



Follow these 5 Steps

1. Treat your body like a 10/10
2. Everything you place into yours and your families body is a vote towards better health and vitality
3. Stop overthinking your meals, base them of: Your Chosen Protein, Several Veg and a small portion of Carbohydrates. This will keep your Blood Sugar, Body and Macros completely Balanced
4. Get confident experimenting and have fun, make cooking healthy & nutritious meals a habit
5. Nothing goes in the weekly food shop other than your favourite meats & protein, vegetables & fruit. Ditch the unhealthy snacks and rubbish, you will save money if its not in the house you won't eat it

Healthy Meal Recipe Book

RECIPE'S LIST

- Chicken Fajita
- Vegetable Curry
- Chicken Noodles
- Thai Green Turkey Curry
- Salmon & Vegetables
- Lemon Chicken with Aloe
Quinoa
- Turkey Mince with Rice
- Chicken Thigh Tray Bake
- Baked Cod & Vegetables
- Herbalife Pizza

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A typical Healthy Daily Meal Plan

EAT 5 MEALS A DAY (INC SNACKS),
PRIORITISE PROTEIN WITH EACH
MEAL OR SNACK. TO HELP MANAGE
WEIGHT & DROP BODY FAT HAVE A
SHAKE FOR LUNCH AS WELL.

1.



BREAKFAST SHAKE



LUNCH SHAKE OR
HEALTHY MEAL

3.



2.

PROTEIN SNACK



5.

HEALTHY BALANCED DINNER

4.

PROTEIN SNACK





Chicken Fajita



2 servings



all under
30mins

INGREDIENTS

Diced Chicken

Red Onion

Mixed Peppers

Baby Gem Lettuce

Fajita Wraps

Fajita spice/ Cajun Spice

Directions

1. Dice Chicken
2. Slice Vegetables into long sticks
3. Heat a pan with pinch of oil low to medium heat
4. Cook Chicken for a few minutes with the Onion
5. Chuck your veg in with spices
6. We have left sour cream and Guacamole as they contain a huge amount of calories (If you are on a weight loss journey please be mindful of these).
7. Serve, wrap and enjoy

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Vegetable Curry



2 servings



all under
30mins

INGREDIENTS

Butternut Squash

Aubergine, Courgette

White Onion, Chickpeas

Herbalife Mushroom Savoury
Soup (this will keep your meal
high in Nutrients and Protein)

Half Tin of Tomatoes

Curry Powder

Chilli Powder to taste

Rice, Garlic

Directions

1. Dice everything
2. Gently fry the butternut squash (chop this up particularly small) with the onion and garlic
3. Add all of the vegetables after 5mins and cook for another 5mins
4. Chuck in all remaining ingredients including F1 Savoury Soup (2 scoops) and cook until vegetables are soft
5. Season to taste
6. Serve with a small portion of rice or noodle

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Chicken Noodle



2 servings



all under
30mins

INGREDIENTS

Diced Chicken
Noodles of choice

Mixed Peppers

Broccoli

Spring Onion

Sweetcorn

Chicken stock

Mixed Herbs

Nutmeg, Half tsp Mustard

Egg or Two

Directions

1. Chop everything
2. Fry Chicken first and add all the vegetables
3. Add the stock with a tiny amount of boiling water
4. Mix in everything else
5. Crack egg and mix in for the last 2 mins
6. Season to taste
7. Serve and enjoy!

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Thai Green Turkey Curry



2 servings



all under
30mins

INGREDIENTS

2/3 Large Turkey Breasts

Sweet Corn, Broccoli,
Mushrooms

Garlic, Spring Onion

Chicken stock cube (no
water)

1 tbsp Mustard, Tin of

Coconut Milk, Curry Powder

Optional add Fennel, Garam

Masala and Lemon Grass

Rice (small portion)

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Directions

1. Chop all (whack in a wok or pan in this order) on a medium to low heat
2. Pinch of oil or fry light, Spring onion and Garlic
3. Add Turkey, wait for 5 then add spices
4. Leave for a few mins and then add all the vegetables
5. Chuck everything else into the pan and you are finished as soon as the chicken is cooked through
6. Don't wait too long to serve in order to ensure Broccoli is still crunchy
7. Serve with some rice (small portion)
8. Enjoy





Salmon and Vegetables



2 servings



all under
30mins

INGREDIENTS

Salmon Fillet

Vegetables of your choice
(I would suggest long stem

Broccoli and Carrots)

New Potatoes

Lemon optional

Directions

1. Oven at 180
2. Salmon in a glass dish, crack of pepper and a slice of lemon on top, place in Oven for 14mins
3. If you have a little pesto in the fridge half a tsp smothered on top can be lovely to
4. Chop Vegetables
5. Carrots in steamer or boiling water
6. Followed by potatoes
7. Pop Long stem Broccoli in for the last few minutes (the smaller you chop your vegetables the quicker they cook)
8. Serve and enjoy

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Lemon Chicken With Aloe Quinoa



2 servings



all under
30mins

INGREDIENTS

4 chicken breasts

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

Directions

1. 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 to bring a fresh dimension of flavours to your plate.
2. Preparation of the chicken:
3. Put the breasts to macerate with AloeMax, garlic and onion for 8 hours.
4. In a pan, brown the peppered breasts on both sides until browned and cooked through.
5. Add the remaining marinade and Instant Herbalife Beverage lemon, and cook for a further 2 minutes.
6. Preparation of the quinoa and the guacamole:
7. Boil the quinoa and add a sprinkle of sea salt, stir it and let it chill.
8. 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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Turkey Mince with Rice



2 servings



all under
30mins

INGREDIENTS

Turkey Mince

Dried mixed Herbs

Kidney beans

Red onion, Garlic

Celery, Carrots, Mushrooms

Peas, Sweetcorn

(anything else lingering in the
fridge you want to use up)

Chicken stock cube

Directions

1. Chop all
2. Pan, small amount of oil and whack your Carrots in first and then the rest of your veg in until soft
3. Add Kidney beans
4. Add Turkey Mince and keep heat relatively low
5. Stir regularly and immediately add stock and boiling water
6. Add mixed herbs and a little sprinkle of nutmeg if you have it
7. Serve with a small portion of rice
8. Enjoy

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Chicken Thigh Tray Bake



2 servings



all under
30mins

INGREDIENTS

Boneless Chicken Thigh

Large Onion, Garlic

New Potatoes

Red Pepper

Long Stem Broccoli

Aubergine

Mixed Herbs

Tin of chopped tomatoes

Tbsp honey

Directions

1. Oven at 180
2. Chop all potatoes up small
3. Leave rest of vegetables large
4. Do not crush or chop Garlic
5. Absolutely everything in a bowl
6. Small amount of oil
7. Whack Mixed Herbs in
8. Toss in baking tray and pop in the oven
9. Set timer for 15mins
10. In the meantime, in the same bowl pour a tin of chopped tomatoes and chicken stock cube no water. tsp honey
11. Open oven pour over top and cook for another 10mins
12. Serve and enjoy

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Baked Cod & Vegetables



2 servings



all under
30mins

INGREDIENTS

Cod Fillet

Parma Ham

Cherry Tomatoes

Spring Onion

Capers

Sun dried Tomato Paste

Ginger

Mustard

Ready made Mash

Directions

1. Oven 180
2. Glass oven proof dish
3. Cherry Tomatoes chopped in half
4. Spring onion not chopped
5. Lay Parma Ham on top of these
6. Lay Cod Fillet on top of the Parma Ham
7. Bowl, mix a dollop of sun dried tomato paste, tsp of mustard, a knob grated ginger or squeeze of ginger paste
8. Pour over your cod, scatter your capers and whack in oven until just cooked through (15mins)
9. Serve with ready made mash, fresh spinach. Salt n Pepper to taste

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Directions

1. For Dough:
2. Preheat the oven to 180°C or fan oven at 160°C.
3. Mix all the dough ingredients until they come together.
4. Knead the dough well for 10 minutes until you have a smooth, light, stretchy dough and shape into a ball. Alternatively, this can be done in a stand mixer or food processor using the dough accessory.
5. On a floured surface, roll out the pizza dough into roughly a 12-inch diameter and approximately 4-5mm in thickness.
6. Transfer the base onto a baking tray.
7. For Topping:
8. Mix the Gourmet Tomato Soup, oregano and water until it is the consistency of ketchup.
9. Spread this evenly and thinly on the base using the back of a tablespoon, leaving 1cm at the edge of the crust.
10. Evenly place the mozzarella on the pizza and bake on a low shelf of the oven for 14-16 minutes until the crust puffs up and turns golden.

Herbalife Pizza



2 servings



all under
30mins

INGREDIENTS

For Dough:

150g organic strong white
flour plus a little extra for
flouring

2 servings (15g) Beta Heart
2 servings (12g) F3 PPP
1 1/2 tsp baking powder
1/4 teaspoon salt

For Topping:

1 serving 32g Gourmet Tomato
Soup
1/2 tsp oregano
50ml water
75g grated or roughly torn
mozzarella cheese

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