the healthy Mummy 28DAY WEIGHT LOSS CHALLENGE

7 DAY tummy tamer GUIDE

HOW TO USE THIS GUIDE:

- ✔ Read all the great information
- ✔ Try the delicious food and smoothie recipes
- ✔ Follow the 7 Day Tummy Teaser exercise plan

If you love it, join the 28 Day Weight Loss Challenge to continue taming your tummy!

the healthy Mummy

28 DAY WEIGHT LOSS CHALLENGE

One of the most frustrating parts about losing weight and achieving the body of your dreams is looking into the mirror and seeing what is commonly termed "the overhang", "the pouch" or most affectionately of all, "the mothers apron".

No matter how much weight you lose or how much the needle on the scales falls, when you look in the mirror you still see what can only be described as a deflated balloon looking back at you.

So what can be done about this most frustrating of fat deposits? Well the good news is that you can leap over this final weight loss hurdle – the bad news is that you're going to have to work pretty hard for it.

We have put together a 7 Day Tummy Tamer Guide that will make it simple and easy for you to do in your busy schedule. The guide takes you through a variety of meals (directly from our 28 Day Weight Loss Challenge) that you can choose from, some delicious green Healthy Mummy smoothies and a 7 Day Exercise regime that will help you lose that overhang!

Our mums are raving about losing stomach fat on our plans.
Check out their results below!







www.losebabyweight.com.au - click here to join today!

the healthy Mummy 28DAY WEIGHT LOSS CHALLENGE

elisha's top tips to... BEAT THE BELLY BLOAT



ELISHA DANINE
NUTRITIONIST BSC COMPL. MED., ADV. DIP. NUT. MED.

MAKE WATER YOUR NUMBER ONE DRINK OF CHOICE. Many people don't realise they drink a lot of their calories; 2 x 600ml bottles of soft drink contain as many as 500 calories – this could be the difference between losing weight and hitting a plateau.

DRINK HOME MADE ICED GREEN TEA. The catechins in green tea – called Epigallocatechin gallate (EGCG), have a proven effect on metabolism and weight loss. Make a pot of green tea and cool. Place in a jug with a squeeze of lemon and/or some mint leaves or fruit slices and refrigerate until cold. Then you'll always have a healthy, refreshing drink on hand.

CHEW YOUR FOOD WELL BEFORE SWALLOWING. Your stomach doesn't have teeth so chewing your food better will reduce the amount of air you swallow with the food (a cause of bloating). It also makes you eat slower, which is helpful in reducing food intake - therefore helping you to eat smaller portion sizes.

REDUCE GLUTEN IF NEEDED. Many people have a gluten allergy or intolerance and are unaware. Bloating, constipation and gas are all possible side effects caused by gluten containing foods. If you notice bloating or side effects after eating foods high in gluten then eliminating ingredients such as barley, rye, oats and wheat for a period of 4 weeks will help establish whether you have an intolerance or not. Speak to a medical practitioner or nutritionist to discuss the issue further.

REDUCE DAIRY. Like gluten, dairy can cause similar side effects such as bloating, gas and diarrhoea. If you have an intolerance to dairy, start by minimising cheese and milk from the diet, keeping in beneficial dairy such as yoghurt.

EAT FERMENTED FOODS. These foods have a probiotic effect on the gut, helping to produce more good bacteria. These good bacteria help keep our weight in check by preventing obesity. Some easy to make fermented foods include kombucha, kefir water and sauerkraut.

AVOID FOODS HIGH IN FRUCTOSE: Fructose is usually better tolerated in the presence of glucose. This means food containing at least as much glucose as fructose are often better tolerated by the body than just foods high in fructose. Fructose intolerance can lead to bloating immediately after eating.

If you suspect you have an intolerance to fructose then seek medical advice or go to a nutritionist to confirm your suspicions. If you do have an intolerance, foods to avoid include: apples, dates, figs, blueberries, mango, watermelon and grapes. The Healthy Mummy Smoothies are proudly free of fructose.

ADD DIGESTIVE ENZYMES: These help when a deficiency in certain enzymes in the body prevent food from being broken down properly and absorbed. If you lack any of the important enzymes such as lactase, protease or lipase, you may encounter bloating soon after eating.

Enzymes can be purchased in capsule form from a health food shop or naturopath and should be taking whilst eating each main meal.



the healthy Mummy 28DAY WEIGHT LOSS CHALLENGE

elisha's top foods to include WHEN YOU WANT TO LOSE BELLY FAT

HIGH FIBRE FOODS

The best thing you can do for your body is to eat fibre. It helps to prevent weight gain, by reducing appetite and helping to normalise bowel movements. There is some evidence that the weight loss effects of fibre target belly fat specifically, which is the harmful fat in the abdominal cavity that is strongly associated with metabolic disease.

The best high fibre foods to eat are chick-peas, apples, rolled oats, green beans, sweet potato and fresh berries.

LEAFY GREENS

Greens are high in fibre and phytonutri-ents. They are also a natural detox for the body, helping to alkalize and neutralize stomach acid. Kale, baby spinach, wheat grass and barley grass all promote alkalinity therefore helping with conditions such as IBS (inflammatory bowel syndrome). This can help reduce some of the belly bloat.

PROTEIN

By now you're all probably aware that protein is the macronutrient to eat to keep you fuller for longer. Proteins should be eaten at every meal and snack (if possible) alongside your carbohydrates and good fats. The best sources of protein include foods such as boiled eggs, tinned tuna, nuts and seeds, low fat cheese, Greek yoghurt, chicken breast and leg ham.

SPICY FOODS

Spicy foods contain a chemical called capsaicin. By adding some chilli or capsicum to your meals you're helping boost your metabolism naturally, without any harsh accelerants. Capsaicin also turns the bad, unhealthy white fat into fat-burning brown fat through a process called thermogenics. This is the process of creating heat from burning fat. So if you are eating a clean diet and are still having trouble moving the belly fat, this can help speed it up.



KEY FOODS TO AVOID WHEN WANTING TO LOSE BELLY FAT:

SIMPLE CARBOHYDRATES

Simple carbohydrates are digested faster, therefore you feel hungrier sooner. These types of carbs include white bread, white pasta, potato chips, lollies and soft drinks. They are highly processed, so contain less nutritional value and are lower in fibre than complex carbohydratess.

If you are at risk of diabetes or heart disease, it's best to give simple carbs a miss as they have been shown to increase your risk factors of these types of diseases.

ICE CREAM

Traditional store-bought ice-cream is high in saturated fats and sugars but it's hard to stop at one scoop! Many of the cheaper ice-creams are being filled with vegetable oil to save manufacturers lots of money.

Therefore, if it doesn't state 'dairy ice-cream' on the label, than there's a good chance you're eating this cheap oil that is also used in margarines, lipstick and detergents.

With all of the new handy high-speed blenders on the market, it's easy to make your very own fruity "ice cream" at home. Frozen strawberries and chilled coconut cream with a hint of Natvia is a good clean 'ice cream' recipe.

FAST FOODS

The common denominator with all the fast foods such as McDonalds, KFC, Hungry Jack's and Red Rooster – is that they use a load of salt in their foods. One reason is as a preservative as these fast food chains use mainly frozen ingredients and need a way for the meals to last longer once prepared. Another reason is to make the food taste better to keep you coming back for more!

The problem with salt or sodium is that it holds onto fluid in the cells, making you look and feel heavier. It's best to avoid these fast foods at all costs and make your own homemade healthier burgers and sweet potato fries, like the recipes in the Challenge Hub.

the healthy Mummy 28DAY WEIGHT LOSS CHALLENGE

tummy tamer green smoothies

GREEN ZUCCHINI SMOOTHIE

Prep Time: 5 mins

Zucchinis help maintain optimal health as they are a great source of manganese and vitamin C. They are also one of the best sources of dietary fibre and contain vitamin A, magnesium, folate, potassium, copper and phosphorus.

Ingredients (Makes 1 serve)

- 300 mls of coconut water
- 2 tablespoons Healthy Mummy Smoothie Mix Vanilla (25 grams)
- 1/2 chopped zucchini (55 grams)
- 1 tablespoon chia seeds (16 grams)
- 1/4 pear (50 grams)
- 1/2 cup kale leaves (15 grams)
- 1/2 Lebanese cucumber (100 grams)
- 1 stalk chopped celery (40 grams)
- 2 teaspoons lime juice (10 mls)
- ice cubes

Method

- Place all ingredients into a blender.
- Blend on high for 2-3 minutes until well combined and smooth. Serve.

Nutrition Per Serve: **Energy:** 1010kj / 240 cal **Protein:**17.5g **Fibre:**17g **Total Fat:**8g **Carbohydrates:**20g **Saturated Fat:**1.5g **Total Sugar:**14g **Free Sugar:**4g

CLICK HERE TO BUY THE HEALTHY MUMMY SMOOTHIES



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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THE GREEN MACHINE SMOOTHIE

Prep Time: 5 mins

Smoothies are a great way to increase your intake of leafy greens like spinach that contain a lot of fibre to help with belly fat reduction.

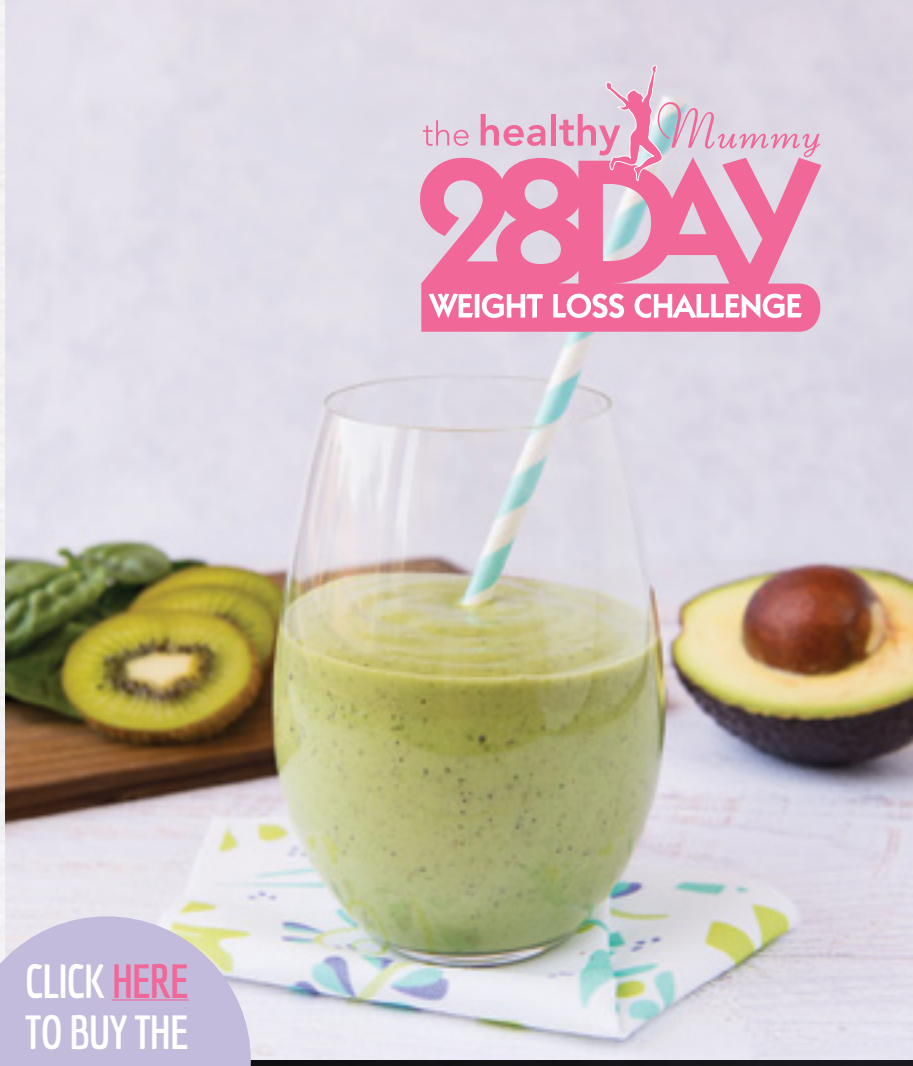
Ingredients (Makes 1 serve)

- 2 tablespoons Healthy Mummy Smoothie Mix Vanilla (25 grams)
- 1 cup coconut water (250 mls)
- 1/2 avocado (60 grams)
- 1/2 cup baby spinach (15 grams)
- 1 Kiwi fruit (70 grams)
- 1 tablespoon lime juice (20 mls)

Method

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

Nutrition Per Serve: **Energy:** 1010kj / 240 cal **Protein:**14.5g **Fibre:**13g **Total Fat:**11g **Carbohydrates:**20g **Saturated Fat:**2g **Total Sugar:**11.5g **Free Sugar:**4g



CLICK HERE TO BUY THE HEALTHY MUMMY SMOOTHIES

ANTIOXIDANT SMOOTHIE

Prep Time: 5 mins

The antioxidants in Green Tea help to reduce bloating and suppress appetite to help reduce tummy fat.

Handy tip: peel and freeze kiwi fruit for a refreshingly icy drink. Brew green tea and then store in a jug in the fridge so you have it on hand to make smoothies like this one.

Ingredients (Makes 1 serve)

- 1 Kiwi fruit (70 grams)
- 1/2 tablespoon grated fresh ginger (8 grams)
- 1 cup baby spinach (30 grams)
- 2 tablespoons lemon juice (40 mls)
- 2 tablespoons Healthy Mummy Smoothie Mix Vanilla (25 grams)
- 1 cup green tea (250 mls)

Method

- Cool the green tea before placing all ingredients in a blender and mixing until well combined.

Nutrition Per Serve: **Energy:** 558kj / 133 cal **Protein:**12g **Fibre:**9g **Total Fat:**2g **Carbohydrates:**12.5g **Saturated Fat:**0.2g **Total Sugar:**9g **Free Sugar:**2.6g



the healthy Mummy 28DAY WEIGHT LOSS CHALLENGE

CREAMY KIWI GREEN SMOOTHIE

Prep Time: 5 mins

An easy to prepare nutritious green smoothie filled with the goodness of dark leafy greens that assist with belly bulge reduction.

Ingredients (Makes 1 serve)

- 300 mls of coconut water
- 2 tablespoons Healthy Mummy Smoothie Mix Vanilla (25 grams)
- 1/2 cup baby spinach (15 grams)
- 1/2 peeled Kiwi fruit (35 grams)
- 1/4 cucumber (50 grams)
- 1/2 frozen banana (45 grams)
- ice cubes

Method

- Place all ingredients into a blender.
- Blend on high for 2-3 minutes until smooth. Serve.

Nutrition Per Serve: **Energy:** 723kj / 172 cal
Protein:14g **Fibre:**9g **Total Fat:**2g
Carbohydrates:21g **Saturated Fat:**1g
Total Sugar:17g **Free Sugar:**5g



CLICK HERE TO BUY THE HEALTHY MUMMY SMOOTHIES

GREEN GODDESS SMOOTHIE

Prep Time: 5 mins

Spinach contains high levels of vitamins, iron and minerals and is high in fibre, so great to add to smoothies when wanting to fight belly fat.

Ingredients (Makes 1 serve)

- 2/3 cup baby spinach (20 grams)
- 1/4 avocado (30 grams)
- 2 tablespoons Healthy Mummy Smoothie Mix Vanilla (25 grams)
- 2 peeled Kiwi fruit (140 grams)
- 1 cup reduced-fat milk of choice (250 mls)

Method

- Place all ingredients in a blender (add some ice cubes if desired) and mix until well combined.

Nutrition Per Serve: **Energy:** 1378kj / 328 cal
Protein:23g **Fibre:**13g **Total Fat:**10g
Carbohydrates:34g **Saturated Fat:**3g
Total Sugar:29g **Free Sugar:**1g



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

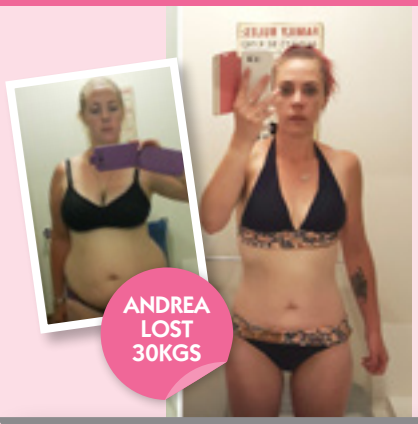
THE HEALTHY MUMMY SMOOTHIE IS A DELICIOUS AND NUTRITIOUS MEAL REPLACEMENT PRODUCT, DESIGNED ESPECIALLY FOR MUMS.

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

www.losebabyweight.com.au - click here to join today!

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



"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

tummy tamer recipes

Breakfast

COCONUT & BERRY BAKED OATS

Prep Time: 3 mins Cooking Time: 20 mins

Starting the day with oats will help you feel fuller for longer, avoiding cravings for unhealthy snacks that can lead to belly fat.

Ingredients (Makes 1 serve)

- 1 cup almond milk, unsweetened (240 mls)
- 1/3 cup rolled oats (33 grams)
- 1 tablespoon chia seeds (15 grams)
- 2 teaspoons shredded coconut (5 grams)
- 1/4 cup blueberries, fresh or frozen (60 grams)

Method

- Preheat oven to 180C.
- In a baking dish, combine oats, milk, chia seeds and blueberries. Sprinkle coconut on top.
- Bake for 20 minutes or until liquid is absorbed and coconut has started to brown.
- Serve once slightly cooled.

Nutrition Per Serve: **Energy:** 1521kj / 362 cal **Protein:**6.7g **Fibre:**10.3g **Total Fat:**19.2g **Carbohydrates:**36.5g **Saturated Fat:**4.3g **Total Sugar:**7.4g **Free Sugar:**0.0g



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.

Breakfast

EGG & CHEESE BREAKY CUP

Prep Time: 5 mins Cooking Time: 10 mins

Including protein like that from eggs and cheese in your first meal of the day will help you to boost your metabolism and beat cravings to help reduce tummy bulge. A good recipe for the kids' lunch boxes too. This recipe makes 3 serves.

Ingredients (Makes 3 serves)

- cooking oil spray
- 1 teaspoon butter (4 grams)
- 1 brown onion (100 grams)
- 1/2 teaspoon dried thyme leaves (0.5 grams)
- salt
- pepper
- 6 free-range eggs (300 grams)
- 1 chopped tomato (100 grams)
- 1 & 1/2 tablespoons grated reduced-fat cheddar cheese (30 grams)

Method

- Preheat oven to 180C. Lightly spray 6 muffin tin holes with cooking oil spray.
- Slice the onion and sauté in a saucepan over medium heat with butter, dried thyme, salt and pepper.
- When cooked, evenly distribute the onions across the muffin tin holes.
- Crack an egg into each muffin tin hole on top of the onions. Top with cheese and a grind of pepper.
- Place muffin tray into the oven for 10 minutes or until the eggs have cooked and are set.
- Serve 2 egg cups per person and top with chopped tomato.

Nutrition Per Serve: **Energy:**1392kj / 331 cal **Protein:**29.6g **Fibre:**1g **Total Fat:**22.3g **Carbohydrates:**3.4g **Saturated Fat:**7.5g **Total Sugar:**2.8g **Free Sugar:**0.0g



the healthy Mummy 28DAY WEIGHT LOSS CHALLENGE

Lunch

CREAMY CHICKEN SALAD

Prep Time: 10 mins Cooking Time: 8 mins

This salad is delicious and easy to prepare but more importantly it's loaded with protein and fibre to improve digestion and reduce bloating.

Ingredients (Makes 1 serve)

- 120 grams of chicken breast fillets
- cooking oil spray
- 1 tablespoon reduced-fat Greek natural yoghurt (20 grams)
- 1 tablespoon reduced fat mayonnaise (20 grams)
- 2 teaspoons fresh dill (2.5 grams)
- 1 teaspoon lemon juice (5 mls)
- pepper
- 1 tablespoon chopped walnuts (10 grams)
- 1 stalk finely diced celery (40 grams)
- 1/3 cup halved red or green grapes (50 grams)
- 1 cup cos lettuce (30 grams)

Method

- Lightly spray a non stick frypan with cooking oil spray over a medium-high heat.
- Add chicken breast and cook for 4-5 minutes on both sides until cooked through.
- Set aside to cool slightly, then chop.
- Combine yoghurt, mayonnaise, lemon juice and dill. Season with pepper.
- Add walnuts, celery, grapes and lettuce to a bowl with chicken pieces. Top with creamy dressing to serve.

Nutrition Per Serve: **Energy:** 1770kj / 421 cal **Protein:**35.8g **Fibre:**2.5g **Total Fat:**24g **Carbohydrates:**14.7g **Saturated Fat:**5.5g **Total Sugar:**13.3g **Free Sugar:**0.0g



Lunch

RICOTTA & VEGETABLE BAKE

Prep Time: 10 mins Cooking Time: 30 mins

Studies have shown that people who regularly eat meals high in protein, like that from cheese, and fibre from vegetables are more likely to have a lower percentage of belly fat.



Ingredients (Makes 1 serve)

- 1/4 cup reduced-fat ricotta cheese (60 grams)
- 2 tablespoons chopped fresh basil leaves (10 grams)
- 1/2 red capsicum (50 grams)
- 1/8 eggplant (50 grams)
- 1/2 zucchini (55 grams)
- cooking oil spray
- salt
- pepper
- 1/4 cup grated reduced-fat mozzarella cheese (40 grams)

Method

- Preheat the oven to 200C. Combine the ricotta cheese with chopped basil.
- Slice vegetables and place on a lined baking tray. Lightly spray with cooking oil spray and season with salt and pepper. Bake for 15-20 minutes, or until tender.
- In a baking dish (use a size to suit the number of serves you are preparing e.g. if making for one, use a small dish, if making for 4 use a medium sized dish) add a layer of the roasted vegetables, top with half of the ricotta cheese and basil mix.
- Top with another layer of the remaining vegetables, leaving a few slices for the top of the stack. Top with remaining ricotta cheese mix and add the final vegetable slices. Sprinkle over mozzarella cheese.
- Bake for 8-10 minutes, or until heated through and the cheese has melted. Serve immediately.

Nutrition Per Serve: **Energy:** 1013kj / 241 cal **Protein:**19.6g **Fibre:**3.5g **Total Fat:**14.5g **Carbohydrates:**6.8g **Saturated Fat:**9g **Total Sugar:**6.5g **Free Sugar:**0.0g

the healthy Mummy 28DAY WEIGHT LOSS CHALLENGE

Dinner

BEEF CHOW FUN

Prep Time: 15 mins Cooking Time: 7 mins

A nourishing and easy to prepare dish that is loaded with protein, fibre and grains to keep you full and avoid the belly bulge.

Ingredients (Makes 1 serve)

- 100 grams of lean sirloin steak
- 1 teaspoon soy sauce, salt reduced (5 mls)
- 1 teaspoon Chinese rice wine (5 mls)
- 1 teaspoon cornflour (2.5 grams)
- 1/4 cup liquid beef stock, salt reduced (62.5 mls)
- 1/2 cup snow peas (50 grams)
- 1/4 red capsicum (25 grams)
- 1 clove garlic (3 grams)
- 100 grams of wide rice noodles
- 1 teaspoon sesame oil (5 mls)
- 1 teaspoon black bean sauce (5 mls)

Method

- Dissolve the cornflour in the stock and set aside.
- Slice the steak into thin strips and combine with the soy sauce and rice wine and marinate for 10 minutes.
- While the steak is marinating, chop capsicum and wash snow peas. Peel and chop the garlic. Prepare the noodles according to packet instructions.
- Heat wok or frypan over high heat and add oil. When the oil is hot, add the beef including marinade, and capsicum and cook for a minute. Add black bean sauce and garlic and continue to stir fry the beef until it is nearly cooked through, approximately 3-4 minutes.
- Add the snow peas and stock/cornflour mixture and cook for 2 minutes until sauce is glossy and snow peas are tender-crisp. Add noodles and toss to combine before serving.

Nutrition Per Serve: **Energy:**1681kj / 400 cal **Protein:**33g **Fibre:**2.5g **Total Fat:**16.2g **Carbohydrates:**28.3g **Saturated Fat:**5.3g **Total Sugar:**3.3g **Free Sugar:**1.1g



Dinner

CHICKEN MINCE PATTIES

Prep Time: 35 mins Cooking Time: 10 mins

Chicken is an inexpensive, lean protein that will help you boost your metabolism to assist with tummy fat fighting. You can enjoy these patties hot or cold. Perfect for lunch boxes as well. Store leftovers in the fridge and grab the next day.

Ingredients (Makes 1 serve)

- 150 grams of lean chicken mince
- 1/2 tablespoon chopped fresh coriander (2.5 grams)
- 1/2 tablespoon chopped mint leaves (2.5 grams)
- 1/2 teaspoon lemon zest (2 grams)
- 1 free-range egg (50 grams)
- 1/4 cup wholemeal breadcrumbs (15 grams)
- salt
- pepper
- 1 & 1/2 tablespoons sweet chilli sauce (30 mls)
- 2 teaspoons fish sauce (10 mls)
- 2 teaspoons extra virgin olive oil (10 mls)
- 1 cup mixed lettuce leaves (30 grams)

Method

- Combine the fresh herbs, lemon zest, chicken mince, egg and breadcrumbs in a bowl. Season to taste with salt and pepper.
- Divide mixture into 3 equal portions (per serve). Shape each portion into a ball.
- Place on a lined oven tray, cover with plastic wrap and place in the fridge to chill for 30 minutes.
- Combine the sweet chilli sauce and fish sauce in a small bowl.
- When ready to cook patties, heat the oil in a fry pan over medium heat. Add the patties and cook for 3-4 minutes each side or until cooked through.
- Place lettuce on a serving plate and top with chicken patties. Drizzle over sweet chilli dressing to serve.

Nutrition Per Serve: **Energy:**2133kj / 507 cal **Protein:**38.6g **Fibre:**1.7g **Total Fat:**27.6g **Carbohydrates:**26.4g **Saturated Fat:**6.5g **Total Sugar:**14.5g **Free Sugar:**12.7g



Snack

BERRY BANANA QUINOA MUFFINS

Prep Time: 20 mins Cooking Time: 22 mins

Quinoa is a wholegrain that is loaded with fibre and protein to keep you satisfied and avoid cravings that can lead to an increase in belly fat. This recipe makes 6 serves so store leftovers in an airtight container in the fridge to enjoy throughout the week.

Ingredients (Makes 6 serves)

- 1/4 cup quinoa, uncooked (45 grams)
- 2/3 cup plain wholemeal flour (90 grams)
- 1/2 teaspoon baking powder (1.25 grams)
- 1/4 teaspoon salt (0.25 grams)
- 1 free-range egg (50 grams)
- 1 tablespoon melted butter (16 grams)
- 1/2 teaspoon vanilla extract (2.5 mls)
- 1 mashed banana (90 grams)
- 1/4 punnet chopped strawberries (62.5 grams)
- 1/4 cup water (62.5 mls)

Method

- Preheat the oven to 180C. Grease 6 muffin tin holes with cooking spray or use muffin liners. Cook quinoa as per packet directions and cool.
- In a mixing bowl, combine flour, baking powder, salt and quinoa.
- In a separate bowl, combine the mashed banana, butter, egg, water and vanilla and mix until smooth.
- Add banana mixture to dry ingredients and stir until just combined – do not overmix.
- Fold in chopped strawberries.
- Divide the batter between the prepared muffin tin holes. Bake for 20-22 minutes until a skewer comes out clean when inserted into the centre.
- Remove from oven and cool on a wire rack for 10 minutes before serving.
- 1 muffin is 1 serve.

Nutrition Per Serve: **Energy:**522kj / 124 cal **Protein:**4.3g **Fibre:**2.7g **Total Fat:**3.8g **Carbohydrates:**17.4g **Saturated Fat:**1.7g **Total Sugar:**2.9g **Free Sugar:**0.0g



Dessert

CHOC-TOP BANANA SOFT SERVE

Prep Time: 5 mins

Good quality dark chocolate contains antioxidants and has a low glycemic index, which means it helps stabilise blood sugar levels to help suppress appetite and avoid overeating that can lead to an increase in tummy fat.

Ingredients (Makes 1 serve)

- 1 & 1/2 tablespoons dark chocolate bits (15 grams)
- 1 diced frozen banana (90 grams)
- 2 tablespoons reduced-fat Greek natural yoghurt (40 grams)

Method

- Place banana and yoghurt into a blender and blitz until well combined.
- Place chocolate bits in a microwave-safe dish and cook in 20 second batches until melted.
- Serve immediately as a soft serve type "ice-cream", topped with the melted chocolate.

Nutrition Per Serve: **Energy:**841kj / 200 cal **Protein:**4.8g **Fibre:**3.6g **Total Fat:**7.2g **Carbohydrates:**27.9g **Saturated Fat:**4.2g **Total Sugar:**21.9g **Free Sugar:**5.2g





	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
PIKE WALK	X 5	X 8	X 10	X 12	X 16	X 18	X 20
ELBOW PLANK SIDE WALK	X 6	X 8	X 10	X 12	X 16	X 18	X 20
SIDE PLANK WITH ARM LIFT	X 5	X 8	X 10	X 12	X 16	X 18	X 20
SINGLE LEG RAISE	X 6	X 8	X 10	X 12	X 16	X 18	X 20
V LIFT AND OBLIQUE TWIST	X 6	X 8	X 10	X 12	X 16	X 18	X 20

the healthy Mummy 28DAY WEIGHT LOSS CHALLENGE

PRINT TOUR FREE 7 DAY TUMMY TAMER EXERCISE PLANER ON PAGE 19

7 day tummy tamer exercises

PIKE WALK

Starting Position
Begin by standing up tall, facing forward with arms by your sides.
Execution
Bend your knees and slowly move your hands down to the ground, walking your hands out in front of you. Exhale as you straighten your legs and walk your hands as far forward as possible or until you reach full plank position with your hands directly below your shoulders. Hold this position for one breath. Keep your core strong, bend your knees and walk your hands back in toward your feet. Roll up slowly through each vertebrae to starting position.
Benefits
Strengthens abdominals, core, back and hips.
Increases flexibility in lower back, legs and hips



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



REVERSE CRUNCH

Starting Position
Lie on your back with your palms facing down and fingers facing forward. Bend your knees and lift your feet in the air, keeping your lower back firmly planted on the floor.
Execution
Exhale as you raise your hips off the floor and crunch your upper legs in toward your body. Hold for one breath and slowly lower your legs back to starting position.
Repeat exercise.
Benefits
Strengthens lower and mid abdominals.



SIDE PLANK WITH ARM LIFT



Starting Position
Begin by lying on your right side, knees bent and in line with your body. Support yourself on your right elbow, ensuring the elbow is directly underneath your shoulder. Place your left hand flat on the floor in front of you to aid stability.
Execution
Exhale, engage your glutes and lift your hips off the floor, keeping them in line with your upper body. Inhale, as you slowly lift your arm and raise your hand toward the ceiling. In a controlled motion, return your hips and hand to the floor. Repeat exercise on the other side.
Benefits
Strengthens core, glutes, back and hips.

SINGLE LEG RAISE



Starting Position
Lie on the floor on your back with arms by your side and feet flat on the floor, shoulder width apart and a few inches from your torso. Straighten your left leg and hold 1-2 inches off the floor.
Execution
Exhale and slowly lift your left leg up toward you, keeping the left knee straight and right foot flat on the floor. Relaxing your head and neck on the floor, slowly return leg down to 1-2 inches off the floor. Perform exercise for 30 seconds and then repeat on opposite leg for 30 seconds.
Benefits
Strengthens legs and core.

V LIFT WITH OBLIQUE TWIST



Starting Position
Lie flat on your back with arms overhead holding a medicine ball. Engage your core, bend your knees and lift your knees toward you. Keep your lower back firmly planted on the floor, extend your knees and lengthen your legs.
Execution
Exhale and lift your arms off the floor, engage your core and reach the ball toward your right knee. Keep your lower back flat on the floor during the exercise. Hold for 1 second, then inhale and slowly roll down through your spine to starting position. Repeat exercise reaching toward your left knee and continue alternating sides. Bend knees and pull them in toward you as you return your feet to the floor.
Benefits
Strengthens core, legs and upper body.



7 day TUMMY TAMER!

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the healthy Mummy 28DAY WEIGHT LOSS CHALLENGE

marissa's top 5 reasons
WHY YOU MAY NOT BE LOSING BELLY FAT

Tummy taming workouts are more popular now than ever.
Among women, the most asked questions regarding fat loss are related specifically to the tummy area. Here are 5 reasons you may be losing fat elsewhere, but may not be targeting the belly!



MARISSA NIEVES
FITNESS EXPERT

1. SPOT TRAINING

Although, it seems logical to workout the abdominal area to remove unwanted belly fat, this is a common misconception. Simply training the tummy area with sit-ups, bridges and oblique crunches does not often aid the reduction of visceral fat. So, while core-conditioning exercises are great for strengthening the deeper core muscles, unfortunately, core exercises do not often remove belly fat on their own.

There are certainly workouts that do support a healthy reduction of belly fat and a combination of resistance and cardiovascular exercises can create the perfect workout to help to reduce stubborn body fat. The 28 Day Weight Loss Challenge HIIT workouts are designed to increase fat burning potential by offering high intensity workouts coupled with short rest periods.



2. SLEEP

We all know sleep is important for a variety of health reasons but it also helps to regulate body fat. Scientific studies have shown that those who sleep less than 5-6 hours per night are more than 35% more likely to gain extra weight than those who sleep longer.

If you're a busy mum and your sleep patterns have you up at night and during the day, try to take naps when your baby sleeps or the kids are at kindy or school. Or remove stimulus at least an hour before bedtime for a deeper sleep. A few household tasks left undone are far less important than your health and happiness. Just by deciding to spend a little more time in bed, you may reap the benefits of reducing unwanted belly fat.

3. SICKNESS

If you have been feeling unwell recently, it is possible your body may be holding onto body fat for health reasons. If you have been feeling unwell, choose to boost your immune system with plenty of pure water and whole foods high in vitamins A, C and E.

In addition, if your body has blood sugar or hormonal imbalances, it is possible that you may be carrying excess weight due to inflammation or high testosterone. If you have recently been unwell, contact your doctor to ensure there are no underlying health reasons for storing belly fat.

4. SUGAR

Many scientific studies link high sugar intake to heart attacks, inflammatory diseases, obesity and liver problems but not always to increased belly fat.

However, new studies show that visceral belly fat is often fuelled by sugar. According to the literature, it may be worth reducing sugar and increase fats to increase metabolism, support blood sugar balance and overall support women's health and fat loss.

It is well documented that consuming the right amount of monounsaturated fats and polyunsaturated fats such as omega 3s, actually aids the fat burning process. So there could be some great reward in reaching for an avocado over a sweet treat.

5. STRESS

Stress hormones are one of the culprits of lingering body fat. Scientific studies show a direct correlation between stress and belly fat.

Reducing stress may seem like a lifelong practice and it is. Small tasks and positive daily activities can reduce stress hormones such as cortisol considerably. These hormones, which peak from stress, can cause an increase of fluid retention and fatty deposits in the body.

Allow yourself more time out to rest, play and enjoy life. Give yourself some pamper time and one hour a week to do something you really love!

If you enjoyed the 7 Day Tummy Tamer guide, you will love the 28 Day Weight Loss Challenge!

the healthy Mummy 28DAY WEIGHT LOSS CHALLENGE FOR BUSY MUMS

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



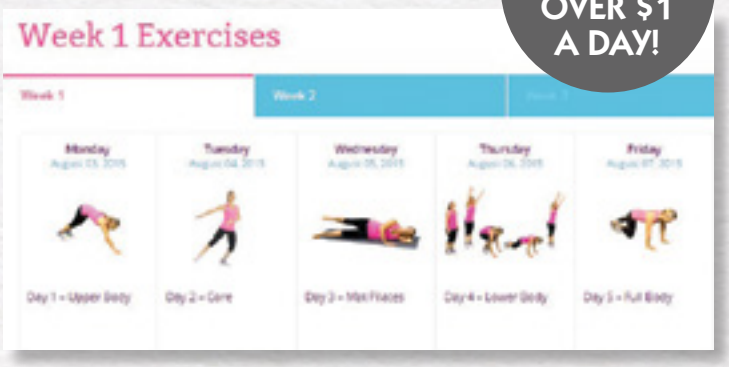
LAUREN LOST 46KGS

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 video instructions.

ALL THIS FOR JUST OVER $1 A DAY!





www.losebabyweight.com.au - click here to join today!

the healthy Mummy
28DAY
WEIGHT LOSS CHALLENGE
FOR BUSY MUMS



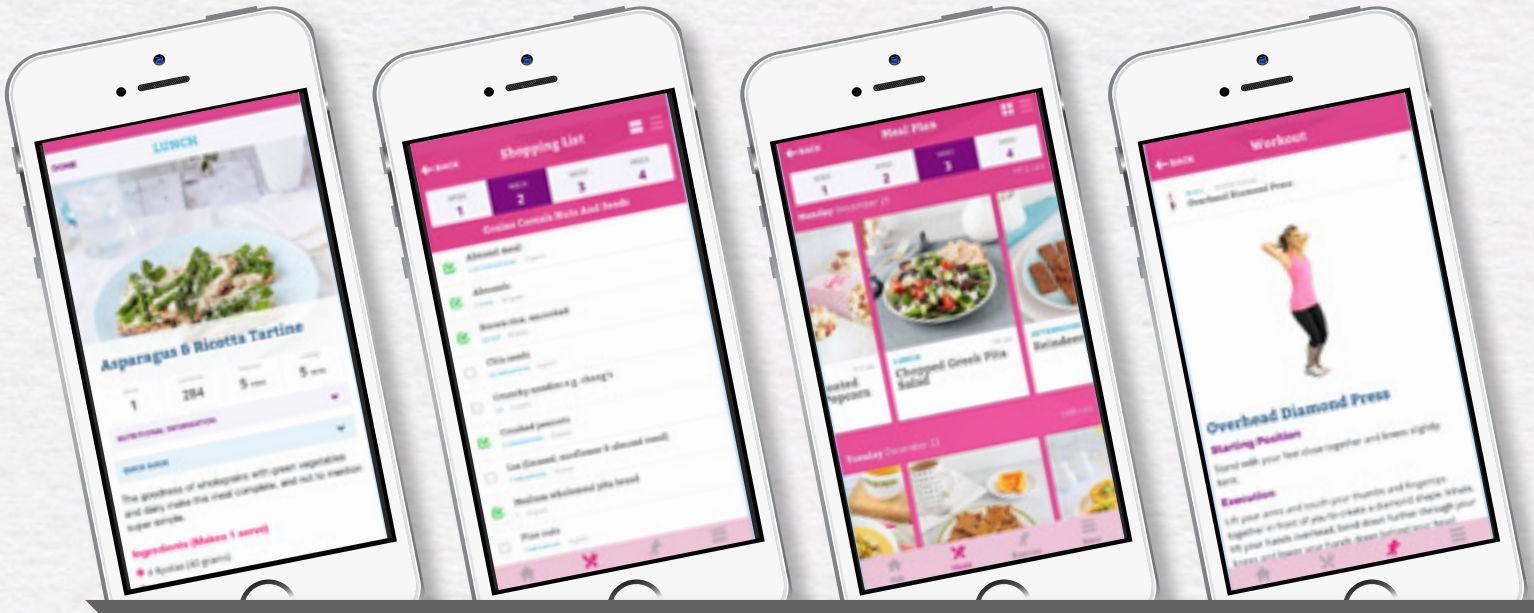
AVAILABLE ON APPLE & ANDROID

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 - click here to join today!

the healthy Mummy

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.

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

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





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

www.losebabyweight.com.au - click here to join today!