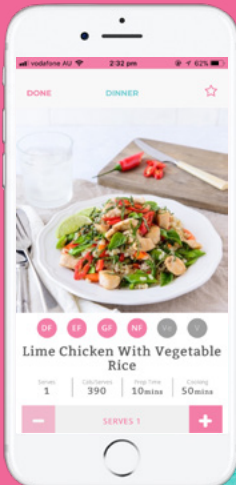


Join the 28 Day Weight Loss Challenge and access

- ✓ 4000+ family friendly recipes
- ✓ 350+ exercise videos (HIIT, Yoga & more)
- ✓ Weekly, personalised meal plans
- ✓ Customisable easy to use App
- ✓ Track your weight loss progress
- ✓ 24/7 SUPPORT
- ✓ Community of 1000's of like minded mums



SUGAR DETOX

Recipe Pack





Hi everyone...

Does the thought of all those chocolate bunnies and hot cross buns over Easter make you feel ill?

Don't worry - a healthy lifestyle and reaching your weight loss goals is all about balance.

To get that balance back join us on the **Sugar Detox 28 Day Weight Loss Challenge** to learn how you can reduce the sweet stuff from your diet without missing out on tasty treats, and in turn boost your weight loss results.

Our fabulous team of chefs and nutritionists have created meal plans loaded with easy to prepare and delicious meals, including amazing sweet options like chocolate biscuits, cheesecake and homemade sweets (yes sweets!) that are the healthier choice; low in the sugars you need to reduce.

We also have a BRAND NEW Boxing workout category with easy to follow-along, long play workout videos, to increase your cardio and help you get some impressive weight loss results.

We've put together this little pack so you can get excited about the **Sugar Detox 28 Day Weight Loss Challenge**, and to give you a sneak peek into what is coming.

You can go [here](#) to join the 28 Day Weight Loss Challenge, and get ready for the sweet **Sugar Detox** round!

Love Rhian

and The Healthy Mummy team



WHY REDUCING YOUR SUGAR INTAKE IS GREAT FOR HEALTH AND WEIGHT LOSS

If you are interested in having more energy, sleeping better, improving your general health and losing weight (especially from the stomach area), reducing your sugar intake can have a dramatic impact.

Too much sugar can increase your chance of health issues and diseases including diabetes, cardiovascular disease, cancer, and dental cavities, so it's a no-brainer that reducing your daily intake will help you have a healthier lifestyle.

Reducing sugar doesn't have to be scary. You don't have to count every gram or totally remove sweet treats from your diet. Understanding these key sugar facts will help you to make better choices to help you reach your weight loss goals:

- Sugars belong to one of two groups – simple or complex sugars. Simple sugars, including glucose and fructose, cause a fast spike in our blood sugar levels, and these are the ones we should try to reduce to improve our health.
- Complex sugars, like sucrose, maltose and lactose, take longer for the body to break down, therefore keeping blood sugar levels more stable, without the sugar “high” followed by an energy “crash”. When including sugar in your diet, complex sugars are a better choice.
- Sugars are also categorised into ‘free sugars’ and ‘bound sugars’.

- **Free sugars** include processed fruit juices, honey, maple syrup, corn syrup, glucose, brown sugar, white sugar etc. Basically any sugar that is added to a food, i.e. it isn't part of the food's natural state, is a free sugar.

- **Free sugars** contain ‘empty calories’ as the calories or energy they provide contain only very low, if any, nutritional benefit.

- Foods that contain ‘bound sugars’ are complex carbohydrates such as fruits and vegetables. These are a great choice to add sweetness to your meals as they also provide nutritional benefits.
- ‘Bound sugars’ often also contain fibre, which helps to slow down blood sugar absorption, making the energy you receive from these types of foods last longer.
- Using apple slices to sweeten your morning porridge, is a healthier choice than adding a teaspoon or two of honey. Yes they both contain natural sugars (sugar is natural), but honey is an added (‘free’) sugar, and the apple is a ‘bound sugar’, containing higher nutritional benefits plus fibre, that the honey doesn't contain.

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HOW MUCH SUGAR SHOULD WE CONSUME EACH DAY?

The World Health Organisation recommends that we have no more than 10% of our total daily energy intake from 'free sugar', but strongly suggest reducing it even further to 5% per day.

Your daily energy requirements are different for everyone, they're determined by our weight, height, age and gender.

Finding out your own energy requirements is pretty easy (you can use the 28 Day Weight Loss Challenge App to work out your daily calorie requirements), then you can customise your 'free sugar' limits based on your own needs, and aim for a 5-10% daily total.

On average:

- **For a 3-6 year old** child this means anything from 2 & ½ tsp of free sugar to 13 tsp of free sugar per day.
- **7-12 year olds** average 3 -19 tsp of free sugar per day
- **13-18 year olds** average 5 & ½ -14 tsp of free sugar per day
- **19-70 year old** men average 7-15 tsp of free sugar per day
- **19-70 year old** women average 5 & ½ -12 & ½ tsp of free sugar per day

The Sugar Detox 28 Day Weight Loss Challenge has meal plans that are low in free sugars, to make it much easier for you to reduce your daily sugar intake and get closer to what you should be aiming for, to help with weight loss and improve your overall health.

There is also loads of information available in the **Sugar Detox 28 Day Weight Loss Challenge** to educate you on the best ways to reduce your sugar intake, what to look out for when reading food labels, what are the best choices when you are adding sugar to your meals etc.



TRY A BOXING WORKOUT FROM THE 28 DAY WEIGHT LOSS CHALLENGE FOR FREE!

The **28 Day Weight Loss Challenge** has over **350 exercise routines** plus full-length guided video workouts that can be completed at home or on the move – all available in our amazing 28 Day Weight Loss Challenge App. Workouts focus on all areas of the body including the core, butt and thighs, lower and upper body, and there are options suitable for all types of Mums; post natal or those with older children, as well as levels for beginners through to advanced.

This month we will have a brand new Boxing workout category with long play workout videos. They go live on April 2. Boxing workouts target your whole body and are a great cardio boost, providing a high intensity workout to maximise your effort in a short period of time. Boxing makes it easier to burn calories faster and in turn lose weight faster.

Here is one of our fantastic Boxing video workouts for you to try for free!

JUST CLICK ON THE
PLAY ICON FOR YOUR
FREE BOXING VIDEO



**NEW BOXING
WORKOUTS PLUS
350 EXERCISES.**

JOIN THE 28 DAY WEIGHT LOSS CHALLENGE [HERE](https://www.healthymummy.co.uk)
www.healthymummy.co.uk

The Sugar Detox 28 DAY WEIGHT LOSS CHALLENGE includes meal plans that are low in sugar but still give you loads of sweet treats to try. By signing up to the challenge you will have access to over 4,000 recipes

BREAKFAST

Bacon and Eggs with Chinese Spiced Waffles

Serves 2

Prep time: 10min

Cook time: 10min

Breakfast can often be a meal that is loaded with sugar as processed cereals, flavoured yogurts and fruit juice contain a lot of the sweet stuff. Including a few more savoury breakfast options in your week will help you reduce your added sugar intake.

Ingredients

- ½ cup plain wholemeal flour
- ½ tsp baking powder
- 1 tsp Chinese five spice
- ½ spring onion, finely sliced
- 3 eggs
- ¾ cup milk of choice
- 1 tsp sesame oil
- 2 rashers bacon
- cooking oil spray
- 1 tbsp fresh parsley chopped

Method

- Combine the flour, baking powder, Chinese five spice and spring onion in a bowl.
- Crack in one of the eggs and add the milk. Stir to combine and form a thick batter.
- Heat a waffle maker (or use a frying pan if you don't have a waffle maker) and lightly grease with the sesame oil.
- Pour in half of the batter and cook for 4-5 minutes or until golden and cooked through. Repeat with remaining batter. If using a frying pan to cook the waffles then heat the sesame oil and pour in ¼ cups of the batter per waffle and cook for 2-3 minutes each side until golden and cooked through.
- While the waffles are cooking, preheat the oven griller and place the bacon on a lined baking tray.
- Cook under the grill for 4-5 minutes each side or until golden and crispy.
- Heat a frying pan over medium-high heat and lightly spray with cooking oil spray. Crack in the remaining eggs and fry for 2-3 minutes or until cooked to your liking.
- If using a frying pan to cook the waffles you could cook the bacon and eggs in the same pan if you prefer.
- Serve a waffle with a rasher of bacon and a fried egg per person. Sprinkle with some fresh parsley to serve.

Cals 325/KJs 1363

Protein 21.1

Total fat 12.6

Sat fat 3.9

Carbs 31.4

Total sugar 1.4

Free sugar 0.0*

Fibre 5.7



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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LUNCH

Refreshing Detox Salad

Serves 1

Prep time: 10min

An easy to prepare and nutritious salad that is loaded with vitamins, minerals and healthy fats that will keep you feeling fuller for longer and help to reduce sugar cravings.

Ingredients

- 1/2 cup cauliflower
- 1/2 cup broccoli
- 1/2 cup red cabbage
- 1/2 carrot
- 1/4 cup parsley, chopped
- 1 & 1/2 tbsp chopped almonds
- 1 & 1/2 tbsp pumpkin seeds (pepitas)
- 1 tsp olive oil
- 1 tsp lemon juice
- 1/8 tsp ground ginger
- 1 clove garlic
- 1 tsp wholegrain mustard

Method

- Add cauliflower, broccoli, cabbage and carrot to a food processor and blitz to grate or chop to desired style. Remove and place in a bowl with chopped parsley, almonds and pepitas.
- Place olive oil, lemon juice, ginger, garlic and mustard into the food processor and combine well.
- Drizzle over salad before serving.

Kjs 1344 / Cals 320

Protein 13.5

Total fat 23.9

Sat fat 2.6

Carbs 8.5

Total sugar 5.5

Free sugar 0.0*

Fibre 10.5



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DINNER

Aubergine and Lamb Pizza

Serves 1

Prep time: 20min

Cook time: 35min

Ingredients

- 1 cup cauliflower
- ¼ cup mozzarella, grated
- 1 tsp chia seeds
- cooking oil spray
- salt
- pepper
- 100g lean lamb steak
- ¼ aubergine, thinly sliced
- ½ courgette, thinly sliced
- 1 tbsp feta
- 1 tbsp sun dried tomatoes, chopped
- ½ tsp dried Italian herbs

Method

- Preheat oven to 200C / gas mark 6 and line a tray with baking paper.
- Cut cauliflower into florets and steam on the stove top or in the microwave until very tender.
- Mash the cauliflower with the mozzarella and chia seeds. Set the mixture aside for 10-15 minutes to allow the chia seeds to absorb the moisture from the cauliflower.
- Spread the cauliflower dough onto the prepared tray in a pizza base shape, about 5mm thick. Bake for 15-20 minutes or until golden.
- While the pizza base is cooking, lightly spray the lamb, aubergine and courgette with cooking oil spray and season with salt and pepper.
- Heat a frying pan over medium-high heat. Add the lamb and cook for 3-4 minutes each side or until cooked to your liking. Remove from the pan and set aside to rest, then thinly slice.
- Add the aubergine and courgette to the pan and cook for 2-3 minutes each side or until tender and golden.
- When the cauliflower base is ready, layer it with lamb slices, aubergine and courgette. Crumble over the feta and sprinkle over the sun-dried tomatoes. Sprinkle everything with the dried herbs and return to the oven for a further 15 minutes.
- Remove from the oven and serve.

Kjs 1621/ Cals 386

Protein 45

Total fat 18.6

Sat fat 9.4

Carbs 8.3

Total sugar 6

Free sugar 0.0*

Fibre 5.8



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SNACK

Raspberry and Yogurt Chewy Sweets

Serves 6

Prep time: 130min

You can still enjoy sweet treats when reducing your sugar intake, but make healthier versions of your favourite sweets, cakes and biscuits at home, rather than buying processed options that are loaded with added sugar. These chewy sweets are easy to make and taste delicious.

Ingredients

- 1 cup fresh or frozen raspberries
- 3/4 cup water
- 1 tbsp coconut sugar
- 1/4 cup powdered gelatine
- 1 & 1/2 tbsp Greek yogurt

Method

- Bring raspberries and 1/2 cup of the water to a boil in a saucepan over medium-high heat.
- Add the coconut sugar and simmer for five minutes until raspberries are soft and liquid has reduced. Puree until smooth and cool for 5 minutes.
- Add powdered gelatine and the yogurt to the remaining 1/4 cup of water and mix until gel like, add to the warm raspberry mix and stir well to combine.
- Pour mix evenly into 36 mini silicone moulds of choice. Place in the refrigerator for 2-4 hours to set until firm.
- 6 mini chewy sweets is one serve. Store leftovers in an airtight container in the fridge for 4-5 days.

KJs 240/Cals 57

Protein 6

Total fat 0.6

Sat fat 0

Carbs 5.4

Total sugar 5.4

Free sugar 2.4*

Fibre 2.4



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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DESSERT

Baked Coffee Cheesecake

Serves 10

Prep time: 140min

Cook time: 30 mins

A great dessert to prepare when you're entertaining at home. This cheesecake will impress your family and friends and contains no free sugar, so it's the healthier alternative.

Ingredients

- 250g light cream cheese
- 1/4 cup macadamias
- 1/4 cup almonds
- 1/4 cup desiccated coconut
- 1 tbsp coconut oil
- 1/2 tsp instant decaffeinated coffee
- 1 & 1/2 tbsp coconut cream
- 1 egg
- 1/4 cup stevia
- 1 tsp vanilla extract

Method

- Remove the cream cheese from the fridge so it's at room temperature when preparing this recipe.
- Preheat oven to 160C/gas mark 3 and line a 20cm tin with baking paper.
- Place macadamias and almonds into a food processor and blitz until a fine meal is formed.
- Add coconut and coconut oil to the nut mix and blitz again at medium speed.
- Transfer mixture to the prepared tin and press down evenly using the back of a metal spoon. Bake for 8-10 minutes until just starting to brown. Remove from the oven and allow to cool.
- Increase oven temperature to 175C/gas mark 4.
- To make the filling, place the cream cheese, coffee, coconut cream, egg, stevia and vanilla into a food processor, combine until smooth.
- Pour filling over the cooled base and smooth evenly.
- Return to the oven and bake for approximately 20 minutes until a little wobbly in the centre.
- Allow to cool and then cover and place in the refrigerator for at least 2 hours or until firm and set.
- Slice into 10 pieces. One piece is one serve. Store leftovers in an airtight container in the fridge for 3-4 days.

KJs 581/Cals 138

Protein 3.8

Total fat 13

Sat fat 5.1

Carbs 1.5

Total sugar 1.5

Free sugar 0.0*

Fibre 0.9



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DESSERT

Peanut Butter and Chocolate Brownie Cookies

Serves 24

Prep time: 30min

Cook time: 40 mins

Delicious and perfect for a sweet snack with a cup of herbal tea. A sugar detox doesn't have to be about deprivation, it's more about education and choosing healthier alternatives.

Ingredients

- 1 cup peanut butter
- 1 cup pureed medjool dates
- ½ cup oat bran
- 2 eggs
- 60g dark chocolate
- 80g light cream cheese
- 2 tbsp milk of choice
- 1 tsp vanilla
- 1/2 cup crushed peanuts

Method

- Preheat oven to 180C/gas mark 4. Line a slice tin with baking paper.
- Combine peanut butter, date puree, oat bran and one of the eggs in a large bowl, until the mixture comes together into a thick dough.
- Press dough into the bottom of the prepared tin (the mixture is sticky, so it's good if you spray your hands with a little cooking oil spray to avoid it sticking to you.)
- Bake the peanut butter layer for 12-15 minutes.
- While the peanut butter layer is in the oven, melt the chocolate in a large bowl.
- Cool for 3-5 minutes, then stir through the cream cheese, milk, vanilla, and remaining egg.
- When the peanut butter cookie layer comes out of the oven, pour the chocolate mixture over the top and sprinkle with crushed peanuts.
- Return to the oven and bake for a further 20-25 minutes, or until a skewer comes out of the centre with only a few crumbs.
- Cool completely before slicing into 24 bite sized squares.
- One square is one serve. Store leftovers in an airtight container in the fridge for up to 3 days or freeze for up to one month.

KJs 609/Cals 145

Protein 4.7

Total fat 9.8

Sat fat 2.6

Carbs 9

Total sugar 6.4

Free sugar 1.4*

Fibre 1.8



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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MUMS LOSE 8-13lbs EVERY MONTH ON THE 28 DAY WEIGHT LOSS CHALLENGE



Cicily's transformation is incredible and so inspiring! Cicily just doesn't quit, and says 2018 is her year!!

"NOW I'M FEELING SO HAPPY IN MYSELF, **FULL OF ENERGY**, MY CONFIDENCE IS BACK AND EXCELLING. I FEEL LIKE I CAN FINALLY BE MYSELF."

CICILY
LOST
8.5 STONE

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www.healthymummy.co.uk

Simple food swaps

Wanting to cut back your sugar intake but don't know where to start? Here are some simple swaps you can make to **dramatically reduce** your sugar intake.



1 tbsp Heinz
Tomato Ketchup

8.1
GRAMS
SUGAR



2.3
GRAMS
SUGAR



30g of chopped
tomatoes with a
1 tbsp balsamic
vinegar

1 x can of
Strongbow Cloudy
Apple

23.1
GRAMS
SUGAR



0.1
GRAMS
SUGAR



Vodka, lime
and soda

Morrisons
Banana Cake
(serve of 100g)

24.1
GRAMS
SUGAR



12.8
GRAMS
SUGAR



The Healthy Mummy
Wholemeal Banana,
Date & Apple Bread

1 x Snickers bar

23.1
GRAMS
SUGAR



7.55
GRAMS
SUGAR

2 serves of The
Healthy Mummy
Snickers Slice

Starbucks
Iced Coffee

20
GRAMS
SUGAR



15.6
GRAMS
SUGAR

The Healthy Mummy
Coffee Smoothie
(With skim milk)

Mcdonald's
Big Mac

20
GRAMS
SUGAR



7.3
GRAMS
SUGAR

The Healthy Mummy
Beef Burger

1 x can Sprite

37.9
GRAMS
SUGAR



0.3
GRAMS
SUGAR

1 large glass of
sparkling mineral water
with fresh lemon

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MUM QUILTS FIZZY DRINKS AND SAVES HERSELF OVER \$1,000 A YEAR!

Food isn't always the culprit when it comes to weight gain – FIZZY drinks can also contribute to packing on the pounds, as they are loaded with sugar.

Before Chloe Rizzi found the **28 Day Weight Loss Challenge**, she reveals she used to drink two to three cans of Coke Zero a day, plus Passionfruit flavoured Diet Rite – and it was costing her **over \$1,000 a YEAR** in just fizzy drinks!

Chloe has since ditched the fizzy drinks, lost **4.72st*** and is feeling BETTER than ever!



Chloe reveals when she started the **28 Day Weight Loss Challenge**, she read some of The Healthy Mummy blogs about hidden sugars in soft drinks.

"I was shocked," she says. "I knew it wasn't good for me deep down, but reading the blogs really put it into perspective."

Chloe made the decision to go 'cold turkey' and quit the soft drinks altogether.

"I stopped buying fizzy drinks. The headaches were pretty full on for the first week and I was craving it so much," she says.

"I drank lots of water and started drinking **The Healthy Mummy Smoothies** and within a few days I noticed a drastic decrease in my bloating and a massive increase in my energy."

Chloe reveals she didn't realise how bloated and lethargic she was feeling until then.

"I honestly can't remember the last time I drank fizzy drinks and I don't miss it at all now," she says.

"If you don't take that first step, who will? I know for me that I never thought that I could change over 20 years of bad habits... and yet here I am!"

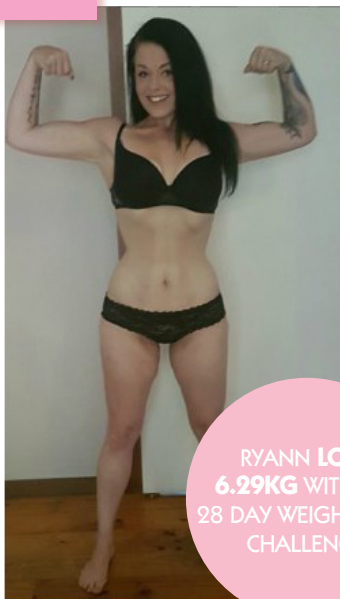
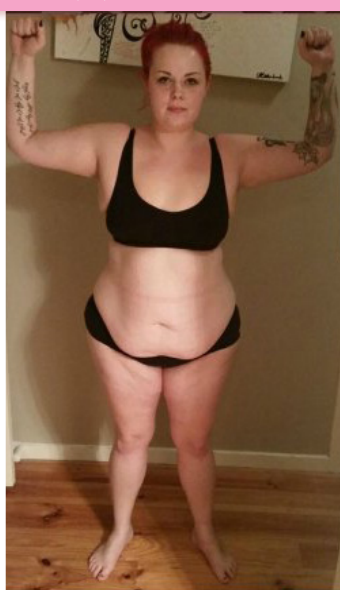
Chloe Rizzi

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www.healthymummy.co.uk

Be inspired by these amazing mums

THESE AMAZING MUMS HAVE TRANSFORMED THEIR LIVES USING THE 28 DAY WEIGHT LOSS CHALLENGE.

RYANN REID



RYANN LOST
6.29KG WITH THE
28 DAY WEIGHT LOSS
CHALLENGE

Ryann has lost an incredible 6.29st* following the **28 Day Weight Loss Challenge**.

"Eating healthy didn't have to be hard, but I let it be. I started following The Healthy Mummy's meals and recipes on the blog. I was shocked by how good they were. Before I knew it I had incorporated the Healthy Mummy lifestyle into my life, but most importantly my family's life and joined the **28 Day Weight Loss Challenge**."

"I also started to notice that my husband was losing weight (he has actually lost over 3.14 stones). I knew this would change our lives."

SHANTELE VAN DER LEEUW



SHANTELE LOST
5.19ST WITH THE
28 DAY WEIGHT LOSS
CHALLENGE

Shantelle has gone through a huge transformation in the past 16 months, going from 17.32st to 11.81st in 16months. That's a total loss of 5.19st on the **28 Day Weight Loss Challenge**.

Since we last checked in with this Healthy Mummy, she has hit over the 4.72st mark for weight lost and is not stopping there.

"This last 1.57st I'm finding very hard to lose," Shantelle.

MELISSA TIMER



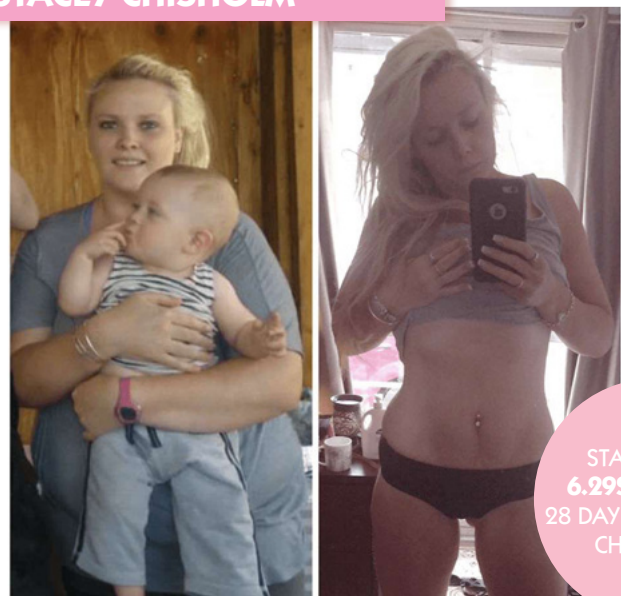
MELISSA LOST
5.35ST WITH THE
28 DAY WEIGHT LOSS
CHALLENGE

Since losing 5.35st, Melissa is now down to 11.49st and is looking forward to getting to 11.02st by building and toning her muscles.

"I would say my meal plan is high protein, moderate carb intake," she says.

The busy mum-of-two has not only been following the 28 Day Weight Loss Challenge, she's also been drinking The Healthy Mummy smoothies, which work as a healthy meal replacement.

STACEY CHISHOLM

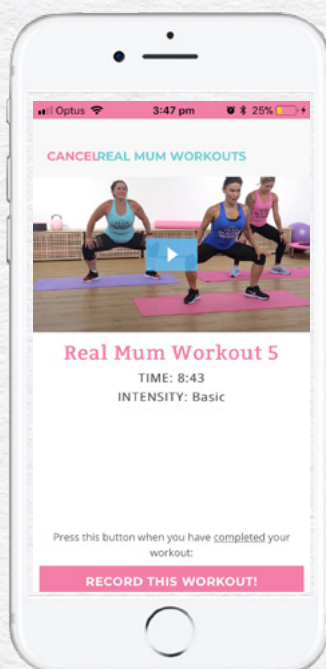
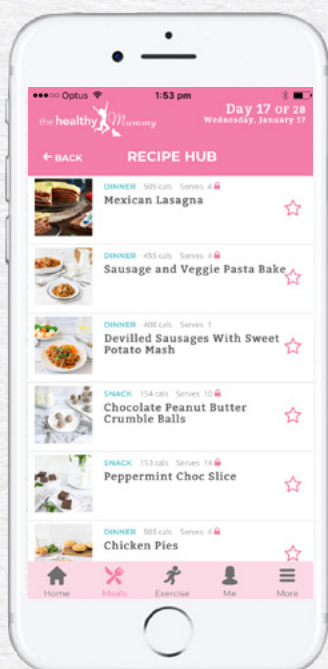


STACEY LOST
6.29ST WITH THE
28 DAY WEIGHT LOSS
CHALLENGE

Stacey is loving life 6.29st lighter and she says she is **healthier than ever**.

Stacey's meal prep has recently changed from just prepping snacks to now making main meals and lunches to freeze. She says, "It may take up a day of cooking but it's worth it during the week with less time in the kitchen and more time with the kids."

"I still have to have one Healthy Mummy smoothie a day, smoothies are life," she says.



We would love you to join the 28 Day Weight Loss Challenge in April.

[Join Here](#)

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the healthy Mummy
28 DAY
WEIGHT LOSS CHALLENGE

JOIN THE 28 DAY WEIGHT LOSS CHALLENGE AND ACCESS

- ✓ 4000+ family friendly recipes
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