

♥  
sney's secret  
GUIDE BOOK  
FOR BUSY LIVES

*My fave Recipes, Workouts, Tips & Tricks*





Hey guys, Snez here!

Life can get super busy, but taking care of ourselves is so important. I've put together this eBook to share my go-to quick workouts, favorite recipes, and little tips that help me stay balanced. Let's make fitness fun and food delicious, even on the busiest days!



# TIPS & TRICKS

*that often get overlooked*

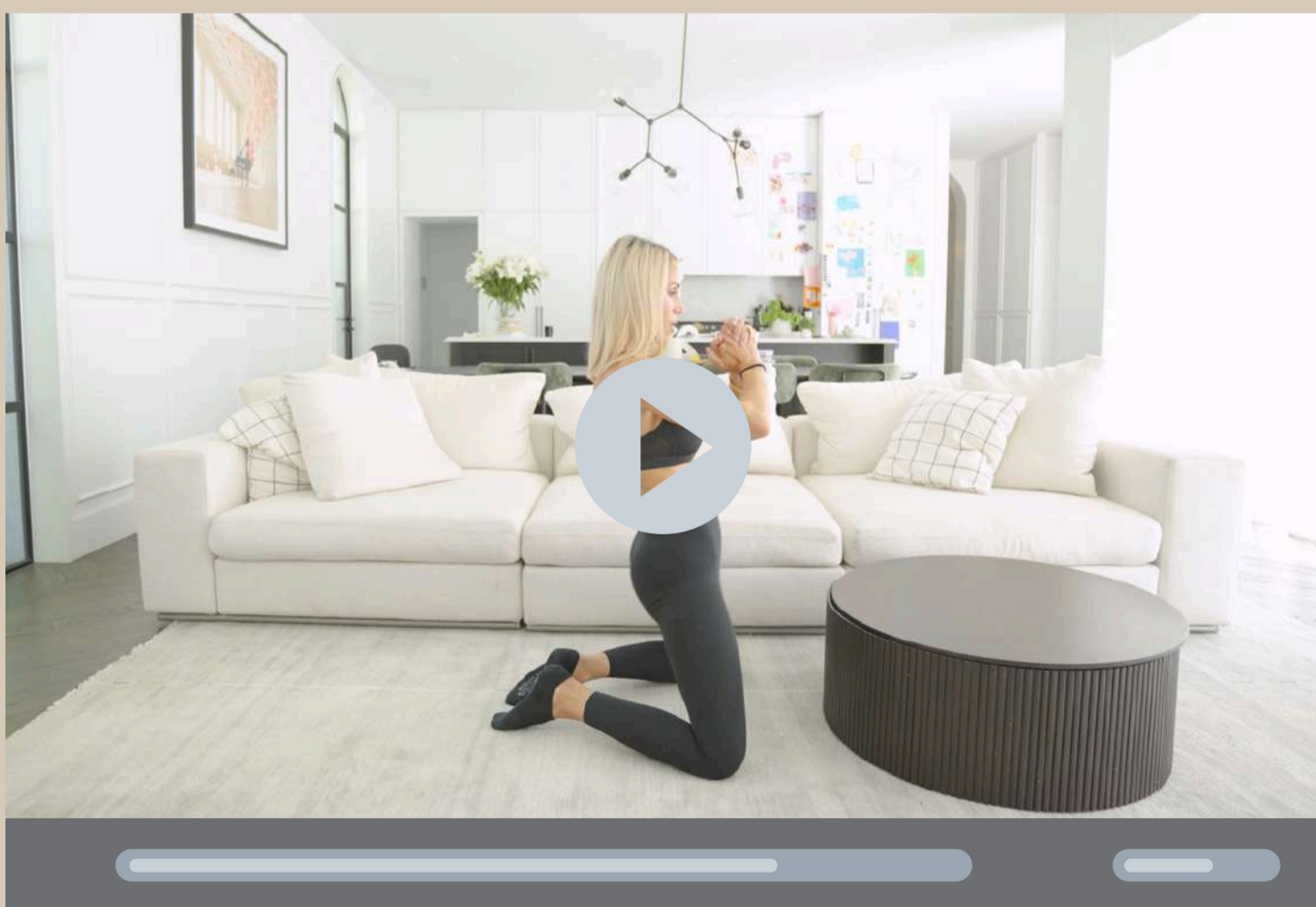
## Sneak in Quick Workouts

I used to think a "real" workout had to be long, structured, and done in a gym, but life doesn't always allow for that!

The truth is, even 5 minutes counts. Moving your body, even in short bursts, boosts energy, improves mood, and makes you feel stronger.

That's why I love quick, efficient workouts that fit into my day, whether it's a few squats while waiting for the kettle to boil or a short session while the kids nap. You don't need hours; you just need to start.

## Try one of my 5 Minute Workouts



Short, simple workouts make a big difference!  
For more easy, time-friendly workouts, check out 28  
[here](#) 



## **Involve other people**

Turn exercise into fun with the family!  
Dance parties, park games, or simple yoga moves can be great for everyone.

## **A Simple Meal Everyone Can Enjoy**

If you live with someone, opt for nutritious recipes that everyone will enjoy. One meal for all saves time and encourages healthy eating habits.



## Be Kind to Yourself

It's okay if things don't go as planned. Celebrate small victories and remember, you're doing an amazing job.

## Schedule 'Me Time'

Even a few minutes of relaxation or doing something you love can recharge your batteries. Prioritize yourself too.



SNEZ'S SECRET GUIDE FOR BUSY LIVES

# FAVE RECIPES

*Now we are talking!!*

I grew up in a home where food was everything! Family gatherings, Sunday feasts, and plenty of home-cooked meals.

I've always loved hearty dishes (and yes, I have a weakness for bread!).

But I've learned that eating well is about balance, not giving up the foods you love.

Whether it's a big family feast or a quick, nourishing meal, food should be simple, enjoyable, and never a chore.

Here are some of my go-to recipes, easy, delicious, and perfect for a busy life.





# *Breakfast* FRENCH TOAST

Serves 2

## Ingredients

2 free range egg(s)  
4 tablespoon(s) almond milk  
(unsweetened)  
2 pinch nutmeg (ground)  
1 teaspoon(s) rice malt syrup  
2 slice(s) sourdough (or gluten free)  
bread thick slice

2 teaspoon(s) butter  
Ingredients for Serving  
1/2 cup(s) Greek yoghurt  
4 tablespoon(s) pecans chopped  
1 cup(s) strawberries (fresh or  
frozen) sliced  
1 teaspoon(s) rice malt syrup

## Method

1. In a shallow bowl, whisk together eggs, milk, nutmeg and rice malt syrup.
2. Soak sliced bread in egg mixture briefly and coat each side.
3. Heat a large non stick fry pan over medium heat.
4. Swirl butter into hot fry pan to distribute evenly. Cook soaked bread for 2-3 minutes each side until golden and egg is cooked.
5. Serve French toast with yoghurt, chopped nuts, strawberries and a drizzle of rice malt syrup.



*Lunch*

# POKE BOWL

*Serves 2*

## Ingredients

- 120 g soba (or gluten free buckwheat) noodles
- 2 cup(s) baby spinach
- 120 g salmon (smoked)
- 2/3 cup(s) pineapple cubed
- 4 radish(es) finely sliced
- 1 cucumber(s) finely sliced
- 1 tablespoon(s) tamari (or soy sauce)

- 2 teaspoon(s) sesame oil
- 1/2 lemon(s) juiced

## Ingredients for serve

- 1 tablespoon(s) sesame seeds toasted
- 4 tablespoon(s) coriander (fresh)

## Method

1. Cook soba noodles according to packet instructions. Allow to cool, set aside.
2. Arrange spinach in base of bowl and top with soba noodles, smoked salmon, pineapple, radish and cucumber.
3. In a small bowl, combine soy, sesame oil and lemon juice to make a dressing. Pour over arranged Poke bowl.
4. Sprinkle with sesame seeds and coriander and serve.



*Dinner*

# CARBONARA

*Serves 2*

## **Ingredients**

3.0 rasher(s) bacon finely chopped  
2 teaspoon(s) olive oil (extra virgin)  
2 free range egg(s)  
1 tablespoon(s) parmesan cheese  
finely grated  
160 g wholemeal (or gluten free)  
spaghetti  
black pepper (ground) to taste

## **Ingredients for Serving**

4 tablespoon(s) parsley (fresh)  
roughly chopped  
2 teaspoon(s) parmesan cheese  
finely grated

## **Method**

1. In a medium fry pan, heat the olive oil over medium-high heat and fry the bacon until crisp.
2. Bring a pot of water to the boil and add the spaghetti.
3. Meanwhile, whisk together the eggs, Parmesan and black pepper in a small bowl.
4. Once the spaghetti is cooked, drain immediately and place the spaghetti back into the pot. Make sure the heat is turned off.
5. Working quickly, pour the egg mixture and the bacon into the pot. Toss until well combined and the egg has gently cooked into a creamy consistency. (Ensure egg is cooked well if pregnant).
6. Toss with parsley and serve hot with extra Parmesan.



## *snacks*

# RASPBERRY BEAUTY BALLS

*Serves 2*

### **Ingredients**

3/4 cup raspberries (fresh or frozen)  
1/2 cup cashews (natural)  
3 tablespoons 28GO Protein  
Probiotic Powder Vanilla  
1 tablespoon pure maple syrup  
1 cup coconut (desiccated)  
1 lemon(s) zest

### **Method**

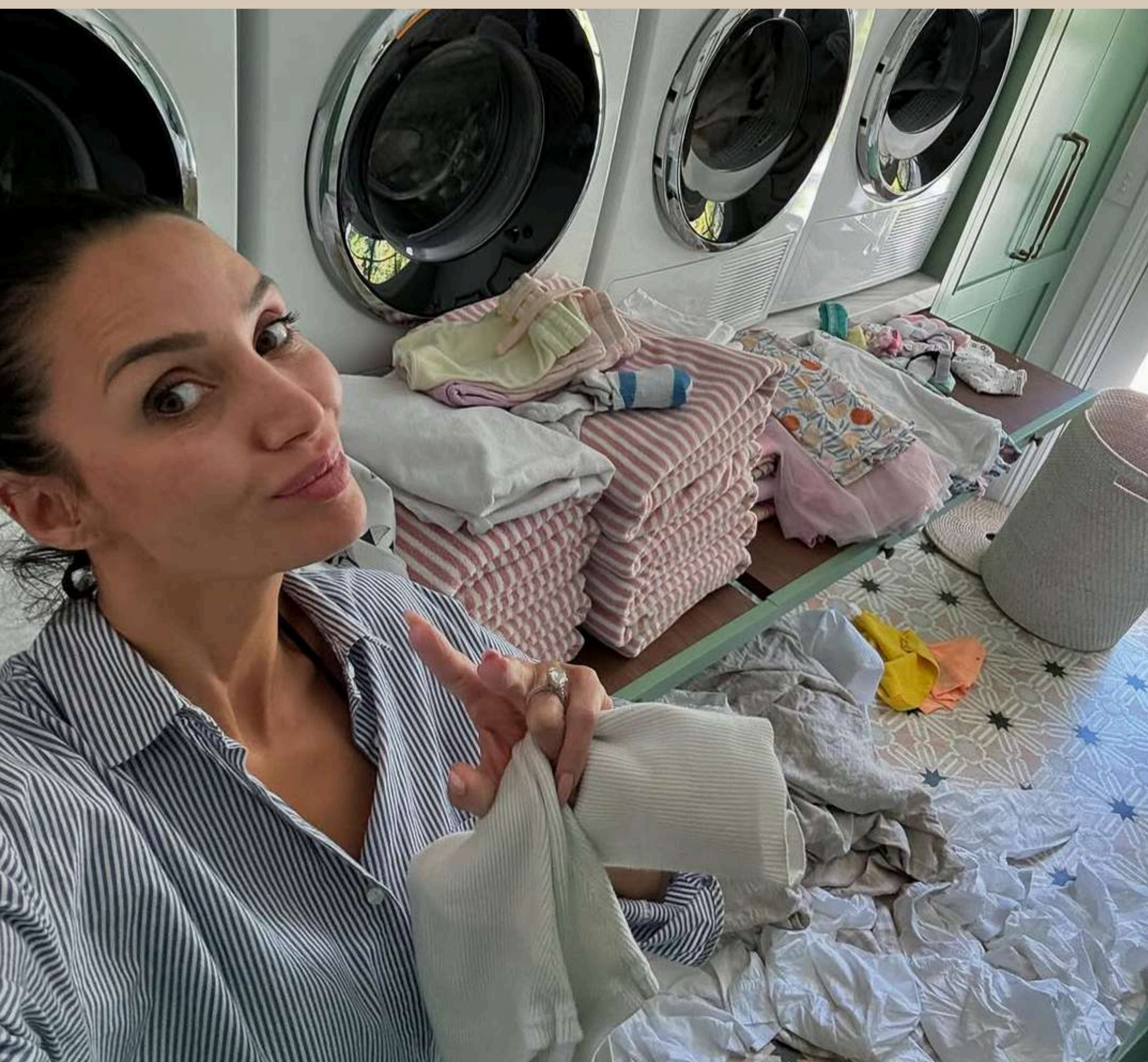
1. Grind your cashew nuts in a food processor.
2. Add the coconut, raspberries, protein powder and lemon zest. Mix to combine
3. Roll into balls and then roll in more coconut if you like.
4. Store in the freezer and serve from frozen. Enjoy!

SNEZ'S SECRET GUIDE FOR BUSY LIVES

# FINDING THE CALM

*in the Chaos*

Sometimes it feels impossible to slow down. I used to think I had to keep going non-stop, but I've learned that pausing is powerful. Whether it's a deep breath, a quiet cup of tea, or just a moment of stillness, a little reset can make all the difference.





# QUICK & SIMPLE WAYS TO RESET:

- 1-Minute Reset – Close your eyes, take three deep breaths, and focus on the present.
- Step Away – Put your phone down, step outside, and soak in a few moments of fresh air.
- Mini Mindfulness – Whether it's while cooking, walking, or drinking coffee, be present in the moment. (Try one of 28's mindfulness session [here](#))
- Stretch & Breathe – A few gentle stretches or even lying on the floor for a minute can do wonders.
- Gratitude Pause – Think of one thing you're grateful for—big or small.

# WHAT'S YOUR NEXT STEP?

Take a moment to reflect—what's one small change you can make today?

Maybe it's trying a quick workout, making a nourishing meal, or finally taking a moment just for you. Every little step adds up—you don't have to do it all at once!

...

If you're ready for a fresh start and some extra motivation, the 8-Week Challenge is the perfect way to kickstart your journey. It's all about progress, not perfection—and you won't be doing it alone!

Let's do this together!

[JOIN THE 8 WEEK CHALLENGE](#)