



7 DAY belly buster **CHALLENGE**



HOW TO USE THIS GUIDE:

- ✓ Read all the great information
- ✓ Try the delicious food and smoothie recipes
- ✓ Follow the 7 Day Belly Buster exercise plan

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

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 Belly Buster Challenge that will make it simple and easy for you to do in your busy schedule. The challenge 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!



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

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

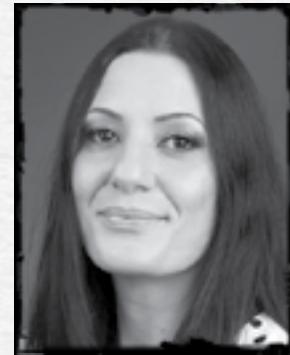
cheese and milk from the diet, keeping in beneficial dairy such as yoghurt.

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,



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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.



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 phytonutrients. 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 carbohydrates.

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, then 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.

belly buster 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

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 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.



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



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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



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



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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



belly buster 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
- 1/3 cup rolled oats
- 1 tablespoon chia seeds
- 2 teaspoons shredded coconut
- 1/4 cup blueberries, fresh or frozen

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
- 1 brown onion
- 1/2 teaspoon dried thyme leaves
- salt
- pepper
- 6 free-range eggs
- 1 chopped tomato
- 1 & 1/2 tablespoons grated reduced-fat cheddar cheese

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



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
- 1 tablespoon reduced fat mayonnaise
- 2 teaspoons fresh dill
- 1 teaspoon lemon juice
- pepper
- 1 tablespoon chopped walnuts
- 1 stalk finely diced celery
- 1/3 cup halved red or green grapes
- 1 cup cos lettuce

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
- 2 tablespoons chopped fresh basil leaves
- 1/2 red capsicum
- 1/8 eggplant
- 1/2 zucchini
- cooking oil spray
- salt
- pepper
- 1/4 cup grated reduced-fat mozzarella cheese

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



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
- 1 teaspoon Chinese rice wine
- 1 teaspoon cornflour
- 1/4 cup liquid beef stock, salt reduced
- 1/2 cup snow peas
- 1/4 red capsicum
- 1 clove garlic
- 100 grams of wide rice noodles
- 1 teaspoon sesame oil
- 1 teaspoon black bean sauce

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
- 1/2 tablespoon chopped mint leaves
- 1/2 teaspoon lemon zest
- 1 free-range egg
- 1/4 cup wholemeal breadcrumbs
- salt
- pepper
- 1 & 1/2 tablespoons sweet chilli sauce
- 2 teaspoons fish sauce
- 2 teaspoons extra virgin olive oil
- 1 cup mixed lettuce leaves

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



the healthy Mummy

28 DAY

WEIGHT LOSS CHALLENGE FOR BUSY MUMS

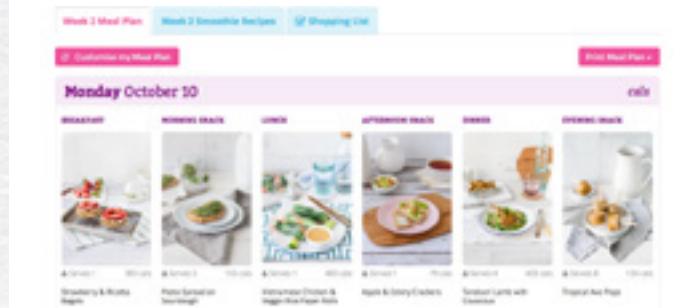
how our meal plans work

MADE FOR BUSY MUMS

Eating a well balanced diet is really important when wanting to work towards weight loss goals. Often as busy mums we find it stressful to ensure we and our families are eating nutritious meals, we have so much on, who wants to think about what's for dinner at the end of a busy day? **The Meal Plans from the 28 Day Weight Loss Challenge make eating well and reaching your healthy lifestyle goals so easy!**

1 A NEW PLAN IS RELEASED EVERY WEEK OF THE CHALLENGE.

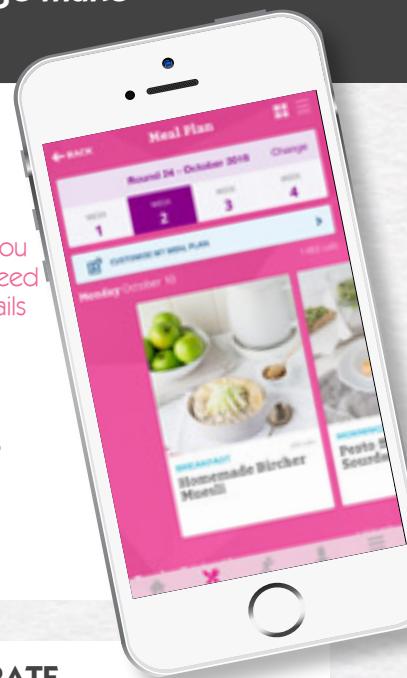
There are always new breakfast, lunch, dinner and snack ideas. Over 100 new recipes are added to the Challenge each month meaning the Meal Plans never get boring.



2 YOUR WHOLE WEEK IS PLANNED FOR YOU!

Recipes are developed by a qualified nutritionist ensuring you are getting the nutrients you need and include full nutritional details including calories per meal.

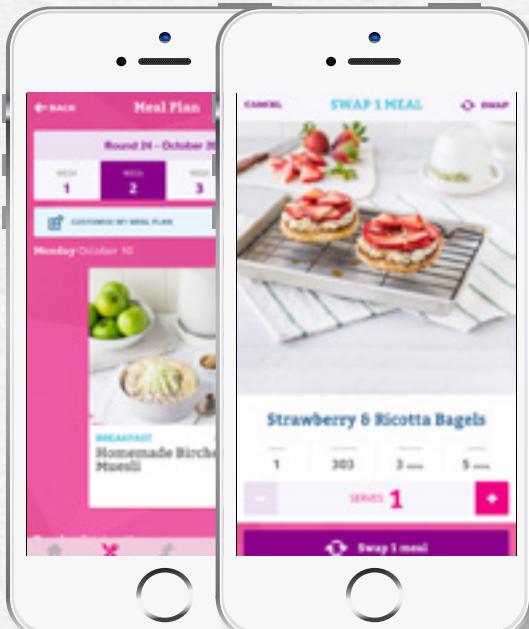
- **QUICK AND EASY TO PREPARE**
- **SIMPLE SUPERMARKET INGREDIENTS**
- **FAMILY AND FREEZER FRIENDLY**



3 MEAL PLANS ARE FULLY CUSTOMISABLE TO SUIT YOU AND YOUR FAMILY.

You can change serve sizes, change recipes to suit your tastes or food requirements, search from over 2500 recipes or save your favourite recipes to make meal planning super easy.

- **IT'S EASY - JUST SWAP AND SAVE!**



4 GENERATE YOUR SHOPPING LIST.

A shopping list and Meal Plan overview is generated to suit the Meal Plan you've saved, so you are fully prepared with all the tools you need to reach your weight loss and healthy lifestyle goals.





	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 WALK (each side)	X 6	X 8	X 10	X 12	X 16	X 18	X 20
REVERSE CRUNCH	X 5	X 8	X 10	X 12	X 16	X 18	X 20
SIDE PLANK WITH LIFT (each side)	X 6	X 8	X 10	X 12	X 16	X 18	X 20
LYING LEG RAISE	X 6	X 8	X 10	X 12	X 16	X 18	X 20
V-LIFT + OBLIQUE TWIST (each side)	X 6	X 8	X 10	X 12	X 16	X 18	X 20

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PRINT YOUR FREE 7 DAY BELLY BUSTER EXERCISE PLANNER ON PAGE 21

7 day BELLY BUSTER CHALLENGE

the healthy Mummy

7 day belly buster 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

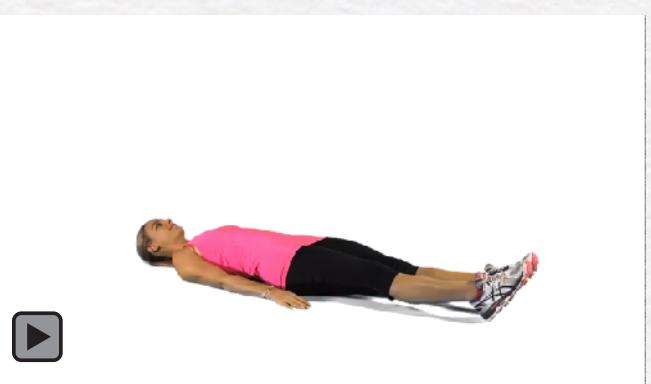
Lie on the floor on your back with arms by your side and feet flat on the floor, shoulder width apart and a few inches from your torso. Straighten your left leg and hold 1-2 inches off the floor.

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

BELLY BUSTER CHALLENGE

	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 WALK (each side)	X 6	X 8	X 10	X 12	X 16	X 18	X 20
REVERSE CRUNCH	X 5	X 8	X 10	X 12	X 16	X 18	X 20
SIDE PLANK WITH LIFT (each side)	X 6	X 8	X 10	X 12	X 16	X 18	X 20
LYING LEG RAISE	X 6	X 8	X 10	X 12	X 16	X 18	X 20
V-LIFT + OBLIQUE TWIST (each side)	X 6	X 8	X 10	X 12	X 16	X 18	X 20



www.healthymummy.com

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!

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.



MARISSA NIEVES
FITNESS EXPERT

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!



meet your healthy mummy fitness **TEAM**



Our Healthy Mummy Fitness Trainers are experienced, qualified personal trainers that participate in the 28 Day Weight Loss Challenge on a daily basis.

They offer a perfect training platform for mums that want to extend their challenge exercises or do their exercising in a group with like minded mums.



DESIGNED TO
COMPLIMENT THE
28 DAY WEIGHT
LOSS CHALLENGE



You can find one of our Healthy Mummy Fitness Trainers at
www.healthymummyfitness.com

why we love the 28 day weight loss challenge



"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



"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



"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



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.

[View Plan Customiser Demo](#)

Meal Plan Customiser - Week 1

1. Select the meal plan below you'd like to change, then click 'Change' and you will be taken to the meal plan change screen. If you only want to change one meal plan on the recipe select the number of meals.

Monday June 1

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Avocado & Egg Smoothie	Smoothie	Grilled Chicken & Sweet Potato	Almond & Cacao Fudge	Pasta, Prawns & Chorizo Stir Fry	Mashed Potato & Roasted Beans

Week 1 Exercises

Week 1	Week 2	Week 3
Monday August 21, 2018	Tuesday August 22, 2018	Wednesday August 23, 2018
Day 1 = Upper Body	Day 2 = Core	Day 3 = Total Fitness
Thursday August 24, 2018	Friday August 25, 2018	Saturday August 26, 2018
Day 4 = Lower Body	Day 5 = Full Body	

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

about the healthy mummy smoothies

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

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.



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



EMPOWERING MUMS TO LIVE A HEALTHIER LIFE

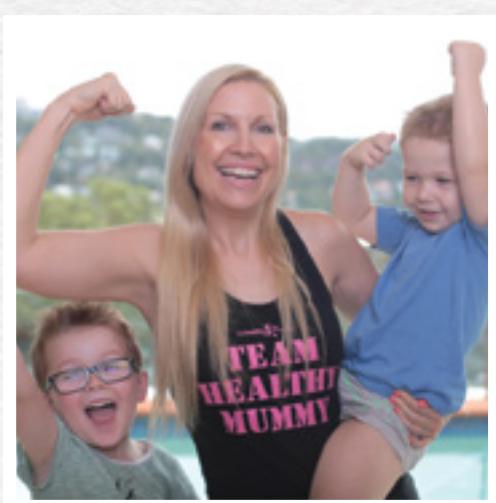
who are we?

The Healthy Mummy is Australia's biggest healthy eating and weight loss company, created exclusively for mums.

The Healthy Mummy was established in 2010 by mum of two, Rhian Allen. Rhian was passionate about providing a solution and a support network to help mums lose weight in a healthy and sustainable way, with no fad methods and safe for breastfeeding.

what we offer

The team understands what it's like to be a mum because we are mums, too. We offer a supportive community from pregnancy to birth, early motherhood and beyond.



pregnancy

Recommended by midwives and obstetricians, The Healthy Mummy Pregnancy Smoothie and The Healthy Pregnancy Eating & Exercise Plan are tailor-made for a healthy pregnancy.



weight loss

28 Day Weight-loss Challenge and Healthy Smoothies.
For best healthy weight-loss results we recommend
you combine the two. Designed for busy mums!



recipes and meal planning

We have over 2000 recipes in the 28 Day Weight Loss Challenge library, as well as over 20 cookbooks to support you on your journey. Available to purchase in print copy or download as eBooks, new titles are released every month.



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

merchandise

We offer a wide range of complementary merchandise, including hats, water bottles, jackets, beach towels, tote bags and even car bumper stickers.



national support network

With multiple social pages and community groups there are over 500,000 like-minded mums who can offer daily support to Healthy Mummy members. All groups are moderated regularly by Healthy Mummy staff to ensure a safe and non-judgemental environment.



local support via consultants

With a growing team of over 100 local consultants, members can access one-on-one support and make direct purchases in their local area.



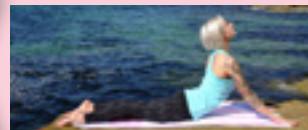
the healthy Mummy CONSULTANT



healthy mummy fitness trainers

We have a growing team of national fitness trainers who offer qualified Healthy Mummy exercise classes designed specifically for mums.

the healthy Mummy FITNESS



daily content on our website

We post informative articles daily on www.healthymummy.com, covering a wide range of topics from pregnancy, healthy weight loss, fitness, general health, top parenting tips, plus thousands of healthy recipes.



why buy from the healthy mummy?

- ✓ Our main focus is customer service; listening to our customers and providing them with what they want
- ✓ We are a 100% Australian-owned company focused on mums
- ✓ Our professional team of mums and experts provide constant support
- ✓ We focus on quality and deliver the highest standards on everything we produce
- ✓ We have a supportive and non-judgemental Healthy Mummy community

www.healthymummy.com - click here to join today!