

You might have decided to follow a healthy eating plan and schedule in regular exercise into your days but do you have the support you need from your family?

Deciding to change your eating and exercise habits requires the support from family and friends who can encourage you and help you when things get extra busy. But what if your family screw their noses up at the idea of eating healthy meals? You don't want to have to spend hours in the kitchen making separate meals to please everyone!

The August 28 Day Weight Loss Challenge is focused on Family Friendly recipes that your whole crew will love to make it much easier for you to make healthy eating part of your life everyday.

Team the delicious, easy to make recipes with simple to complete exercise routines, (with a focus on the butt and thighs to work your powerhouse muscles), and you'll be on your way to a healthier, happier you in no time.



the family friendly challenge

BREAKFAST

BERRY & PISTACHIO PANCAKES

Prep Time: 5 mins Cooking Time: 5 mins

Pancakes are always a family favourite at breakfast time. Opt for a healthier version with this delicious recipe to give everyone a nutritious start to the day.

Ingredients (Makes 2 serves)

- 2/3 cup wholemeal self-raising flour
- 2/3 cup reduced-fat milk of choice
- 1 free-range egg
- 1 tsp coconut oil
- 1 tbsp chopped pistachios, unsalted
- 2 tbsp fresh or frozen raspberries
- 2 tbsp reduced-fat Greek natural yoghurt

Method

- Place flour, milk and egg in a mixing bowl and stir until well combined and smooth.
- Heat a frypan over medium-high and add the coconut oil.
- When hot, spoon in batter to pan, to make 2 pancakes per serve.
- Cook for 1-2 minutes or until bubbles form on the surface, then flip and cook for another minute on the other side.
- Serve 2 pancakes per person and top with pistachios, raspberries and a dollop of yoghurt.

Nutrition Per Serve: **Energy:**1162kj / 276 cal
Protein:10.4g **Fibre:**6.6g **Total Fat:**11.4g
Carbohydrates:28.5g **Saturated Fat:**3.3g
Total Sugar:3.2g **Free Sugar:**0.0g

FULL DAY RECIPE PACK

276 CALS
PER SERVE



www.healthymummy.com - click [here](#) to join today!

LUNCH

SWEET & SOUR CHICKEN MEATBALLS

Prep Time: 10 mins Cooking Time: 30 mins

Meatballs are a fabulous choice to suit the whole family. If you'd like, add in some grated veggies to the meatball mix to hide some nutrients without the kids even knowing!

Ingredients (Makes 2 serves)

- 240 grams of lean chicken mince
- 2 tbsp almond meal
- 1 free-range egg
- salt
- pepper
- 1 tsp coconut oil
- 2/3 cup tomato passata
- 1 tsp honey
- 2 tsp apple cider vinegar
- 1/4 tsp all spice
- 2 tbsp water
- 1 cup baby spinach

Method

- Combine chicken mince, almond meal and egg. Season with salt and pepper and roll into meatballs, you should be able to roll approximately 8-10.
- Heat a frypan over medium-high and add the coconut oil. Add meatballs and brown on all sides, remove from pan and set aside.
- Add passata, honey, vinegar, allspice and water to the pan and combine. Bring to the boil then reduce to a gentle simmer. Return meatballs to the pan and simmer for 25-30 minutes, stirring gently every now and then, until sauce has thickened and meatballs are cooked through.
- Divide baby spinach between two bowls and top with meatballs and sauce to serve.

Nutrition Per Serve: Energy:1661kj / 395 cal
Protein:31g **Fibre:**3.4g **Total Fat:**26.2g
Carbohydrates:8.2g **Saturated Fat:**8.5g
Total Sugar:7.9g **Free Sugar:**2.5g

395 CALS
PER SERVE



NOTE: 'Free sugars'* mentioned in our recipes are those which have been added to foods during processing, cooking and preparation, while naturally occurring sugars are found within whole foods such as fruits and come with the additional benefits of a range of other nutrients such as vitamins, minerals and fibre in substantial amounts.

SNACK

MINI APPLE CUPCAKES

Prep Time: 10 mins Cooking Time: 25 mins

It's not usually that hard to entice the family to include some fruit in their diets. With a delicious recipe like this one it makes it really easy to offer healthy snacks rather than sugar-loaded, preservative filled, pre-made options from the supermarket.

Ingredients (Makes 12 serves)

- 5 free-range eggs
- 1/2 cup apple puree, unsweetened or homemade
- 3 tbsp honey
- 1/4 cup coconut oil
- 3/4 cup almond meal
- 1/3 cup coconut flour
- salt
- 2 tsp cinnamon

Method

- Preheat oven to 170C. Line 12 holes of a mini cupcake/muffin pan with cases or lightly spray with cooking oil spray.
- Combine eggs, apple puree, honey and coconut oil in a bowl. Use a hand mixer to beat for 1 minute until well combined.
- Add the almond meal, coconut flour and a pinch of salt to the wet ingredients and use the hand mixer to combine well.
- Fill each lined cupcake/muffin tin hole about 3/4 of the way full. Bake for 20-25 minutes or until a knife comes out clean in the centre.
- Remove cupcakes from the oven and sprinkle with cinnamon then allow to cool before serving.
- 1 cupcake is 1 serve. Store leftovers in an airtight container in the fridge for 2-3 days.

Nutrition Per Serve: **Energy:**687kj / 163 cal
Protein:5g **Fibre:**2.3g **Total Fat:**12.8g
Carbohydrates:8.9g **Saturated Fat:**5.8g
Total Sugar:7.5g **Free Sugar:**5.7g

163 CALS
PER SERVE

DINNER

BANGERS & MIXED MASH

Prep Time: 10 mins Cooking Time: 15 mins

An easy to prepare family favourite. Adding in a few extra vegetables to your favourite go-to dinners, is a simple way to get everyone eating healthier meals.

Ingredients (Makes 1 serve)

- 1/4 peeled and chopped sweet potato
- 1/2 peeled & chopped potato
- cooking oil spray
- 2 lean sausages of choice
- 1/4 cup frozen peas
- 1 tbsp reduced-fat milk of choice
- 1 tsp butter
- salt
- pepper

Method

- Place sweet potato and potato pieces in a saucepan and cover with water. Bring to the boil on the stovetop and simmer for 10 minutes or until very tender.
- While potatoes are cooking, lightly spray a frypan with cooking oil spray and cook sausages for 8 – 10 minutes or until cooked through.
- Drain potatoes once ready and mash with milk and butter. Season with salt and pepper.
- Steam peas on the stovetop or in the microwave until tender.
- Serve sausages on top of mash with peas on the side.

Nutrition Per Serve: **Energy:**1915kJ / 455 cal
Protein:26.1g **Fibre:**7.7g **Total Fat:**27.5g
Carbohydrates:23g **Saturated Fat:**9.5g
Total Sugar:4.5g **Free Sugar:**0.0g



DESSERT

CHOCOLATE BANANA PUDDING

Serves 1 Prep Time: 15 mins

Just because you want to eat healthier meals doesn't mean the family has to miss out on sweet treats. Incorporate delicious recipes like this one that use healthier ingredients and less sugar than many other typical desserts, to keep everyone smiling at the dinner table!

Ingredients (Makes 1 serve)

- 100 grams of coconut cream, chilled
- 1/4 tsp vanilla extract
- 1 tsp honey
- 1 tsp powdered gelatine
- 1/2 chopped banana
- 1 tbsp cacao/cocoa powder

Method

- Place the chilled coconut cream in a bowl with the vanilla, honey and gelatine. Use a hand mixer to whip until thick, then set aside in the fridge to set for 5 minutes.
- Remove a third of the whipped coconut cream and set it aside.
- Place the remaining whipped coconut cream in a food processor with banana (leave a slice aside for garnish) and cacao/cocoa powder and blitz until smooth.
- Place the chocolate cream mixture into a serving bowl or glass and top with the plain whipped coconut cream you set aside. Garnish with a slice of banana to serve. Serve immediately or refrigerate for 30 minutes to chill slightly.

Nutrition Per Serve: **Energy:**1310kj / 311 cal
Protein:7.7g **Fibre:**5.3g **Total Fat:**21.2g
Carbohydrates:20.7g **Saturated Fat:**18.4g
Total Sugar:17.4g **Free Sugar:**5g

311 CALS
PER SERVE



FROM HEALTHY MUMMY
NUTRITIONIST ELISHA DANINE

HOW TO GET THE WHOLE FAMILY ON BOARD WITH YOUR

healthy eating plans

Most of us are creatures of habit. We buy the same foods each week from the same supermarket and prepare the same recipes over and over, because it's all that we know, and let's face it, it takes less effort! If you have made the decision to start a healthier lifestyle, then you may need to change some of your bad habits, and start thinking differently about what you buy and what you cook.

The problem is that we get so comfortable in our ways that it's hard to give up those old habits. Having a system in place, such as a weekly meal planner can be a good way to get organised and teach you which types of foods are healthiest to buy.

In order to help your family eat healthier, you can start with these 3 steps:

- 1. Identify the bad habits you want to fix.**
- 2. Figure out why these habits exist.**
- 3. Slowly adjust your bad eating and exercise habits into healthier new ones.**

Wouldn't it be great if the whole family could change their bad habits all at once? Just because you have decided to make a change and start eating healthier, it doesn't automatically mean the rest of the family will be on board. Although the August challenge is very family friendly, there may be a couple of recipes that still need to be amended to suit everyone.



For example, if you have chosen a recipe containing salmon and non-starchy vegetables, then you can maybe toss a garlic bread under the grill for your other family members that need or would like to eat more calories. Or, for the Asian style recipes, you can make up some quick rice or soba noodles and serve them on the side. If your partner wants to eat a huge steak with mash and pasta, you can also have steak but a smaller portion and maybe serve yours with a salad or steamed veggies rather than loads of starchy carbs.

Use your plan to make healthy changes, as an opportunity to the get the rest of the family eating healthier. If you would like your children or partner to start eating healthier, you all need to be doing it together. The goal is to eventually be eating the same meals. In order to achieve this, make sure the family is eating enough protein and good fats during the day, such as eggs, lean meats, avocado, healthy oils, tuna, nuts and seeds. Carbohydrates should be wholegrain and unprocessed. Once you start eating healthier during the day, you will find yourself and your family are less hungry at night and likely to eat the same meal without you always having to prepare side dishes.

top tips

TO ENCOURAGING FUSSY EATERS TO TRY NEW FOODS

Fussy eating can be a normal part of childhood, but it doesn't need to be such a struggle. The following strategies may help you to avoid frustration and help fussy eaters eat a more balanced diet.

1 NO DISTRACTIONS: Don't eat in front of the television and turn off all devices. This will help your child to focus on the food they are eating, and they will naturally eat more.

2 FAMILY TIME: Sit down as a family and aim to eat meals together, make meal times as relaxed and enjoyable as possible, and set a good example for them by eating a variety of healthy foods.

3 PARTICIPATION: Encourage your child to sit with you whilst you prepare the food and teach them about what each ingredient is good for, i.e. we eat broccoli to help our bones grow.

4 PORTION SIZE: Be wary of portion sizes and don't expect too much from your child. A bite or two of a new food is a milestone. Don't expect or force them to consume the whole lot.

5 NEW FOODS: Your child might need repeated exposure to a new food before he or she takes the first bite. It might help to talk to them about the colour of the food and what nutrients it contains, e.g. carrots are orange because they contain beta-carotene. Our bodies turn this into Vitamin A, which helps us see in the dark.



6 FUN FOOD SHAPES: Cut fruits into various shapes with cookie cutters. Watermelon, rockmelon, soft pears, and large nectarines all work well.

7 HIDDEN VEG: If all else fails you can add baby spinach to smoothies, parsley, zucchini and green peas to spaghetti sauce, and mix grated zucchini and carrots into casseroles and soups.

Don't forget to praise your child for trying new things, and reward them with lots of cuddles if they are doing well. If you're concerned that picky eating is compromising your child's development, consult your child's GP or a holistic practitioner such as a Naturopath or Nutritionist.

www.healthymummy.com - click [here](#) to join today!

The 28 Day Challenge Exercise Program alternates between High Intensity Interval Training and Pilates, with each session designed to be completed in just 30 minutes per day. The August Challenge focuses on the Butt and Thigh regions but ensures that the whole body is covered to give you a well rounded program to increase strength, tone, reduce body fat and improve overall cardiovascular fitness levels. Each workout can be done at home with no or minimal equipment, so you can get fit in your own time, without an expensive gym membership.



the family friendly challenge

EXERCISE PACK

SQUAT JUMPS

Starting Position

Stand with your feet shoulder width apart placing your hands on your hips, engage your core by tucking your belly button in towards your spine and prepare to squat down.

Execution

Begin to squat by bending your knees, keeping your back straight and pushing your hips slightly back as if sitting on a chair. When your knees reach a point no greater than 90 degrees transfer your body weight from your heels to the balls of your feet and push up through your legs to perform a small vertical leap making sure to land flat on both feet. Now repeat beginning with a squat.

BENEFITS: THIGH STRENGTH, ENDURANCE AND TONING



SIDE STEP UPS

Starting Position

Stand parallel to a low step with your feet together and arms by your sides.

Execution

Exhale and lift your right foot, placing it down onto the step then step up with both feet. Inhale and step down with your right foot, then left foot. Land your feet with a slow and controlled motion. Repeat on the other side, with your left foot leading.

BENEFITS: STRENGTHENS LOWER AND UPPER LEGS, GLUTES, HIPS, CALVES AND CORE.



BRIDGE WITH BALL

Starting Position

Place a ball in between your knees and lie flat on your back on the floor. Bend your knees and place your feet flat on the floor, shoulder width apart and a few inches away from your torso. Engage your glutes and core.

Execution

Exhale and lift your hips off the floor, keeping your back straight. Squeeze the ball with your knees and hold for one breath, then slowly roll down through each vertebrae as you return to the starting position. Repeat exercise.

BENEFITS: STRENGTHENS GLUTES, UPPER LEGS AND CORE.



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LUNGE PUMPS

Starting Position

Stand with your feet together and hands on your hips. Keeping your upper body tall, take a long step forward with your left foot and bend both knees lowering your body into a comfortable lunge position. Keep your left knee directly above your left foot.

Execution

Hold the lunge position for 1-2 seconds, then tighten your glutes and slowly straighten your legs before sinking back into the lunge, creating a pumping motion. Breathe throughout the movement. Perform the exercise for 30 seconds, then exhale as you engage your core and push off your back heel to a standing position. Alternate legs and repeat the exercise.

BENEFITS: STRENGTHENS LEGS AND GLUTES.



PILATES FIRE HYDRANT

Starting Position

Begin on your hands and knees with hands underneath shoulders and knees beneath your hips.

Execution

Keeping your head, neck and spine in alignment, exhale as you lift one leg out to the side. Inhale and lower your leg to starting position. Repeat.

BENEFITS: GLUTES, LEG AND CORE STRENGTH



WHY FOCUSING ON THE BUTT & THIGHS IS GOOD FOR WEIGHT LOSS

Besides looking great in bikinis and skirts, the butt and thighs are super important for body function and fitness. While working these areas will help you to tone and tighten, the butt and thighs are also crucial for everything you do in daily life.

Strengthening the butt and thighs (specifically the gluteus maximus, gluteus medius, gluteus minimus, tensor fasciae latae and quadriceps) will help you to perform your daily activities and are especially important when squatting or standing to pick up or hold your children.

There are many great benefits to working the butt and thighs, such as reduced back pain, a stronger pelvis and better supported knees and ankles. When the butt and thighs are strengthened, the glutes are able to balance and stabilise the hips, allowing the hip flexors to move with ease, reducing the risk of back pain and reducing chance of injury.

Many exercises work these important muscles, however squats and lunges are often favourites among athletes and trainers, as they activate a variety of muscles in the butt and thighs while strengthening the entire lower body and core at the same time.

Not only do butt and thigh exercises help to shape and tone

the lower body, they also increase overall body strength and function to support daily movements such as bending, lifting, twisting and moving.

Making these exercises a part of your daily routine will help to move you toward your goals, while improving your balance, strengthening your core, reducing the risk of back pain, knee injuries and/or ankle instabilities.

Butt and thighs are certainly on the minds of most women on their way to achieving fitness goals and the exercises in the August 28 Day Challenge will help to fast track those goals with excellent fat burning, strengthening and toning in both areas.

It is however also important to remember that the glutes are our prime movers, our body's stabilisers and the major generators of propulsion in walking and moving. The butt and thighs help to shape our lower body and they also help us in everything we do.



**FROM HEALTHY MUMMY
FITNESS EXPERT
MARISSA NIEVES**

why we love the 28 day weight loss challenge



**TAWHAI
LOST 50KG!**

"It still blows my mind how far I have come since I first found Lose Baby Weight and the 28 Day Challenges. It's not just about losing weight but also about gaining fitness, strength and confidence. I am so much healthier and happier now."
Tawhai



**RAE
LOST 15KGS**

"I love the structure of the challenges and knowing that thousands of other Mums are participating alongside me makes me feel empowered and so very motivated."
Rae



"The recipes are delicious and easy to prepare, the exercises are very challenging and non repetitive and the support you receive is invaluable!"
Kat

**KAT
LOST 27KGS**

"Lose Baby Weight helps you understand HOW to lose weight, the SAFE way to do it, and WHY it happens a particular way. I could not recommend a program more. It has improved every aspect of my life."
Lauren

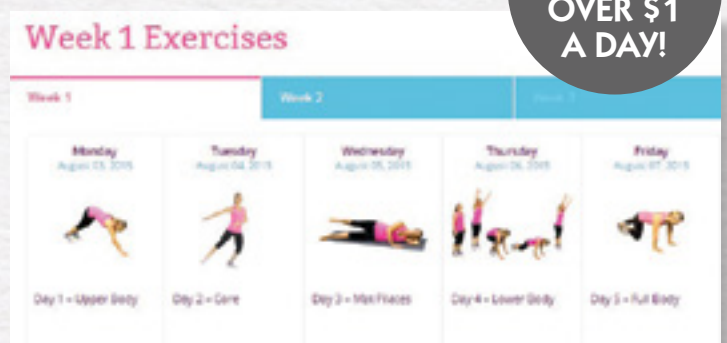


**LAUREN
LOST 46KGS**

Unlike most other plans on the market, the 28 Day Weight Loss Challenge meal plans are **fully customisable!** PLUS you have access to over 2000 recipes that are both family and budget friendly.

ALSO there are 28 days of **at home exercise routines** in our easy to follow weekly plan. And all of our exercises come with step by step video instructions.

**ALL THIS
FOR JUST
OVER \$1
A DAY!**



HEALTHY WEIGHT LOSS FOR MUMS

“We are the biggest **mums only healthy living & weight loss community”**

The Healthy Mummy was created by mum of two Rhian Allen in 2010, when her own pregnancy sparked a desire to create a healthy solution for mums to regain their health, energy and body confidence after having children.

Five years later, The Healthy Mummy is used by hundreds of thousands of mums and is a trusted approach to safe and healthy weight loss and healthy living. Collectively our mums have lost more than 2 million kilos!*



WHAT DO WE OFFER?

THE HEALTHY MUMMY SMOOTHIES A healthy meal replacement without any nasties, ideal for busy mums when there is no time to cook! Plus they are breastfeeding-friendly and contain 24 vitamins and minerals.

THE 28 DAY WEIGHT LOSS CHALLENGE An interactive weight-loss challenge, with 100 brand new recipes each month, fully customisable menus and shopping lists, plus it's family friendly! Also includes full exercise plans – all made for busy mums.

THE 28 DAY WEIGHT LOSS CHALLENGE APP

Exclusively for Challenge Members! Available on Android & Apple.

THE POST PREGNANCY EXERCISE DVD

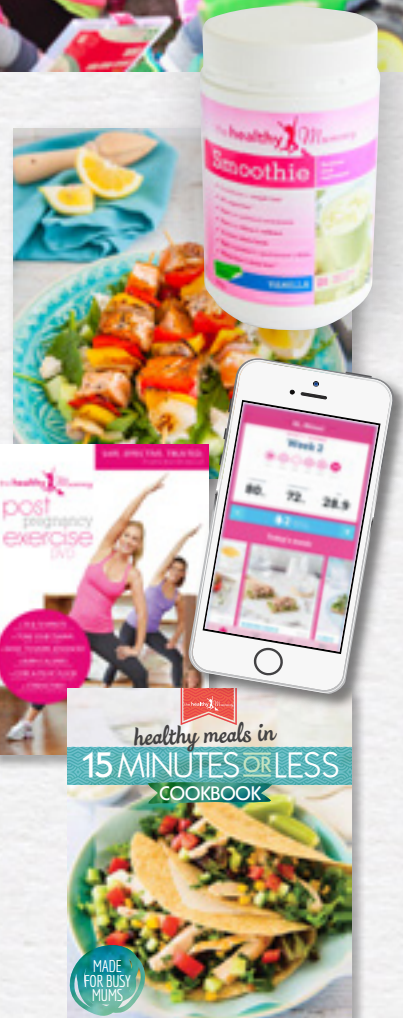
The number one postnatal exercise DVD, with leading Australian physiotherapist Lisa Westlake.

OVER 22 FAMILY FRIENDLY RECIPE BOOKS

Including The Chocolate Cookbook, Healthy Kids Cookbook, Under 15 Minute Meals and Vegetarian Cookbook.

HUGE SUPPORT GROUP OF MUMS Private Facebook group with over 50,000 like-minded mums for daily support encouragement and inspiration. See our private support group at www.facebook.com/groups/losebabyweight

**YOU CAN DO
ONE OR ALL.
THE CHOICE IS
YOURS!**



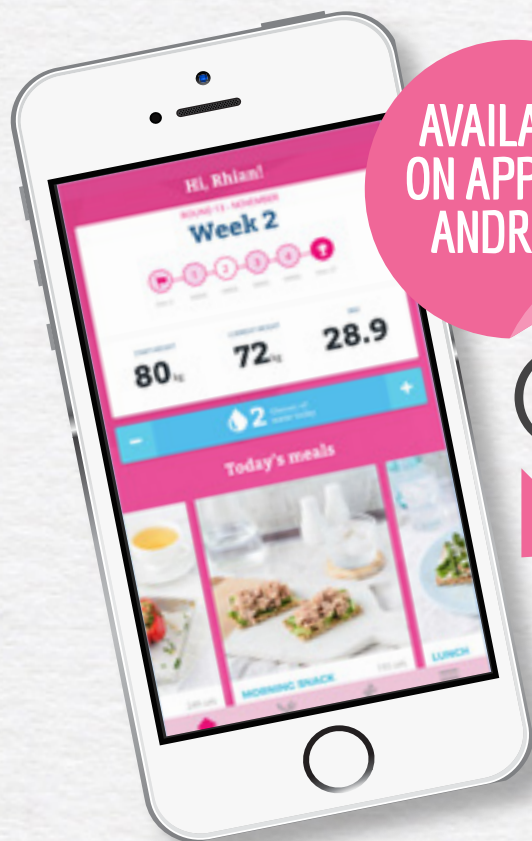
**TASHEENA HAS
LOST 44KG**



**TAWHAI HAS
LOST 46KG**

 Mums lose an average of 4-6kg* every month on our achievable plans

*Based on over 100,000 mums recording their results on our website in 2014 & 2015



AVAILABLE
ON APPLE &
ANDROID

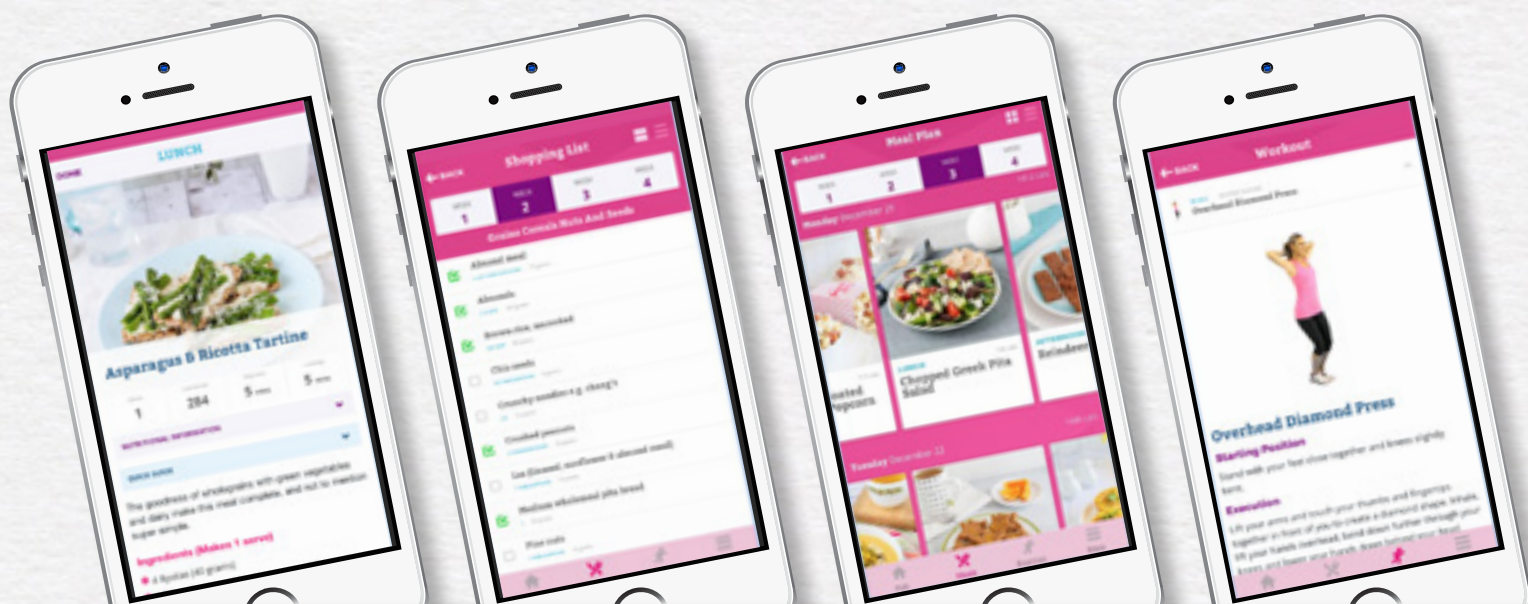
the healthy Mummy
28 DAY
WEIGHT LOSS CHALLENGE
FOR BUSY MUMS

CHALLENGE APP NOW LAUNCHED!

This free app complements your membership program, giving you mobile access to everything you love about the 28 Day Weight Loss Challenge and more! Think of it as having access to the best value personal trainer, dietitian, meal planner, chef and motivational coach from wherever you are!

FEATURES INCLUDE:

- Family friendly, breastfeeding friendly and affordable meal plans to help you lose weight & regain energy.
- Fully interactive with the ability to customise all meals and data.
- Full shopping list collated each week depending on your customisations.
- Daily at home workouts made for busy mums to get you body confident. Including routines for mums with muscle separation or pelvic floor issues.
- Constant daily support, inspiration & motivation from our Motivating Mum team & 1000s of other mums on the Challenge.
- Take the 28 Day Weight Loss Challenge wherever you go.
- Access the daily exercise routines that you can complete wherever you are to make daily exercise a breeze.
- View your weight loss results, goals and to see your progress.
- Access support, tips, help and motivation from the Challenge blog, Motivational Mum team & be part of the Challenge private support group with 1000s of other mums like you, doing the Challenge.



The App supports the online 28 Day Weight Loss Challenges that have helped 1000s of busy mums like you lose over 2,000,000 kilos in weight.

www.healthymummy.com - click [here](#) to join today!

about the healthy mummy smoothies

Smoothies are an **optional extra.**

Use in conjunction with the 28 Day Challenge meal plans, on their own as a healthy, easy to prep meal or not at all.

The Healthy Mummy plans are totally flexible to suit your needs and budget.

QUICK, EASY AND DELICIOUS - THE PERFECT MEAL REPLACEMENT FOR BUSY MUMS

THE HEALTHY MUMMY SMOOTHIE IS A DELICIOUS AND NUTRITIOUS MEAL REPLACEMENT PRODUCT, DESIGNED ESPECIALLY FOR MUMS.

Unlike other shakes or smoothie products, which can contain artificial ingredients and fillers or just be a protein powder,

The Healthy Mummy Smoothie is packed with a **potent combination of 24 vitamins and minerals, protein, carbohydrates, fibre and healthy fats**, providing a nutrient hit for busy mums. The smoothie is also breastfeeding friendly and contains fenureek.

BREASTFEEDING FRIENDLY



NO CAFFEINE

NO ACCELERANTS

GLUTEN & DAIRY FREE

96% SUGAR FREE

100% FRUCTOSE FREE

HIGH IN FIBRE

NO ARTIFICIAL INGREDIENTS

BREASTFEEDING FRIENDLY



WHAT BREASTFEEDING MUMS SAY ABOUT THE SMOOTHIES

"After finding The Healthy Mummy when my baby was three weeks old, I started on The Healthy Mummy Smoothies and they were my saviour! I went from only eating dinner to finally having filling and nutritious breakfasts and lunches that I could have on the go and with my hands full. The smoothies also made a fantastic difference to my supply, which was a massive help when bub was feeding continually. With the help of The Healthy Mummy program and smoothies, I was able to lose 30kg in 12 months, while feeding my bub."

ANDREA DIXON

"The Healthy Mummy Smoothies have been a complete lifesaver for me. With a toddler and a newborn, it's so hard to look after yourself, even to make yourself breakfast in the morning. The smoothies are delicious and keep me full for ages. I've lost 8.5kg in the last seven months!"

ALISHA LYMAR

"I can't imagine how I would have survived when my third baby was born without my Healthy Mummy Smoothies. They boosted my milk supply, making breastfeeding easier. I never missed a meal because I always found a quick minute to whip up my smoothie. They were a total lifesaver!"

MEGAN VANDERWAAL

www.healthymummy.com - click [here](#) to join today!

THE HEALTHY MUMMY SMOOTHIES STAND OUT FROM THE CROWD!



PER 100G	THE HEALTHY MUMMY	SLIM RIGHT	OPTIFAST	TONY FERGUSON	FAT BLASTER	RAPID LOSS	BIGGEST LOSER	HERBALIFE	CELEBRITY SLIM
Energy (kJ)	1450	1470	1566	1538	1566	1504	1583	1511	1672
Protein (g)	54.9	16	30	34	19.3	19	36	32	48
Carbs (g)	9.3	57	39	43	58	51	44	53.5	27.5
Sugar (g)	1.6	46	32	32	52.8	46	40	32	22.5
Fibre (g)	26.7	16	not listed	7	9	7	4	8.2	6.2
Fat (g)	6.9	2	5.5	4	5.3	5	4	3.5	9.1
No of vitamins & minerals	24	16	24	24	25	24	25	19	25
Sodium (mg)	711	245	480	360	468	382	382	428	342
Cost per serve (based on RRP in Jan 2016)	\$2.74	\$1.52	\$3.49	\$3.49	\$1.38	\$2.21	\$3.66	\$3.48	\$2.99
Serving size	25g	35g	54g	55g	33g	41g	55g	28g	40g
Sugar (per serve)	0.4g	16g	18g	18g	17g	19g	22g	9g	13g
Sodium (per serve)	177.7mg	86mg	220mg	200mg	155mg	160mg	210mg	120mg	160mg



WHAT BREASTFEEDING MUMS SAY ABOUT THE SMOOTHIES



CAT HAS LOST 30KGS



"I struggled with my milk supply with my first baby and only managed a week or two of breastfeeding.

I started using The Healthy Mummy plans when she was about eight months old. By the time I had my second baby, I had been using The Healthy Mummy Smoothies for a few years, along with the meal plans. I successfully and exclusively breastfed him for seven months before returning to work.

I know my breastfeeding success was due to using the smoothies to maintain my supply. They were full and nutritious meals I could make in under five minutes, ensuring I was eating enough of the good stuff to meet bub's needs.

Having a meal you can make in five minutes

and one-handed makes life with a newborn so much easier. I have lost more than 30kgs safely using The Healthy Mummy Smoothies and meal plans."

CAT CHRIST

"After struggling to meet the feeding demands of my firstborn, I was ecstatic to be able to feed our second child to 19 months, while losing weight with The Healthy Mummy Smoothies.

I'm now feeding our third baby, and six months in, I have lost almost 20kg and I have never felt so confident with my supply thanks to my daily Healthy Mummy Smoothies."

BELINDA BELLIS

www.healthymummy.com - click [here](#) to join today!



the healthy  Mummy

smoothie subscription



PAY ONLY
\$2.06
PER SERVE

Pay only \$2.06 per serve on our lifetime discount smoothie subscription!

- whole food smoothie
- 96% sugar free
- no fructose or fillers
- no artificial sweeteners
- gluten free with no nasties
- breastfeeding friendly
- made for busy mums

GET YOUR 25% PERMANENT DISCOUNT NOW!



subscribe here