

Being a mum can be really hard work which can leave you too tired to cook and eat the right foods for good nutrition and weight loss. The Healthy Mummy Smoothie has been created by Nutritionists, to help mums benefit from a wide range of nutrients which can also support your diet, weight loss and exercise plan if you are trying to lose weight.

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.

the healthy  Mummy
28 DAY
WEIGHT LOSS CHALLENGE
FOR BUSY MUMS

smoothie

RECIPE PACK

CHOCOLATE POWER

Ingredients (Makes 1 serve)

- 2 tbsp chocolate Healthy Mummy Smoothie mix
- 2 cups fresh or frozen spinach
- 1 tbsp rolled oats
- 4 sprigs fresh mint
- 250ml low-fat chocolate-flavoured soy or almond milk
- 5 ice cubes

Method

Place all ingredients in a blender and mix until well combined. Top with a couple of banana slices to serve if desired.

Nutrition Per Serve: **Energy:** 320 cal / 1344 kjs
Protein: 21g **Fibre:** 10g **Total Fat:** 11g
Carbohydrates: 33.5g **Saturated Fat:** 1g
Total Sugar: 15g **Free Sugar:** 14g



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

BANANA OAT BUSTER

Ingredients (Makes 1 serve)

- 2 tbsp vanilla Healthy Mummy Smoothie mix
- 1 banana
- 1 tbsp oats
- 250ml milk of choice*

Method

Place all ingredients in a blender and mix until well combined.

Nutrition Per Serve: **Energy:** 337 cal / 1416 kjs
Protein: 23g **Fibre:** 9g **Total Fat:** 6g
Carbohydrates: 45g **Saturated Fat:** 3g
Total Sugar: 16g **Free Sugar:** 1g

Nutrition tip: Oats are rich in fibre, energy and nutrients. They are a great addition to your smoothies if you need to increase your energy intake.

*Calories have been calculated for this recipe based on using reduced-fat milk.



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.



BERRY CHIA COMBO

Ingredients (Makes 1 serve)

- 2 tbsp strawberry Healthy Mummy Smoothie mix
- 250ml milk of choice*
- 1 tbsp chia seeds
- ¼ cup strawberries
- ¼ cup raspberries

Method

Place all ingredients in a blender and mix until well combined.

Nutrition Per Serve: **Energy:** 309 cal / 1298 kjs
Protein: 25g **Fibre:** 16g **Total Fat:** 10.5g
Carbohydrates: 24g **Saturated Fat:** 3g
Total Sugar: 20g **Free Sugar:** 1g

Nutrition tip: Chia seeds are packed with fibre, iron, magnesium and calcium.

*Calories have been calculated for this recipe based on using reduced-fat milk.



why we love the healthy mummy smoothies



"I had two smoothies a day for a while and oh my gosh do I LOVE them. I found that the smoothies actually kept me full and gave me a whole bunch of energy!"
Jackie



I find the smoothies give me a boost of energy, they are filling, quick, convenient and delicious to make. I love how the recipes are endless and I never get bored.
Tasheena

**JACKIE
 LOST 22KGS**

**TASHEENA
 LOST 44KGS**

Smoothies are also a huge hit in our house. The Carrot Combo and Berry Choc smoothies were winners with the kids as well as myself. I found these two recipes to be very filling and the combinations of the flavours was very moreish!"
Jodie



**JODIE
 LOST 36KGS**

"I still have the smoothies (and now they are 96% sugar free!) for breakfast and the occasional lunch. I'm 10.5kg off my goal weight and finally comfortably back in my engagement and wedding rings for the first time in five years!"
Erin



**ERIN LOST
 43.7KGS**

WHAT THE EXPERTS SAY...



SALLEE DWYER
 Registered Midwife/RN &
 Director of Midwife to Mum
 "I have purchased a variety of weight-loss shakes in the past and, generally, I am not a fan. I purchased the program with the smoothies, wanting to give myself the best opportunity to lose the weight. I was pleasantly surprised at how delicious the smoothies are.

They contain a multitude of ingredients and they were a great breakfast or afternoon snack when I needed a boost. The shakes are helpful for mums who are on the go and breastfeeding, and they complement a balanced diet."



KATHLEEN ALLEAUME
 Nutritionist, Author and Mum of 2
 "The smoothie is an excellent meal replacement and a perfect weight loss solution when partnered with a well-balanced eating plan and physical activity. The GI (glycemic index) of the smoothie is low, meaning the carbohydrates (our primary source of fuel) release slowly, blood sugar levels remain stable and hunger pangs at bay. Best of all they taste fantastic! The smoothie is perfect with your favourite antioxidant-rich fruit for a snack, or to include as your breakfast or lunch."

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



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



the healthy  Mummy

smoothie subscription



PAY ONLY
\$2.06
PER SERVE

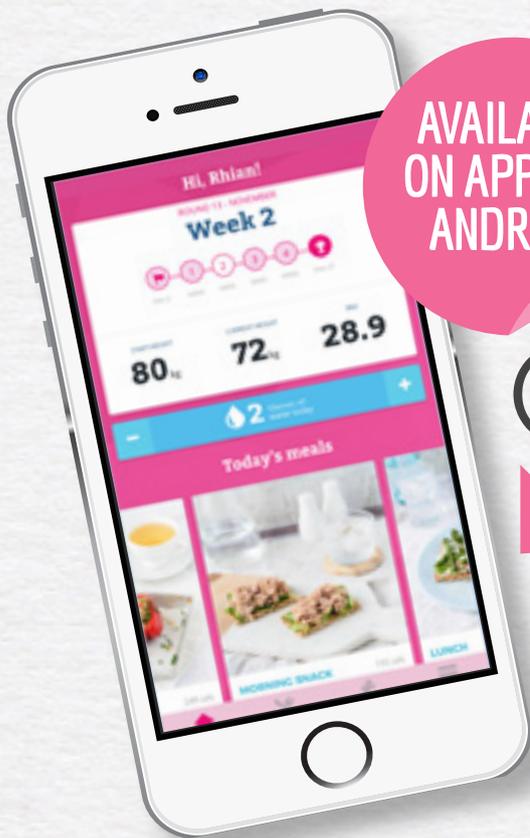
Pay only \$2.06 per serve on our lifetime discount smoothie subscription!

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

GET YOUR 25% PERMANENT DISCOUNT NOW!



subscribe here



AVAILABLE
ON APPLE &
ANDROID

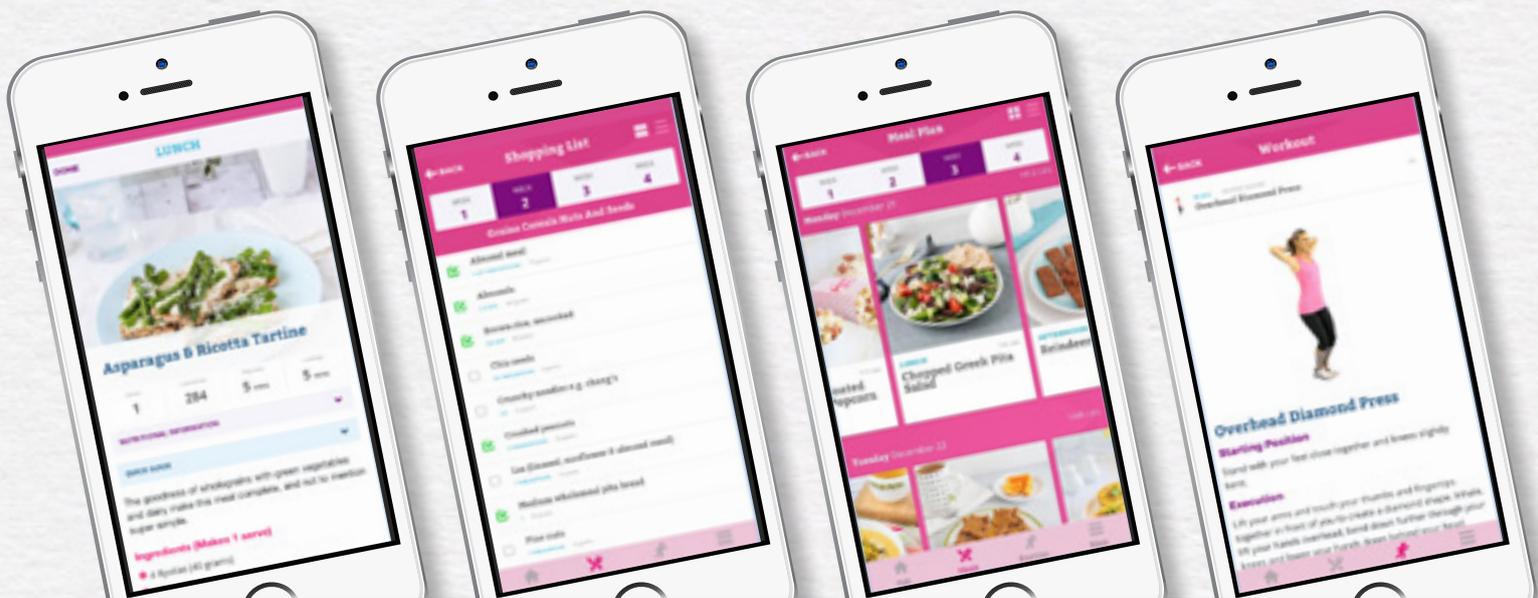
the healthy Mummy
28 DAY
WEIGHT LOSS CHALLENGE
FOR BUSY MUMS

CHALLENGE APP NOW LAUNCHED!

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

FEATURES INCLUDE:

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



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

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

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