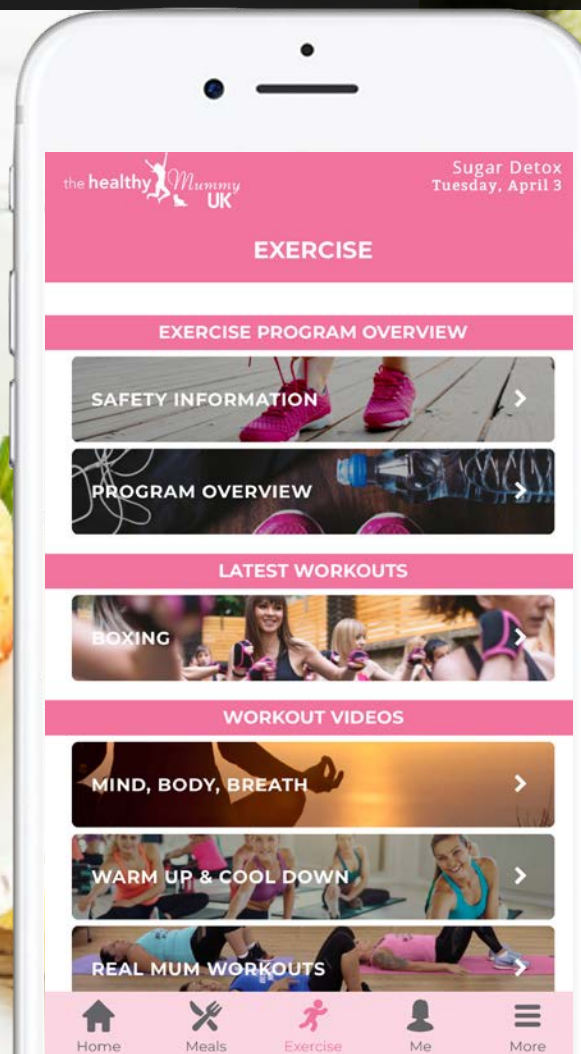


7 DAYS FREE

MEAL & EXERCISE PLAN





A WEEK ON THE 28 DAY WEIGHT LOSS CHALLENGE

Welcome to your sneak peek of what a week following **The Healthy Mummy 28 Day Weight Loss Challenge** is like.

The 28 Day Weight Loss Challenge helps mums just like you **lose an average of 8-13lbs*** per month and keep the weight off long term. **The 28 Day Weight Loss Challenge** has been created especially for busy mums, to make healthy eating and regular exercise an easy habit to include in your life.

THE 28 DAY WEIGHT LOSS CHALLENGE IS:

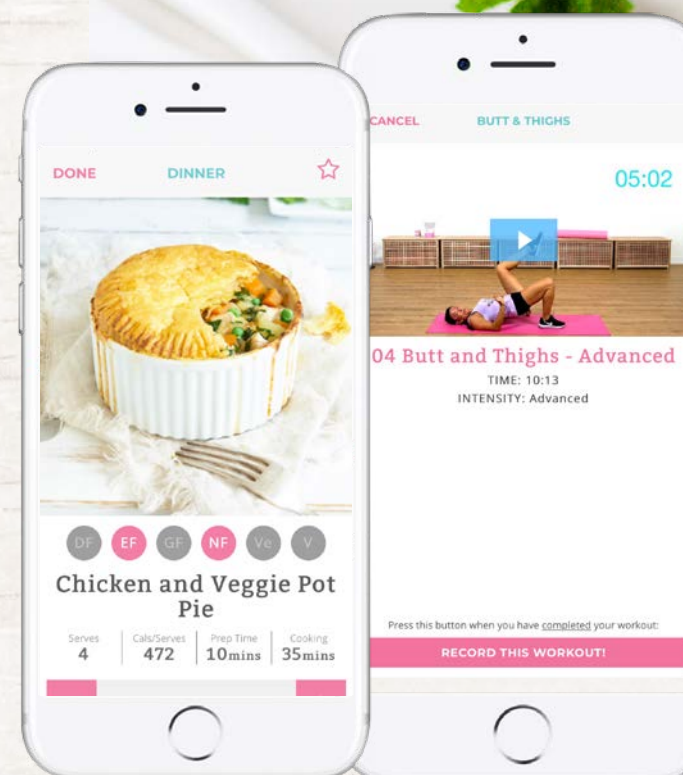
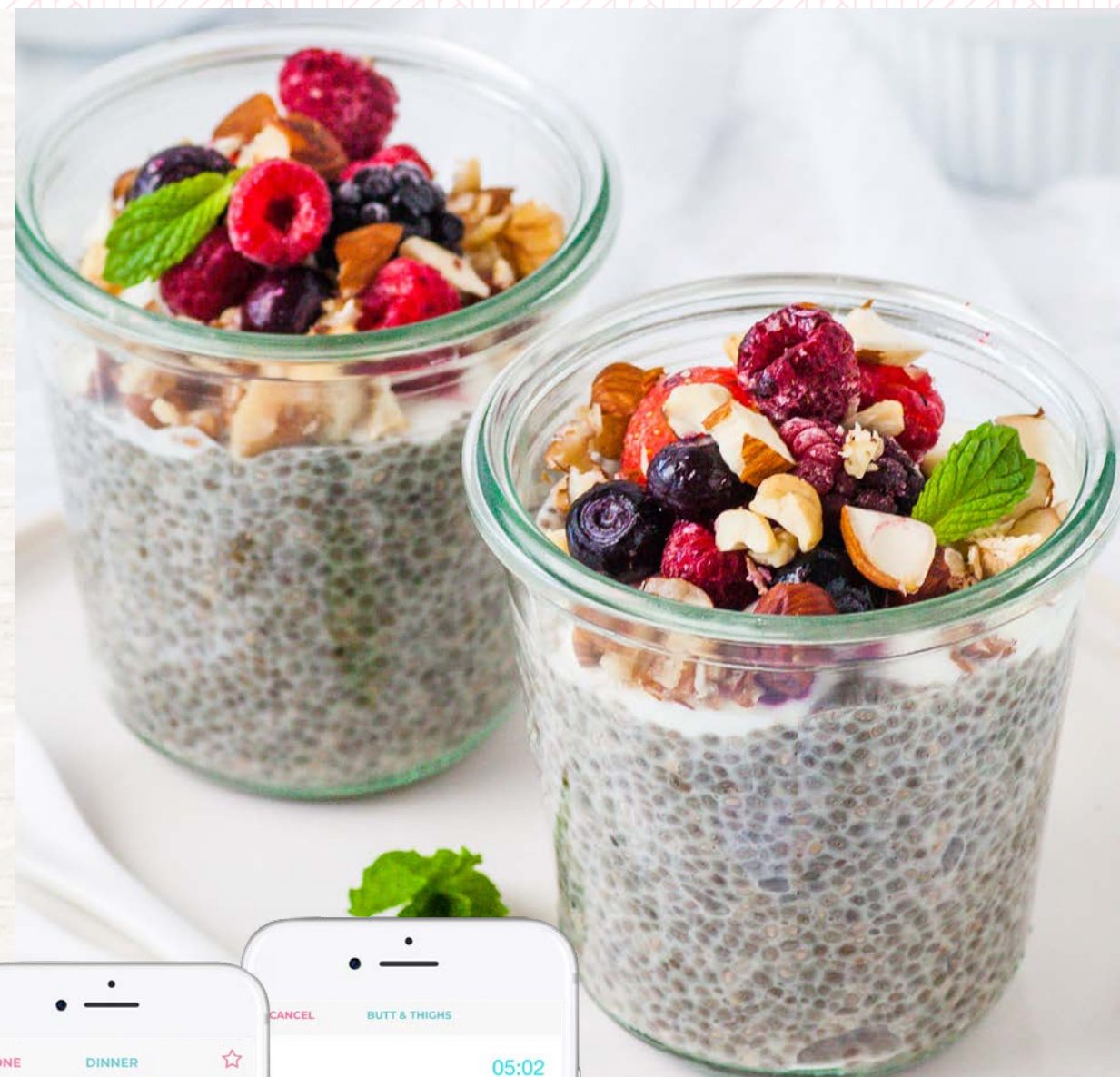
- BUDGET-FRIENDLY
- MADE FOR BUSY MUMS
- FAMILY-FRIENDLY
- REALISTIC
- SUPPORTIVE

Follow the **28 Day Weight Loss Challenge** (or log in via a desktop) for the customisable meal plan, personalised shopping list, budget-friendly recipes, exercise workouts and videos and constant support. It is your personal trainer, dietitian, meal planner and motivational coach in your pocket.

We've put together a weekly meal and exercise plan to showcase how **The 28 Day Weight Loss Challenge** can work for you, with tips and motivation to get you started.

*results will vary between individuals

28 Day Weight Loss Challenge - [TAKE PART HERE](#)



SOME OF OUR AMAZING MUMS AND THEIR STORIES

ASH PETROFF

LOST 3.13ST USING THE 28 DAY WEIGHT LOSS CHALLENGE

This mum was depressed, anxious and unhappy with herself but made a commitment to become fit and healthy, learning a new cleaner way of living – one that involved workouts from home and meal plans that she could cater towards her whole family. We are pleased to announce that Ash Petroff has been made The Healthy Mummy Fitness Ambassador.



RENEE HARRISON

LOST 7.12ST USING THE 28 DAY WEIGHT LOSS CHALLENGE

This mum of one says she tried so many other weight-loss programs but none worked for her. She reveals she began her transformation the day she separated from her ex-husband.

Her weight-loss success didn't happen overnight – it was a journey that took reprogramming her brain and learning to leave her old habits firmly in the past.



AMY ATKINSON

LOST 8.9ST USING THE 28 DAY WEIGHT LOSS CHALLENGE

Amy is a mum of 4 and suffered bad anxiety to the point of being embarrassed to be around her own parents and brother who were all fit.

"I started my journey back in September 2015 weighing 25.8ST. Lazy, depressed, no confidence but with the help of The Healthy Mummy I have turned my life around."



SAMARA SYED

LOST 2.9ST USING THE 28 DAY WEIGHT LOSS CHALLENGE

Samara finally decided to give up all her excuses and has completely transformed her life.

"Was every day easy? Nope. Was I always motivated? Nope. Did I feel like giving up? Some days. But did I ever give up? HELL NO!"



GETTING STARTED

- ✓ Write down some **GOALS** that you'd like to achieve that are realistic and within a certain time frame. Break down big goals into smaller steps to make them easier to achieve and also list what types of rewards you will give yourself when you achieve your goals.
- ✓ When you first log into **The 28 Day Weight Loss Challenge**, you will be taken through a series of questions to workout the best plan for you. Your BMR and daily calorie energy needs (depending on your weight loss goals) will be calculated.
- ✓ This sneak peek of **The 28 Day Weight Loss Challenge** includes a weekly meal plan with daily calories between 1400-1500. You may need more or less calories depending on your individual needs.
- ✓ **The 28 Day Weight Loss Challenge** is breastfeeding friendly, we recommend you add an extra 500 calories per day to accommodate your extra energy needs. This could be some extra snacks or a **Healthy Mummy Smoothie**.
- ✓ You should always listen to your body when following **The 28 Day Weight Loss Challenge** meal plans – if you're still hungry, have an extra snack or if you're too full, then reduce your portion sizes to suit you.
- ✓ One of the best parts of **The 28 Day Weight Loss Challenge** is the support and motivation you receive from 100,000s of mums just like you in the support groups. Share your journey, get tips, ask questions, help others out.
- ✓ Join our community [here](#).

WEEKLY MEAL PLAN

We've created a weekly meal plan to showcase the variety of delicious and easy to prepare recipes available in **The 28 Day Weight Loss Challenge**. The recipe hub has more than 4000 recipes that you can **customise** to suit your needs and those of your family, you'll never get bored when following **The 28 Day Weight Loss Challenge**.

The recipes are easy to prepare, budget and family friendly and most importantly - delicious.

Mix and match ingredients from the weekly plan to suit your tastes, e.g. if you don't like seafood, swap it for chicken or if you don't like spicy, reduce the chilli.

We have provided a shopping list for the week but remember to check what you have in your pantry and fridge first. To save money and wastage make swaps with what you already have such as swapping quinoa for rice or cherry tomatoes for regular tomatoes.

Set aside some time to do meal prep. Save time by making meals in advance then refrigerate/freeze to use later or cook in bulk.

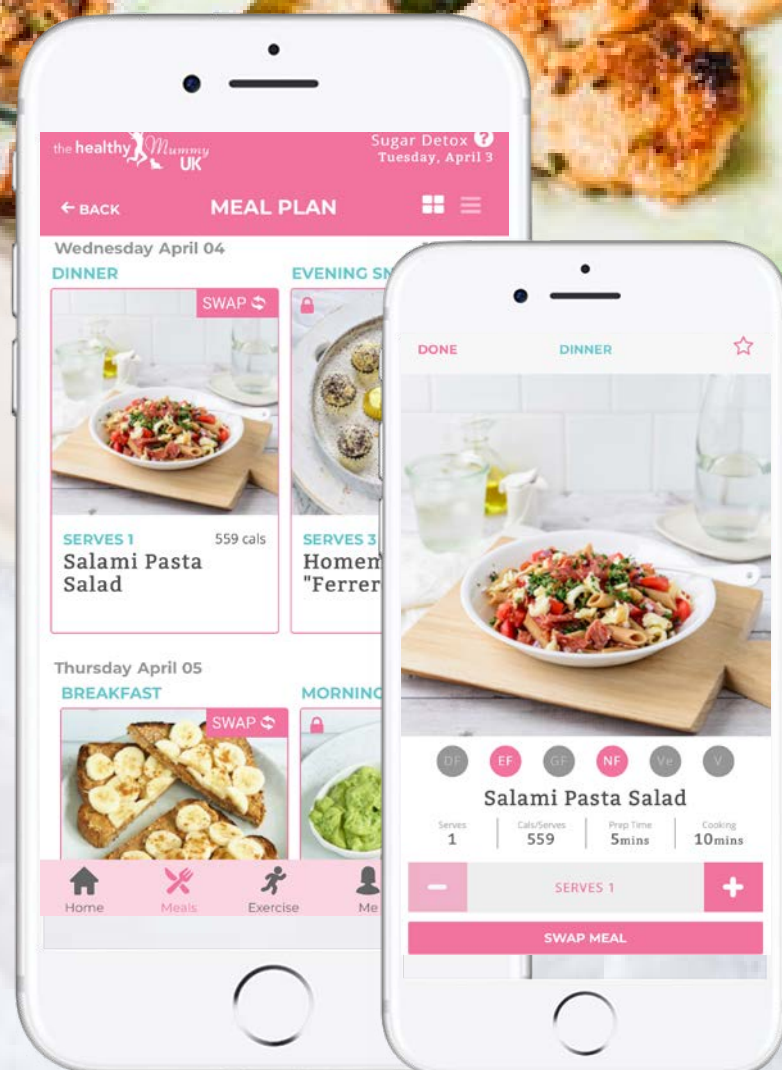
Little hacks like chopping veggies to enjoy with dips, making snacks in bulk, cutting salad veggies and storing in airtight containers in the fridge, pre-cooking meats or grains like rice and storing in the fridge will all make following the plan easier.

You don't have to make everything in the plan, choose what suits you and repeat as needed. Many of our customers make a larger serve for dinner and enjoy the leftovers for lunch the next day.

If you have a busy schedule, e.g. you are extra busy on a Monday and only have time to make a sandwich or salad for lunch, then move the recipes around to suit you. The 28 Day Weight Loss Challenge App makes customising the meal plans to suit your needs so easy.

You can easily find meals to suit your dietary requirements and tastes, such as vegetarian or based on higher calories, with over 4000 recipes in the 28 Day Weight Loss Challenge

The 28 Day Weight Loss Challenge App allows you to highlight your dietary restrictions including gluten free, egg free, dairy free, nut free, vegetarian or vegan so you can swap or amend as needed.



SHOPPING LIST

FRUIT & VEGETABLES

1 Kiwi fruit
1 banana
1 pear
1 apple
1 punnet strawberries
5 cups baby leaf spinach
2 cups mixed lettuce leaves
1 cup cos lettuce
1 cup rocket lettuce
1 cup kale leaves
1 clove garlic
1 red onion
1 brown onion
1 small knob of ginger
3 carrots
2 courgettes
1 small piece of pumpkin
1 small sweet potato
1 red pepper
50g mushrooms
1 & ½ cups green beans
1 & ½ cups mange tout
1 small piece broccoli
4 tomatoes
1 punnet cherry tomatoes
3 cucumbers
2 medium avocado
1 lemon
1 lime
1 small bunch fresh parsley

1 small bunch fresh coriander
1 small bunch fresh basil
1 small bunch fresh mint
1 small bunch of spring onions

DAIRY & CHEESE

500ml reduced-fat milk of choice
1 small tub reduced-fat Greek natural yogurt
1 small tub vanilla yogurt e.g. Jalna or 5AM
1 small tub light cream cheese
200g reduced-fat feta, crumbled
grated Parmesan

FROZEN

1 frozen banana
frozen mango
frozen peas

CHILLED PROTEIN & FOODS

9 free-range eggs
1 rasher of bacon
100g prawns, raw, shelled
420g chicken breast fillets
120g lean beef mince
110g pork fillet
120g lamb cutlets
100g firm tofu
4 slices lean smoked ham
4 slices lean smoked turkey
100g fresh gnocchi

GRAINS AND CEREALS

Loaf of wholegrain or gluten-free bread of choice
2 medium wholemeal pitta breads
1 wholegrain long roll

PANTRY STAPLES/NON-PERISHABLES

coconut oil
cooking oil spray
extra virgin olive oil
balsamic vinegar
almond butter
peanut butter
honey
maple syrup
coconut sugar
Stevia
vanilla extract
cacao/cocoa powder
salt
pepper
dried oregano
dried chilli flakes
cinnamon
curry powder
cayenne pepper
turmeric
Dukkah (a Middle Eastern seed & spice mix)
black or white sesame seeds
puffed rice
bran cereal

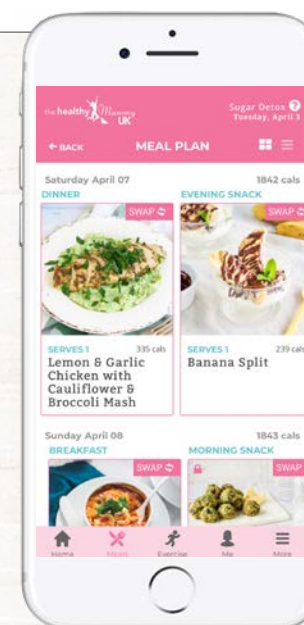
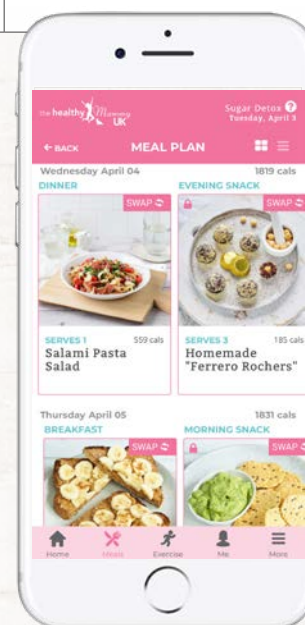
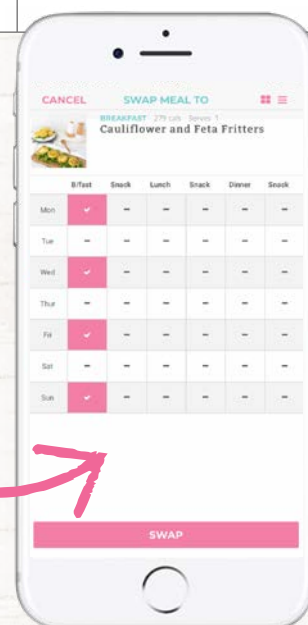
rolled oats
chia seeds
shredded coconut
basil pesto, store-bought or homemade
reduced-fat mayonnaise
tamari (gluten free soy sauce)
wholegrain mustard
tinned peach halves
tinned tuna in water
tinned corn
tinned kidney beans
kalamata olives
jalapeno chillies, sliced
tomato passata
quinoa
basmati rice
brown rice
dried fettuccine
currants
coconut milk
cashew nuts
250g dark chocolate (70%)
peppermint extract



28 DAY WEIGHT LOSS CHALLENGE 7 DAY MEAL AND EXERCISE PLAN

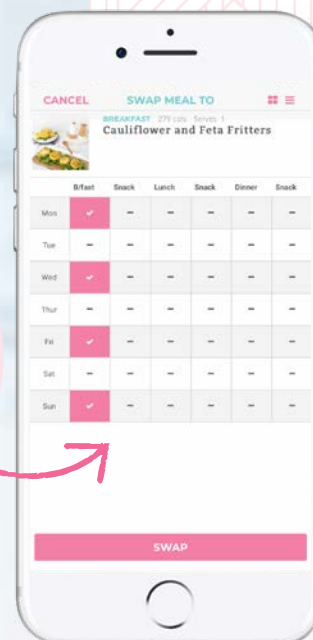
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Chocolate Rice Crisps 252cals/page 8	Tropical Smoothie Bowl 289cals/page 9	Fried Egg, Pesto and Avocado 266cals/page 10	Peach Crumble Chia Pudding 332cals/page 11	Oregano Boiled Eggs 226cals/page 12	Carrot and Banana Pancakes 276cals/page 13	Bacon and Eggs with Veggie Hash 170cals/page 14
MORNING SNACK	Pea and Avocado Dip with Pitta Crisps 195cals/page 29	Ham and Pear Snack Wrap 146cal/page 30	Cucumber and Peanut Butter 111cals/page 31	Pea and Avocado Dip with Pitta Crisps 195cals/page 29	Cucumber and Peanut Butter 111cals/page 31	Cucumber and Peanut Butter 111cals/page 31	Ham and Pear Snack Wrap 146cals/page 30
LUNCH	Feta and Egg Salad 332cals/page 15	Tuna and Avocado Salad 362cals/page 16	Ham, Veggie and Cheese Pitta Pizza 315cals/page 17	Prawn and Rocket Fettuccine 334cals/page 18	Spanish Chicken Caesar 234cals/page 19	Corn, Quinoa and Coriander Mini Frittatas 264cals/page 20	Turkey and Salad Sub 423cals/page 21
AFTERNOON SNACK	Ham and Pear Snack Wrap 146cals/page 30	Apple and Strawberry with Yogurt 105cals/page 32	Ham and Pear Snack Wrap 146cals/page 30	Apple and Strawberry with Yogurt 105cals/page 32	Pea and Avocado Dip with Pitta Crisps 195cals/page 29	Ham and Pear Snack Wrap 146cals/page 30	Pea and Avocado Dip with Pitta Crisps 195cals/page 29
DINNER	Greek Stir Fry 318cals/page 22	Quinoa with Cucumber, Green Beans and Chicken 398cals/page 23	Ginger, Chilli and Pork Stir Fry 401cals/page 24	Simple Chicken Curry 317cals/page 25	Vegetarian Turmeric Spiced Stir Fry 390cals/page 26	Dukkah Spiced Lamb with Rainbow Bean Salad 294cals/page 27	Roasted Pumpkin and Feta Gnocchi 350cals/page 28
EVENING SNACK	Peanut Butter Rice Cups 191cals/page 33	Choc Peppermint Bombs 188 cals/page 34	Peanut Butter Rice Cups 191cals/page 33	Choc Peppermint Bombs 188cals/page 34	Peanut Butter Rice Cups 191cals/page 33	Choc Peppermint Bombs 188 cals/page 34	Peanut Butter Rice Cups 191cals/page 33
EXERCISE	Fitness Test + 20 min walk	Perform the Advanced HIIT with Ash & Wendy workout 3 - click here to view	30 minute walk	Perform the Real Mum Workout 4 - click here to view + 20 min walk	30 minute walk	30 minute walk	Fitness Test + 20 min walk

All meals in the **28 Day Weight Loss Challenge App** can be fully customised to suit you and your family's needs - it's that easy!



all recipes are
**FULLY
CUSTOMISABLE**

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28DAY
WEIGHT LOSS CHALLENGE



BREAKFAST

CHOCOLATE RICE CRISPS

SERVES 4

PREP TIME: 10MINS / COOK TIME: 15MINS

CALORIES PER SERVE: 252 (1060KJ) PROTEIN: 3.6G / TOTAL FAT: 15.9G

SATURATED FAT: 9.2G / FIBRE: 1.7G / CARBOHYDRATES: 22.7G

TOTAL SUGAR: 8.5G / FREE SUGAR: 4G*

INGREDIENTS

- 2 tbsp coconut oil
- 2 tbsp almond butter
- 1 tsp vanilla extract
- 2 tbsp cacao/cocoa powder
- 1 tbsp maple syrup
- salt
- 2 cups puffed rice
- 2 cups reduced-fat milk of choice

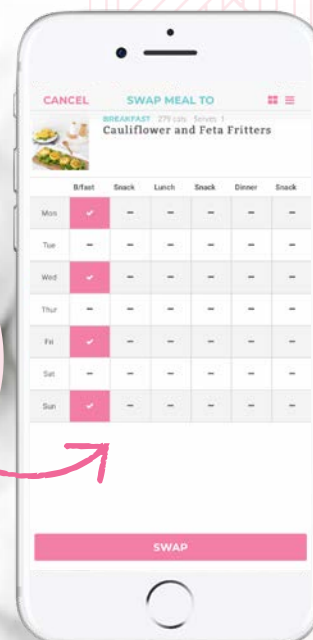
METHOD

- Preheat the oven to 180C/gas mark 4. Line a tray with baking paper.
- Place a small amount of water in a saucepan. Sit a heatproof bowl in the saucepan, without it touching the water. Heat the saucepan on the stove until the water starts to boil, then reduce heat to a gentle simmer.
- Place the coconut oil, almond butter, vanilla, cacao/cocoa, maple syrup and a pinch of salt in the bowl over the simmering water. Stir to combine until smooth and melted. Remove the bowl from the heat.
- Add the puffed rice to the chocolate mix and stir to combine. Spread rice over the prepared tray and place in the oven for 10 minutes, stirring half way through, to bake evenly. Remove from the oven and allow to cool on the tray.
- Serve ½ cup of chocolate rice crisps with ½ cup of milk.
- Store leftover rice crisps in an airtight container in the pantry for up to a week.

***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.

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WEIGHT LOSS CHALLENGE



BREAKFAST

TROPICAL SMOOTHIE BOWL

SERVES 1



PREP TIME: 5MINS

**289CALS (1217KJS) / PROTEIN 7.1G / TOTAL FAT 8.5G / SAT FAT 3.8G
FIBRE 11.7G / CARBS 45G / TOTAL SUGAR 34G / FREE SUGAR 0.0G**

INGREDIENTS

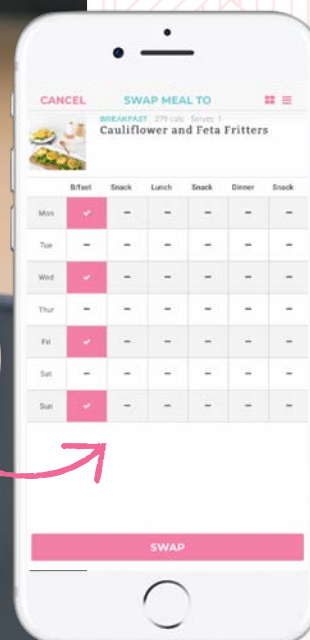
- 1 frozen banana, peeled and chopped
- 1/2 frozen mango, peeled and chopped
- 1 cup baby leaf spinach
- 1 tbsp chia seeds
- 3/4 cup water
- ice cubes
- 1 Kiwi fruit, peeled and sliced
- 2 tsp shredded coconut

METHOD

- Add all ingredients excluding the Kiwi and coconut to a blender or food processor and blitz until smooth.
- Pour into a serving bowl and top with slices of Kiwi and coconut to serve.

all recipes are
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WEIGHT LOSS CHALLENGE



BREAKFAST

FRIED EGG, PESTO AND AVOCADO

SERVES 1



PREP TIME: 5MINS / COOK TIME: 4MINS

**266CAL (1119KJS) / PROTEIN 11.1G / TOTAL FAT 17.3G / SAT FAT 3.8G
FIBRE 3G / CARBS 15.4G / TOTAL SUGAR 1.2G / FREE SUGAR 0.0G**

INGREDIENTS

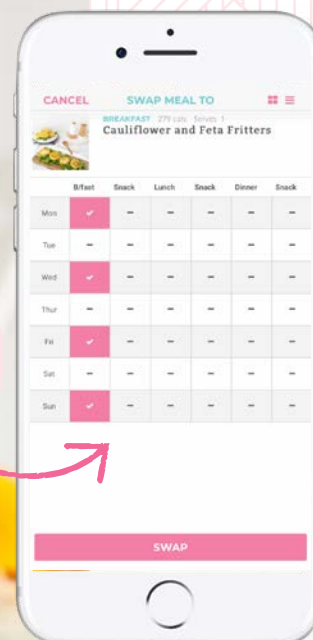
- cooking oil spray
- 1 free-range egg
- 1 slice wholegrain or gluten-free bread of choice
- 1 tsp basil pesto, store-bought or homemade
- 1/4 medium avocado, sliced
- salt
- pepper

METHOD

- Lightly spray a frying pan with cooking oil spray and heat over medium-high heat.
- Crack in the egg and fry for 2-3 minutes or until cooked to your liking.
- While egg is cooking, toast bread then spread with pesto and top with slices of avocado.
- Top with fried egg and season with salt and pepper to serve.

all recipes are
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WEIGHT LOSS CHALLENGE



BREAKFAST

PEACH CRUMBLE CHIA PUDDING

SERVES 4

PREP TIME: 1MIN / COOK TIME: 7MINS

**332CAL (1393KJS) / PROTEIN 14G / TOTAL FAT 16G / SAT FAT 4G
FIBRE 17G / CARBS 28G / TOTAL SUGAR 20G / FREE SUGAR 4G**

INGREDIENTS

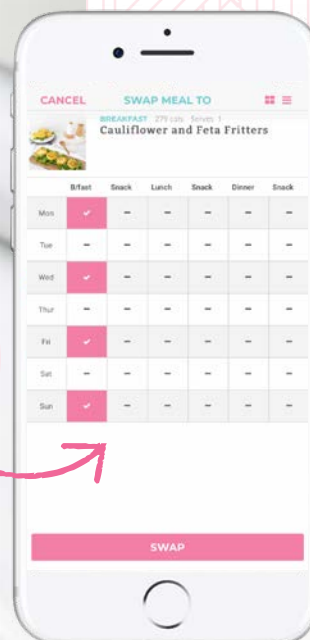
- 1/2 cup tinned peach halves
- 1/4 cup reduced-fat Greek natural yogurt
- 1 tsp honey
- 1/4 tsp vanilla extract
- 1 tbsp light cream cheese
- 2 tbsp chia seeds
- 1/4 cup bran cereal

METHOD

- Drain the tinned peaches and mash.
- Combine mashed peaches with all other ingredients excluding the bran cereal.
- In a bowl or serving glass, layer 1/2 the yogurt mix (per serve) then half the bran, followed by remaining yogurt mix and top with remaining bran.
- Enjoy immediately or leave in fridge for 30 minutes or more to set and chill slightly.

all recipes are
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28DAY
WEIGHT LOSS CHALLENGE



BREAKFAST

OREGANO BOILED EGGS

SERVES 1

PREP TIME: 5MINS / COOK TIME: 10MINS

**337CAL (1417KJS) / PROTEIN 21G / TOTAL FAT 20G / SAT FAT 4G
FIBRE 5.2G / CARBS 15.9G / TOTAL SUGAR 1.6G / FREE SUGAR 0.0G**

INGREDIENTS

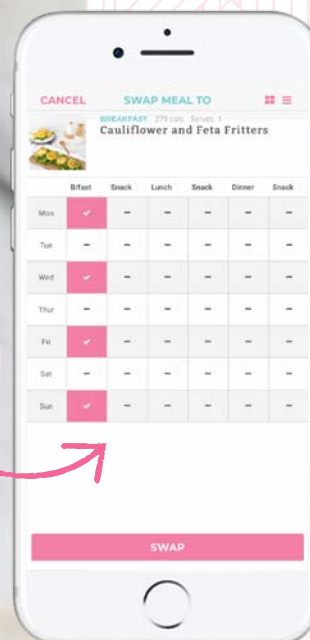
- 2 free-range eggs
- 1 tbsp dried oregano
- 1 tbsp black or white sesame seeds
- 1 cup kale leaves, shredded
- cooking oil spray
- salt
- pepper
- 1 slice wholegrain or gluten-free bread of choice

METHOD

- Fill a saucepan with water to about $\frac{3}{4}$ of the way to the top. Add the eggs and bring the water to the boil. Boil the eggs for 10-15 minutes to hard boil to your liking.
- When eggs are ready, rinse under cold water, then peel.
- Combine the oregano and sesame seeds on a plate and roll the eggs in the mix so it sticks to the warm egg white.
- While the eggs are cooking, heat a frying pan over medium-high heat and lightly spray with cooking oil spray. Add the kale leaves and saute for 2-3 minutes or until just wilted. Season with salt and pepper.
- Toast the bread and serve with the eggs and kale.

all recipes are
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28DAY
WEIGHT LOSS CHALLENGE



BREAKFAST

CARROT AND BANANA PANCAKES

SERVES 1

PREP TIME: 5MINS / COOK TIME: 5MINS

**276CAL (1162KJS) / PROTEIN 12G / TOTAL FAT 7.6G / SAT FAT 2G
FIBRE 5.7G / CARBS 38G / TOTAL SUGAR 18G / FREE SUGAR 0.0G**

INGREDIENTS

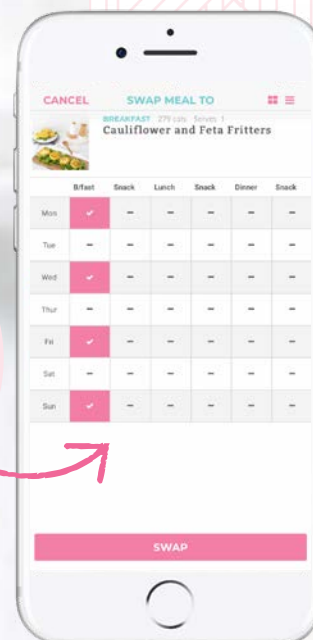
- 1 ripe small banana
- 1/2 cup medium carrot, grated
- 1 free-range egg
- 1/4 cup rolled oats
- 1/2 tsp cinnamon
- cooking oil spray
- 1 tbsp reduced-fat Greek natural yogurt

METHOD

- Mash the banana until smooth.
- Add the grated carrot, egg, oats and cinnamon to the banana and mix until combined.
- Heat a non stick frying pan over medium-high heat and lightly spray with cooking oil. Add tablespoons of the batter to form pancakes. Cook for 2-3 minutes on one side or until bubbles start to form on the surface, then flip and cook for a further 1-2 minutes on the other side or until golden brown.
- Serve pancakes with a dollop of yogurt.

all recipes are
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28DAY
WEIGHT LOSS CHALLENGE



BREAKFAST

BACON AND EGGS WITH VEGGIE HASH

SERVES 1

PREP TIME: 5MINS / COOK TIME: 10MINS

**170CAL (718KJS) / PROTEIN 11.8G / TOTAL FAT 10.6G / SAT FAT 2.5G
FIBRE 1.3G / CARBS 6.8G / TOTAL SUGAR 3.2G / FREE SUGAR 0.0G**

INGREDIENTS

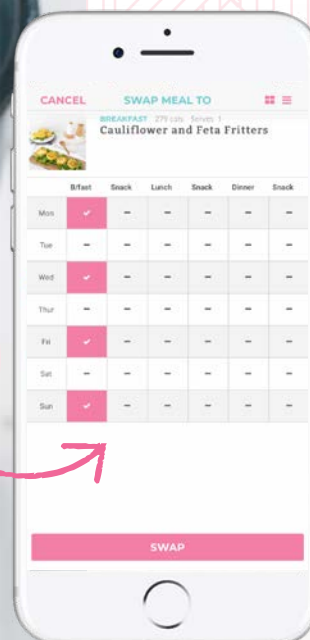
- 1 tsp extra virgin olive oil
- 1 bacon rasher, lean & trimmed
- 1/4 small sweet potato, grated
- 1/4 red pepper, finely diced
- 1/2 cup baby leaf spinach
- salt
- pepper
- 1 free-range egg

METHOD

- Heat oil in a frying pan over medium-high heat. Add bacon and cook for 3-4 minutes or until crunchy and golden.
- Push bacon to the side of the pan (or remove and place on a piece of paper towel to drain) and add the sweet potato, pepper and spinach. Cook for 3-4 minutes or until spinach has wilted and veggies are tender. Season with salt and pepper.
- Push veggies to the side of the pan and crack in the egg. Fry for 2-3 minutes or until cooked to your liking.
- Serve bacon and egg with veggies on the side.

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WEIGHT LOSS CHALLENGE



LUNCH

FETA AND EGG SALAD

SERVES 1

PREP TIME: 5MINS / COOK TIME: 10MINS

**332CAL (1395KJS) / PROTEIN 16.8G / TOTAL FAT 25.4G / SAT FAT 7.7G
FIBRE 3.4G / CARBS 7.6G / TOTAL SUGAR 6.9G / FREE SUGAR 0.0G**

INGREDIENTS

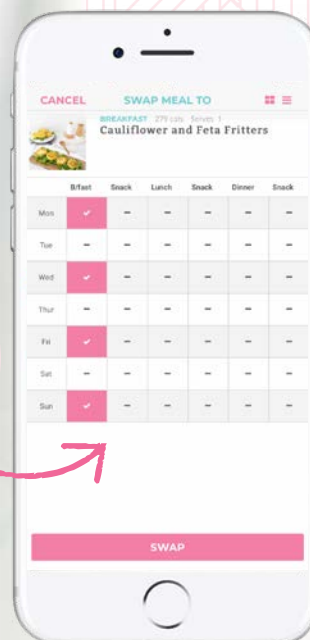
- 1 free-range egg
- 1/2 medium avocado, diced
- 1 cup mixed lettuce leaves
- 1/2 tomato, chopped
- 1/2 cucumber, diced
- 1 tbsp reduced fat mayonnaise
- 2 tsp lemon juice
- 1 & 1/2 tbsp reduced-fat feta, crumbled

METHOD

- Hard boil egg in a saucepan of water until the yolk is firm. When cool, peel, then slice.
- Combine avocado, lettuce, tomato and cucumber.
- Combine mayonnaise and lemon juice to form a dressing.
- Top salad with egg slices and feta. Drizzle over dressing to serve.

all recipes are
**FULLY
CUSTOMISABLE**

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28DAY
WEIGHT LOSS CHALLENGE



LUNCH

TUNA AND AVOCADO SALAD

SERVES 1



PREP TIME: 5MINS

**362CAL (1522KJS) / PROTEIN 24G / TOTAL FAT 25G / SAT FAT 5G
FIBRE 5.3G / CARBS 6.6G / TOTAL SUGAR 6G / FREE SUGAR 0.0G**

INGREDIENTS

- 95g tinned tuna in water
- 2 cups baby leaf spinach
- 1 tomato, diced
- 1/4 cup fresh parsley, chopped
- 1/2 cup rocket lettuce
- 1/4 cup kalamata olives, pitted and chopped
- 1/2 medium avocado, diced
- 1/4 red onion, sliced
- 2 tsp extra virgin olive oil
- 1 tbsp balsamic vinegar

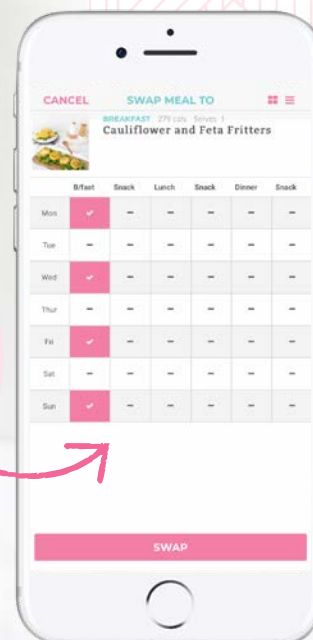
METHOD

- Drain tuna and combine with all ingredients excluding the oil and vinegar.
- Combine oil and vinegar and drizzle over salad. Toss well to combine and serve.



all recipes are
**FULLY
CUSTOMISABLE**

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28DAY
WEIGHT LOSS CHALLENGE



LUNCH

HAM, VEGGIE AND CHEESE PITA PIZZA

SERVES 1

PREP TIME: 5MINS / COOK TIME: 10MINS

315CAL (1323KJS) / PROTEIN 24G / TOTAL FAT 6.9G / SAT FAT 3.2G
FIBRE 7.8G / CARBS 36G / TOTAL SUGAR 5.8G / FREE SUGAR 0.0G

INGREDIENTS

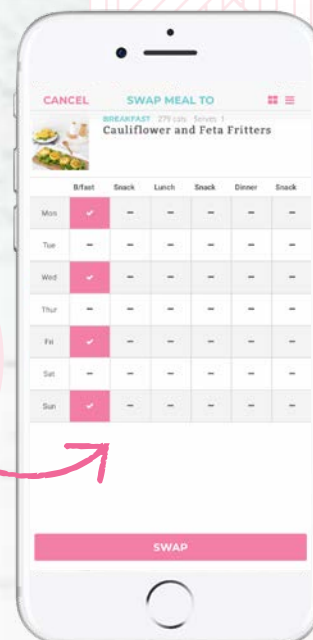
- 1 medium wholemeal pitta bread
- 1 tbsp tomato passata
- 1/8 red onion, sliced
- 1/4 red pepper, sliced
- 2 slices lean smoked ham
- 1/2 cup baby leaf spinach
- 2 tbsp reduced-fat cheddar cheese, grated
- 1/4 cup mushrooms, sliced

METHOD

- Preheat oven to 200C/gas mark 6 and line a baking tray with baking paper.
- Spread the passata over the pitta bread and top with onion, pepper, ham, mushrooms and spinach.
- Sprinkle over grated cheese and place on the prepared tray. Bake in the oven for 10 minutes or until cheese is golden and pitta is crispy around the edges.
- Allow to cool slightly before serving.

all recipes are
**FULLY
CUSTOMISABLE**

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28DAY
WEIGHT LOSS CHALLENGE



LUNCH

PRAWN AND ROCKET FETTUCCINE

SERVES 1



PREP TIME: 5MINS / COOK TIME: 10MINS

**334CAL (1404KJS) / PROTEIN 26G / TOTAL FAT 10.4G / SAT FAT 1.5G
FIBRE 2G / CARBS 31.3G / TOTAL SUGAR 0.8G / FREE SUGAR 0.0G**

INGREDIENTS

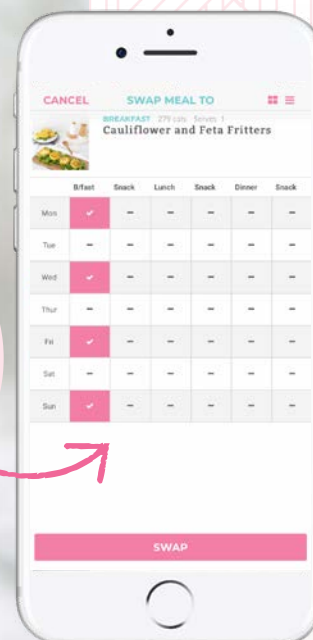
- 45g fettuccine
- 2 tsp extra virgin olive oil
- 100g prawns, raw, shelled
- 1/4 tsp dried chilli flakes
- salt
- pepper
- 1 tbsp lemon juice
- 1/2 cup rocket lettuce
- 1 tbsp fresh parsley

METHOD

- Cook the fettuccine as per packet instructions.
- While fettuccine is cooking, heat the oil in a frying pan over medium-high heat.
- Add the prawns and cook for 3-5 minutes or until cooked through. Season with the chilli flakes, salt and pepper and remove from the heat.
- When the fettuccine is ready, drain and add to the pan with the prawns together with the lemon juice, rocket and parsley. Use a little of the pasta cooking water to loosen everything if needed.
- Toss everything to combine well and serve immediately.

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LUNCH

SPANISH CHICKEN CAESAR

SERVES 1



PREP TIME: 5MINS / COOK TIME: 10MINS

**234CAL (983KJS) / PROTEIN 20G / TOTAL FAT 15G / SAT FAT 4G
FIBRE 1.3G / CARBS 4.4G / TOTAL SUGAR 3.9G / FREE SUGAR 0.0G**

INGREDIENTS

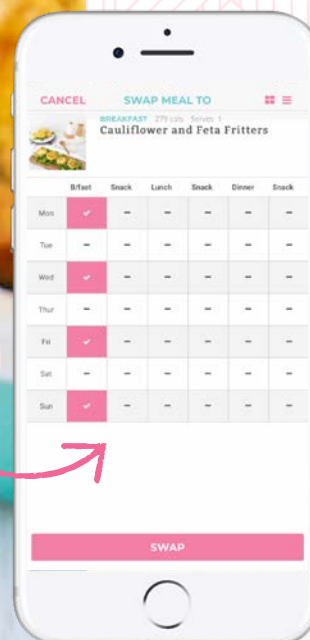
- 1 free-range egg
- cooking oil spray
- 50g chicken breast fillets
- salt
- pepper
- 1 cup cos lettuce
- 2 tsp grated Parmesan
- 1/4 red onion, sliced
- 1/4 cup kalamata olives, pitted and chopped
- 1 tsp extra virgin olive oil
- 2 tsp balsamic vinegar

METHOD

- Hard boil the egg in a saucepan of boiling water for 10 minutes or until the yolk is firm. Allow to cool, then peel and slice.
- While egg is cooking, season chicken with salt and pepper. Lightly spray a frying pan with cooking oil spray and heat over medium-high. Cook the chicken for 3-4 minutes on each side or until cooked through. Set aside to rest, then slice.
- Combine lettuce, Parmesan, onion and olives. Top with egg and chicken slices and dress with olive oil and balsamic to serve.

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LUNCH

CORN, QUINOA AND CORIANDER MINI FRITTATAS

SERVES 1



PREP TIME: 15MINS / COOK TIME: 30MINS

264CAL (1110KJS) / PROTEIN 15G / TOTAL FAT 16G / SAT FAT 4G
FIBRE 3G / CARBS 14G / TOTAL SUGAR 8G / FREE SUGAR 0.0G

INGREDIENTS

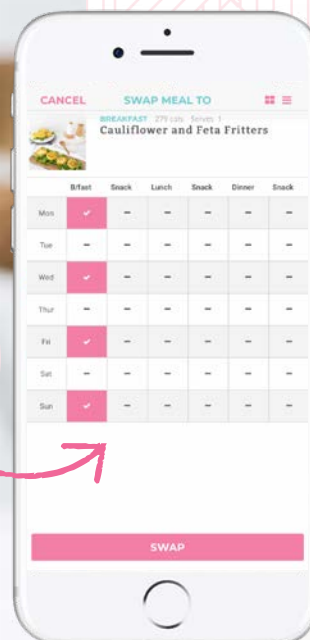
- 1 tbsp quinoa, uncooked
- 2 tbsp water
- 2 free-range eggs
- 1/3 cup corn kernels, fresh or tinned
- 1 tsp fresh coriander
- 1/2 cup baby leaf spinach
- 1 tsp lemon juice
- 1/2 tsp extra virgin olive oil
- cooking oil spray
- salt
- pepper

METHOD

- If preparing this recipe for only 1 or 2 serves it is probably easiest to prepare a larger batch of quinoa and then freeze any leftovers, rather than trying to just simmer 1 or 2 tablespoons of quinoa.
- Rinse and drain the quinoa then combine in a saucepan with the water. Bring to the boil then cover and reduce heat to low. Simmer for 10 minutes. Remove from heat, keep covered and allow to rest for 10 minutes.
- Whisk eggs with a tablespoon per serve of cooked quinoa (freeze any leftovers if you've made more than required, to use in another recipe), corn, coriander leaves and salt and pepper.
- Divide mixture into 2 (per serve) muffin tin holes lightly sprayed with cooking oil spray.
- Bake for 20 minutes until the egg has set.
- Serve with a simple salad of baby leaf spinach dressed with lemon juice and olive oil.

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LUNCH

TURKEY AND SALAD SUB

SERVES 1

PREP TIME: 5MINS

**423CAL (1777KJS) / PROTEIN 33G / TOTAL FAT 7G / SAT FAT 1.3G
FIBRE 6.5G / CARBS 53G / TOTAL SUGAR 14G / FREE SUGAR 2.9G**

INGREDIENTS

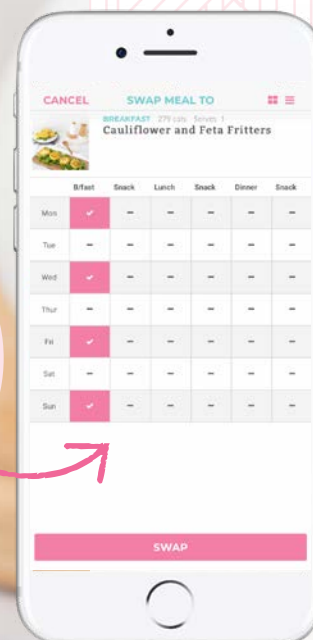
- 1/2 teaspoon honey
- 1 tsp wholegrain mustard
- 4 slices lean smoked turkey
- 1/2 medium carrot, grated
- 1/2 cup baby leaf spinach
- 1/2 tomato, sliced
- 1/2 cucumber, sliced
- 1 tsp jalapeno chillies, sliced
- 1 wholegrain long roll

METHOD

- Combine the honey and the mustard.
- Slice the bread roll in half and spread half with the honey mustard mix.
- Top with slices of turkey, carrot, spinach, tomato, cucumber, jalapenos and the other half of the roll to serve.

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DINNER

GREEK STIR FRY

SERVES 1



PREP TIME: 5MINS / COOK TIME: 10MINS

**318CAL (1336KJ) / PROTEIN 33.1G / TOTAL FAT 16.8G / SAT FAT 6.9G
FIBRE 4.9G / CARBS 6.4G / TOTAL SUGAR 4.4G / FREE SUGAR 0.0G**

INGREDIENTS

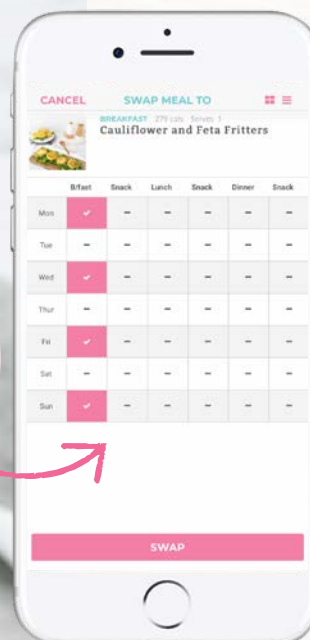
- 1/4 brown onion, diced
- 1 tsp extra virgin olive oil
- 120g lean beef mince
- 1/4 tsp dried oregano
- 1 tomato, diced
- 1 cup green beans, trimmed
- 1 tsp mint leaves, chopped
- 1 tbsp reduced-fat feta

METHOD

- Heat oil in a wok or frypan over medium-high heat. Add onion and stir fry for 1 minute until translucent.
- Add mince and dried oregano and cook for 2-3 minutes until meat is browned.
- Add tomatoes and green beans and cook for 1-2 minutes until beans are just tender and tomato has released its juices.
- Serve topped with fresh mint and crumbled feta.

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DINNER

QUINOA WITH CUCUMBER, GREEN BEANS AND CHICKEN

SERVES 1

PREP TIME: 5MINS / COOK TIME: 15MINS

**398CAL (1672KJS) / PROTEIN 32.7G / TOTAL FAT 15.1G / SAT FAT 1.8G
FIBRE 5.1G / CARBS 33.2G / TOTAL SUGAR 2.9G / FREE SUGAR 0.0G**

INGREDIENTS

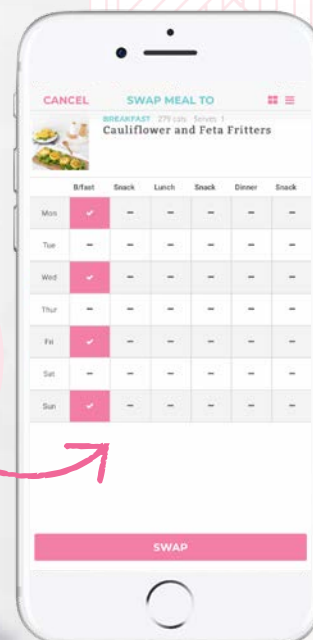
- 1/4 cup quinoa, uncooked
- 1/4 cup green beans, halved
- 120g chicken breast fillets
- salt
- pepper
- 2 tsp extra virgin olive oil
- 1 tbsp currants
- 1/2 cucumber, diced
- 1 tbsp mint leaves, chopped
- 1 tbsp lemon juice

METHOD

- Rinse quinoa and cook as per pack instructions and set aside.
- In a saucepan of boiling water, add the green beans and blanch for 1-2 minutes, or until bright green and tender crisp. Drain and rinse under cold water to stop the cooking process.
- Season chicken with salt and pepper. Heat half the oil in a frying pan over medium-high heat and cook the chicken for 4-5 minutes each side or until cooked through. Remove from the heat and set aside to rest. Then slice.
- Combine the prepared quinoa with beans, currants, cucumber and mint leaves.
- Dress with remaining oil and the lemon juice and toss everything together to combine.
- Top with slices of chicken to serve.

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DINNER

GINGER, CHILLI AND PORK STIR FRY

SERVES 1

PREP TIME: 5MINS / COOK TIME: 10MINS

**401CAL (1684KJS) / PROTEIN 37G / TOTAL FAT 21.9G / SAT FAT 12.5G
FIBRE 4.3G / CARBS 14.4G / TOTAL SUGAR 4.3G / FREE SUGAR 0.0G**

INGREDIENTS

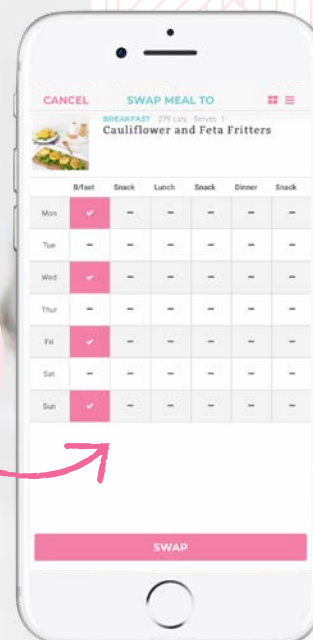
- 110g pork fillet
- 1 cup broccoli
- 1 tsp coconut oil
- 1 tsp fresh ginger, grated
- 1/2 tsp dried chilli flakes
- 1 cup mange tout, trimmed
- 1 tbsp tamari (gluten free soy sauce)
- 1 tbsp fresh basil leaves, roughly chopped

METHOD

- Thinly slice the pork and cut broccoli into florets.
- Heat the coconut oil in a wok or frying pan over medium-high heat. Add the ginger, chilli and pork and stir fry for 4-5 minutes.
- Add the broccoli and mange tout to the wok/pan and stir fry for 3-4 minutes or until vegetables are tender crisp and bright green.
- Add the tamari and stir through. Remove wok/pan from the heat and stir through the basil.
- Serve immediately.

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DINNER

SIMPLE CHICKEN CURRY

SERVES 4

PREP TIME: 5MINS / COOK TIME: 20MINS

**317CAL (1332KJS) / PROTEIN 17.8G / TOTAL FAT 9.2G / SAT FAT 4.7G
FIBRE 2.6G / CARBS 38G / TOTAL SUGAR 3.6G / FREE SUGAR 0.0G**

INGREDIENTS

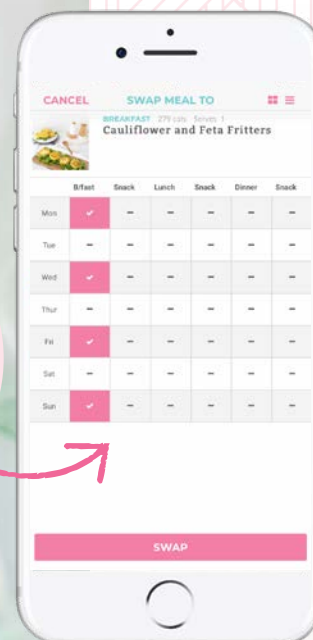
- 1 cup basmati rice, uncooked
- 250g chicken breast fillets
- 1 tsp extra virgin olive oil
- 1 medium carrot, diced
- 1 small courgette, diced
- 1 tbsp curry powder
- 1/2 tsp cayenne pepper
- 200ml reduced-fat coconut milk

METHOD

- Prepare rice according to packet directions. Cut chicken into cubes.
- Heat oil in a saucepan over medium-high heat. Add chicken and cook for 2-3 minutes or until browned all over.
- Add the carrot and courgette and cook for a further 1-2 minutes.
- Add curry powder and cayenne pepper and combine well with the chicken and veggies, cooking for a further minute.
- Add coconut milk and stir to combine. Reduce heat to a simmer and cook curry for a further 5-10 minutes or until chicken is cooked through and sauce has thickened slightly. Season with salt and pepper.
- Divide rice evenly between four bowls and top with an even portion of curry to serve.
- Any leftover curry can be stored in an airtight container in the fridge for 3-4 days to reheat for another meal. Or freeze for up to 2 months.

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DINNER

VEGETARIAN TURMERIC SPICED STIR FRY

SERVES 1

PREP TIME: 10MINS / COOK TIME: 30MINS

**390CAL (1634KJS) / PROTEIN 13.8G / TOTAL FAT 13.3G / SAT FAT 1.7G
FIBRE 10.8G / CARBS 48.9G / TOTAL SUGAR 13.8G / FREE SUGAR 5.9G**

INGREDIENTS

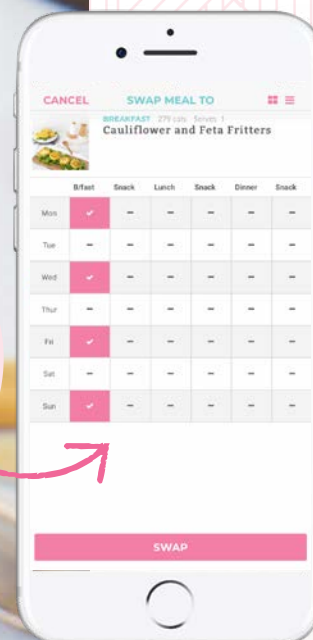
- 1/4 cup brown rice, uncooked
- 1 tsp extra virgin olive oil
- 1/2 clove garlic, diced
- 1 tsp fresh ginger, minced
- 1 spring onion, sliced
- 1/2 tsp ground turmeric
- 100g firm tofu
- 1/2 medium carrot, finely sliced
- 1/2 cup mange tout, trimmed
- 1/2 cup green beans, trimmed
- 1 tsp honey
- 1 tbsp cashew nuts, unsalted, chopped

METHOD

- Cook rice according to packet directions. Slice the tofu.
- When rice is almost ready, heat the oil in a frypan or wok, over medium-high heat. Add the garlic, ginger, spring onion and turmeric. Stir fry for 30 seconds – 1 minute.
- Add the tofu, carrot, mange tout and green beans. Stir fry for 3-4 minutes or until veggies are tender crisp. Add the honey and stir to combine.
- Remove the pan from the heat to avoid over cooking.
- Serve stir fry on top of prepared rice and sprinkle with cashews.

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DINNER

DUKKAH SPICED LAMB WITH RAINBOW BEAN SALAD

SERVES 1

PREP TIME: 10MINS / COOK TIME: 8MINS

**443CAL (1861KJS) / PROTEIN 38.2G / TOTAL FAT 20.3G / SAT FAT 5.3G
FIBRE 5.3G / CARBS 22.1G / TOTAL SUGAR 3G / FREE SUGAR 0.0G**

INGREDIENTS

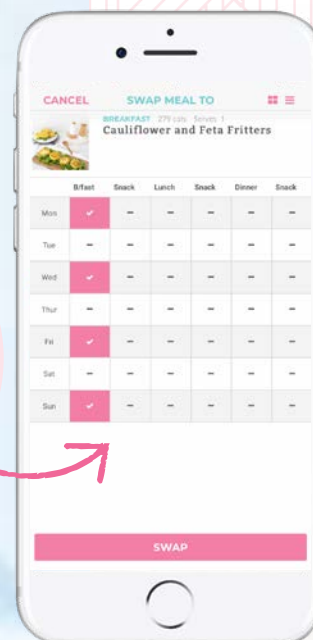
- cooking oil spray
- 120g lamb cutlets, approximately 2
- 1 tbsp Dukkah (a Middle Eastern seed & spice mix)
- 1/4 red onion
- 1/4 cucumber
- 1/3 tomato
- 1/8 cup corn kernels, fresh or tinned
- 1/3 cup tinned kidney beans, drained
- 2 & 1/2 tsp fresh coriander
- 1 cup mixed lettuce leaves
- 1 tsp lime juice

METHOD

- Dice the onion, cucumber and tomato. Drain and rinse the kidney beans and chop the coriander leaves.
- Spray a non-stick fry pan with a little cooking oil spray over a medium to high heat and cook the lamb cutlets for 3-5 minutes each side, or until cooked to your liking.
- Drain cutlets on paper towel if needed to remove any excess fat from cooking.
- Once cutlets are cooked, dip them in the Dukkah mix to cover each side.
- While the lamb is cooking, combine the onion, cucumber and tomato in a bowl.
- Add the corn kernels, drained kidney beans, coriander and mixed lettuce and dress with the lime juice.
- Place the cutlets onto a plate and serve with the salad on the side.

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DINNER

ROASTED PUMPKIN AND FETA GNOCCHI

SERVES 1



PREP TIME: 5MINS / COOK TIME: 30MINS

**350CAL (1466KJS) / PROTEIN 13.1G / TOTAL FAT 13.5G / SAT FAT 3.4G
FIBRE 6.3G / CARBS 38.5G / TOTAL SUGAR 7.6G / FREE SUGAR 0.0G**

INGREDIENTS

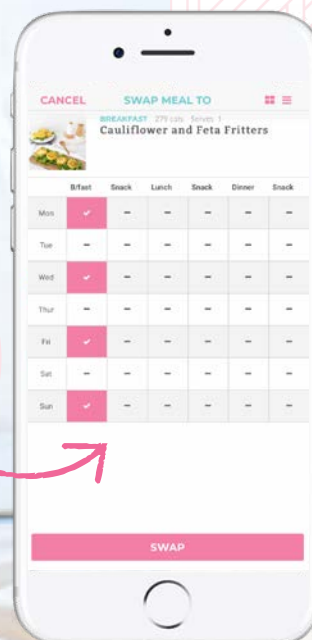
- 1 cup pumpkin, peeled and cubed
- cooking oil spray
- 1/2 small courgette, roughly chopped
- 1/2 punnet cherry tomatoes
- 100g fresh gnocchi
- 1 tbsp basil pesto, store-bought or homemade
- 1 tbsp reduced-fat feta, crumbled

METHOD

- Preheat oven to 180C/gas mark 4. Line a baking tray with baking paper.
- Place pumpkin on tray and spray with olive oil. Toss to coat. Place in the oven and roast for 15 minutes or until just tender. Add courgette to the tray and return to the oven for a further 10 minutes.
- Slice the cherry tomatoes in half and in the final 5 minutes of roasting, add them to the tray. Cook until all vegetables are tender.
- Cook gnocchi as per packet directions.
- Drain and return to the pot. Add roasted vegetables to the pot and toss with pesto.
- Arrange in a serving dish and sprinkle with crumbled feta to serve.

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SNACKS

PEA AND AVOCADO DIP WITH PITTA CRISPS

SERVES 1



PREP TIME: 5MINS / COOK TIME: 10MINS

**195CAL (822KJS) / PROTEIN 5.2G / TOTAL FAT 11.9G / SAT FAT 2.5G
FIBRE 4.6G / CARBS 14.7G / TOTAL SUGAR 1.7G / FREE SUGAR 0.0G**

INGREDIENTS

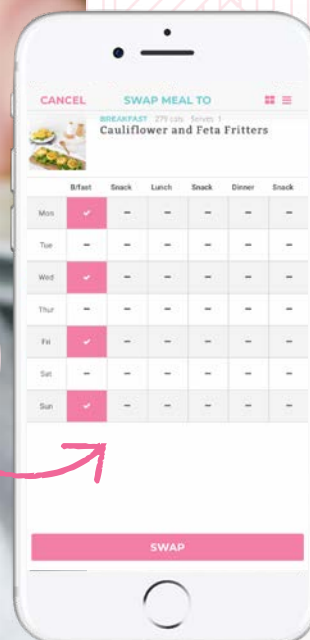
- 1 small wholemeal pitta bread
- 1/2 tsp extra virgin olive oil
- 1/2 medium avocado, diced
- 1/4 cup frozen peas
- 1 tsp lime juice
- salt

METHOD

- Preheat oven to 200C/gas mark 6. Brush one side of pitta bread with olive oil and place on a lined baking tray. Bake for 10 minutes until crisp.
- Place avocado, peas, lime and some salt into a food processor and blitz until smooth. Allow pitta bread to cool and break into small pieces to serve alongside dip.

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SNACKS

HAM AND PEAR SNACK WRAP

SERVES 1



PREP TIME: 5MINS

**146CAL (613KJS) / PROTEIN 8.8G / TOTAL FAT 6G / SAT FAT 3.6G
FIBRE 3.5G / CARBS 9.3G / TOTAL SUGAR 8.8G / FREE SUGAR 0.0G**

INGREDIENTS

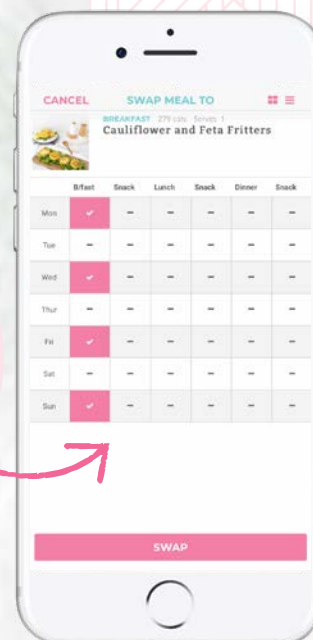
- 2 slices lean smoked ham
- 1/2 pear
- 1 tbsp light cream cheese

METHOD

- Cut the pear into long slices and spread cream cheese over the top of each slice.
- Slice or tear ham into pieces. Wrap pear slices up with ham and serve.

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SNACKS

CUCUMBER AND PEANUT BUTTER

SERVES 1



PREP TIME: 5MINS

**111CALS (468KJS) / PROTEIN 4.8GM / TOTAL FAT 8G / SAT FAT 1.3G
FIBRE 2.9G / CARBS 3.5G / TOTAL SUGAR 2.9G / FREE SUGAR 0.0G**

INGREDIENTS

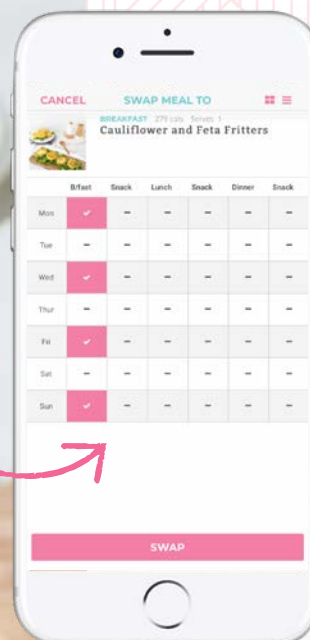
- 1/2 cucumber
- 1 tbsp peanut butter

METHOD

- Slice cucumber into batons.
- Spread cucumber with a little peanut butter to serve

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SNACKS

APPLE AND STRAWBERRY WITH YOGURT

SERVES 1



PREP TIME: 5MINS

**105CAL (445KJS) / PROTEIN 4.6G / TOTAL FAT 1.2G / SAT FAT 0.7G
FIBRE 2.4G / CARBS 18.6G / TOTAL SUGAR 18.2G / FREE SUGAR 4G**

INGREDIENTS

- 1/4 cup vanilla yogurt
- 1/4 tsp cinnamon
- 1/2 small apple, sliced
- 1/4 punnet strawberries, halved

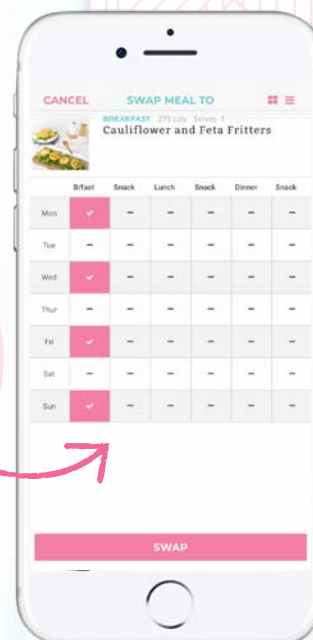
METHOD

- Combine the yogurt and cinnamon.
- Place the fruit on a serving plate with yogurt on the side for dipping.



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SNACKS

PEANUT BUTTER RICE CUPS

SERVES 12



PREP TIME: 30MINS / COOK TIME: 10MINS

**191CAL (806KJ) / PROTEIN 3.2G / TOTAL FAT 13G / SAT FAT 7G
FIBRE 2.9G / CARBS 14G / TOTAL SUGAR 8G / FREE SUGAR 7.6G**

INGREDIENTS

- 250g dark chocolate (70%)
- 1/4 cup peanut butter
- 2 tbsp coconut sugar
- 1 tsp vanilla extract
- 1 tbsp coconut oil
- 1 cup puffed rice

METHOD

- Line a muffin tin with 12 patty cases.
- Place a heatproof bowl over a saucepan of simmering water to create a double boiler. Break up the chocolate and place in the heatproof bowl to melt. Stir until smooth.
- Divide half the melted chocolate evenly between the bases of the 12 patty cases.
- Place peanut butter, coconut sugar, vanilla and coconut oil in a small saucepan over a low heat and gently melt. Once melted, remove the pan from the heat and stir through the puffed rice to combine well.
- Add an even amount of the peanut butter mix on top of the chocolate in each of the patty cases.
- Drizzle remaining melted chocolate over each of the 12 cases and place in the fridge for 15 minutes or until firm.
- One peanut butter rice cup is one serve. Store leftovers in an airtight container in the fridge for up to a week.

SNACKS

CHOC PEPPERMINT BOMBS

SERVES 12



PREP TIME: 30MINS / COOK TIME: 2MINS

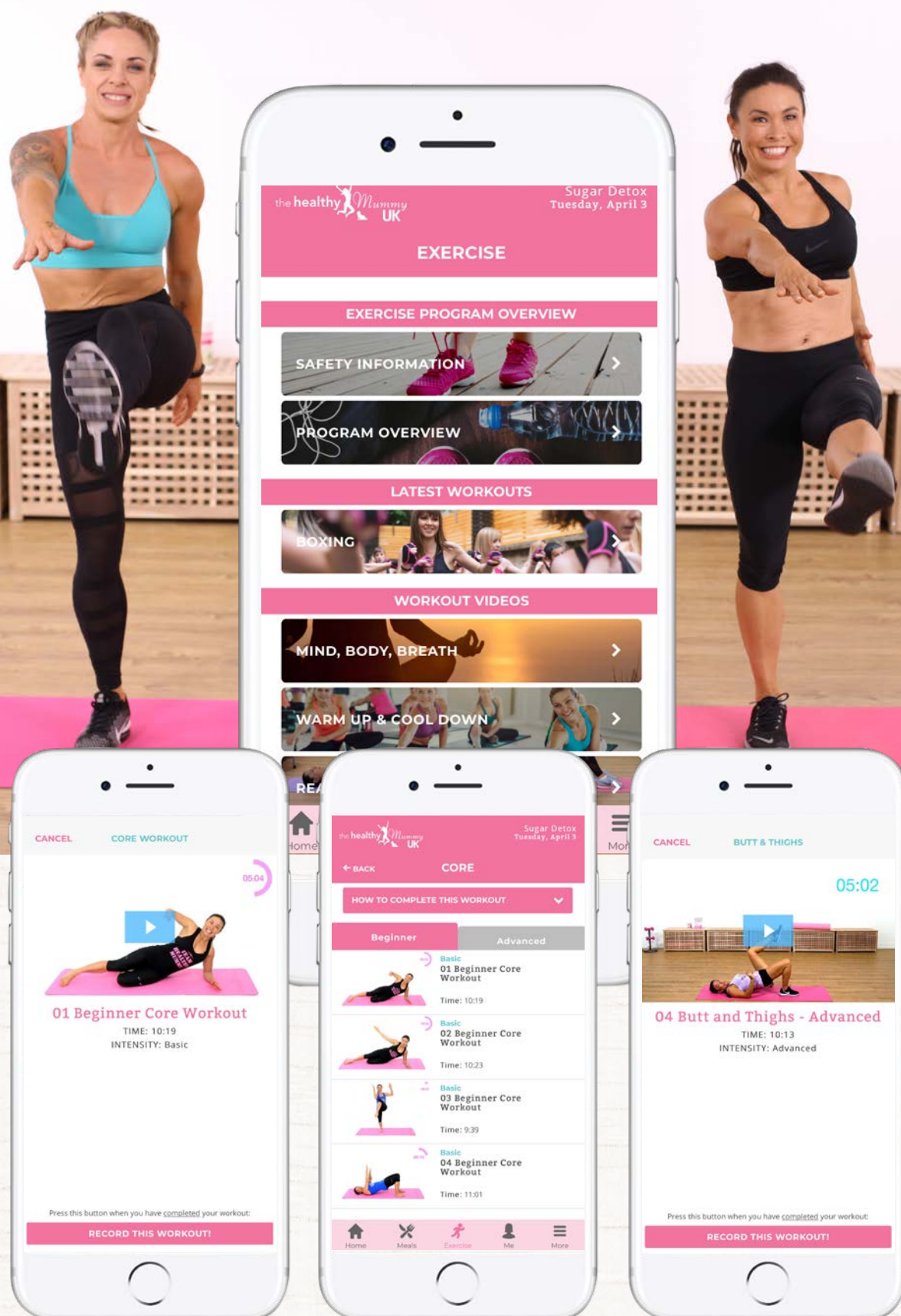
188CAL (790KJS) / PROTEIN 0.5G / TOTAL FAT 20G / SAT FAT 18G
FIBRE 0.8G / CARBS 0.6G / TOTAL SUGAR 0.0G / FREE SUGAR 0.0G

INGREDIENTS

- 1/2 cup coconut oil
- 1 tbsp Stevia
- 1/8 tsp peppermint extract
- 2 tbsp cacao/cocoa powder

METHOD

- In a saucepan over a low heat, add the coconut oil, Stevia and peppermint extract. Stir to combine until melted and liquid.
- Pour half this mixture into 12 small silicone moulds. Place in the fridge until firm.
- Add the cocoa/cacao powder to the remaining coconut mixture (you may need to reheat the coconut oil to melt again) and stir to combine, until smooth.
- Pour the chocolate layer over the plain peppermint layer in the silicone moulds.
- Return the moulds to the fridge until firm.
- Pop out of silicone moulds and serve two peppermint bombs per person.
- Leftovers can be stored in an airtight container in the fridge for up to a week.



WEEKLY EXERCISE PLAN

- ✓ **The 28 Day Weight Loss Challenge App** includes more than 350 exercises plus full-length guided video workouts that can be completed at home or on the move. Workouts focus on butt and thighs, core, upper body and total body to get you fit and lean all over.
- ✓ Each workout has been designed to work different parts of your body, in order to give you a well-rounded program that increases strength, tones your muscles, reduces body fat and improves your cardiovascular fitness levels.
- ✓ You can choose to focus on particular areas, such as the Butt and Thigh guided video workout series, where our fitness trainers take you through the exercises step by step to ensure your execution is correct and safe so you can achieve the best results.
- ✓ Workouts come with full instructions regarding safety, how to complete, how often to schedule in per week etc.
- ✓ Just press play on any of the full-length videos to help you torch up to **300 calories per 15-minute workout!***
- ✓ We've outlined a selection of exercise workouts to complete each day during this weekly **28 Day Weight Loss Challenge** plan. We suggest you aim for 20-30 minutes of exercise each day and you might want to increase that over time.
- ✓ Choose exercises that you enjoy such as a simple walk, a swim, playing team sport etc. The most important thing is to just do something, even if you're feeling extra tired or really busy. Twenty minutes of exercise will energise you and is important to schedule in daily for a healthier and happier you.
- ✓ **The 28 Day Weight Loss Challenge** workout videos are short bursts of interval training to make it easy for busy mums to include in their days and reap the benefits that this type of exercise provides; burning calories even after the workout has ended.
- ✓ We've included a Fitness Test at the beginning and end of this weekly plan, so you can see how you can improve your fitness over time. Plus we've chosen two examples of some of the great full-length workout videos that you can complete during the week.

*Calories burned will vary by person.



HOW TO COMPLETE THE FITNESS TEST

- **The 28 Day Weight Loss Challenge Fitness Test** is designed to help you track your fitness progress throughout the Challenge. It allows you to record changes in your upper body, lower body, and core strength over the month of a **28 Day Weight Loss Challenge**.
- We've included the test as part of the exercise plan at the beginning and end of the week in this **28 Day Weight Loss Challenge** sample plan.
- To do the test you simply need to perform each of the three fitness test exercises for 60 seconds and record how many sets you completed.
- For the plank exercise see how long you can perform this exercise for, ensuring correct technique, and record the length of your plank to compare with the second Fitness Test.
- Follow the instructions and images on how to complete each of the Fitness Test exercises.
- Remember to always check with your medical professionals before starting any new form of exercise.



1. PUSH UPS (PERFORM THIS EXERCISE ON YOUR KNEES FOR A MODIFIED VERSION)

STARTING POSITION: Start by lying flat on the floor on your stomach with your feet resting on the floor. Bend your elbows and place your hands on the floor at shoulder height beside you. Step up one foot at a time into push up position (or place your knees on the floor) and spread the weight evenly between your fingers and palms. Tighten your core area and keep your neck, back and hips in alignment.

EXECUTION: Inhale, bend your elbows slowly and lower your body toward the floor until you create a soft right angle at the elbow. Keep your elbows as close to your body as possible. Hold for one breath or as you feel comfortable, then exhale and push up slowly straightening your arms (keep a slight bend in the elbows). Repeat throughout the movement.



2. SQUATS

STARTING POSITION: Stand in a neutral position, hips shoulder width apart. Your toes should be pointing forward.

EXECUTION: Slowly extend your arms out in front of you, exhale and push your hips backward (imagine you are sitting down on a chair) into a squat position. Keep your back flat, head up and knees in line with toes. Lower your body until your thighs are parallel to the ground. Inhale and push back up through your heels to a standing position. Repeat.





3. BURPEES

STARTING POSITION: Standing tall with your feet together and your hands down by your side. Engage your core by tucking your belly button in towards your spine and prepare to crouch down on to the balls of your feet.

EXECUTION: Crouch down placing your palms face down on the floor just wider than shoulder width apart. Your arms will now be locked straight supporting your upper body. From this position engage your core by tucking your belly button in towards your spine and then jump both feet backwards at the same time. You will now be supporting your body by just your hands and toes.

Keep your core strong and maintain a diagonal line from your heels through to your neck. When you feel comfortable jump both feet forwards and tuck your knees back under your chest before raising back to the start position and then repeat.

This exercise is very challenging and requires you to focus on good technique and core activation to prevent injuries. Remember that fewer repetitions with good technique are better than more repetitions with bad technique.



4. PLANK

STARTING POSITION: Kneeling on the floor place your elbows and forearms on a mat or towel in front of you. Now engage your core by tucking your belly button in towards your spine and start to walk your feet backwards to form a plank position (if you don't feel comfortable being supported by your feet rest on your knees). Maintain neutral alignment between your upper shoulders right down to your feet or knees depending on which you choose. It's important not to stick your bum in the air or allow your stomach to fall to the floor.

EXECUTION: With this exercise being 'Isometric' there is no joint movement. Simply hold the starting position for as long as possible maintaining good form. When you can no longer hold the position or your core starts to fatigue and sag towards the floor it's time to stop the exercise.



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