

5 DAY CHALLENGE TO FEEL HEALTHIER & HAPPIER

BY SUJATA DIN



START TODAY
TO GET
HEALTHIER &
HAPPIER



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ABOUT ME

Hi, I'm Sujata

As a Certified Health Coach, Cancer Coach and Meditation Teacher I am passionate about helping women over 40. I've been guiding busy women over 10 years to transform their lives by adopting small, sustainable changes to their diet, lifestyle, and mindset. Through this journey, I've seen firsthand how powerful these simple habits can be in creating lasting health and happiness.

Why I Started Focusing on Daily Habits?

Like many of you, I've faced the challenges of feeling unwell, hormonal imbalances, low energy, digestive issues, etc. I realised that the key to reclaiming my health wasn't about drastic changes but about integrating manageable, effective habits into my daily routine. By focusing on consistent, small changes, I was able to rebuild my energy, improve my health, and find balance.

If you're here wondering where to start, don't worry, I've designed this 5-Day Challenge to make it easy for you to begin. Each day, we'll focus on one new habit, giving you the support you need.

Why This Challenge?

I created this challenge to help you experience firsthand how powerful small habits can be. Over the next five days, you'll learn how to prepare a nourishing breakfast, include more movement into your day, practice meditation, bring in gratitude, and stay hydrated. These habits are simple yet impactful, and by the end of this challenge, you'll have a foundation for a healthier lifestyle.

I'll be sharing tips and insights to help you personalise these habits to suit your unique needs. Whether you're just beginning your health journey or looking to up level your current routine, this challenge is designed to empower you with the knowledge.

No matter where you are starting from, remember that every small step you take is a victory. I'm so excited to have you join me and I can't wait to see the positive changes you will make.

Welcome to the 5-Day Healthy Habits Challenge. Let's get started on this journey to a healthier, happier you!

GET READY TO SUCCEED

Here's what you can expect over the next five days:

- Day 1: We'll kickstart your mornings with a nutritious breakfast that sets a positive tone for the day.
- Day 2: Hydration takes centre stage as we focus on drinking more water to keep your body energised and functioning at its best.
- Day 3: We'll boost your energy with physical activity, helping you include more movement into your day to feel refreshed.
- Day 4: Gratitude will be our focus, as you learn how to cultivate a mindset of appreciation that can transform your outlook on life.
- Day 5: We'll end the challenge with meditation, teaching you how to create a calm space in your mind amidst the busyness of life.

Each of these habits is designed to take just a short time, making it easy to fit them into even the busiest of schedules.

Community and Support

Over the 5-Day Healthy Habits Challenge I am going to be personally guiding you in the online community!

You are not alone as you have my support.

[CLICK HERE](#) to join the online community where you can connect with me and others on the same journey. This is your space to get motivated, share your progress, ask questions, and receive feedback and support.

I'm here with you every step of the way. I'll be checking in daily to offer guidance, answer your questions, and support you as you build these new habits. Remember, this challenge is about making a commitment to yourself. Show up every day, and you'll be amazed at the results you can achieve in just five days.

By the end of this challenge, you'll likely feel more energised, less stressed, and more in charge of your health. But the benefits don't stop there. These small changes are just the beginning. As you continue to practise these habits, you'll notice lasting improvements in your energy, mood, and overall well-being.

Start by deciding what breakfast you will make over the 5-Day Challenge.



BERRY SMOOTHIE



SERVES 2

INGREDIENTS

2-cups yogurt
½ cup baby spinach
(optional) 1-cup frozen
berries
1 tsp flaxseed or chia seeds
2 tbsp oats
1 tbsp nut butter (or 6
cashews/almonds)

PREPARATION

Combine all ingredients in blender; blend until smooth. If the smoothie is thick, add some water to get the desired consistency.

CINNAMON OATMEAL WITH APPLE



SERVES 2

INGREDIENTS

1 cup quick cooking oats
½ diced apple
½ tsp cinnamon
2 or 2 ½ cups water
Honey to taste
½ cup milk of your choice (optional)

PREPARATION

In a pan combine the water, oats and cinnamon and bring to a boil. Then lower the heat and simmer for 5 minutes, until thick and cooked.

Pour into two bowls and layer fruit above. Serve with milk and honey to taste. Sprinkle some cinnamon powder over before serving.

Note: I'm using quick oats, as most people don't have much time in the mornings. If you have time, use rolled or steel cut oats and add more water when cooking it.



HEALTHY VEGAN GRANOLA

When making your own granola you know exactly what's gone into it and you use the best ingredients too. It has no added oil, preservatives or refined sugars. The recipe uses real foods and uses natural sweeteners.

INGREDIENTS

Dry Ingredients

5 cups rolled oats
2 cups chopped nuts (your choice of cashews, walnuts, almonds, etc.)
2 cups pumpkin seeds & sunflower seeds 1 cup shredded coconut
 $\frac{3}{4}$ tsp cinnamon powder
 $\frac{1}{2}$ tsp sea salt
 $\frac{3}{4}$ cup cut dried fruit (cherries, figs, etc.,)

Wet Ingredients:

$\frac{1}{2}$ cup nut butter
 $\frac{3}{4}$ cup maple syrup

PREPARATION

Preheat the oven to 150°C. Line a baking dish with parchment paper.

In a large bowl combine together all the dry ingredients.

Mix the wet ingredients until makes a smooth mixture. If the nut butter is thick, add a little water. Pour this over the dry ingredients ensuring all dry ingredients are fully coated.

Spread the granola evenly onto a baking dish lined with baking paper. Bake for 25-30 minutes, and turning over once.

Remove from the oven and allow it to cool. Store in an airtight glass container for up to two weeks.



YOGURT PARFAIT



SERVES 2

Enjoy this refreshing cool breakfast over the warmer days.

INGREDIENTS

1½ cups natural yogurt
1 cup granola
6 strawberries, sliced

PREPARATION

Spoon the yogurt into two glasses or bowls.

Then layer the granola over and lastly the berries on top.





OVERNIGHT OATS



SERVES 2

INGREDIENTS

2 cups milk or dairy free milk
2 tbsp natural yogurt
1 cup rolled oats
2 tbsp chia seeds
6 raspberries and handful of blueberries
4 almonds, sliced

PREPARATION

Combine the milk, yogurt, oats and chia seeds and then pour into two mason jars.

Refrigerate overnight and in the morning,

Layer the sliced berries and almonds over.



EGG BOWL



SERVES 2

INGREDIENTS

4 boiled eggs
Large handful of asparagus
Large handful of broccoli stems
1-cup cherry tomatoes
Wholewheat or sourdough bread (optional)

PREPARATION

Blanche the asparagus and broccoli stems.

Place the vegetables in a bowl and squeeze some lemon juice over.

Cut the boiled eggs and place into the bowl.

Season with sea salt and black pepper.

Enjoy with toast or have on it's own.

BERRY SMOOTHIE BOWL



SERVES 2

Smoothie bowls is a thick smoothie with your favourite toppings. You can change the base ingredients, the toppings or the flavours you use, making it a totally customisable recipe!

INGREDIENTS

- 1 ½ cups frozen strawberries
- ¾ cup milk (or dairy free milk)
- ½ cup granola
- 1 ½ tbsp sunflower seeds
- 6 almonds, sliced
- 1 ½ tbsp shredded coconut
- ½ cup blueberries

PREPARATION

Blend the milk and frozen strawberries to make a thick smoothie.

Pour this into two bowls and top with granola, sunflower seeds, almonds, shredded coconut and berries.





GRANOLA CHIA PUDDING



SERVES 2

INGREDIENTS

¼ cup chia seeds
1 cup milk
½ cup granola
1 large nectarine, diced
¼ cup raspberries
1 tbsp water

PREPARATION

In a bowl mix the chia seeds and milk making sure that there are no lumps. Then refrigerate overnight.

Spoon the chia pudding into two glasses.

Mash the raspberries with the water, then spoon this over the chia pudding.

Layer the granola over the berries mixture and top with diced nectarine.

You can use any fruits that you get locally.

BOOK A FREE CALL WITH ME

As you go through the 5-Day Healthy Habits Challenge, you will begin to feel the positive impact of these small but powerful changes. Each habit you adopt is a step towards a healthier, more balanced life, and I'm excited to see how these will continue to benefit you.

It's never too early to start thinking about how to maintain your progress and take your health to the next level. Here are some opportunities to continue your journey with personalised support and guidance:

Book a Free Mini Consultation

If you want to know how I help my clients and receive tailored advice on how to build on the habits you're developing, I'm offering a free mini consultation. We'll discuss your specific needs, challenges, and create a personalised plan to keep you moving forward.

[CLICK HERE](#) to book the call.

Stay Connected and Supported

Keep up with daily tips, inspiration, and updates to stay motivated.

Follow me on:



[Instagram](#)



[Facebook](#)

The habits you are creating during this challenge are just the beginning. With consistency, continued learning and a supportive community, you can achieve the lasting health and wellness you desire. I'm here to help you every step of the way, and I'm excited to see where this journey will take you.

Let's keep moving forward together!

