

EDITION ONE

recipes

& exercises

from

the healthy  Mummy

28 DAY

WEIGHT LOSS CHALLENGE

TRY THE 28 DAY CHALLENGE FOR YOURSELF TO DISCOVER WHY SO MANY MUMS LOVE BEING PART OF OUR HEALTHY EATING AND EXERCISE PLANS



contents

Use this sampler to try some of the delicious, easy to prepare, healthy recipes from the 28 Day Weight Loss Challenge as well as a range of the exercise plans, to get a true idea of why the 28 Day Challenges are so successful with mums just like you.

The 28 Day Challenges are family friendly, breastfeeding friendly and made up of affordable meal plans to help you lose weight and regain energy. Meal plans are fully customisable to suit your tastes and needs and provide weekly shopping lists depending on your customisations.

The Challenges provide daily at home workouts made especially for busy mums to get you body confident. Plus there is daily support, inspiration and motivation from our Motivating Mum team and 1000s of other mums on the Challenge.

BREAKFAST



LUNCH



DINNER



DESSERT



EXERCISES



breakfast

BREAKFAST BLUEBERRY SOUFFLÉ

Prep Time: 10 mins Cooking Time: 10 mins

A dessert-like breakfast. This soufflé is packed with vitamins and minerals and a great way to kick start your day.

Ingredients (Makes 1 serve)

- 2 free-range eggs (100 grams)
- 1/2 tablespoon reduced-fat ricotta cheese (10 grams)
- 1 teaspoon Natvia (1 grams)
- 1/2 teaspoon vanilla extract (2.5 mls)
- 2 tablespoons blueberries, fresh or frozen (30 grams)
- cooking oil spray
- 2 tablespoons reduced-fat Greek natural yoghurt (40 grams)
- 1 tablespoon chopped walnuts (10 grams)

Method

- Preheat the oven to 200C. Separate the eggs.
- In a mixing bowl, combine egg yolks and ricotta.
- In a separate bowl, whisk the egg whites and Natvia for 2-3 minutes until soft peaks form.
- Gently fold the egg whites into the yolk mixture and gently add the vanilla.
- Thoroughly spray a ramekin (one per serve) with cooking oil. Fill the ramekin with the soufflé mixture. Carefully drop the blueberries into the mixture (divide equally between ramekins you are preparing).
- Place the ramekin in the pre-heated oven and cook for 7 minutes, or until set.
- Serve with yoghurt and chopped walnuts

Nutrition Per Serve: **Energy:** 1262kj / 302 cal

Protein: 18g **Fibre:** 1g **Total Fat:** 23g

Carbohydrates: 12g **Saturated Fat:** 5g



HOMEMADE BBQ BAKED BEANS

Prep Time: 10 mins Cooking Time: 8 mins

A nutritious breakfast that is easy to prepare. Increase in quantities so you have leftover beans for another breakfast throughout the week or to serve the whole family. Beans can be frozen and defrosted for another meal.

Ingredients (Makes 1 serve)

- Cooking oil spray
- 3/4 cup drained tinned cannellini beans (120 grams)
- 1 tablespoon no added sugar BBQ sauce (20 mls)
- 1 tomato (100 grams)
- 1 tablespoon water (20 mls)
- 2 tablespoons fresh coriander (5 grams)
- 2 slices wholegrain/gluten free etc bread of choice (80 grams)

Method

- Rinse and drain the cannellini beans, dice the tomato and chop the coriander leaves.
- Lightly spray a non-stick fry pan with the cooking oil spray and heat over medium heat. Add the beans, tomato, BBQ sauce and the water.
- Stir to combine and then simmer on low for around 5-10 minutes, ensuring the liquid doesn't absorb too much – add some extra water if needed.
- While the beans are cooking, toast the bread (use a gluten free option if required).
- Once beans are ready stir through the chopped coriander and then serve with the toast.

Nutrition Per Serve: **Energy:** 1310kj /313cals
Protein: 15.6g **Fat:** 4.9g **Carbohydrates:** 45.6g
Saturated Fat: 0.9g



BANANA & CHEESE ON TOAST

Prep Time: 5 mins

An easy to assemble breakfast that also makes a great snack in between meals.

Ingredients (Makes 1 serve)

- 3 tablespoons cottage cheese, reduced fat (60 grams)
- 1 slice wholegrain/gluten free etc bread of choice (40 grams)
- 1 banana (90 grams)
- 1/4 teaspoon cinnamon (0.3 grams)

Method:

- Toast bread, spread with cottage cheese and top with sliced banana and a sprinkle of cinnamon.

Nutrition Per Serve: **Energy:**945kj /225cals

Protein:15.9g **Fibre:**4.5g **Fat:** 1.9g

Carbohydrates: 42g



lunch

HAM, SPINACH & FETA PIZZA

Prep Time: 5 mins

Cooking Time: 10 mins

An easy to prepare pizza using pita bread as the base. Play around with flavours to use up fresh ingredients you might have in the fridge. Suitable for the whole family.

Ingredients (Makes 1 serve)

- 1 medium wholemeal pita bread (65 grams)
- 3 tablespoons tomato passata (60 mls)
- 1 tablespoon fresh basil leaves (5 grams)
- 3 slices smoked ham, lean (60 grams)
- 1 tomato (100 grams)
- 30 grams of feta, reduced fat
- 1 cup baby spinach (30 grams)

Method

- Preheat oven to 200C.
- Line a baking tray with baking paper.
- Place pita bread on the baking tray, spread with the passata and top with spinach, tomato, ham and basil leaves.
- Crumble feta cheese over the top and bake for 10 minutes until golden and crisp then serve.

Nutrition Per Serve: **Energy:** 1441kj /343cals

Protein: 26.6g **Carbohydrates:** 36.9g

Fat: 8.1g **Fibre:** 7g



BALSAMIC CARAMELISED RED ONION TART

Prep Time: 10 mins Cooking Time: 40 mins

A delicious tart that is ideal for a healthy lunch.
Make these for everyone if having friends over or
to share with the family on the weekend.

Ingredients (Makes 1 serve)

- 1/4 sheet puff pastry, reduced fat (42 grams)
- 1 & 1/2 red onion (150 grams)
- 1/2 teaspoon honey (2.5 mls)
- 1 teaspoon extra virgin olive oil (5 mls)
- 1 teaspoon balsamic vinegar (5 mls)
- 1 tablespoon water (20 mls)
- 1/2 tomato (50 grams)
- 1 cup rocket lettuce (30 grams)
- 1 tablespoon feta, reduced fat (20 grams)
- salt

Method

- Preheat the oven to 200C. Lightly defrost the puff pastry (use a gluten free option if required).
- Finely slice the onions and place in a fry pan with the oil, a pinch of salt, honey and water over a low heat. Sauté for 20 – 25 minutes until the onions are very tender and caramelised.
- Place the piece of puff pastry (1/4 sheet per serve) on a lined baking tray and top with the caramelised onion, leaving a small space around the edges. Slice the tomato and add on top of the onion together with crumbled feta.
- Place the tart in the oven for 15 minutes until the pastry is golden and tomato is roasted.
- Place the rocket leaves on a serving plate and top with the tart. Drizzle over the balsamic vinegar before serving.

Nutrition Per Serve: **Energy:** 1209kj /289cals
Protein: 10.3g **Fat:** 15.7g **Carbohydrates:** 24.4g
Saturated Fat: 7g



ROAST BEEF WRAP WITH CHUTNEY

Prep Time: 5 mins

A great lunch for on the go or at work.
Fast to prepare. Use any fruit chutney you desire.

Ingredients (Makes 1 serve)

- 1 wholemeal Mountain Bread wrap (25 grams)
- 1 cup mixed lettuce leaves (30 grams)
- 1/4 sliced Lebanese cucumber (50 grams)
- 2 slices roast beef, shaved luncheon meat (50 grams)
- 1 tablespoon tomato chutney (30 grams)

Method

- Lay out the wrap and spread with chutney.
- Place lettuce leaves, sliced cucumber and roast beef in the centre of the wrap.
- Fold as per packet directions.

Nutrition Per Serve: **Energy:** 823kj / 197 cal
Protein: 18g **Fibre:** 4.8g **Total Fat:** 2.5g
Carbohydrates: 23g **Saturated Fat:** 1g
Total Sugar: 13.7g



dinner

TURKEY MEATBALLS WITH ZUCCHINI NOODLES

Prep Time: 15 mins Cooking Time: 15 mins

A delicious family favourite with a twist.

Ingredients (Makes 1 serve)

- 125 grams of lean turkey mince
- 1/4 teaspoon smoked paprika (0.25 grams)
- 1 teaspoon dried mixed herbs (1 grams)
- 1 tablespoon wholemeal breadcrumbs (12 grams)
- 1/2 cup tomato passata (125 mls)
- 1 zucchini (110 grams)
- 1 tablespoon chopped fresh parsley (5 grams)
- salt and pepper

Method

- Preheat oven to 180C.
- Combine the mince, paprika, 1/4 teaspoon per serve of the dried mixed herbs and breadcrumbs. Roll into small meatballs and place on a lined baking tray. Cook in the oven for 15 minutes (turn half way through cooking if needed) until cooked through and golden.
- Combine the remaining dried mixed herbs and tomato passata in a saucepan and simmer gently for 10 minutes while the meatballs are cooking. Add meatballs to tomato sauce when cooked and simmer for another 5 minutes.
- Using a vegetable peeler, mandolin or spiralizer slice the zucchini into thin noodles.
- Depending on the utensil you are using will determine the shape of your noodles eg a vegetable peeler will create a fettucine style noodle whereas a spiralizer produces thinner, more spaghetti like noodle shapes.
- In a saucepan of boiling water add zucchini noodles and lightly steam for a minute or two until just tender.
- Drain noodles and top with chopped parsley, turkey meatballs, sauce and season with salt and pepper.

Nutrition Per Serve: Energy:1562kj /372cals
Protein:48g **Fat:**3g **Carbohydrates:**17g
Saturated Fat:2g



BLACK BEAN CHILLI CON CARNE

Prep Time: 10 mins Cooking Time: 20 mins

Legumes are such a versatile food, they are cost effective and also high in protein and fibre making them a perfect addition to a belly-fat fighting, healthy diet.

Ingredients (Makes 1 serve)

- 1 teaspoon extra virgin olive oil (5 mls)
- 1/4 brown onion (25 grams)
- 1 clove garlic (3 grams)
- 50 grams of lean pork mince
- 1/2 tomato (50 grams)
- 150 grams of tinned black beans, drained
- 2 tablespoons water (40 mls)
- 1/2 cup tomato passata (125 mls)
- 1/4 teaspoon dried chilli flakes (0.25 grams)
- 1/4 Lebanese cucumber (50 grams)
- 1 tablespoon, chopped fresh coriander (20 grams)
- 1/2 cup rocket lettuce (15 grams)
- 2 teaspoons lemon juice (10 mls)

Method

- Heat the oil in a saucepan over medium-high heat. Dice the onion and garlic and add to the pan to sauté for a few minutes. Add the pork mince to brown.
- Dice the tomato and add to the pan with the drained black beans and tomato passata. Add the water and chilli flakes and bring to a gentle simmer for 8 – 10 minutes until slightly thickened. Season with salt and pepper.
- While the beans are cooking dice the cucumber and chop the coriander leaves. Combine with the rocket and lemon juice.
- Serve the chilli con carne with the salad on the side.

Nutrition Per Serve: **Energy:** 1610kj /385cals
Protein: 27.8g **Fat:** 10.5g **Carbohydrates:** 35.6g
Saturated Fat: 2.6g



FIVE SPICE PORK WITH GREEN BEANS AND RICE

Prep Time: 25 mins Cooking Time: 35 mins

The Chinese 5 Spice used in this recipe helps boost your metabolism and keeps you feeling more alert and active.

Ingredients (Makes 1 serve)

- 1 teaspoon extra virgin olive oil (5 mls)
- 1/2 teaspoon Chinese five spice (0.5 grams)
- 100 grams of lean pork tenderloins
- 1/4 cup brown rice, uncooked (40 grams)
- 1/4 chopped brown onion (25 grams)
- 1/2 teaspoon grated fresh ginger (2 grams)
- 1/2 cup sliced mushrooms (37.5 grams)
- 1/2 cup trimmed & chopped green beans (60 grams)
- 1 teaspoon soy sauce, salt reduced (5 mls)
- 1 sliced spring onion (15 grams)

Method

- Place half the oil and Chinese 5 spice in a dish. Add pork and turn to coat. Cover with cling wrap and allow to marinate for 20 minutes.
- While pork is marinating, cook rice as per packet directions.
- Heat a frying pan over medium heat. Add pork and cook for 3-5 minutes each side until done to your liking, set aside to rest.
- In the same pan add the remaining oil and cook onion for 2 minutes. Add mushrooms and beans, cook for 3 minutes until beans are tender.
- Toss through rice, soy sauce and spring onion.
- Thickly slice pork and serve with fried rice.

Nutrition Per Serve: **Energy:** 1623kj /388cals
Protein: 39.2g **Fibre:** 4.3g **Fat:** 8g **Carbohydrates:** 35g **Saturated Fat:** 1.5g



dessert

CHOCOLATE COCONUT CRUMBLE

Prep Time: 10 mins Cooking Time: 15 mins

A tasty twist on a crumble. Increase quantities to serve a healthy dessert to the whole family or to have as leftovers for another snack throughout the week.

Ingredients (Makes 1 serve)

- 1/2 pear (50 grams)
- 1/2 banana (45 grams)
- 1 tablespoon cacao/cocoa powder (8 grams)
- 1 tablespoon honey (20 mls)
- 2 teaspoons coconut oil (10 mls)
- 3/4 tablespoon plain wholemeal flour (8 grams)
- 1 tablespoon shredded coconut (10 grams)
- 1 tablespoon rolled oats (15 grams)

Method

- Preheat oven to 200C. Peel and dice the pear and banana.
- In a saucepan, add the pear, banana, cocoa and half of the honey plus 40ml of water per serve (e.g. if serving 2 add 80ml, if serving 4 add 160ml etc). Combine and bring to the boil, then simmer for 3 mins to cook the pear. Mash well with a fork or blend until smooth.
- Place the chocolate pear mixture into a small, heat proof baking dish or ramekin per serve.
- In a separate bowl rub together the coconut oil and flour to create crumbs then mix through the oats and coconut.
- Sprinkle the crumble mix on top of the chocolate pear mixture then drizzle with remaining honey.
- Place in the oven for 10 minutes until nicely browned on top.

Nutrition Per Serve: **Energy:** 1302kj /310cals
Protein: 2.8g **Fat:** 11g **Carbohydrates:** 48.7g
Saturated Fat: 7.2g



HOT BANANA CARAMEL CREAMS

Prep Time: 10 mins Cooking Time: 2 mins

A creamy banana treat with a caramel top.
Increase in quantities to serve to the whole family
after dinner or to have as an easy to grab,
healthy snack.

Ingredients (Makes 1 serve)

- 1 teaspoon maple syrup (5 mls)
- 5 tablespoons Greek reduced fat, natural yoghurt (100 grams)
- 1 banana (130 grams)
- 1 teaspoon coconut oil (5 mls)
- 1 teaspoon Natvia, coconut sugar or sugar of choice (1 grams)

Method

- Preheat the grill to medium high.
- In a mixing bowl, combine the Greek yoghurt and maple syrup.
- Halve the banana and mash one half of it, then add to the yoghurt mix and stir in well.
- Spoon the yoghurt mixture into a small heatproof ramekin per person and level out the top (the mix should come almost to the top of the dish).
- Thinly slice the remaining banana and arrange on top of the yoghurt mixture in the ramekin.
- Melt the coconut oil in the microwave for 10 seconds on medium. Brush the melted oil over the top of the banana slices and sprinkle the sugar on top.
- Place the dish under the grill so that the top is about 3cm from the heat and grill for approximately 1-2 minutes or until the sugar spread is melted.
- You can eat this straight away or leave for a few minutes, by which time the sugar topping will have hardened into a firm caramel.

Nutrition Per Serve: **Energy:** 798kj /190cals
Protein: 8g **Fibre:** 4g **Fat:** 2g **Carbohydrates:** 35g



RAW CHOCOLATE MINI CAKES

Prep time: 10 minutes

An indulgent snack or dessert using healthy ingredients. For the coconut cream, Ayam or Trident brands work well. Use the thick layer of cream that settles at the top of the tin.

This recipe makes 4 mini chocolate cakes so share with the whole family or store leftovers in the fridge to keep chilled to enjoy another day.

Ingredients (Serves 4)

- 1/3 cup almond butter (64g)
- 1 & 1/2 tbsp cacao/cocoa powder (12g)
- 2 & 1/4 tbsp maple syrup (45ml)
- 2 tsp vanilla extract (10ml)
- 1 & 1/2 tbsp coconut flour (24g)
- 2 tbsp coconut cream, chilled (40g)

Method

- Combine almond butter, 1 tablespoon of cacao/cocoa, 2 tablespoons of maple syrup, 1 teaspoon of vanilla extract and coconut flour and mix well.
- Divide cake mix into 4 silicone muffin moulds and press into the bases. If you don't have silicone moulds then line 4 muffin tin holes with baking paper or patty cases. Place the cakes in the refrigerator for 30 minutes or until chilled.
- Prepare the frosting by combining the remaining cacao/cocoa, maple syrup and vanilla extract with the chilled coconut cream.
- When ready to serve remove the cakes from the muffin moulds and pipe or spoon the frosting on top.

Nutrition Per Serve: **Energy:**751kj /179cals

Fat: 11.9g **Saturated Fat:** 2.3g

Carbohydrates: 17.4g **Protein:**5.3g

Fibre:4g **Sugar:**10.2g



snack

**BONUS
RECIPE!**

RASPBERRY MUFFINS

Prep Time: 10 mins

Cooking Time: 22 mins

This simple and delicious muffin recipe makes 6 serves. Save leftover muffins in an airtight container in the pantry or freeze to enjoy throughout the week. We've used honey in this recipe as it has a mid-level GI plus some minerals. You could use rice malt syrup if you prefer, but it has a higher GI than honey or maple syrup.

Ingredients (Makes 6 serves)

- cooking oil spray
- 1 & 1/3 cups plain wholemeal flour (160 grams)
- 1/2 teaspoon baking powder (1.25 grams)
- 1 cup fresh or frozen raspberries (120 grams)
- 2 free-range eggs (100 grams)
- 1/4 cup reduced-fat milk of choice (62.5 mls)
- 1/4 cup melted butter (62.5 grams)
- 2 tablespoons honey (40 mls)
- 1 teaspoon grated lemon rind (4 grams)

Method

- Preheat oven to 180C. Lightly spray 6 muffin moulds with cooking oil spray or line with baking paper.
- Combine all the dry ingredients in a bowl. Stir through raspberries to coat well.
- Lightly whisk the eggs, butter, milk, honey and zest. Add to dry ingredients and stir to just combine (do not over mix).
- Divide mixture between muffin moulds and bake for 20-22 minutes until a skewer inserted into the centre comes out clean. One serve is one muffin.

Nutrition Per Serve: **Energy:** 969kj / 231 cal
Protein: 6g **Fibre:** 4g **Total Fat:** 11g
Carbohydrates: 26g **Saturated Fat:** 6g
Total Sugar: 10g



exercises

Instructions for exercise completion: Work as hard as you can for 60 seconds on each exercise scheduled for the day. Do 3 rounds with a 2 minute water break in between each round.



TRICEP DIP ON STEP

Starting Position: Sit on the floor in front of a step with feet hip width apart, knees bent and feet facing forward. Place hands onto the step behind you, fingers facing forward.

Execution: Exhale, bend your elbows and lift hips off the floor. Engage your core and push up through the hands to straighten elbows, keeping a slight bend in the joint. Ensure you keep your elbows as close to your body as possible, pushing backward instead of out to the side. Inhale and lower your body back down to gently touch the floor. Repeat exercise.

Benefits: Strengthens triceps, shoulders, core and legs.



ELBOW PLANK SIDE WALK

Starting Position: Kneel on your mat and move forward to place elbows onto the floor. Exhale and lift your torso, then knees off the floor.

Execution: Keeping a flat back, exhale and step your feet to the right, one at a time. Then slowly step to the left, engaging your core to keep your torso in alignment. Continue with a slow and controlled motion as you repeat the exercise and continue alternating sides.

Benefits: Strengthens legs, glutes, core muscles, arms and shoulders



MOUNTAIN CLIMBERS

Starting Position: Start by lying on the floor on your stomach and pushing up into plank position with feet spread wide apart and arms directly underneath shoulders (elbows slightly bent). Keep your upper body strong and engage your core, while keeping your back straight.

Execution: Exhale and bring your right knee up toward your chest, placing your toes on the floor. Placement of your right foot should be centred in between your hands as far forward as is comfortable. Ensure the gap behind your knees is closed and hold this position for one breath. Keep your left leg extended for balance. Repeat exercise by alternating legs. For higher intensity, try switching leg positions with greater speed.

Benefits: Leg strengthening, core activation, shoulder strength.



PLANK WITH BALL ROLLS

Starting Position: Start in plank position with feet spread wide apart and arms directly underneath shoulders. Place the ball under your right hand. Keep your upper body strong and engage your core, while keeping your back straight.

Execution: Engage your core by pulling your belly button toward your spine and roll the ball over to your left, cupping the ball with your left hand and placing your right hand down onto the mat. Next, roll the ball over to your right hand again, keeping your core and lower back strong and stable as you lower your left arm to the floor and return to starting position. Repeat exercise.

Benefits: Strengthens core and upper body.



V LIFT

Starting Position: Lie flat on your back with palms facing downward and fingers facing forward. Bend your knees and lift your legs straight up in the air, keeping your lower back firmly planted on the floor. Extend your knees and engage core muscles.

Execution: Exhale and gently lift your shoulders off the floor, reaching up toward the ceiling for 1-2 seconds. Inhale and slowly roll down through your spine to starting position, keeping your lower back flat on the floor. Repeat exercise, then bend knees and pull them in toward you as you return your feet to the floor.

Benefits: Strengthens core, legs and upper body.



SQUAT WITH BALL

Starting Position: Stand in a neutral position, hips shoulder width apart with a slight bend in the knees. Hold a medicine ball at chest height, palms facing inward.

Execution: 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. Hold the ball at chest height and remain in squat position for 1-2 seconds, breathing continuously. Exhale as you engage your core and push off your heels to starting position.

Benefits: Strengthens core legs and glutes.

Instructions for Pilates: Perform each pilates exercise once through for 90 seconds. Take a 30 second rest in between each exercise.



PILATES KNEE STAND WITH ARM AND LEG LIFT

Starting Position: Stand on your left knee and straighten your right leg to the right side of your body. Place your left hand on a block (large book) beside you so that your upper body bends to the left side. Keep your elbow slightly bent. Push your hips forward so that your whole body is in alignment.

Execution: Inhale and lift your right leg up off the mat and at the same time lift your right arm up over side overhead. Bring them back down and exhale.

Benefits: Core, upper body and leg strengthening.



PILATES STAND AND SWIM

Starting Position: Stand in an upright position with feet and knees together. Bend your knees and sit down into a squat position, leaning your upper body forward and bringing your arms overhead.

Execution: Alternate small up and down movements with your arms as you keep your lower body grounded and spine in alignment. Breathe continuously throughout the movement. Perform for 45 seconds and alternate legs.

Benefits: Strengthens full body and core.



PILATES INNER THIGH LIFT

Starting Position: Lie on your right side on the floor with your legs straight. Exhale, engage your core and scissor your legs apart. Next, lift your right leg and hold.

Execution: Keeping your leg straight, inhale and slowly lift your left leg in line with your right leg. Exhale and return your left leg down toward the floor. Repeat.

Benefits: Strengthens core and legs.

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 and video instructions.

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

Meal Plan Customiser - Week 1

1. Select the recipe below you'd like to swap, then click Swap and you will be taken to the tool to change meals. 2. If you only want to increase some items on the recipe select the number of servings. 3. Finished? Click Save

Swap Select All Items Instructions C'reate All Save

Monday June 1 1465 cals

BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	EVENING SNACK
334 cals	169 cals	320 cals	134 cals	379 cals	152 cals

Week 1 Exercises

Monday August 03, 2015	Tuesday August 04, 2015	Wednesday August 05, 2015	Thursday August 06, 2015	Friday August 07, 2015
Day 1 - Upper Body	Day 2 - Core	Day 3 - Mat Pilates	Day 4 - Lower Body	Day 5 - Full Body

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 fenugreek.

BREASTFEEDING FRIENDLY



- NO CAFFEINE
- NO ACCELERANTS
- GLUTEN & DAIRY FREE
- 96% SUGAR FREE

- 100% FRUCTOSE FREE
- HIGH IN FIBRE
- NO ARTIFICIAL INGREDIENTS
- BREASTFEEDING FRIENDLY



ANDREA LOST 30KGS

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

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.losebabyweight.com.au - click [here](#) to join today!



AVAILABLE ON APPLE & ANDROID

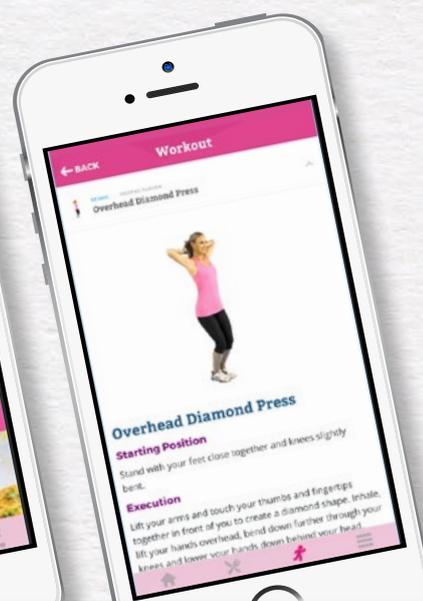
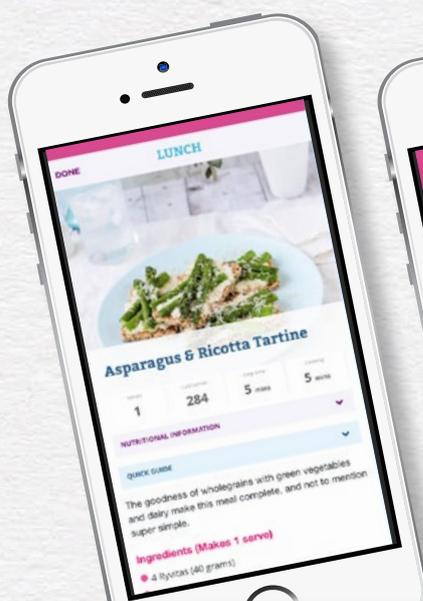
the healthy Mummy
28 DAY
WEIGHT LOSS CHALLENGE FOR BUSY MUMS

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.
- 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.
- Full shopping list collated each week depending on your customisations.
- 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.
- Fully interactive updated version with the ability to customise all meals, data and exercises will be available in March 2016



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.losebabyweight.com.au - click [here](#) to join today!

HEALTHY WEIGHT LOSS FOR MUMS

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

The Healthy Mummy brand was created by mum of two Rhian Allen in 2010 after Rhian was pregnant and wanted to create a healthy solution for mums to regain health, energy and body confidence after having children.

5 years later, The Healthy Mummy business is used by 100,000s of mums and is a trusted approach to safe and healthy weight loss and healthy living. Collectively our mums have lost over 2 million kilos!*



WHAT DO WE OFFER?

THE HEALTHY MUMMY SMOOTHIES A healthy meal replacement without any nasties and ideal for busy mums if 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 monthly weight loss challenge with 100 brand new recipes each month, fully customizable menus, shopping lists AND 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 No 1 post natal 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