

With summer in full swing and celebrations like Australia Day plus loads of fun activities happening everywhere, it's easy to get into holiday mode; rest, relax and enjoy time with family and friends. Holiday mode can also mean you feel a little relaxed with healthy eating and make a few too many unhealthy choices. This is totally fine – life is all about balance but don't let too many opportunities for entertaining or hanging out with friends be your undoing. You can still enjoy the great weather, participate in all the fun events and feel energised and fantastic, by choosing delicious, easy to prepare and healthy recipes that the whole family will love this summer.

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

# australia day

## PRAWN, MANGO & AVOCADO SALAD

**Prep Time: 5 mins Cooking Time: 10 mins**

A healthy and really easy to prepare salad that is loaded with healthy ingredients to make it a satisfying meal, not just a side dish. Enjoy the flavours of an Australian summer with this recipe.

### Ingredients (Makes 1 serve)

- 1/2 clove garlic
- 1 spring onion
- 1/4 avocado
- 1/4 mango
- 3 banana prawns, raw
- 1/4 tsp extra virgin olive oil
- 1 tbsp sweet chilli sauce
- 1 tbsp water
- 1 cup mixed lettuce leaves
- 2 tsp lemon juice

### Method

- Heat a barbecue plate or grill pan to high heat.
- Peel and chop garlic and spring onion. Cube avocado and mango.
- Remove the legs and shells from the prawns.
- Add oil to the barbecue plate/grill. When hot add the prawns and cook for 2-3mins on each side. A minute or so before the prawns are ready add the garlic and spring onion. Then add the chilli sauce and water until everything is sizzling and combined well.
- Once the prawns are cooked through and sticky and the liquid has reduced remove from the heat and set aside.
- In a serving bowl, toss together salad leaves, avocado and mango. Squeeze over lemon juice. Place prawns on top to serve.

recipe pack



Nutrition Per Serve: **Energy:** 895kj / 214 cal  
**Protein:** 14g **Fibre:** 2.6g **Total Fat:** 8.9g  
**Carbohydrates:** 17g **Saturated Fat:** 1.8g  
**Total Sugar:** 15g **Free Sugar:** 8g



## POTATO & BACON SALAD

**Prep Time: 5 mins Cooking Time: 10 mins**

An easy to put together salad that also makes a great side dish for dinner. Increase in quantities to serve the family or to have as leftovers. Serve with some tuna or cooked chicken breast if you'd like some extra protein.

### Ingredients (Makes 1 serve)

- 1 potato
- 2 bacon rashers, lean & trimmed
- 1 tsp apple cider vinegar
- 2 tsp extra virgin olive oil
- 1 tsp Dijon mustard
- salt
- pepper
- 2 cups mixed lettuce leaves
- 1/4 sliced red onion

### Method

- Chop potato into cubes (no need to peel) and place in a saucepan. Cover with water and bring to a boil. Reduce heat; simmer for 10 minutes or until tender. When cooked, set aside to cool.
- Meanwhile, heat a non-stick frypan over medium high heat, slice bacon and cook until golden and crisp.
- Combine apple cider vinegar, oil, mustard and some salt and pepper and whisk to form a dressing.
- Combine bacon, onion, potato and lettuce leaves and drizzle over dressing to serve.

Nutrition Per Serve: 989kj / 235 cal **Protein:** 12.1g **Fibre:** 3.7g  
**Total Fat:** 11.3g **Carbohydrates:** 19.3g **Saturated Fat:** 1.9g  
**Total Sugar:** 3.2g **Free Sugar:** 0.0g

## HEALTHIER HOT DOG

**Prep Time: 10 mins Cooking Time: 8 mins**

Adding some salad, using wholegrain bread and lean sausages makes the traditional Aussie sausage sizzle, a delicious and healthy meal.

### Ingredients (Makes 1 serve)

- cooking oil spray
- 1 lean sausage of choice
- 1 wholegrain roll
- 1 tsp Dijon mustard
- 1 tbsp, grated reduced-fat cheddar cheese
- 1/2 tomato
- 1/2 cup baby spinach

### Method

- Spray a non-stick pan with cooking oil spray and cook sausage over medium heat for approximately 10 minutes.
- Grate cheese and slice tomato.
- Cut bun in half and toast under griller.
- Top bun with tomato, spinach, sausage, cheese and mustard.

Nutrition Per Serve: 1890kj / 450 cal **Protein:** 21.7g  
**Total Fat:** 10.8g **Carbohydrates:** 38.4g **Saturated Fat:** 4.4g  
**Fibre:** 7g **Total Sugar:** 2.5g **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.





## LAMB & HUMMUS BURGER

**Prep Time: 5 mins Cooking Time: 10 mins**

This recipe is perfect for a family barbecue. Make the lamb patties ahead of time and refrigerate until ready to cook on the barbie. Serve with some delicious hummus or your own favourite toppings. Using wholegrain buns, lean mince and lots of fresh salad makes these burgers a healthy choice.

### Ingredients (Makes 1 serve)

- 100 grams of lean lamb mince
- 1 tbsp finely chopped mint leaves
- 1/8 finely chopped red onion
- salt
- pepper
- cooking oil spray
- 1 tbsp hummus
- 1 wholegrain roll
- 1/2 cup mixed lettuce leaves
- 1/2 sliced tomato

### Method

- Combine lamb mince with mint and red onion. Season with salt and pepper and then form into a burger patty shape (one per serve).
- Lightly spray a non-stick fry pan with cooking oil spray over medium-high heat. Cook the lamb patty for approximately 5 minutes on both sides until cooked through.
- Cut the bread roll(s) in half and spread one side with the hummus.
- Top with lamb patty, slices of tomato, lettuce leaves and other half of roll to serve.

Nutrition Per Serve: 1505kj / 358 cal **Protein:** 30g **Fibre:** 5g  
**Total Fat:** 18g **Carbohydrates:** 17g **Saturated Fat:** 17g  
**Total Sugar:** 3.1g **Free Sugar:** 0.0g

## KANGAROO WITH BEETROOT & FETA

**Prep Time: 5 mins Cooking Time: 13 mins**

Kangaroo is a great protein to use as it's high in iron, lean and inexpensive to buy. Combined with beetroot slices and lots of greens, you've got an easy to make Australia Day meal that the whole family will love.

### Ingredients (Makes 1 serve)

- 150 grams of kangaroo fillet
- cooking oil spray
- 1 cup baby spinach
- 1 cup tinned beetroot slices, drained
- 1 tbsp reduced-fat feta
- 2 tsp balsamic glaze

### Method

- Lightly spray a non stick fry pan with cooking oil spray over medium-high heat and pan fry the kangaroo for 3 – 4 minutes each side until medium rare (or cooked to your liking). Allow to rest for 5 minutes then slice.
- Place spinach on a serving plate and top with slices of beetroot.
- Add kangaroo and crumble feta over the top. Drizzle with balsamic glaze to serve.

Nutrition Per Serve: 1637kj / 390 cal **Protein:** 59g **Fibre:** 5g  
**Total Fat:** 7g **Carbohydrates:** 21g **Saturated Fat:** 3g  
**Total Sugar:** 8.9g **Free Sugar:** 1.5g





## LOVELY LEMON ICE BLOCKS

**Prep Time: 250 mins (Requires Overnight Preparation)**

The perfect "lemonade" ice block to serve on a hot day. Great for the kids too as you know what's in them.

### Ingredients (Makes 8 serves)

- 1/3 cup honey
- 1 cup lemon juice
- 1 litre sparkling mineral water

### Method

- Dissolve honey in a little warm water. Then add lemon juice and stir well. Pour in mineral water.
- Divide mixture evenly into 8 ice block moulds and freeze for a minimum of 4 hours or overnight.
- One ice block is one serve.

**Nutrition Per Serve: 224kj / 53 cal Protein: 0.2g Fibre: 0.0g Total Fat: 0.0g Carbohydrates: 12.5g Saturated Fat: 0.0g Total Sugar: 12.5g Free Sugar: 11.7g**

## SIMPLE SUMMER PAVLOVA

**Prep Time: 10 mins Cooking Time: 30 mins**

Pavlova is a favourite dessert for many, and thankfully you don't need to give it up when eating healthy. Even better, the meringue bases can keep for a week or two in an airtight container in the pantry, meaning you can have one when you want without worrying about cook time. Natvia baking sweetener is a finer form of Natvia, ideal for baking recipes like this one. It can be found with the other Natvia products in most large supermarkets.

### Ingredients (Makes 4 serves)

- 2 egg whites
- 1 & 1/2 tbsp Natvia baking sweetener
- 1 tbsp cornflour
- 1/4 tsp vanilla extract
- 1/2 tsp white vinegar
- 1 cup reduced-fat Greek natural yoghurt
- 1/4 cup passionfruit pulp
- 1/2 cup fresh or frozen raspberries

### Method

- Preheat oven to 120C. Line an oven tray with baking paper.
- Beat egg whites to soft peaks then continue beating and slowly add the Natvia baking sweetener a little at a time. Beat until the meringue has firm glossy peaks and Natvia is fully dissolved.
- Drizzle over the vanilla and vinegar and sift over the cornflour. Fold through gently using a large metal spoon.
- Place tray in oven and reduce heat to 100C. Bake for approximately 40 minutes until the meringue begins to firm and slightly brown. Turn off the oven and prop open the door to allow meringues to cool completely in the oven, this can take an hour or more.
- Pavlova nests can be served immediately or store in an airtight container, ensuring they are completely dry in the pantry for 2-3 weeks (they must be kept cool and dry to store well).
- When ready to serve combine half the passionfruit pulp with the yoghurt and spoon into pavlovas.
- Top with raspberries and remaining passionfruit pulp. One pavlova with yoghurt and fruit is one serve.



**Nutrition Per Serve: Energy: 411kj / 98 cal Protein: 7.3g Fibre: 5.1g Total Fat: 1.5g Carbohydrates: 10.1g Saturated Fat: 0.9g Total Sugar: 8.3g Free Sugar: 0.0g**



## top tips TO HAVING A HEALTHY AUSTRALIA DAY & GREAT SUMMER BARBECUES

- 1** Spend time with your family and friends enjoying the great weather and get outdoors.
- 2** Take your barbecues to the local park or beach so everyone can have a run around and be active. Then your events are about enjoying time together and having fun, not just about the food.
- 3** Play a game of cricket, kick the footy, go for a swim or play chasey with the kids.
- 4** Use lots of fresh fruit and vegetables in your salads and sides to fill you up with loads of nutrients and fibre.
- 5** Choose healthy drinks like soda water flavoured with some lemon slices, berries or a dash of fresh juice, rather than sugar filled soft drinks.
- 6** If drinking alcohol stick to 1-2 drinks and drink water in between each one. Add some water, lemon and strawberry slices to white wine to make a fruity spritzer or choose lower calorie options as much as possible.
- 7** Choose lean meats for your barbecue and flavour with homemade marinades using herbs and spices rather than pre-prepared sauces that are often loaded with sugar, salt and additives.
- 8** Choose sugar free tomato or barbecue sauces for your snags to avoid a sugar overload.
- 9** Enjoy sweet treats after your main meals but take advantage of the great range of summer fruits available. Make fruit salads and serve with natural yoghurt, homemade fruity sorbets or ice blocks or even a platter of sliced fruit with some melted dark chocolate for dipping.



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

# MUMS LOSE 4-6KG EVERY MONTH ON THE THE 28 DAY WEIGHT LOSS CHALLENGE



Ash has completely transformed her body with the help of the 28 day Weight Loss Challenge, and is a true inspiration.

**ASH  
LOST  
25KGS**

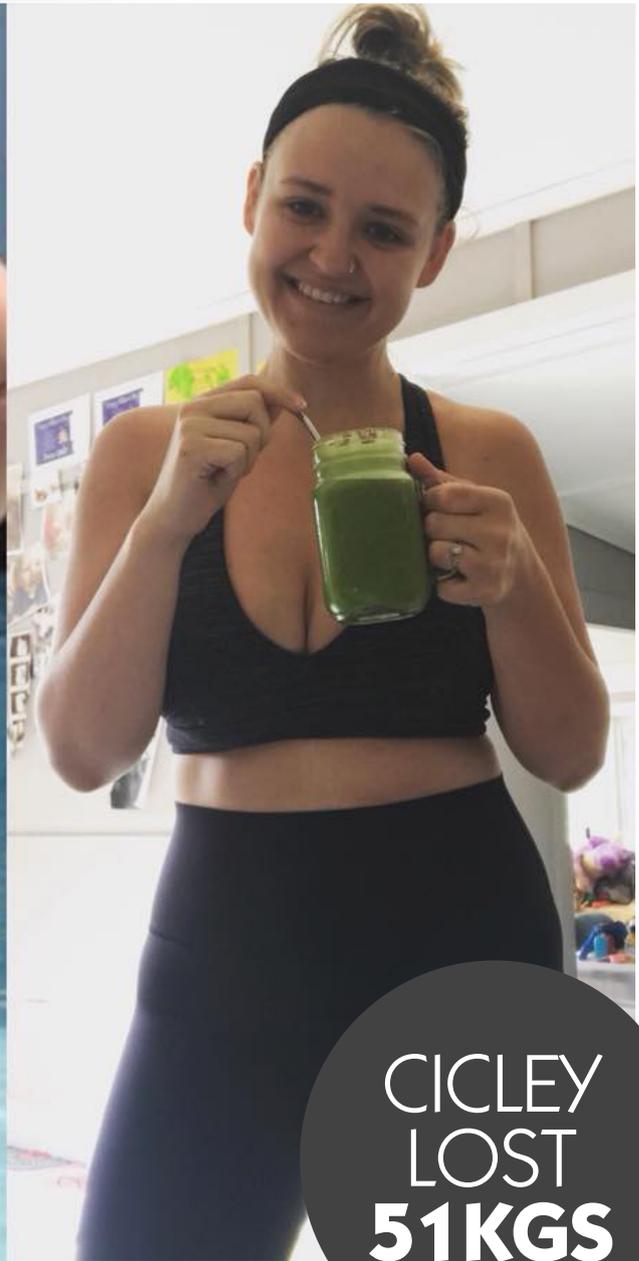
“ONCE YOU BEGIN YOU’LL NEVER WANT TO STOP, **THE FOOD IS JUST THAT GOOD.** THE HEALTHY MUMMY HELPED ME FIND MY HAPPINESS AGAIN.”

**JOIN THE 28 DAY WEIGHT LOSS CHALLENGE [HERE](#)**



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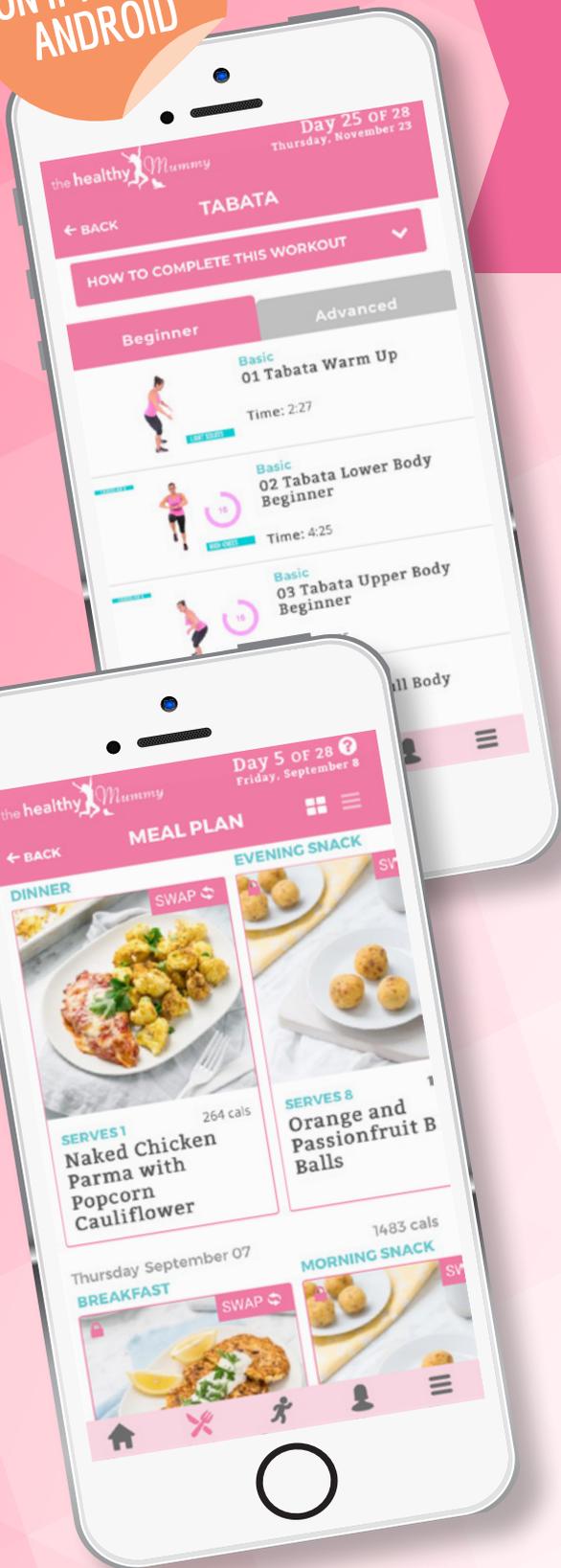
**CICLEY  
LOST  
51KGS**

“LOSING 51KGS MEANS **I LOVE  
WHAT I SEE** WHEN I WALK PAST THE MIRROR!”

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AVAILABLE  
ON IPHONE &  
ANDROID



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is your **fully customisable** meal & exercise guide, right in your pocket!

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- ✓ **WEEKLY MEAL PLANS** WITH OVER 100 RECIPES ADDED MONTHLY
- ✓ SHOPPING LIST WITH INGREDIENTS
- ✓ **MEAL PLAN OPTIONS**
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# 9/10 MUMS

say they got better results  
when they used the

# SMOOTHIES

whilst completing the

## 28 DAY WEIGHT LOSS CHALLENGE



- ✓ NO ADDED FRUCTOSE
- ✓ HIGH IN FIBRE
- ✓ NO ARTIFICIAL INGREDIENTS
- ✓ BREASTFEEDING FRIENDLY
- ✓ NO CAFFEINE
- ✓ NO ACCELERANTS
- ✓ WHEAT & DAIRY FREE
- ✓ 96% SUGAR FREE

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