

L|D



Smoked Salmon and Avocado Salad

INGREDIENTS

1-2 big handfuls of mixed lettuce
 1 small cucumber, diced
 100g smoked salmon , sliced
 2 hard boiled egg
 ¼ avocado, diced
 ¼ red onion, thinly sliced
 2 tbsp olive oil
 1 tbsp lemon juice
 1 tbsp fresh dill, chopped
 Salt and Pepper to taste
 *Avocado Mayonnaise Dressing

METHOD

Add all salad ingredients into a bowl. In a small glass, combine the dressing ingredients and add a little more lemon juice to desired taste. Drizzle over the top of the salad to serve

Homemade Avocado Mayonnaise

INGREDIENTS

1 medium avocado
 1 large egg
 1 teaspoon lemon juice
 1/2 cup light olive oil
 Salt and pepper to taste

METHOD

Add the avocado, egg, and lemon juice to a blender or food processor. Blend until smooth. With the blender or food processor running, slowly drizzle in the olive oil until the mixture becomes thick and creamy. Season with salt and pepper to taste. Transfer the mayonnaise to an airtight container and store in the refrigerator until ready to use.



Frittata

INGREDIENTS

- ½ tbsp ghee
- 5 rashers of nitrate free bacon
- 1 small brown onion, chopped
- 1 cup mushrooms, sliced
- 2 cups spinach
- 8 eggs

METHOD

Preheat the oven to 180 degrees

Add the ghee to a pan and once warm, add the onion and bacon and sauté until the onion is soft, remove from heat.

In a bowl, whisk the eggs and season with salt and pepper.

Add the onion and bacon mixture to the bowl and stir, add the mushroom and spinach and stir again until combined.

Pour the mixture into a lined baking dish and cook for 30 minutes until cooked through and lightly browned.



Pizza Frittata

INGREDIENTS

- ½ tbsp ghee
- 5 rashers of bacon
- 1 small brown onion, chopped
- 1 cup mushrooms, sliced
- ½ cup thinly sliced red capsicum
- 2 cups spinach
- 8 eggs
- 4 tbsp tomato paste
- 1 tbsp dried oregano

METHOD

Add the ghee to a pan and once warm, add the onion and bacon and sauté until the onion is soft, remove from heat.

In a bowl, whisk the eggs and season with salt and pepper. Add the tomato paste and oregano and stir to combine.

Add the onion and bacon mixture to the bowl and stir, add the mushroom, spinach and capsicum and stir again until combined.

Pour the mixture into a lined baking dish and cook for 30 minutes until cooked through and lightly browned.



Roasted Capsicum & Pumpkin Frittata

INGREDIENTS

- 3 cups pumpkin, peeled and diced into 2cm pieces
- 2 red capsicum, diced
- 1 tbsp dried rosemary
- 1 tbsp olive oil
- 8 eggs
- 2 cups spinach
- 4 sprigs of fresh parsley, chopped
- Salt and Pepper

METHOD

Preheat the oven to 180 degrees

In a bowl, add the capsicum and pumpkin and drizzle with olive oil and rosemary. Toss to coat evenly.

On a lined baking tray, spread out the pumpkin and roast for 30 minutes. After about 15 minutes, add in the capsicum.

In a bowl, add the eggs, salt and pepper and parsley and whisk.

Once cooked, remove the vegetables from the oven and pour evenly into a lined baking dish.

Pour the egg mix over the top of the roasted vegetables and scatter the baby spinach over the tray.

Cook for approx. 30 minutes until lightly browned and set.



Prawn Green Pasta

INGREDIENTS

- 1 tbs coconut oil
- 500g raw prawns - deshelled
- 2 cloves garlic
- 1/2 - 1tsp chilli flakes
- 1 head broccoli - cut into small pieces
- 1/4 cup water
- 3 zucchini - spiralized
- Zest and juice of one lemon
- 1 cup flat leaf parsley - chopped
- 2 cups rocket
- Nutritional yeast to serve (optional)
- Olive oil to drizzle

METHOD

Place a pan over medium high heat and melt coconut oil.

Cook prawns, garlic and chilli until prawns are cooked through and set aside.

Add broccoli to the pan with water, cover and leave to steam for 3 minutes.

Add prawns into the pan.

Pour lemon juice over and toss together.

Place parsley and rocket into the pan and toss everything to combine.

Serve in bowls and top with olive oil and nutritional yeast



Build Your Own Taco Bowl

CHOOSE YOUR BASE:

- Cauliflower rice
- Leafy greens

CHOOSE YOUR PROTEIN:

- Pan fried prawns/chicken/firm tofu
- Taco mince (recipe below)

CHOOSE YOUR VEGETABLES:

- Keep them raw and the more the merrier when it comes to your veggies.
- Spinach
- Cucumber
- Avocado
- Capsicum
- Red onion
- Diced tomato

DRESS IT:

Keep it light. Dress your taco bowl with some lemon juice, fresh coriander and spring onion and a drizzle of EVOO or use our homemade Avocado Mayonnaise dressing.

METHOD

Build your taco bowl using the method above. If using chicken, prawn or tofu - fry it off in your chosen spices and herbs first. Thinly slice veggies, or julienne them to keep a nice texture and crunch to the dish. Get creative and experiment with flavours together. This is a great lunch to have when you are wanting something fresh, vibrant and that is quick to make.

***The recipe for Avocado Mayonnaise dressing can be found with the Smoked Salmon & Avocado salad.*



Grilled Chicken

INGREDIENTS

- 150g chicken breast or thigh
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 1 tsp garlic, minced
- 1 tsp chopped parsley
- 1/2 tsp paprika
- salt and pepper

METHOD

If using chicken breast, make sure you halve to make it thinner. Combine all the ingredients in a bowl and add the chicken and toss to coat. Cover and place the chicken in the fridge for at least 2 hours. Preheat your BBQ or pan top medium heat and cook the chicken slowly until cooked through. Serve with mixed greens or on a bed of cauliflower rice.



Turkey Taco Mince (makes 2 servings)

INGREDIENTS

- 1 tsp olive oil
- ½ onion
- 250g turkey mince
- 1 tbsp tomato paste
- ½ can diced tomatoes
- 1 tbsp Mingle Spicy Mexican seasoning or any Mexican spice mix with no added sugar

METHOD

In a pan, heat the olive oil at a medium heat and then add the onion and cook until soft.
 Add the turkey mince and cook until the meat has changed from pink to a whiteish colour.
 Add the Mexican spice mix and combine to coat the mince.
 Add the diced tomatoes and the tomato paste and combine.
 Turn the heat down to low and simmer for 15 minutes.



Build Your Own Poke Bowl

CHOOSE YOUR BASE:

- Cauliflower rice
- Leafy greens

CHOOSE YOUR PROTEIN:

- Raw / cooked or canned tuna/salmon/kingfish
- Pan fried prawns/chicken/firm tofu

CHOOSE YOUR VEGGIES::

- Keep them raw and the more the merrier when it comes to your veggies.
- Spinach
- Cucumber
- Avocado
- Sprouts
- Radish
- Red onion
- Edamame

DRESS IT:

Keep it light. Dress your poke bowl with some lemon juice, fresh herbs and a drizzle of EVOO.

METHOD

Build your poke bowl using the method above. If using chicken, prawn or tofu - fry it off in your chosen spices and herbs first. Thinly slice veggies, or julienne them to keep a nice texture and crunch to the dish.
 Get creative and experiment with flavours together. This is a great lunch to have when you are wanting something fresh, vibrant and that is quick to make.



Vanilla Coffee Complete

INGREDIENTS

1 sachet of vanilla complete protein
1 shot of coffee, freshly brewed
A handful of ice

METHOD

In a blender add the freshly brewed coffee, the sachet of vanilla complete protein and the handful of ice. Blend until thick and light. If its too thick, add a little water until it's at a creamy consistency

Other Aproved Drinks:

Herbal Tea
Black Coffee
Water
Sparkling water with fresh lemon or lime



Chocolate Complete

INGREDIENTS

1 sachet of chocolate complete
1 small handful of ice

METHOD

In a blender, add the chocolate protein powder and the ice and blend until combined. You can add a little water if it is too thick.

TAKE AWAY OPTIONS

Poke Bowl -

Fresh prawns, tuna sashimi, edamame, avocado with lettuce and fresh lemon juice and olive oil

Guzman Y Gomez

Salad with chicken and no sauce or rice (ask for fresh lemon juice)

Cafe

Bacon, fried or poached eggs, avo mushroom and tomato

Fish & Chips

Grilled fish with mixed greens

Sushi

Salmon sashimi and edamame



MEAL PLANNER

BREAKFAST

LUNCH

DINNER

SNACKS

M

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HEALTHY HABITS BEYOND LIGHTEN UP

So you have created some simple healthy habits over these last 14 days, it is all a foundation and building block for creating a long lasting journey and relationship with your body and your physical, emotional and spiritual health.

It is all about what you learn along your own journey with what works for you and not a one size fits all approach to your health. We have provided you with some other wellness rituals to potentially build upon the routine you have so far - to help you on your journey to a healthy, happy and vibrant life.

A FOUNDATION OF HEALTH

Supplement to THRIVE. We have a whole juice plus range to offer with our whole food plant based capsules, kids fruit and veggie chewables and our plant based omega blend. Our products are all designed to help bridge the gap in your nutrition and offer you an easy, convenient and affordable way to be able to flood your body full of the essential vitamins and minerals our bodies need.



Add in more meals or even whole days where you are just eating more plants and less meat. It can be once a week or 1-2 meals a day - whatever works and feels good for you, eating less meat will give your body and more specifically your digestive system a chance to rest and your body a chance to heal. It also allows you to eat a more abundant variety of plants.

Meditation and breath work - even if it is for 2-5 minutes a day, this ritual will help keep you grounded and your mind clear and centred. Not only that, but it is essential for a healthy nervous and immune system. As well as a daily meditation practice, when eating it will help to be conscious and mindful too - chew your food well, eat without distraction and really learn to tap into how you are feeling whilst enjoying a meal.



Gratitude changes everything. Showing gratitude for what you do have, whether you start your morning sharing it at the breakfast table with your family, or whether you start a journalling ritual - it is so important to express gratitude for what you have and also where you are in your journey once the universe is able to see you are grateful right in this very moment, will you be able to access more abundance.

Back to basics - that means everything. Cooking from home more, using simple fresh ingredients. Keeping your nutrition super simple, moving your body without overthinking it, your morning rituals super simple and going back to basics and simplicity is the key.



YOU DID IT!

CONGRATULATIONS

We want to say "go you" for coming on the journey the last 14 days, we hope you enjoyed the process as much as we did and fell in love with our Complete vegan protein powder to help nourish your body. The only question left to ask is - are you team vanilla or chocolate?

We would love to invite you to reflect on the last 14 days, how are you feeling?

We can't wait to hear from you over in our Facebook community page with the Health Hub and encourage you to share your results (if feeling any).

Maybe you want to share the recipes you may have loved the most from trialing our JP+ Complete and recipe guide?

This is just the beginning of your health journey and hopefully helped kickstart your results and inspiration to live a healthier, more energised life. Why not dive in deeper into our beautiful health program and ditch those diets for good - we know you are feeling so much better after these first 14 days inside the Shake Up - just imagine if you continue this path.

Remember it is a journey, it is time to kick those diets for good and embrace a healthy lifestyle.

Get in touch with your ambassador if you want to learn how you can gain access to our program in full and embrace your health in 2023.





CHLOE

"I have had multiple surgeries to remove endo and pain was always my biggest struggle that was made worse through other issues also....I have tried a lot but can happily say after incorporating the products and the program i no longer experience pain whatsoever, even before and during the time of my periods"

CHELSEA

"When I started the HEALTH HUB program, I had hoped to kickstart my new journey and to feel better within myself. Over the last 8 weeks I have noticed my energy has increased, I am feeling happier and making healthier choices again and feeling great for doing so. I am really looking forward to continuing this program and seeing how much i can improve both inside and out."



CANDI

"I came into the HEALTH HUB wanting better energy and more confidence, tired of feeling terrible about myself and the way I looked. I am so happy to say i got my wish!! I have more energy, I feel great and my skin has cleared up so much. Not only that, but I found myself again. I was in a bad cycle of eating my emotions and the program has helped me to turn that around. I've had so many comments from people, not only from the physical changes but how much happier i am too."



'IT IS NEVER A BAD
TIME TO START TAKING
CARE OF YOURSELF'

THE HEALTH HUB

2023