

Body - Mind - & Soul

LUV Nutrition Monthly Newsletter - April 2025

A Note From Coach

Hello April Team!

I am super excited for a new month, new opportunities and more new faces at LUV!

We have seen a few new faces here, and wanted to just share with you that I appreciate the referrals and friends that you invite to the club. I hope their experience has been a good one, and always remember that I do appreciate feedback and suggestions.

Just a few things to remember as a new client:

We do have a birthday board, so make sure you put your birthday so that we can celebrate you and acknowledge you in our monthly cupcake celebrations.

We have a prayer/suggestion jar in the back. A place for you to put in a prayer request, an idea or just share with me your feedback or results. It's an opportunity for you to let me know something privately and if you put your name down, I will be happy to reach back out to you for a follow up.

I do offer weigh ins, evaluations and one on one coaching time. Just get with me to schedule a date/time and let's keep track of your progress.

Keep watch on the website, Facebook and newsletters. Always new and exciting up to date news on the club, our clients and events.

Thank you all for your support of LUV, let's work to get ready for SUMMER!

Coach Diane 💖



LUV NUTRITION
Heart of Discipline

3622 Fairmont Parkway
Pasadena, Texas 77504



**Stop By For A Visit At Any Of Our
Workouts Or Click The QR Code To**

Workout Schedule

5AM Classes

Tues/Thurs/Fri/Sat

Daily Classes

Monday 7pm

Tuesday 6pm / 7pm

Wednesday 7pm

Thursday 6pm / 7pm

Saturday 7am

**WILL IT BE
EASY?
NOPE.
WORTH IT?
ABSOLUTELY.**

We've all had that moment: we wake up, aches & fatigue hitting hard, but we push through, telling ourselves, 'This time WILL be different.' And when the results show up? That's the hard work paying off.

**THIS IS THAT HARD WORK
YOU SEE RIGHT HERE!!!**



Shout Outs and High-Fives from Coach Diane

I wanted to circle back around to earlier this year. In January, Ray and I had the chance to take our grandson JayJay away to Disney World. Talk about a once-in-a-lifetime moment for my grandson, who had never flown, never been to Disney, and it was Ray's first trip too! I am so glad that I had a few special people to whom I could entrust my keys and routines - people who stepped in to support a Saturday workout.

Evelyn, Carlos, Janie, Oscar, and Adaly all stepped in to cover a routine, ensuring they not only showed up for DREAMTEAM in my absence but also helped LUV Nutrition shine with the same support, excitement, and camaraderie that LUV is known for.

I honestly pay close attention to all of you during class, and I see so many of you truly SHINE during certain workouts. Whether it's the song, the routine, or just the energy... some of you really step up and show your LUV for the classes. I often find myself asking you to come up front and showcase your moves, and my friends did exactly that.

So thank you all for taking that Saturday to be here for the Team, covering for me, and giving us an ease so we could enjoy our time with our grandson.

I want to send a HUGE shout out and congratulations to our very own Adaly! She AGAIN in this school year has received the Colt of the month award. To be such a shining light and be recognized for her accomplishments and dedication to her studies, citizenship and responsibility to who she is, that's something we at LUV are so proud of! Also congratulations to Evelyn and Carlos for the awesome and supportive parents they are and for the great parenting they instill in their kiddos!

We love you guys ❤️



LUV Nutrition loves celebrating the achievements of LUV kiddos! If your child has earned an award or recognition, let us know, and we'll feature it in our next newsletter!



• Eat Well 🍎 Be Well •

• Healthy Products & Recipes



Carrot Cake Baked Oatmeal Bars

Ingredients

Bars

- 2 scoops Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Vanilla
- 2 scoops Herbalife Nutrition Active Fibre Complex, Apple
- 6 scoops Herbalife Nutrition Simply Probiotic
- 2 cups rolled oats
- 1/2 cup raisins
- 1 tsp baking powder
- 2 tsp cinnamon
- 1/2 tsp salt
- 1 cup finely grated carrots (2 medium sized carrots)
- 2 eggs
- 2 cup low fat milk

Topping

- 3/4 cup plain nonfat greek yoghurt
- 1/2 scoop Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Vanilla

Carrot Cake Baked Oatmeal Bars

Instructions

- Preheat oven to 350° F (177° C) degrees. Spray an 8 x8" baking dish with pan spray or wipe lightly with vegetable oil.
- Mix oats, raisins, baking powder, cinnamon, salt, Herbalife Nutrition Formula 1 Nutritional Shake Mix, Herbalife Nutrition Active Fiber Complex and Herbalife Nutrition Simply Probiotic in a large bowl.
- In a medium bowl, beat eggs, then add milk and grated carrot and stir together.
- Pour milk mixture over dry ingredients and stir gently well-combined.
- Pour mixture in to pan sprayed baking dish,
- Transfer to oven and bake for 40 minutes until lightly browned on the edges. Avoid over-baking; oats should still be slightly moist, not baked firm. Let stand a few minutes before cutting into squares.
- To prepare topping: stir together yogurt and Formula 1 Vanilla until smooth. Spread evenly over each bar.

Make 6 bars. Per serving (with topping):



Join Us Saturday, April 26th
After 7am Workout To Celebrate
Our April Clients