



Peak Performance For Entrepreneurs

Avoid Launch Burnout & Thrive

V.I.

WELCOME



As a busy woman I know you have this amazing ability to focus and get lots done. But when your schedule is packed, you have to cut some corners, and those corners tend to be your wellbeing.

And the truth is, a healthy body equals a healthy business (and culture).

High achievers know that there are a few key principles that drive performance, regardless if you're in business, an athlete or an artist.

This book contains some snacks, habits and strategies to add to your tool kit during launches to sustain success, perform at your best and avoid burnout.

It's a game-changer!

Remember, the difference between those who get what they want and those who don't - is energy!

Vesna x

PREP IDEAS PRE LAUNCH WEEK

These are some prep tips for you to keep your energy at peak so you can optimise your launch. **Prep and shop at least ONE week before launch week** to make sure you have some healthy snacks and meals available.

For the freezer Defrost as needed	Get shopping Items to have on hand	Prep tips For easy snacks
<p>Weekend prep; Cook a batch of:</p> <ul style="list-style-type: none"> ● Minestrone Soup ● Spicy Chicken Pasta ● Chicken Curry <p>This is 13 meals in total, or lunch and dinners for every day of the week, with the option to eat out on the weekend</p>	<ul style="list-style-type: none"> ● 750g bag of raw almonds (this is 50 snacks!) ● 300g pepitas ● 300g sunflower seeds ● 12x95g tins of tuna (these can double up as snacks and meal options) ● 1 jar of almond butter (made from 100% almonds) ● Eggs ● Container of hummus (preservative and sweetener free, preferably made with olive oil) ● Organic apples ● One bag of 100% beef jerky ● One box of wheat free or GF oats ● Coconut butter for your coconut balls (this can be found at your local health food store. This is different to coconut oil) 	<ul style="list-style-type: none"> ● Make a batch of coconut bliss balls during the weekend and store in airtight container and in the fridge ● Hard boil half a dozen eggs at the beginning of the week and keep in fridge for a quick-and-go snack

SNACK LIST

- Raw nuts: almonds, macadamias, pistachios (8-10 each snack)
- Pumpkin seeds, sunflower seeds (1 tbsp each snack)
- 1/2 tin of tuna with rice cake (can strain prior to traveling)
- Beef jerky
- Homemade trail mix (without chocolate/dried fruits)
- Coconut protein ball (recipe below)
- Apple + almond butter
- Hummus + carrot + olives
- Hummus + GF crackers
- Boiled egg
- Protein Muffins (recipe below)
- Roasted chickpeas (1/3 cup)
- Almond butter (take the jar!)



VITAMINS

Some core supplements you can start a week prior to launch:

Armaforce to prevent “launch flu”, B-vitamins and magnesium are essential for energy and to reduce stress. Plus, you’ll sleep better.

- [Armaforce](#): take 2 tabs daily for two weeks before and during the launch.
- [B-Vitamins](#): take 1 daily, every morning with your smoothie for 4-6 weeks
- [Magnesium](#): to be taken daily in the evening , after dinner for 4-6 weeks



DAILY HABITS

**M20 SMOOTHIE
(breakfast 20
minutes upon
rising)**

**APPROPRIATE
SNACK 3-4 HOURS
AFTER MEALS**

**TAKE YOUR
SUPPLEMENTS**

**CARBS WITH
EVERY MEAL**

**GET TO BED
ON TIME
(BY 10PM**

**REDUCE OR
ELIMINATE
CAFFEINE INTAKE.**

GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts



Simple Chicken Curry With Basmati Rice

Serves 4

For the chicken:

8 skinless chicken thigh fillets
1 tbsp. oil
1 large onion, diced
1 tbsp. ginger, minced
5 cloves garlic, minced
½ tsp. black pepper
3 large tomatoes, chopped
1 ½ tsp. turmeric

For the rice:

¼ cup (60ml) boiling water
1 cup (225g) basmati rice
1 tsp. coconut oil

What you need to do

1. Season the thigh fillets with salt and pepper.
2. Heat the oil in the pan. Fry the thigh fillets on both sides until golden brown. Remove from the pan and set aside.
3. In the same pan, sauté the diced onion, garlic and ginger for 3-4 minutes, often stirring — season with pepper and turmeric. Then add chopped tomatoes, and ¼ cup of water, season with salt and bring to a boil.
4. Place the chicken thighs in the simmering sauce, then cover with the lid and cook for about 30-45 minutes or until the meat is tender.
5. In the meantime, cook the rice. Combine saffron threads and boiling water and allow to 'brew' for at least 5 minutes.
6. In a medium pot, combine water with the rice and coconut oil.
7. Cover and bring to a boil, then reduce heat and simmer for 15 minutes. Remove from heat, let it sit and covered for another 10 minutes before serving.
8. Serve 2 chicken thighs along with sauce and a serving of basmati rice.

GF	DF	HP	MP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10-15 mins	30-45 mins	531	22	47	36

*Nutrition per serving



Spicy Chicken Pasta

Serves 4

2 ¼ cups (225g) GF penne
14 oz. (400g) chicken breast, diced
1 tbsp. coconut oil
1 cup (250ml) single coconut cream
3 tsp. harissa paste (or more to taste)
2 cups (450g) spinach, roughly chopped
1 cup (200g) cherry tomatoes

What you need to do

1. Cook the penne according to instructions on the packaging. Once cooked, drain and set aside.
2. Chop the chicken into bite-sized pieces, season with salt and pepper. Heat the oil in a large pan over medium heat and cook the chicken until browned and cooked through (about 5-7 minutes).
3. Add in the cream and harissa paste into the pan and mix well with the chicken. Then add in the spinach in batches, cover with a lid and cook until wilted.
4. When adding the last batch of spinach also add in the tomatoes. Cook for another 2 minutes before adding in the cooked penne.
5. Stir well and heat for another 1-2 minutes. Serve hot with freshly ground black pepper.

DF	HP	Q	GF	MP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	308	9	27	31

*Nutrition per serving



Pressure Cooker Minestrone Soup

Serves 5

1 tablespoon olive oil
1kg minced beef, grass-fed if possible
1 medium onion, diced
2 cup shredded or chopped carrot
2 cups chopped zucchini
2 cup chopped green beans, fresh or frozen
4 cups chopped kale
2 cups diced sweet potato
3x 800g canned diced tomatoes
1 tablespoon no-salt-added Italian seasoning
1-2 teaspoon kosher salt
1 litre chicken stock
2 teaspoons red wine vinegar
sea salt, extra virgin olive oil and fresh parsley for serving

What you need to do

1. Heat the olive oil in an electric pressure cooker set to saute for 10 minutes. Add the beef, and cook, stirring occasionally, until browned.
2. Add the onion, carrot, zucchini, green beans, kale, sweet potato, tomatoes, Italian seasoning, salt, and chicken stock, stirring to combine.
3. Secure the lid, select the manual setting, and set it to high pressure for 5 minutes.
4. When the pressure cooker timer is done, quick release the pressure.
5. Add the vinegar, stirring to combine.
6. Taste and add additional salt if desired.
7. Serve with a sprinkle of sea salt and a drizzle of olive oil or delegate into five serves in glass containers and pop in freezer to use later.

Note: if you do not have a pressure cooker, cook in large pot over a stove until meat and veggies are cooked.

DF GF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	20 mins	592	21	43	42

*Nutrition per serving



Protein Muffin

Ingredients (8)

1 cup almond flour
20g or one scoop of protein powder
1/2 tsp cinnamon
1tsp baking powder
1 tbsp apple sauce (or minced stewed apple)
1/4 tsp vanilla extract
1 large egg
¼ cup milk of choice

What you need to do

1. Preheat oven 180 degrees celsius
2. Spray 6 muffin cups with non-stick spray (coconut oil spray works great)
3. Mix all the ingredients together
4. Even distribute muffin batter between the 6 muffin cups
5. Bake for about 15-17mins

GF	DF	LC	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	15 min	186	16	8	8



Protein Coconut Bliss Balls

Ingredients (10-12 balls)

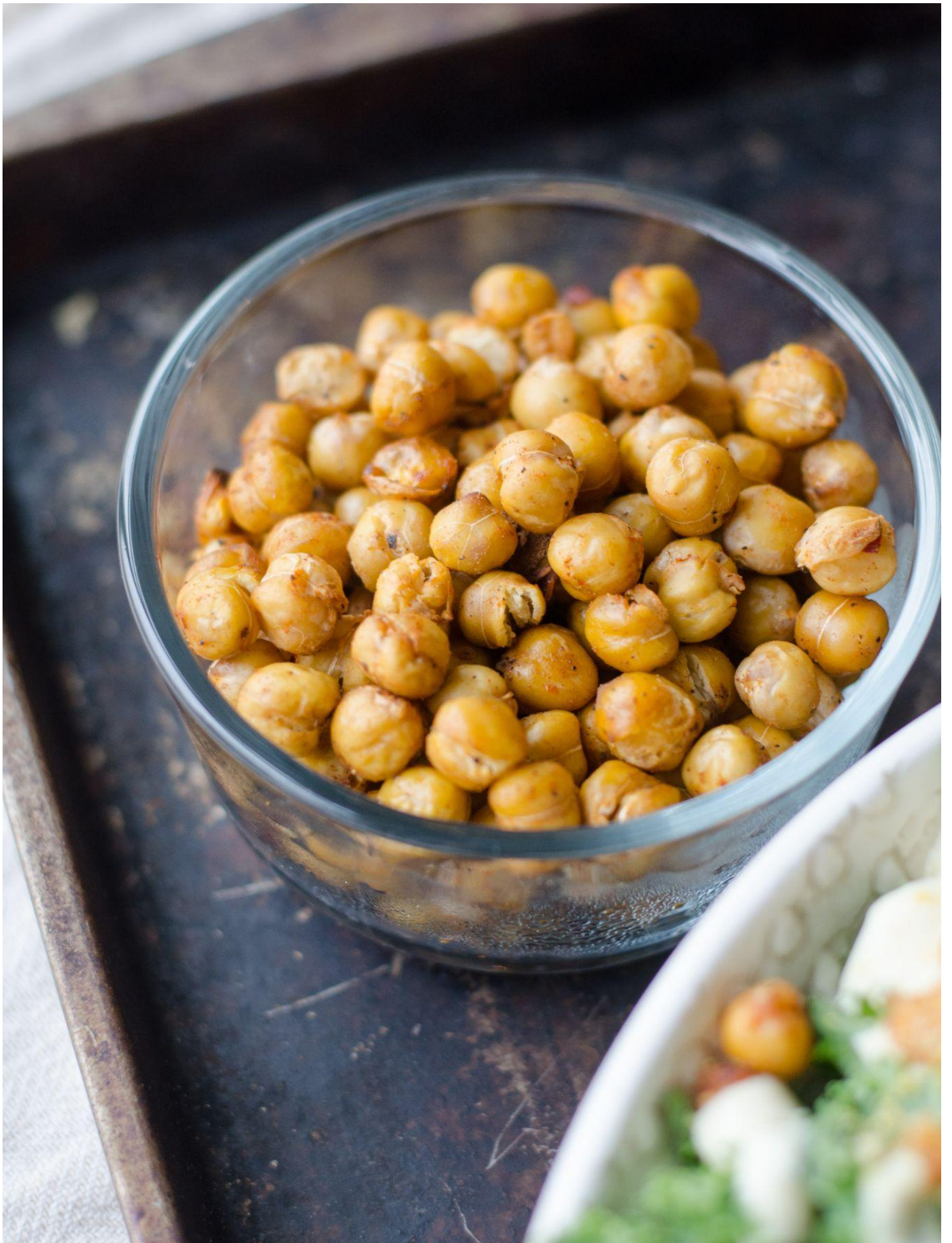
¼ cup almond butter
3 tablespoon coconut butter
½ teaspoon vanilla
½ cup oats (gluten free)
3 tablespoon ground flax
¼ teaspoon cinnamon
pinch of sea salt

What you need to do

1. In a medium mixing bowl, stir together the oats, flax seed,
2. cinnamon and sea salt.
3. In a small saucepan, over low heat, melt together coconut butter, almond butter and vanilla.
4. Combine the warm almond butter mixture with the dry ingredients.
5. Roll in the palm of your hand to form a golf ball sized ball.

GF	DF	LC	V	Q
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Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	192	16	12	6



Roasted Chickpeas

Ingredients

1 400g can of chickpeas
(drained and rinsed)
1 tablespoon olive oil
1/8 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/2 teaspoon paprika
1/4 teaspoon cayenne(optional)

What you need to do

1. Mix all ingredients in a small bowl so that each chickpea is coated.
2. Use your air fryer or preheat oven to 200°C.
3. Transfer to a baking tray lined with baking paper or toss into air-fryer.
4. Cook for 25 minutes, turning after 15mins.
5. Leave to cool then store in an air tight container...or enjoy them while they're hot!

GF	DF	LC
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Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	116	6	14	6



Ashwagandha Protein Balls

Ashwagandha helps to reduce stress and anxiety, it's calming on the nervous system while also increasing energy.

Ingredients (10-12 balls)

1 jar almond butter
1/2 cup dried cranberries
1/2 cup cocoa nibs
1/4 cup chia seeds
1/6 cup rice malt syrup
1/4 cup ashwagandha powder
1/2 tablespoon cinnamon powder
Coconut flakes, enough for coating

What you need to do

1. Mix all ingredients well in a bowl then divide into 4cm balls.
2. Coat them with the coconut flakes.
3. Enjoy.

GF DF LC V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	196	14	16	5



Anxiety First-Aid Balls

These treats balance the adrenals which are part of the stress-response system. They keep blood glucose levels stable for less anxiety and optimal brain function

Ingredients (10-12 balls) What you need to do

1 cup tahini
½ cup almond butter
1 tablespoon rice malt syrup
½ teaspoon each: cinnamon
and cardamom powders
A pinch of sea salt
¼ cup shredded unsweetened
coconut
3 Tablespoons coarsely
chopped walnuts
½ cup coarsely chopped
almonds
¼ cup quick GF oats
2 tablespoons chia seeds
Shredded coconut for coating
1 tbsp chaga and/or reishi
mushroom powder

1. Mix all ingredients well in a bowl then divide into 4cm balls.
2. Coat them with the coconut flakes.
3. Enjoy.

GF DF LC V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	245	21	10	7



Yoghurt w/Raspberries + Almond Butter Swirl

Quick and easy recipe to stabilise glucose levels to improve energy and mood

Ingredients

½ cup plain 2-percent-fat Greek yogurt
½ cup fresh (or thawed) raspberries
1 tablespoon almond butter

What you need to do

1. In a bowl, stir together all ingredients.
2. Serve cold.



Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	221	11	17	15



High Energy Hot Chocolate

Good for the afternoon energy slump when you're craving something sweet for a pick-me-up

Ingredients

1 cup of non-dairy milk.
1 tsp Maca powder
1/2 tsp Chaga Powder
1 tsp Raw Organic Cacao Powder
1 tsp rice malt Syrup
1/2 tsp Ground Cinnamon
1 tsp protein powder

What you need to do

1. Blend it all and warm it up. Or cook over a stove top in small pot while continually whisking.

PS. You can also enjoy it as a cold smoothie by adding in 1/2 a banana.

GF	DF	V	Q
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Prep + Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	143	3	16	10

Work With Me



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Peak Revival is a program for women in business battling physical and mental exhaustion. This boutique program helps you regain peak physical energy and mental clarity so you can be your best in work and life



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VH

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- Vesna Hrsto has been recognised one of the top ten naturopaths in Australia and New Zealand.
- For the past two decades, Vesna has made a name for herself as an Executive Wellbeing Coach and Mind-Body Peak Performance Specialist
- She has worked with thousands of high-achieving women around the country to help them experience elevated energy, mental clarity & peak physical wellness so they can reach their highest potential
- Vesna helped over 5000 women from all over the world through her online programs

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