



nuzest[®]

**YOUR
GUIDE TO
GLOWING
SKIN**

28-Day Challenge

NUTRITION • MINDSET • LIFESTYLE

AUTHOR ATTRIBUTION

The information contained within this guide has been written with the assistance of registered clinical nutritionist, author and researcher Dr Cliff Harvey (PhD, DipFit, DipNat), registered clinical nutritionist Bella Marinkovich (DipNut), and Heather Rieger (BTech, Food).

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DISCLAIMER

Before beginning the Get the Best Of You 28-Day Challenge, it is recommended that you consult a qualified healthcare practitioner or general practitioner (GP) to determine if it is appropriate for your needs.

The information provided in this guide is intended for educational purposes only and is general advice. It should not, nor is it intended to, be relied on as a substitute for individual medical advice or care. If the content of this guide raise any concerns or questions regarding your health, please consult a qualified healthcare practitioner.



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GET THE BEST OF YOU



WELCOME TO THE NUZEST GET THE BEST OF YOU CHALLENGE

Whether it's the start of a new season, the lead up to a special event, or just time for a tune up, we want to help you get the best of you!

Based on nearly a decade of customer interaction and feedback from all around the world, we have identified eight areas of health that our customers regularly want to improve on:

1. Energy
2. Immunity
3. Gut health
4. Skin health
5. Weight management
6. Inflammation
7. Vegan vitality
8. General health & wellbeing

Each guide provides practical nutrition and lifestyle information, along with a 28 day plan, recipes, weekly check-ins and motivation to help you achieve your goal.

Get involved, challenge yourself, and share your progress and success with **#nuzestnation**.



NUTRITION & LIFESTYLE FOR SKIN HEALTH

Over half of all people report experiencing some type of skin complaint.¹ The skin is the body's physical barrier to the outside world, providing protection from pathogens (microbes like viruses and bacteria), physical threats and helping us to regulate body temperature. It also 'waterproofs' the body, has receptors for heat and pain to alert us to immediate threats, and helps us to excrete bodily wastes. Our skin is also the organ responsible for producing the essential nutrient vitamin D, and the skin is literally the way we are presented to the world around us! For all these reasons, skin health is critically important for both our health and our general sense of wellbeing.

Other systems of the body, including the gastrointestinal system, also impact the skin (this is often referred to as the gut-skin axis). One such instance of this is in the case of intestinal disturbances and dysbiosis (poor balance of microbes in the gut) which may also play a role in skin problems due to increased inflammation and endotoxins circulating in the body. As such, part of the management of skin conditions is to restore your body to a state of balance.

Outside of internal systemic function, skin health also reflects many things, such as diet, genetics, sunlight, environmental and occupational exposure, medical conditions, medications, stress and certain lifestyle choices. Interestingly (and thankfully), nutrition has historically been one of the earliest and most important factors for improving skin health. While skin health relies on the health of all other systems and organs in the body, there are some specific things we can do to improve the health of our largest organ.

Signs your skin is not as healthy as it should be:

- Inflamed or irritated skin
- Excessively dry, flaky or oily skin
- Poor wound healing
- Premature ageing
- Chronic conditions like eczema or dermatitis

Note: Many conditions can result in these signs and symptoms. If you are experiencing any of these, consult with your doctor for proper diagnosis and treatment.

NUTRITION FOR HEALTHY SKIN

If you've ever heard the saying, "you are what you eat," you'll soon learn that this couldn't be truer than for your skin. Quite simply, skin health reflects internal health. Nutrition has been long associated with skin health, including all of its possible aspects from beauty to integrity and even ageing.

In fact, nutritional deficiencies or excesses have been shown to impact and promote the onset and recurrence of various dermatological disorders. For example, nutritional imbalances and the ingestion of high-glycaemic-index foods are two of the main factors most frequently associated with acne. In addition, the excessive consumption of sugar and charred meats are thought to promote the visible signs of ageing by promoting the formation of advanced glycation end-products (accurately known by the acronym; AGEs) – compounds that form when protein or fat combine with sugar in the blood stream. AGEs are believed to decrease the body's resistance to structural stress and interrupt the skin's blood supply, thus having a negative impact on the health of the skin.

Poor nutrition directly correlates to three of the biggest health epidemics – cardiovascular disease, obesity and diabetes.

DIETARY GUIDELINES 2015-2020

Office of Disease Prevention & Health Promotion
health.gov/dietaryguidelines/2015

Conversely, a diet that is calorically balanced and full of essential nutrients such as probiotics, antioxidants, polyunsaturated fatty acids, minerals and vitamins, have been scientifically proven to help promote healthy skin, optimise skin physiology, maintain skin density, improve skin firmness and prevent some skin diseases. As an added bonus, these beneficial nutrients for your skin, also improve the condition of your hair and nails! So, the foundation of nutrition for skin health is a diet that is packed with essential nutrients, and one that provides sufficient energy, protein, and essential fats.

1. Nutrients for skin health

Many nutrients have been shown to improve skin health, such as:

- **Biotin** – improved skin and nail health^{2,3}
- **Vitamin C** – synthesis of connective tissue important for skin health and improved wound-healing⁴
- **Beta-glucans** – indicated as having anti-wrinkle, anti-ageing, and wound healing properties⁵ found in foods like mushrooms
- **Dietary enzymes** – like bromelain from papaya and pineapple - thought to aid protein digestion, anti-inflammatory and enhance wound-healing^{6,7}
- **Zinc** – might improve acne and dermatitis⁸
- **Pre and probiotics** – which can positively influence the balance of bacteria in the gut, creating the possibility for manipulation of the gut-skin axis for therapeutic purposes.
- **Omega 3 fats** – crucial for healthy skin. Dry or flaky skin can be a sign of low omega 3 fat intake. Omega 3 fats might also help to reduce the incidence of skin cancers.⁹

2. Supplements

Combined supplements, such as Good Green Vitality, with a variety of ingredients including vitamin C, vitamin E, biotin, zinc, grape seed extracts, and marine nutrients (i.e. kelp or marine algae) have also demonstrated benefits to skin hydration, wrinkles, and other measures of skin health.^{10,11,12,13}

In addition, the chemicals from deeply or brightly coloured vegetables, fruits, and berries are likely to play a role in reducing cellular ageing, and therefore improve the visible signs of ageing in the skin.

Hydration is also critical to skin health,¹⁴ and optimizing hydration is thought to improve the hydration of the skin, reducing visible signs of dryness and roughness, and improving the elasticity of the skin.¹⁵

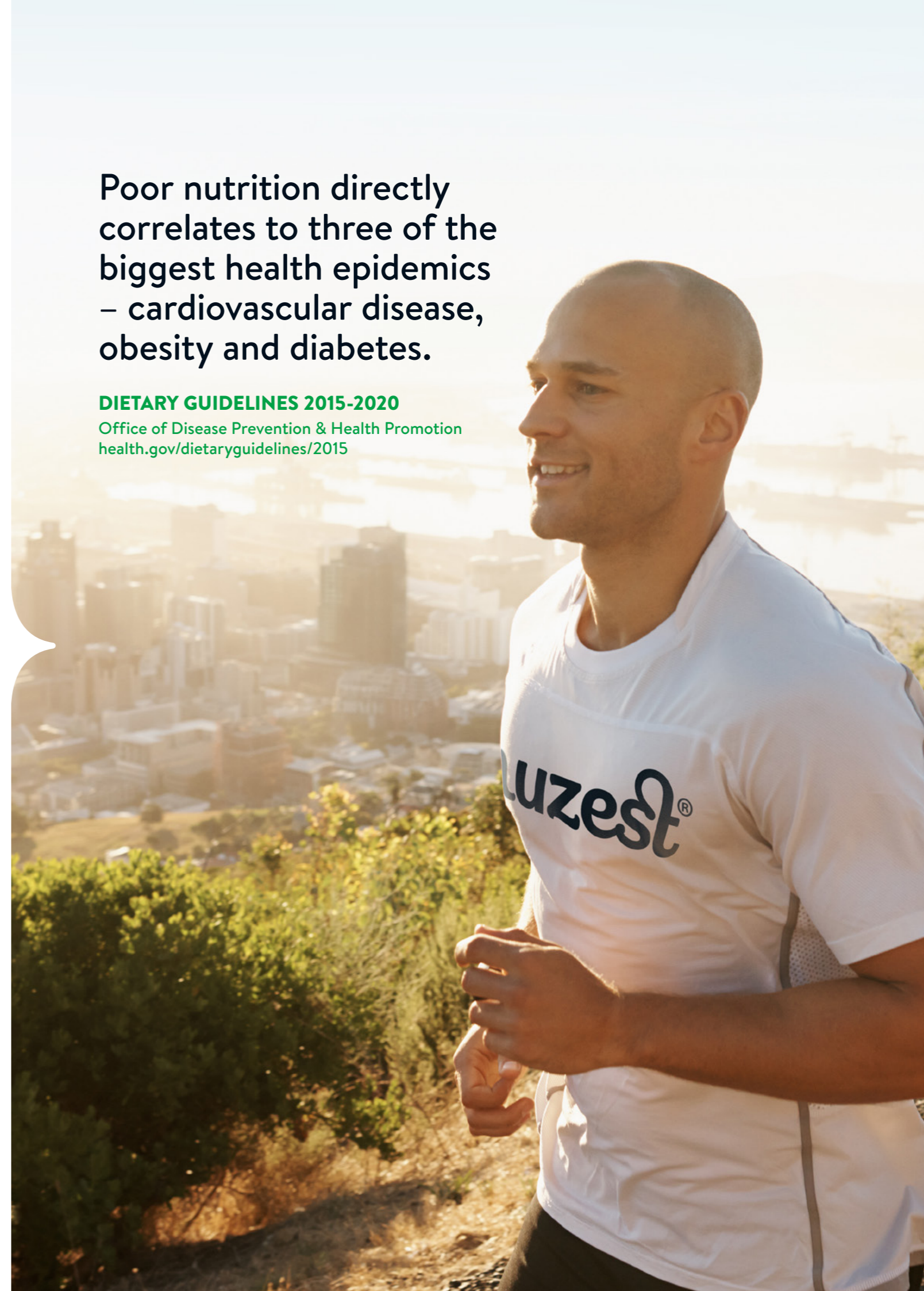
Other foods can affect the health (and appearance) of the skin. These include sugars and charred meats that can cause the formation of advanced glycation end-products, known as AGEs, which incidentally are considered one of the key causes of the visible signs of ageing!

LIFESTYLE AND HEALTHY SKIN

Exercise has a raft of benefits that are likely to benefit the skin. In one study directly looking at the impact of aerobic exercise of blood flow, it was found that exercise improves blood flow to the skin,¹⁶ thus helping nutrients to get to the skin and toxins to be removed from the body, aiding wound healing and maintenance of skin health. On the other hand, smoking increases cellular ageing and is also associated with increased risk of skin cancers.¹⁷

Other factors that can reduce the health of the skin:

- Poor sleep
- Too much time in front of a computer screen
- Smoking
- Excessive alcohol use



MEAL MATRIX

In order to achieve optimal skin health, you must first develop an understanding of the nutrients that are important to include in a healthy diet, the foods that these nutrients are found in, and how much of these you should be aiming to consume at each meal. The following pages explain this information and offer a visual guide to help you manage your portion sizes and learn how to plate your own healthy meals!

	Why include it?	What foods?	Particularly beneficial to skin health	How much? (per meal)
Vegetables & Fruits (particularly berries and mushrooms)	<p>Vegetables and fruits contain gut-healthy fibre, resistant starch and a range of important essential nutrients that benefit skin health.</p> <p>Berries contain a range of antioxidant chemicals that might help reduce the visible signs of skin ageing and improve cellular health.</p>	<p>Green leaf vegetables</p> <ul style="list-style-type: none"> • Lettuce • Kale • Spinach • Endive • Bok choy <p>Brightly-coloured vegetables</p> <ul style="list-style-type: none"> • Pepper/capsicum • Beetroot • Tomato • Carrot • Eggplant <p>Brightly-coloured fruit</p> <ul style="list-style-type: none"> • Mango • Kiwifruit • Apple • Orange • Watermelon <p>Berries</p> <ul style="list-style-type: none"> • Raspberry • Blueberry • Blackberry • Strawberry • Goji berry <p>Mushrooms</p> <ul style="list-style-type: none"> • Shiitake • Maitake • Reishi • Chaga • Turkey tail • Lion's mane • Cordyceps 	<ul style="list-style-type: none"> • Purple and orange veggies (orange kumara/ sweet potato, carrot, eggplant, peppers) • Berries (fresh or frozen) • Turkey Tail Mushroom (fresh, dried) 	3 fist-sized portions

Protein	Protein contains amino acids, the building block for all tissue of the body, including skin!	<p>Plant-origin</p> <ul style="list-style-type: none"> • Legumes such as lentils, chickpeas and beans • Seeds • Nuts • Tofu • Tempeh • High-quality protein powder <p>Animal origin</p> <ul style="list-style-type: none"> • Meat • Fish • Chicken • Other poultry • Eggs 	<ul style="list-style-type: none"> • Fresh fatty fish (salmon, mackerel, sardines) • Eggs • Nuts and seeds (pumpkin, chia, flax) 	1 palm-sized portion
Healthy fats	Fats are critical to improving moisture in the skin. The essential fatty acids (especially omega 3 fats) are also important for the health of the skin and to reduce inflammation	<ul style="list-style-type: none"> • Olive oil • Hemp oil • Flaxseed oil • Avocado oil • Coconut oil • Ghee • Butter • Avocado • Nuts • Seeds • Olives • Fatty fish 	<ul style="list-style-type: none"> • Olive oil • Coconut oil • Hemp oil • Avocado oil • Nuts and seeds (flax, almond, pumpkin, chia, walnut, cashew) <p>*Olive and coconut oil are also great when used externally.</p>	1 thumb-sized portion
Carbohydrates	Carbohydrates are a primary fuel for the brain and for high-intensity exercise. People who are physically active or are considered 'metabolically healthy' benefit from greater amounts of carbohydrates in the body, whilst other people, particularly those who are more prone to weight gain and metabolic disorder, may benefit from lower amounts.	<p>Wholegrains</p> <ul style="list-style-type: none"> • Oats • Brown/wild rice • Quinoa • Bulgur wheat • Millet <p>Legumes</p> <ul style="list-style-type: none"> • Lentils • Beans • Split peas <p>Vegetables</p> <ul style="list-style-type: none"> • Sweet potato/ kumara • Potato • Corn <p>Fruits</p> <ul style="list-style-type: none"> • Banana • Oranges • Berries • Pineapple <p>Sourdough</p>	<ul style="list-style-type: none"> • Fruits high in vitamin C (like citrus) • High antioxidant berries (i.e. blackcurrant and blueberries) • Papaya and pineapple (for bromelain) 	Dependant on the individual. Average serve ½ closed fist (cooked food)

HANDY PORTION GUIDE

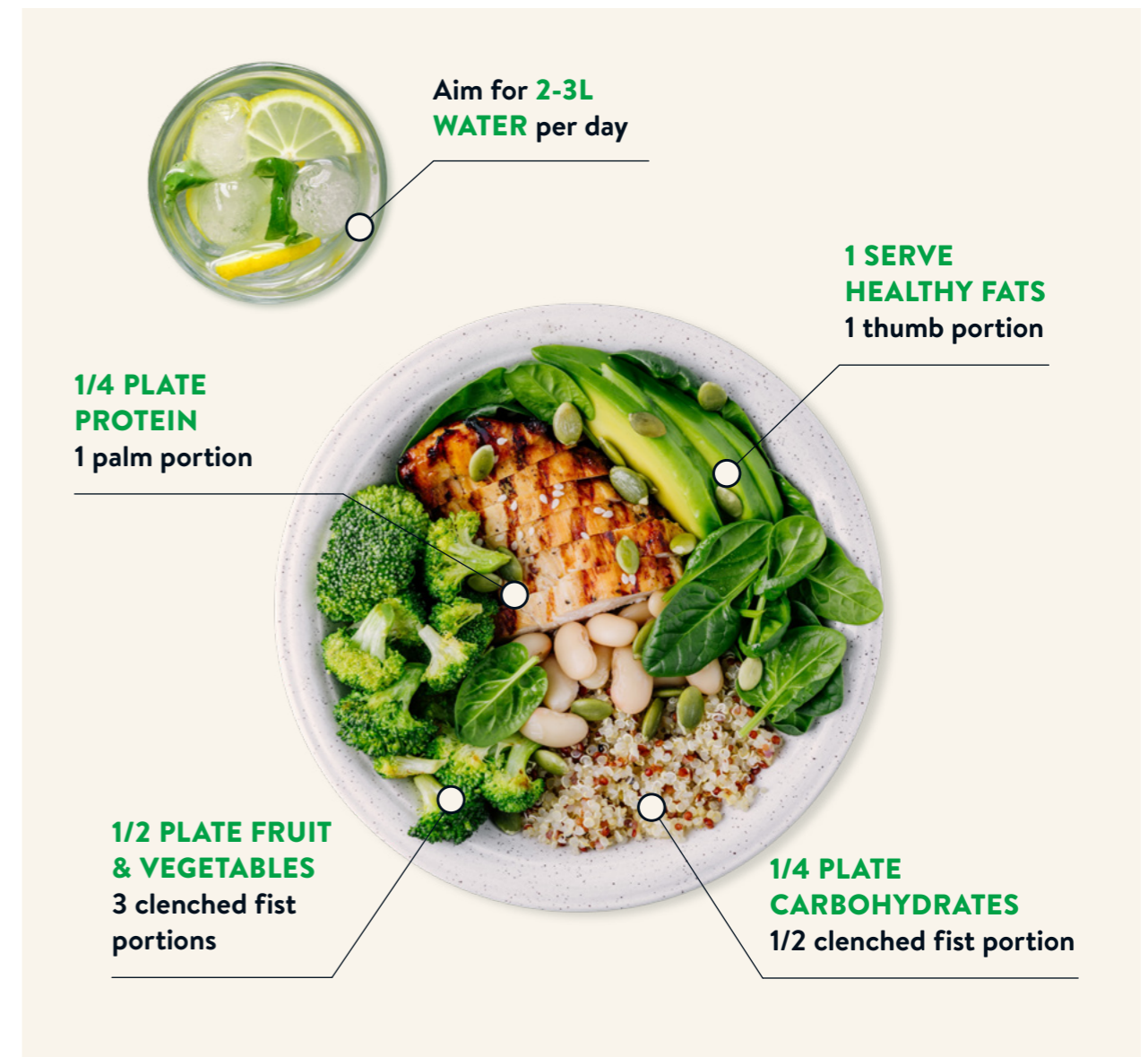
Many of us don't consider portion sizes when we eat, however a healthy diet is all about eating the right types of foods in the right amounts. Using your hand as a serving guide is one way to gauge appropriate portion sizes without the need for using measuring tools.

The portion sizes provided here are average serving sizes for healthy adults based on a daily energy allowance of 8,700kJ (2,000 calories). While everybody has their own individual energy requirements (more on this later), larger and/or more active people typically have greater energy requirements, while smaller and/or more sedentary people will have lesser ones. Because the size of your hands typically corresponds to your body size, using your hands to guide portion sizes is generally a useful tool as bigger people will automatically get bigger portions, and smaller people, smaller portions.



PUTTING PORTIONS INTO PRACTICE

Now that you are familiar with portion sizes, it's time to put them into practice and plate up a healthy meal! A helpful tip when plating your meals is to fill your plate with vegetables and fruits first, and then add your protein, healthy fats and carbohydrates. This helps to ensure that you're not missing out on your serves of vegetables and fruit!



HEALTHY MEAL EXAMPLES



VEGETARIAN OMELETTE

Protein: Eggs

Vegetables: Tomato, mushrooms, spring onion, broccoli

Fats: Extra virgin olive oil (used to cook omelette)

Carbohydrates: Wholegrain toast



VEGAN SPAGHETTI BOLOGNESE

Protein: Vegan mince

Vegetables: Onion, grated carrot and zucchini (in mince mixture)

Fats: Extra virgin olive oil (used to cook mince)

Carbohydrates: Brown spaghetti



SANDWICH

Protein: Turkey (or vegan alternative)

Vegetables: Red onion, tomato, cucumber, lettuce

Fats: Avocado

Carbohydrates: Wholegrain bread



TOFU & LENTIL SALAD

Protein: Tofu

Vegetables: Baby spinach, lettuce capsicum, cucumber

Fats: Avocado

Carbohydrates: Brown lentils



CHICKEN CURRY

Protein: Chicken (or vegan alternative)

Vegetables: Tomato, capsicum, zucchini, beans, carrot, onion

Fats: Ghee (used when cooking)

Carbohydrates: Brown rice



TOFU SCRAMBLE

Protein: Tofu

Vegetables: Spinach, spring onion

Fats: Extra virgin olive oil (used to cook tofu scramble)

Carbohydrates: Wholegrain toast

WHAT ABOUT SNACKS?

Most people find it easier to focus on their meals, not snacks. The old idea of 'grazing' throughout the day has not been shown to improve results over eating fewer meals. In fact, snacking patterns are often associated with poorer nutritional choices and weight gain. Additionally, many people find that preparing fewer, high-quality meals is a lot easier to do, day-to-day.

However, if you do feel exceptionally hungry between your main meals, prioritise healthy snacks that include a mix of vegetables, protein, fruit, wholegrain carbohydrates and dairy (or a dairy alternative) if tolerated well. Most importantly, think of your snacks as smaller meals. There is no set portion size for snacks as it really depends on what your snack consists of. As a rough guide, eat until you are full, and eat again when you are *actually* hungry!

**1 MEDIUM PIECE OR
1 CUP CHOPPED FRUIT**



**2 HARDBOILED
EGGS**



**PROTEIN
SMOOTHIE**



**2 MULTIGRAIN CRACKERS
WITH COTTAGE CHEESE**



**UNSALTED NUTS (30G
OR SMALL HANDFUL)**



**VEGETABLE STICKS
WITH HUMMUS**



**CHIA
PUDDING**



**YOGHURT 200G
(SINGLE SERVE TUB)**



**95G TIN TUNA,
SALMON OR BEANS**



NOW IS
YOUR
TIME TO
SHINE

WEEK 1

CHECK-IN

Before you start this challenge, we've got to take stock of where you're at now.

Read the prompts below and on a scale of 1-10 rate how you honestly feel about your health right now. This activity may make you feel a little uncomfortable, but it is important to complete as it will enable you to establish an overall picture of how you're feeling at the beginning of your 28-day journey. This will also allow you to reflect on any improvements made to your overall health and wellbeing at the end of the challenge so that you can measure how far you've come!

How do I currently feel about my diet and the way I eat?

0	1	2	3	4	5	6	7	8	9	10
Terrible		Bad			Okay		Good		Excellent	

How do I currently feel about my exercise routine?

0	1	2	3	4	5	6	7	8	9	10
Terrible		Bad			Okay		Good		Excellent	

How do I currently feel about my skin health?

0	1	2	3	4	5	6	7	8	9	10
Terrible		Bad			Okay		Good		Excellent	

How do I currently feel about my sleep patterns?

0	1	2	3	4	5	6	7	8	9	10
Terrible		Bad			Okay		Good		Excellent	

How do I currently feel about my stress levels?

0	1	2	3	4	5	6	7	8	9	10
Terrible		Bad			Okay		Good		Excellent	

How do I currently feel about my mood?

0	1	2	3	4	5	6	7	8	9	10
Terrible		Bad			Okay		Good		Excellent	

Great! Now that's done, have a go at filling out the following page.

Section 1

What do I hope to get out of this challenge?

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What is my biggest motivation for completing this challenge?

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.....

What is the overarching goal that I want to achieve by the end of this challenge?

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What do I foresee being the biggest obstacle to me achieving this goal?

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What can I do to turn this challenge into an opportunity?

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Section 2

What are 3 goals that I want to achieve this week?

1.

2.

3.

How am I going to achieve them?

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.....

.....

Section 3

Weekly Checklist

- Complete week 1 check-in
- Goal setting
- Plan and prepare meals
- Plan my weekly schedule
- Share my recipe & progress with #NuzestNation

Section 4

Thoughts & reminders

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GUIDE FOR USING THE WEEK 1 MEAL PLAN

It is important to note that everyone reading this guide is different. We are all different ages, genders, ethnicities, and have varying activity levels and medical backgrounds. Because of this, everyone has different energy requirements.

It is suggested that the average healthy adult needs to consume around 8,700KJ (2,000 calories) each day to maintain a healthy weight. However, because everyone has their own individual energy requirements, there will be some of you who require more food to fuel your daily activity.

Accordingly, it is important that you **monitor your hunger levels** whilst on this challenge. If you are hungry, you must eat! If you feel hungry all the time, then this is your body telling you that it needs more food. Remaining hungry is not a sustainable eating practice and will be detrimental to your training efforts as your body will break down the protein in your muscles for use as energy. Remaining hungry will also increase the likelihood of bingeing and overeating later on. You will know if you are not eating enough food if you feel tired all the time, lack energy and struggle with muscle recovery (i.e. your body feels sore all the time).

In saying this, there is a difference between **physical hunger** and **psychological hunger**. **Physical hunger** is when you want to eat food because your stomach is rumbling and feels empty. **Psychological hunger** is when you want food out of habit or emotion such as when you feel tired, bored or stressed. Ideally, you only want to eat when you are physically hungry. If you feel hungry after a meal, wait 30 minutes to give your food enough time to digest and your body to register whether it has had enough to eat or not. If you are still hungry after this, then help yourself to a second serve.

Here are a few other things to keep in mind...

- **Alter your meals if desired.** If you don't like certain foods, or meals in your week one meal plan, simply alter them to suit your taste and preference!

- **The Meal Matrix** on pages 12-13 outlines different food sources of protein, vegetables, fruits, fats and carbohydrates that you can use to 'swap out' ingredients in your seven-day meal plan if desired. The meal plan we have provided isn't strict, it is just there to guide you and provide an example of what seven days of eating could look like based on the nutrients that are deemed beneficial for boosting energy.
- **Eat mindfully.** We all live such busy lives we often eat so quickly that by the time we finish our meals we wonder *where did all my food go?* This is an example of mindless eating – where we eat so quickly that we don't focus on enjoying the taste of our food or feel satisfied after eating it. We encourage you to practice eating more mindfully during this challenge. Bring your attention to your food during mealtimes. Sit at the dinner table without distraction (i.e. not in front of the television or scrolling through your phone), eat slowly, chew properly, taste the flavours of your food and enjoy the satisfaction of a nourishing meal.
- **Monitor your gut.** When your diet changes you can begin to notice changes in your digestive function. This guide encourages you to increase your intake of vegetables and fruits. These foods are high in fibre, making them great for your digestive health and function. However, if your diet currently lacks fibre then switching to a high fibre diet too quickly can result in constipation. To reduce the risk of constipation, ensure you are drinking lots of water.
- **Maximise your training efforts.** We encourage you to consume a high protein meal or snack within 30 minutes of finishing your workout. This will help with muscle growth and recovery after exercise. A protein shake made with Nuzest Clean Lean Protein is a convenient way to consume protein after a workout, particularly if you are someone who doesn't like eating a full meal after training. Clean Lean Protein can also be used to boost the protein content of other meals. Head to [nuzest.com/recipes](https://www.nuzest.com/recipes) for recipe inspiration.



WEEK 1 MEAL PLAN

	Upon waking	Breakfast	Lunch	Dinner	Snacks
Mon	<ul style="list-style-type: none"> 2 large glasses of water 1 serve Good Green Vitality (can be added to smoothie if desired) 	Skin-loving protein smoothie <ul style="list-style-type: none"> 1 serve Clean Lean Protein 1 handful frozen berries 1 tbsp collagen powder 1 handful spinach 1 tbsp almond butter Ice + water 	Avocado nori rolls (recipe provided)	Tofu and vegetable stir fry (recipe provided) Can alternatively replace tofu with a palm-sized portion of chicken.	<ul style="list-style-type: none"> Boiled eggs with salt Or basic protein shake (1 serve Clean Lean Protein with water)
Tues	<ul style="list-style-type: none"> 2 large glasses of water 1 serve Good Green Vitality 	Berry oats with collagen <ul style="list-style-type: none"> ¼ cup oats (cooked with water and a pinch of salt) 1 tbsp nut butter 1 tbsp collagen ½ cup frozen berries Top with plain unsweetened yoghurt, 1 tsp chia seeds and/or nuts 	Egg salad <ul style="list-style-type: none"> 2-3 hard-boiled eggs Generous serving of leafy salad greens Handful of fresh parsley/basil (chopped) Sliced cucumber 1 tbsp olive oil 1-2 tsp of apple cider vinegar Pumpkin seeds (approx 1 tbsp) 	Roast chicken and vegetables (recipe provided)	<ul style="list-style-type: none"> Homemade firm jellies (gelatin, berry powder, lemon juice & water) Or basic protein shake (1 serve Clean Lean Protein with water)
Wed	<ul style="list-style-type: none"> 2 large glasses of water 1 serve Good Green Vitality (can be added to smoothie if desired) 	Green protein smoothie <ul style="list-style-type: none"> 1 serve Clean Lean Protein Handful of spinach (fresh or frozen) 1 tbsp MCT oil 1 tbsp pumpkin seeds 1 tbsp nut butter of choice 1 handful of ice 	Chicken salad with hummus <ul style="list-style-type: none"> Cold chicken (shredded) 2-3 cups vegetables (mixed lettuce leaves, basil leaves, red onion, tomato, cucumber) 1 tbsp hummus 1 tbsp olive oil Salt & pepper Squeeze of lemon 	Black bean stew with sweet potato (kumara) mash (recipe provided) <ul style="list-style-type: none"> 1 serve black bean stew 1 sweet potato, steamed and mashed. Can add seasoning, herbs and/or ghee/butter to taste 	<ul style="list-style-type: none"> Carrot, celery and/or cucumber sticks with nut butter and sea salt Or basic protein shake (1 serve Clean Lean Protein with water)
Thu	<ul style="list-style-type: none"> 2 large glasses of water 1 serve Good Green Vitality 	Scrambled eggs with avocado & tomato <ul style="list-style-type: none"> 2-3 eggs scrambled ½ avocado 	Raw energy rainbow salad <ul style="list-style-type: none"> ½ grated beetroot 1 grated carrot 1 tbsp olive oil 	Leftovers - Naked burgers using black bean stew <ul style="list-style-type: none"> 2 fresh iceberg lettuce cups 	<ul style="list-style-type: none"> (Pre)boiled eggs with salt

Thu	(continued)	<ul style="list-style-type: none"> 2 medium tomatoes Season with salt & pepper 	<ul style="list-style-type: none"> Fist-sized protein of choice (boiled egg, chicken, tempeh, lentils, tuna, salmon) Chopped cucumber ¼ lemon squeezed 	<ul style="list-style-type: none"> 1 portion black bean stew Vegetable fillings such as grated carrot, tomato avocado and cheese 	<ul style="list-style-type: none"> Or basic protein shake (1 serve Clean Lean Protein with water)
Fri	<ul style="list-style-type: none"> 2 large glasses of water 1 serve Good Green Vitality (can be added to smoothie if desired) 	Nutty cacao protein smoothie <ul style="list-style-type: none"> 1 serve Clean Lean Protein 1 tbsp cacao powder 1 tbsp MCT oil 1 tbsp nut butter A pinch of sea salt 1 handful of ice + water or splash of coconut cream (optional) 	Steamed broccoli with hummus and tempeh <ul style="list-style-type: none"> 1 small broccoli head, steamed with salted water 2 tbsp hummus on the side Pan-fried tempeh (until golden) Approx. 1 tbsp preferred oil for cooking Salt & pepper to taste 	Baked lemon chicken with salad (recipe provided) Serve with salad of your choice	<ul style="list-style-type: none"> 1 Clean Lean Protein Bar Or basic protein shake (1 serve Clean Lean Protein with water)
Sat	<ul style="list-style-type: none"> 2 large glasses of water 1 serve Good Green Vitality 	Fresh berries & yoghurt with nuts <ul style="list-style-type: none"> ½ cup of fresh berries ½ cup plain unsweetened yoghurt 1 handful nuts/seeds (chia, pumpkin, sunflower, sliced almonds) 	Konjac noodle stir-fry <ul style="list-style-type: none"> 2 serves protein of your choice 1 pack konjac noodles 4 cups mixed vegetables such as onion, carrot, broccoli, bok choy, beans, chilli, zucchini 2 garlic cloves 1 tbsp tamari or salt reduced soy sauce 2 tbsp extra virgin olive oil 1 tsp sesame oil Follow the instructions for 'Tofu and vegetable stir fry'. 	Vegetable frittata (recipe provided)	<ul style="list-style-type: none"> Veggie sticks and hummus Or basic protein shake (1 serve Clean Lean Protein with water)
Sun	<ul style="list-style-type: none"> 2 large glasses of water 1 serve Good Green Vitality (can be added to smoothie if desired) 	Sunday farmer's market breakfast <ul style="list-style-type: none"> 2 eggs, cooked your way Spinach, tomatoes, mushrooms and garlic sautéed in extra virgin olive oil Salt & pepper Optional: serve with toasted wholegrain bread 	Berry smoothie with protein <ul style="list-style-type: none"> 1 cup frozen berries 1 serve Clean Lean Protein Handful of ice + water 	Leftovers - Vegetable frittata	<ul style="list-style-type: none"> Veggie sticks and hummus Or basic protein shake (1 serve Clean Lean Protein with water)

WEEK 1 SHOPPING LIST

■ Protein

- 1kg Chicken breast
- 500g Tofu
- Carton of eggs
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

■ Carbohydrates

- 2 Large sweet potatoes
- Loaf of wholegrain bread
- Packet of konjac noodles
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

■ Fruits & Vegetables

- 500g Baby spinach
- Packet of frozen bananas
- 3 Zucchini
- _____
- _____
- _____
- _____
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- _____

■ Other

- 300g Nuzest Good Green Vitality
- 1kg Nuzest Clean Lean Protein
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

■ Fats

- 250g Coconut yoghurt
- 1-2 Large avocados
- Extra virgin olive oil
- _____
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- _____
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- _____

■ Snacks

- 2-3 Protein bars
- Tub of hummus
- 200g Unsalted nuts
- _____
- _____
- _____
- _____
- _____
- _____
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- _____
- _____
- _____
- _____

A **LITTLE**
PROGRESS
EACH DAY ADDS
UP TO **BIG**
RESULTS



WEEK 2 CHECK-IN

Section 1

What went well last week?

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What could I have done differently?

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What am I grateful for?

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What is one thing that I am going to do for myself this week?

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Section 2

What are 3 goals that I want to achieve this week?

How am I going to achieve them?

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Section 3

Weekly Checklist

- Complete week 2 check-in
- Goal setting
- Plan and prepare meals
- Plan my weekly schedule
- Create one new recipe using the tools I've learnt
- Share my recipe & progress with #NuzestNation

Section 4

Thoughts & reminders

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WEEK 2 MEAL PLANNER

Now it's your turn to have a go at planning your meals!

	Monday	Tuesday	Wednesday
BREAKFAST			
LUNCH			
DINNER			
SNACKS			
SUPPLEMENTS			

Thursday	Friday	Saturday	Sunday

WEEK 2 SHOPPING LIST

■ Protein

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IT ALWAYS
SEEMS
IMPOSSIBLE
UNTIL IT'S
DONE

WEEK 3

CHECK-IN

You're halfway through the challenge – woohoo!

Section 1 - Reflections on the challenge so far...

What has been my biggest improvement? Physical, mental or spiritual

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What has been my biggest challenge?

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Reflections on last week...

Learnings from last week?

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What is something that made me happy?

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What is something that I want to do 10% better this week?

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How am I going to move my body?

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Section 2

What are 3 goals that I want to achieve this week?

How am I going to achieve them?

1.
2.
3.

Section 3

Weekly Checklist

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|---|--|
| <input type="checkbox"/> Complete week 3 check-in | <input type="checkbox"/> Plan my weekly schedule |
| <input type="checkbox"/> Goal setting | <input type="checkbox"/> Create one new recipe using the tools I've learnt |
| <input type="checkbox"/> Plan and prepare meals | <input type="checkbox"/> Share my recipe & progress with #NuzestNation |

Section 4

Thoughts & reminders

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Health & fitness achievements

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Things I am grateful for

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WEEK 3 MEAL PLANNER

	Monday	Tuesday	Wednesday
BREAKFAST			
LUNCH			
DINNER			
SNACKS			
SUPPLEMENTS			

Thursday	Friday	Saturday	Sunday

WEEK 3 SHOPPING LIST

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MAKE ^{THIS}
YOUR
BRIGHTEST
MOMENT



WEEK 4 CHECK-IN

Section 1

What was my greatest achievement last week?

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Favourite healthy habit that I have implemented?

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What is one thing that I am excited to improve upon this week?

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What am I grateful for?

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What is motivating me to work towards my goals?

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Section 2

What are 3 goals that I want to achieve this week?

1.
2.
3.

How am I going to achieve them?

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Section 3

Weekly Checklist

- Complete week 4 check-in
- Goal setting
- Plan and prepare meals
- Plan my weekly schedule
- Create one new recipe using the tools I've learnt
- Share my recipe & progress #NuzestNation

Section 4

Thoughts & reminders

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WEEK 4 MEAL PLANNER

	Monday	Tuesday	Wednesday
BREAKFAST			
LUNCH			
DINNER			
SNACKS			
SUPPLEMENTS			

Thursday	Friday	Saturday	Sunday

WEEK 4 SHOPPING LIST

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THERE'S
ALWAYS
SOMETHING TO
CELEBRATE

THE FINISH LINE!

Congratulations, you have now completed the Get the Best of You 28-Day Challenge!

Now is the time for some reflection on everything you have achieved over the last month. Answering the questions below will help highlight just how far you've come. You will also notice the scaled questions are the same as the ones you first answered at the start of the challenge. Compare these two ratings to see what's changed. Did you see improvements? Perhaps some of your ratings stayed the same or even declined?

Regardless of the result, it's important to remember that our journeys are very rarely linear. Over the past four weeks, you have established several healthy habits that have resulted in improvements to different areas of your life. **We are proud of you for this, and we hope that you are proud of yourself too!**

Remember, improving your skin and overall health doesn't happen overnight. It comes from making small changes, finding healthier habits, improving your lifestyle (movement, stress and sleep) and then consistently practicing this overtime. Our hope is that this challenge has kick started your health journey and provided you with the tools to be able to continue to improve your health in the months and years to come.

How do I currently feel about my diet and the way I eat?

0	1	2	3	4	5	6	7	8	9	10
Terrible	Bad		Okay			Good		Excellent		

How do I currently feel about my exercise routine?

0	1	2	3	4	5	6	7	8	9	10
Terrible	Bad		Okay			Good		Excellent		

How do I currently feel about my skin health?

0	1	2	3	4	5	6	7	8	9	10
Terrible	Bad		Okay			Good		Excellent		

How do I currently feel about my sleep patterns?

0	1	2	3	4	5	6	7	8	9	10
Terrible	Bad		Okay			Good		Excellent		

How do I currently feel about my stress levels?

0	1	2	3	4	5	6	7	8	9	10
Terrible	Bad		Okay			Good		Excellent		

How do I currently feel about my mood?

0	1	2	3	4	5	6	7	8	9	10
Terrible	Bad		Okay			Good		Excellent		

Reflections on the challenge

How did you find the challenge overall?

What are the biggest changes you've noticed in your mental/physical/spiritual health?

What is the most interesting thing you learnt?

What habits have you formed over the past 28 days that you'd like to continue?

What habits are you still working towards?

What part of the challenge are you most proud of?

How did you get the best of yourself in the last 28 days?

nuzest[®]

**EVERYDAY
RECIPE
BOOK**



**8 DELICIOUS RECIPES FOR
OPTIMAL HEALTH & NUTRITION**

AVOCADO NORI ROLLS



SERVES
2



TIME
20 MINUTES



METHOD
ROLLING



DIFFICULTY
3/5

INGREDIENTS

- A two-egg omelette, cooled (or vegan alternative)
- ½ large avocado
- ½ cucumber
- 2 nori sheets
- Lettuce
- Bean sprouts

METHOD

1. Prepare the fillings for the nori rolls by thinly slicing the omelette, avocado and cucumber, and ripping the lettuce leaves into small pieces.
2. Place a sheet of nori shiny side down on a clean and dry cutting board with the longest edge facing you.
3. Starting from the left edge closest to you, arrange the fillings in overlapping rows on the nori until all but a 3cm margin along the longest edge of the nori furthest from you is covered in fillings.
4. Using both of your hands, start rolling the sheet of nori from the long edge closest to you, folding it up and over the fillings and then rolling it snugly away from you.
5. As you approach the uncovered strip of nori along the longest edge furthest away from you, dip your fingertips in some water and dab the nori lightly so it becomes sticky.
6. Finish rolling the nori, ensuring that the edge is stuck down. Repeat for the remaining nori sheet.
7. Slice the nori rolls into halves or thick slices using a sharp knife. Serve with tamari (or salt reduced soy sauce) and wasabi.



TOFU & VEGETABLE STIR FRY



SERVES

4



TIME

30 MINUTES



METHOD

WOK FRY



DIFFICULTY

2/5

INGREDIENTS

- 500g tofu
- 6 cups raw mixed vegetables (broccoli, cauliflower, bok choy, carrot, peas, corn, beans, zucchini, onion, mushroom)
- 2-3 cloves garlic
- 1 thumb-sized portion of ginger
- 3 tbsp tamari or salt reduced soy sauce
- 1 tsp sesame oil
- 2 tbsp extra virgin olive oil
- Salt and pepper

METHOD

1. Prepare the ingredients for the stir fry. Cut tofu into cubes, grate the garlic and ginger and cut all of the vegetables into small pieces.
2. Heat a wok over high heat for about 1 minute. Add the olive oil to the pan and swirl it around the wok to coat the entire cooking surface and heat for a further 30 seconds.
3. Add the tofu to the wok and fry until sealed.
4. Add the garlic and ginger and stir fry for 30 seconds or until fragrant.
5. Add the vegetables, sesame oil and tamari to the wok and season with salt and pepper. Toss and stir fry for 2 minutes or until the vegetables are cooked to your liking. Remove from heat and sprinkle with sesame seeds before serving. Serve as is, or with a serving of brown rice.



BLACK BEAN STEW



SERVES

4



TIME

30 MINUTES



METHOD

PAN



DIFFICULTY

2/5

INGREDIENTS

- 500g mince (beef, pork, turkey, chicken, lamb or vegan alternative)
- 1 brown onion
- 2 garlic cloves
- 1 carrot
- 1 zucchini
- 400g can diced tomatoes
- 400g can black beans
- 1 tbsp tomato paste
- ½ cup water
- 1 red chilli
- 1 tbsp extra virgin olive oil
- Salt and pepper

METHOD

1. Finely dice the onion and chilli. Set aside.
2. Grate the carrot and zucchini.
3. Drain and rinse the black beans in a colander. Set aside.
4. In a large pan, heat the olive oil over a medium-high heat. Once hot, add the garlic and cook for 30 seconds or until fragrant.
5. Add the onion and cook until translucent.
6. Add the mince to the pan and cook until the meat is sealed.
7. Add the diced tomatoes, tomato paste, water, black beans, carrot, zucchini and chilli, and mix until well combined.
8. Season with salt and pepper. Bring to the boil and then reduce to a low heat to simmer until the mixture thickens. Stir occasionally.
9. Remove from heat and serve.



BAKED LEMON CHICKEN



SERVES
4



TIME
70 MINUTES



METHOD
BAKE



DIFFICULTY
2/5

INGREDIENTS

- 500g chicken breast (or vegan alternative)
- 1 lemon
- 2 garlic cloves
- Extra virgin olive oil
- Salt and pepper

METHOD

1. Preheat oven to 180°C.
2. Place chicken (or vegan alternative) into a baking dish and drizzle with olive oil. Use your hands to rub in the olive oil and coat the chicken.
3. Cut a lemon into slices or wedges and place on and around the chicken in the dish.
4. Place the garlic into the baking dish.
5. Cover dish with aluminium foil and bake for 30 minutes. Remove foil and cook for a further 20-30 minutes or until the chicken/vegan protein is cooked through and golden brown. Serve.



VEGETABLE FRITTATA



SERVES

4



TIME

20 MINUTES



METHOD

FRY PAN



DIFFICULTY

2/5

INGREDIENTS

- 6 eggs
- ½ cup milk or water
- 2 cups mixed vegetables (we used leftover vegetables)
- 1 tbsp extra virgin olive oil
- Salt and pepper

METHOD

1. Preheat oven to 180°C.
2. Chop all of your vegetables into small pieces and set aside.
3. In a large bowl, crack in all of the eggs. Add the milk (or water) and season with salt and pepper. Whisk together until well combined.
4. In a skillet or oven proof pan, heat the olive oil and lightly cook the vegetables.
5. Pour the egg mixture over the vegetables and stir briefly to evenly distribute the mixture evenly across the pan.
6. Cook on the stove top for 1-2 minutes or until the edge of the frittata has turned lighter in colour.
7. Transfer to the oven and bake for approximately 10 minutes or until cooked through. Serve.



ROAST CHICKEN & VEGETABLES



SERVES
4



TIME
90 MINUTES



METHOD
BAKE



DIFFICULTY
4/5

INGREDIENTS

- 1 whole chicken
- 2 lemons
- Fresh thyme
- Extra virgin olive oil
- Mixed vegetables such as potatoes, parsnip, beetroot, carrot and cauliflower

METHOD

1. Preheat oven to 220°C. Lightly grease a roasting pan. Place a wire rack into roasting pan. Set aside.
2. Rinse chicken (including cavity) under cold running water. Pat-dry with paper towels.
3. Cut lemon into thick wedges. Stuff cavity with lemon wedges and thyme.
4. Drizzle olive oil over chicken and rub into skin with hands. Season with salt and pepper.
5. Place chicken breast side up, onto rack in roasting pan. Cover with foil and place into the oven to cook for 30 minutes.
6. While the chicken is cooking, cut all of the vegetables into small cubes. After 30 minutes, remove chicken from oven and place vegetables in the pan around it. Toss vegetables in the oil and fat run off from chicken until evenly coated. Return to the oven to cook uncovered for a further 30-40 minutes or until the chicken and vegetables are cooked.
7. Allow chicken to stand for 10 minutes before serving.



COCONUT & LENTIL SOUP



SERVES

4



TIME

40 MINUTES



METHOD

POT



DIFFICULTY

2/5

INGREDIENTS

- 1 onion
- 2 cloves garlic
- 1 small knob ginger
- ½ tbs ground turmeric
- 1 large red chilli
- 1 ½ cup dried yellow lentils
- 6 cups vegetable stock
- 400g can coconut cream
- 2 serves Nuzest Just Natural Clean Lean Protein

METHOD

1. Dice the onion and chilli and grate the garlic and ginger. Set aside.
2. Add the olive oil to a large pot and heat over a medium heat. Once hot, add the onion, garlic and ginger and sauté until the onions turn translucent.
3. Add the turmeric and chilli to the pot and sauté for 1 minute.
7. Add the lentils and stock to the pot and mix to combine. Bring to the boil over high heat and then reduce the heat to low. Place lid on the pot and allow to simmer for roughly 20 minutes or until the lentils are soft.
8. Add the coconut cream and protein powder to the soup and stir. The soup will become creamy. If you like a smoother soup, you can now use a stick or immersion blender to blend the soup until it is pureed to your liking. Once blended, season with salt and pepper to taste. Serve with pita bread.



PROTEIN MAC 'N' CHEEZE



SERVES

2



TIME

30 MINUTES



METHOD

POT



DIFFICULTY

4/5

INGREDIENTS

- 1 cup macaroni (or gluten free pasta alternative)
- 2.5 cups soymilk or other unsweetened plant based milk
- 1 serve of Nuzest Just Natural Clean Lean Protein
- 2-3 tbsp nutritional yeast
- 1 tbsp onion powder
- 1 tsp dried dill
- 1 tbsp white miso paste
- 1 tbsp tamari
- ½ tsp turmeric powder
- ½ tsp ground paprika
- Salt and pepper

METHOD

1. Cook your pasta as per packet instructions.
2. In a separate medium-sized pot, stir your soymilk over a low heat slowly whisking in the nutritional yeast, onion powder, dill, white miso paste, tamari, ground paprika, turmeric, salt and pepper to make cheeze sauce.
3. Once combined, slowly add the protein and whisk continuously to ensure the mixture doesn't get clumpy.
4. Whisk over a low heat for a further 2 minutes until combined and smooth – do not let it boil!
5. Once the pasta is cooked, drain and pour your pasta into the pot of cheeze sauce and mix until combined. Allow the pasta to sit over a low heat for another 2 minutes to allow the sauce to thicken further.
6. Serve with a grating of plant-based parmesan and some paprika, or fresh cracked pepper and chopped parsley. Buon appetito!




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