

5 DAY MORNING CHALLENGE TO FEEL HEALTHIER & HAPPIER

BY SUJATA DIN



**START TODAY
TO GET
HEALTHIER &
HAPPIER**



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Hi, I'm Sujata

As a Certified Health Coach, Cancer Coach and Meditation Teacher, I've spent 13 years helping women over 40 feel better in their bodies. Most of the women I work with are cooking for a whole family and can't make something separate for themselves, so everything I teach starts with the food that's already on the stove.

Why I Started Focusing on Daily Habits

Like many of you, I've dealt with feeling unwell, hormonal changes, low energy and digestive issues.

What helped me wasn't a drastic overhaul. It was small, manageable habits repeated consistently, and that's what my work is built on today. I call it ***The Balanced Method, and it rests on three pillars: Food, Lifestyle and Mindset.***

You'll see all three in this challenge.

Why This Challenge?

I created this challenge so you can see for yourself how small habits done consistently over a period of time can make us feel better.

Over the next five days you'll prepare a nourishing breakfast, stay hydrated, add more movement to your day, bring in gratitude and practise meditation.

I'll share tips along the way so you can adapt each habit to your own routine, your own kitchen and your own schedule. Whether you're just starting out or you've been at this a while, there's something here for you.

I also speak publicly on diabetes and weight loss, and my work has been featured on BBC Radio London and Times Radio, and in Woman & Home, Bella, Women's Fitness and Sainsbury's Magazine.

Wherever you're starting from, every small step counts. I'm glad you're here. Let's begin.

GET READY TO SUCCEED

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

Day 1: Start your morning with a nourishing breakfast that sets you up for the day.

Day 2: Focus on hydration and drink more water to help you feel more energised.

Day 3: Go for a walk to add more movement and help you feel refreshed.

Day 4: Bring in gratitude and notice what's going well in your day.

Day 5: Practise meditation to create a calm space in a busy day.

Each habit only takes a few minutes, so it fits into even the busiest day.

You're not doing this alone. If you have any questions, email me at sujata@optimum-nutrition.org.

This challenge is a commitment to yourself. Show up each day and see how you feel. By the end, you may notice more energy and feel calmer and more in charge of your health. And if you keep these habits going, the benefits can keep building.

Start by choosing which breakfast you'll make for Day 1.



BERRY PROTEIN SMOOTHIE



SERVES 2

INGREDIENTS

300g high protein yogurt
½ cup milk
1 cup blueberries
3 tbsp mixed seeds
(pumpkin and sunflower)
1 tbsp peanut butter

PREPARATION

Add everything to the blender and blend until smooth.

If it is too thick, add a little more milk. Pour into two glasses and drink straight away.

About 24g protein per portion.

The protein and seeds alongside the fruit help slow things down, which tends to make for a gentler rise in blood sugar than fruit on its own.

BALANCED PORRIDGE BOWL



SERVES 2

INGREDIENTS

½ cup rolled oats (soaked)
1½ cups cow's milk
1 heaped tbsp peanut butter
4 tbsp mixed seeds (pumpkin
and sunflower work well)
½ cup berries

PREPARATION

I love having a bigger, nourishing breakfast, so this is how I make my porridge to support steady energy and blood sugar.

Soak the oats, then cook them in the milk until thick and creamy.

Stir half a tablespoon of peanut butter into each bowl.

Top with the seeds and berries.

This combination adds protein, healthy fats and fibre, which helps slow sugar release and tends to keep glucose levels steadier.

About 13g protein per portion.



YOGURT PARFAIT



SERVES 2

INGREDIENTS

2 cups high protein yogurt
4 tbsp easy vegan granola (2 per glass)
1 cup berries
1 tbsp pumpkin seeds
Pinch of cinnamon

PREPARATION

Spoon the yogurt into two glasses.
Layer over the granola, then the berries,
cinnamon powder and seeds.

Note: Make your own granola so you
know exactly what's in it. My easy vegan
granola recipe is [here](#).

About 25g protein per portion.





HIGH-PROTEIN OVERNIGHT OATS



SERVES 2

INGREDIENTS

2 tbsp rolled oats
2 cups high protein yoghurt
2 tsp chia seeds
4 tbsp milk of choice
½ cup fruit (I used berries)

PREPARATION

Divide everything except the fruit between two jars and stir well. Refrigerate overnight.

Next morning, top each jar with fruit and enjoy.

About 25g protein per portion.



EGG BOWL



SERVES 2

INGREDIENTS

4 boiled eggs
2 slices sourdough bread
2 large handfuls of vegetables (I used asparagus, tenderstem broccoli and cherry tomatoes, but use any vegetables you like)
Squeeze of lemon juice
Sea salt and black pepper

PREPARATION

Blanch any vegetables that need cooking.

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.

Toast the sourdough and enjoy on the side.

About 18g protein per portion.

If you don't eat eggs, swap for grilled paneer or tofu.

BOOK A FREE CALL WITH ME

Over these five days, you've started small habits that can make a real difference to how you feel each morning. Every habit you keep going is a step towards a healthier, more balanced life.

The challenge is just the beginning. If you'd like support to keep going, here's how I can help.

Book a Free Mini Consultation

Let's talk about where you are now and what's getting in your way. I'll share how I help my clients through The Balanced Method, with food, lifestyle and mindset, and give you a few next steps tailored to you.

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

Stay Connected

Follow me for daily tips, recipes and inspiration to keep you motivated.

[Instagram](#) 

[Facebook](#) 

With consistency and the right support, these small changes can add up. I'm here to help you every step of the way.

Let's keep moving forward together!

