

the healthy  Mummy

# 28 DAY

WEIGHT LOSS CHALLENGE  
FOR BUSY MUMS

Busy mums have it tough! We're looking after the kids, often fitting in a job, managing the house, trying to prepare healthy meals, keeping everyone in check and all of this is often done with little sleep! No wonder we put ourselves last and are often low in energy.

The May 28 Day Weight Loss Challenge is all about increasing energy to give you the pep up you need to ensure you can fit in important time to work on your healthy lifestyle goals.

The Challenge is focused on meal and exercise plans that will ensure you're eating healthy food, loaded with energy boosting ingredients and nutrients, plus enabling you to fit in regular, easy to achieve exercise.

# energy boosting challenge

one day sampler

## BREAKFAST

### BANANA & COCONUT PANCAKES

**Prep Time: 5 mins Cooking Time: 5 mins**

Raspberries are one of the highest fibre fruits with 4g of fibre per half cup serving. Bananas also contain a lot of fibre making this a high-fibre breakfast which will help eliminate toxins from the body and in turn increase your energy.

#### Ingredients (Makes 1 serve)

- 1 banana (90 grams)
- 1 free-range egg (50 grams)
- 2 teaspoons shredded coconut (5 grams)
- 1/4 teaspoon cinnamon (0.25 grams)
- 1 tablespoon coconut oil (20 mls)
- 2 tablespoons fresh or frozen raspberries (30 grams)

#### Method

- Beat the egg. Mash banana well and stir into the egg with coconut and cinnamon.
- Heat the coconut oil in a non-stick fry pan over medium high heat. Pour in batter to make 2 pancakes per serve. Cook for 2-3 minutes or until bubbles appear on the surface then flip and cook for another 1-2 minutes on the other side.
- Serve with raspberries.

**Nutrition Per Serve:** 1487kj / 354 cal

**Protein:** 8.9g **Fibre** 5.3g **Total Fat:** 28.7g

**Carbohydrates:** 27.3g **Saturated Fat** 22.1g

**Total Sugar:** 22.9g **Free Sugar:** 4g



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## LUNCH

### BACON & VEGGIE FRITTATA

**Prep Time: 10 mins Cooking Time: 40 mins**

The eggs, cheese, yoghurt and bacon in this frittata are loaded with protein to give you a healthy energy boost. This recipe makes 4 serves so share with the family or store leftovers in the fridge for 1-2 days to enjoy for lunch throughout the week.

#### Ingredients (Makes 4 serves)

- 4 free-range eggs (200 grams)
- 1 cup reduced-fat Greek natural yoghurt (260 grams)
- 4 bacon rashers, lean & trimmed (108 grams)
- 1 zucchini (110 grams)
- pepper
- 1/2 teaspoon smoked paprika (0.5 grams)
- 2 tomatoes (100 grams)
- 1 red onion (100 grams)
- 1/3 cup reduced-fat cheddar cheese (60 grams)

#### Method

- Preheat oven to 160C.
- Beat the eggs with the yoghurt; set aside.
- Slice bacon and fry in a pan over a medium-high heat. Remove bacon and drain on some paper towel, keeping the cooking juices in the pan.
- Dice zucchini, then add to the pan and sauté with some pepper and the paprika for 3-4 minutes, until tender.
- Finely slice tomatoes and onion.
- In an ovenproof baking dish, layer bacon pieces, zucchini, tomato and onion. Pour milk and yoghurt mixture over the top and sprinkle with grated cheese.
- Bake for 30 – 35 minutes or until egg is set and cheese is golden.
- Slice into 4 pieces, 1 piece is 1 serve.

**Nutrition Per Serve:** Energy 1334kJ / 317 cal

**Protein:** 19.8g **Fibre** 1.2g **Total Fat:** 22.7g

**Carbohydrates:** 8.6g **Saturated Fat** 10.5g

**Total Sugar:** 8.1g **Free Sugar:** 3.8g

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





## SNACK

### STRAWBERRY "SOUP"

**Prep Time: 125 mins**

Nuts and fruit provide energy that is released more slowly in the body than that from simple sugars. Prepare a batch of these delicious snacks ahead of time to allow the flavours to marinate.

**Ingredients (Makes 1 serve)**

- 2 tablespoons fresh orange juice (40 mls)
- 1 tablespoon lime juice (20 mls)
- 1/2 cup reduced-fat Greek natural yoghurt (130 grams)
- 2 teaspoons honey (10 mls)
- 1/2 punnet strawberries (125 grams)
- 1 tablespoon sliced mint leaves (5 grams)
- 1 tablespoon chopped walnuts (10 grams)

**Method**

- In a bowl, whisk together yoghurt, orange juice and half of the honey until well combined.
- Slice strawberries as thinly as possible.
- In a separate bowl, combine sliced strawberries, mint, lime juice, and the remaining honey.
- Refrigerate both bowls for 2 hours, stirring a couple of times to allow flavours to combine and marinate.
- To serve, spoon yoghurt onto strawberries and swirl through. Sprinkle with walnuts.

**Nutrition Per Serve:** Energy 1234kj / 294 cal

**Protein:** 11.4g **Fibre** 5g **Total Fat:** 15.7g

**Carbohydrates:** 23g **Total Sugar:** 23.1g

**Free Sugar:** 14g





## DINNER

### MEXICAN CHICKEN & VEGGIE BURRITOS

**Prep Time: 10 mins Cooking Time: 20 mins**

A great family friendly recipe that is loaded with fibre and protein to give you a healthy energy boost.

#### Ingredients (Makes 1 serve)

- 15 grams of frozen spinach
- 2 teaspoons extra virgin olive oil (10 mls)
- 1/8 chopped red onion (12.5 grams)
- 1/2 clove minced garlic (1.5 grams)
- 100 grams of lean chicken mince
- 1 teaspoon taco seasoning, salt reduced (1 gram)
- salt
- pepper
- 1/4 cup corn kernels, fresh or tinned (40 grams)
- 1/2 finely sliced small red chilli (5 grams)
- 1/2 chopped tomato (50 grams)
- cooking oil spray
- 2 mini tortilla wraps (48 grams)
- 1 tablespoon grated reduced-fat cheddar cheese (20 grams)
- 1 tablespoon reduced-fat Greek natural yoghurt (20 grams)
- 1 tablespoon chopped fresh coriander (5 grams)

#### Method

- Squeeze any excess liquid from the spinach and coarsely chop.
- Heat oil in a frypan over a medium heat.
- Add the onion and cook for 2-3 minutes until it begins to soften. Add the garlic and cook for 30 seconds. Add the chicken mince, taco seasoning and some salt and pepper. Cook until meat is browned, around 5 minutes.
- Add the corn, chilli (optional), tomato and spinach and stir until everything is well combined.
- Preheat oven to 180C. Lightly spray a baking dish with cooking oil spray.
- Divide chicken and vegetable mixture between the tortilla wraps and roll up. Place in baking dish seam side down so they stay rolled up. Sprinkle with cheese and place in oven for 15 – 20 minutes, until the cheese is golden and wraps are lightly browned.
- Serve burritos topped with yoghurt and a sprinkle of coriander leaves.

**Nutrition Per Serve:** 1734kj / 412 cal

**Protein:** 30.8g **Fibre** 3.6g **Total Fat:** 21.3g

**Carbohydrates:** 22.8g **Saturated Fat** 5.1g

**Total Sugar:** 4.2g **Free Sugar:** 0.0g





## DESSERT

### HOMEMADE APPLE JELLY

**Prep Time: 2 mins Cooking Time: 120 mins**

Apples are high in vitamins, minerals and good carbohydrates which provide us with rapid absorbing energy.

#### Ingredients (Makes 1 serve)

- 1 cup fresh apple juice (250 mls)
- 3 teaspoons lemon juice (15 mls)
- 2 teaspoons honey (10 mls)
- 1 tablespoon powdered gelatine (16 grams)

#### Method

- Combine apple and lemon juices, then divide mix in half.
- Add powdered gelatine to one half of the juice and set aside.
- Place other half of juice in a saucepan with the honey and bring to a boil, then add to the cold juice mixture.
- Stir to dissolve the gelatine and pour into a shallow dish or jelly mould.
- Place in the fridge to cool for 2-3 hours or according to gelatine packet directions.
- Serve when completely set.

**Nutrition Per Serve:** Energy 934kj / 222 cal

**Protein:** 17g **Total Fat:** 0.1g **Carbohydrates:** 39g

**Total Sugar:** 38.6g **Free Sugar:** 12g



the healthy Mummy  
**28 DAY**  
WEIGHT LOSS CHALLENGE

## TOP 10 FOODS TO INCLUDE IN YOUR DIET FOR ENERGY BOOSTING

Eating a well balanced diet is really important when wanting to ensure you have enough energy to do everything your day involves. Often as busy mums we put ourselves last and skip meals or snack on sugary treats thinking they'll give us an energy boost.

What we really need to do is take a few minutes each week to prepare a healthy eating meal plan like that from the May 28 Day Challenge so we can eat healthier meals more often and less processed foods, leading to more energy, naturally.

The following foods are included regularly throughout the Energy Boosting Challenge as they provide loads of energy:

**1. EGGS** are a nutrient-rich source of high-quality protein and provide several B vitamins required for the production of energy in the body, such as thiamine, riboflavin, folate, B12 and B6.

**2. OATS** are a great start to the day, as they provide plenty of complex carbohydrates to provide enough energy to last most of the day.

**3. CHEESE** is high in vitamin B2 which is involved in converting energy from food for use by the body.

**4. EGGPLANTS** are a good source of dietary fibre for bowel health, and B vitamins to boost energy levels.

**5. BABY SPINACH** is high in iron. When we lack iron it can affect how efficiently our bodies use energy.

**6. BANANAS** are high in fibre, therefore they will help to eliminate toxins and give us more energy.

**7. CACAO NIBS** provide antioxidants to boost our brain neurotransmitters, offering a quick energy boost.

**8. BEEF** is high in haem iron. This is the easiest form of iron to absorb and will help oxygenate the blood to provide moderate amounts of energy.

**9. APPLES** are high in vitamins, minerals, and good carbs, which give us rapid absorbing energy.

**10. BARLEY** is an excellent choice for promoting energy. It contains a range of B vitamins such as B1 (thiamin), B2 (riboflavin), B5 (pantothenic acid), vitamin B6 and folate, all of which assist in the conversion of food to energy.

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## WAYS TO BOOST YOUR ENERGY VIA HEALTHY EATING

There are several nutrients in food that provide us with energy. The most prevalent being iron and B vitamins.

When we lack iron in the diet, we cannot make enough red blood cells. Without sufficient healthy red blood cells, our bodies can't get enough oxygen. If we're not getting sufficient oxygen in the body, we can become fatigued.

There are two different types of iron we receive from our diets; plant based iron called non-haem iron and animal based iron called haem iron.



FROM  
 CHALLENGE  
 NUTRITIONIST  
 ELISHA DANINE

### NON-HAEM (PLANT BASED) FOODS THAT ARE HIGH IN IRON INCLUDE:

- Tofu (1/2 cup): 6.6 mg iron
- Spirulina (1 tsp): 5 mg iron
- Pumpkin seeds (30g): 4.2 mg iron
- Quinoa (120g): 4 mg iron
- Tomato paste (120g): 3.9 mg iron
- White beans (1/2 cup) 3.9 mg iron
- Dried apricots (1 cup): 3.5 mg iron
- Cooked spinach (1/2 cup): 3.2 mg iron
- Prune juice (240ml): 3 mg iron
- Lentils (120g): 3 mg iron
- Peas (1 cup): 2.1 mg iron
- Liquorice strip (45cm), 10mg iron

### HAEM (ANIMAL BASED) FOODS THAT ARE HIGH IN IRON INCLUDE:

- Oysters (12): 7mg iron
- Steak (150g): 5.5mg iron
- Lamb fillet (160g): 5.5mg iron
- 20 small mussels: 15mg iron
- 2 large eggs: 2mg iron

### FOODS HIGH IN B VITAMINS INCLUDE:

The B vitamins include thiamin, riboflavin, niacin, folate (also called folic acid), vitamin B6, vitamin B12, biotin and pantothenic acid. The B vitamins work collectively and individually in every cell to perform many different jobs, including helping the body release the energy it gets from carbohydrates, proteins and fats.

- Pork
- Dark green leafy vegetables
- Fortified whole-grain cereals and baked goods
- Wheat germ
- Enriched rice
- Green peas
- Lentils
- Nuts such as almonds and pecans

EATING B VITAMINS DAILY IS IMPORTANT FOR ENERGY, AS OUR BODY DOES NOT READILY STORE THESE VITAMINS FOR LATER USE.





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



# energy boosting challenge

## BURPEE WITH LEG LIFT

### Starting Position

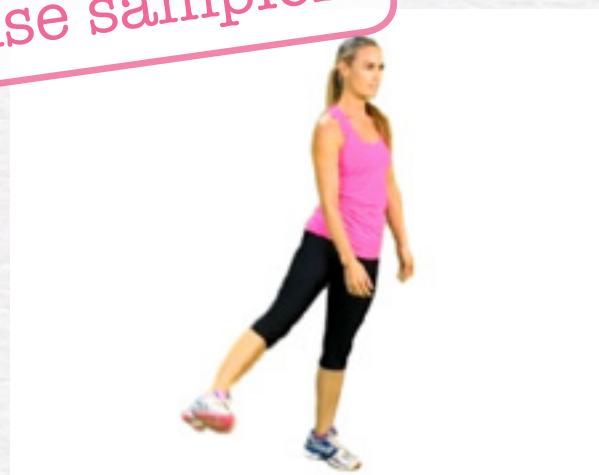
Stand tall with your feet hip width apart and arms by your sides.

### Execution

Exhale as you jump, lifting both arms overhead. Inhale, squat down and place your hands on the floor in front of your feet. Exhale as you jump your feet back behind you, keeping your knees slightly bent. Inhale, push off from your toes and bring your feet back in toward your hands. Stand up and lift your right leg out to the side to perform a lateral leg lift. Repeat exercise, alternating sides.

**BENEFITS: STRENGTHENS LOWER AND UPPER LEGS, GLUTES, CALVES, CORE, SHOULDERS AND ARMS.**

## exercise sampler



## PARALLEL SQUAT PUMPS

### Starting Position

Stand in a neutral position, hips shoulder width apart. Arms are by your side and toes are 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. Hold the squat position for 1-2 seconds, then tighten your glutes and slightly straighten your legs to create a pumping motion. Breathe continuously through the movement. Exhale as you engage your core and push off your heels to standing.

**BENEFITS: STRENGTHEN LEGS, GLUTES AND CORE.**



## FULL PLANK HOLD

### Starting Position

Begin on your hands and knees with your hands at shoulder height, facing forward. Slowly step up into full plank position, keeping feet shoulder width apart and arms directly underneath shoulders.

### Execution

Engage your powerhouse by pulling your belly button toward your spine and hold, keeping your core and lower back strong and stable. Repeat exercise as necessary or hold this position continuously for 1 minute.

**BENEFITS: STRENGTHENS CORE AND UPPER BODY.**



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## PILATES ABDOMINAL SWING

### Starting Position

Lie flat on your back with legs in table top position and place your hands underneath your thighs.

### Execution

Inhale and bring your knees toward your chest. Exhale, lift your head and upper body as you roll forward slightly and lengthen your legs. Repeat exercise.

**BENEFITS: CORE, UPPER BODY AND LEG STRENGTHENING.**



## 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: CORE AND LEG STRENGTHENING.**



## HOW TO BOOST ENERGY WHEN YOU'RE A BUSY MUM

**Conscious daily activities that support increased energy are just as important, if not more important for mums, with all the activities and sleep changes that being a mummy can bring. Next time you are feeling tired at the end of a long night or day and feel you want to reach for the iPad or a coffee, try these 5 Energy Boosters instead:**

**DITCH THE TECH** After a long day it's not uncommon to want to sit down, turn on Netflix or grab the iPad. While physical rest is imperative for relaxation and recovery, technology may have less stress-reducing effects than we may think. Turning off the gadgets, spending some time in nature or simply opening the curtains to let some light in can relax the brain rather than stimulate it and help to rejuvenate the mind, restore focus and improve energy levels.

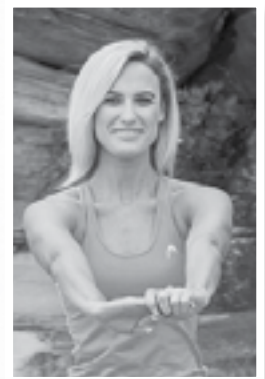
**TURN IT UP** Research shows uplifting music can reduce anxiety, lower blood pressure, and increase feel-good hormones which in turn increases energy. Recent studies show that people who listen to restful music before bed actually sleep better and show less signs of stress in daily life.

**BOOST POSITIVITY** Ever noticed that happy people tend to have more energy? Simply choosing better-feeling thoughts toward yourself, your body and your life, can have a positive effect on energy levels. Fill your body with fresh air by taking 5 deep breaths to reset your nervous system and then think of 5 things you are grateful for in everyday life. You may be surprised how quickly your body responds with a boost of positive energy.

**STAY HYDRATED** One of the fastest ways to boost your mood and energy is to drink a glass of water. When your cells are dehydrated they shrink and even brain cells find it more difficult to function well. When you are out and about in the heat of the day, make sure you water your brain cells regularly so you can stay on top of your game and feeling good.

**MOVE IT** Science shows that people who are physically active feel more energetic than more sedentary people. The body is designed to move and flush out toxins and simply choosing new ways to move your body may wake up sluggish or inactive areas. If you are sitting in a chair, try rolling your feet forward and backward from your heels to your toes or take your arms up overhead to increase blood flow. Begin moving your body in new ways outside of your workout time. Shake it, wiggle it, step up the pace. Keeping your circulation moving will help the cells to work at their optimum, stimulate neurotransmitters and increase energy.

If you're feeling drained after a long day, exhausted after a night on little sleep or simply just not feeling your best, turn to these simple at-home strategies for an all-natural energy booster.



**FROM CHALLENGE FITNESS  
EXPERT MARISSA NIEVES**



# why we love the 28 day weight loss challenge



**TAWHAI  
LOST 50KG!**

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



**RAE  
LOST 15KGS**

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



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

**KAT  
LOST 27KGS**

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

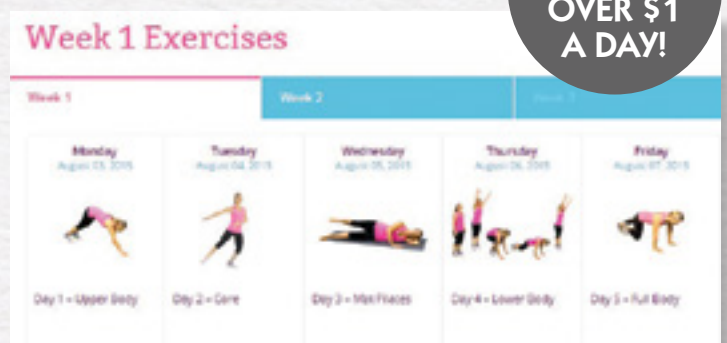


**LAUREN  
LOST 46KGS**

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

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

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



[www.losebabyweight.com.au](http://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](http://www.facebook.com/groups/losebabyweight)

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



TASHEENA HAS  
LOST 44KG



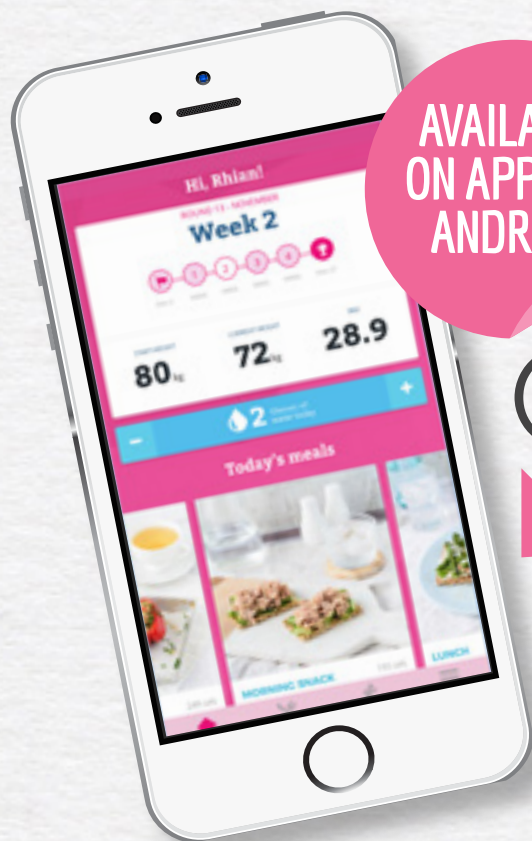
TAWHAI HAS  
LOST 46KG

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

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AVAILABLE  
ON APPLE &  
ANDROID

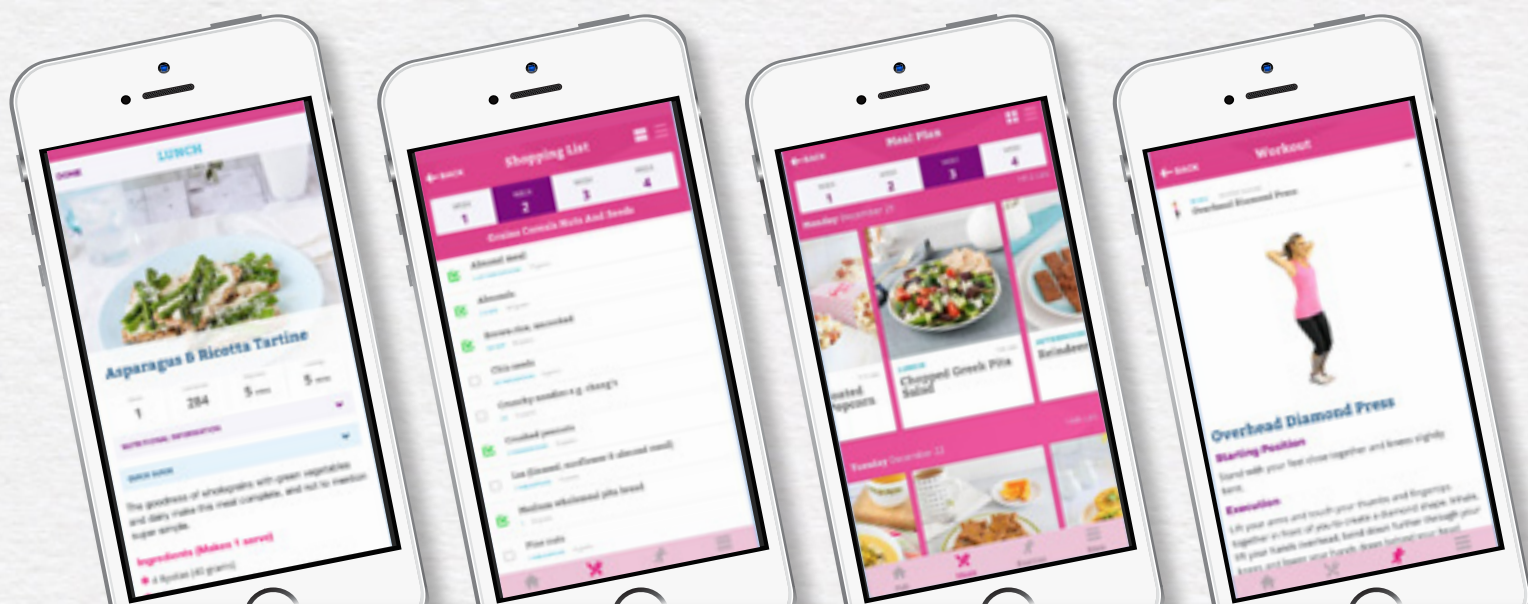
the healthy Mummy  
**28 DAY**  
WEIGHT LOSS CHALLENGE  
FOR BUSY MUMS

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



# about the healthy mummy smoothies

Smoothies are an **optional extra.**

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

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

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

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

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

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

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## 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
<b>Protein (g)</b>	<b>54.9</b>	16	30	34	19.3	19	36	32	48
<b>Carbs (g)</b>	<b>9.3</b>	57	39	43	58	51	44	53.5	27.5
<b>Sugar (g)</b>	<b>1.6</b>	46	32	32	52.8	46	40	32	22.5
<b>Fibre (g)</b>	<b>26.7</b>	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

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