

the healthy  Mummy
28 DAY
WEIGHT LOSS CHALLENGE



FUSSY EATERS & family friendly challenge

You might have decided to follow a healthy eating plan and schedule in regular exercise to meet your weight loss goals, but do you have the support you need from your family?

Deciding to change your eating and exercise habits requires the support from family and friends who can encourage you and help you when things get extra busy. But what if you have fussy eaters at home or a partner who screws their nose up at the idea of eating healthy meals? You don't want to spend hours in the kitchen preparing different meals for everyone.

The April 28 Day Weight Loss Challenge is all about family friendly, easy to prepare, healthy meals that will appeal to even the fussiest of eaters. The recipes are loaded with tips and ideas on how you can amend them or present them differently to suit your whole family and encourage your whole crew to get on board with healthy eating, which in turn will help you reach your weight loss goals.

Teaming the delicious, healthy meals with our simple to complete exercise routines (that can be done anywhere, anytime, to fit around your busy family schedules), makes the April Challenge a super easy way to follow your healthy lifestyle goals and encourage the whole family to get on board too.

RECIPE PACK



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

BREAKFAST

HOMEMADE JAM ON TOAST

PREP TIME: 2 MINS COOKING TIME: 7 MINS

Making healthy versions of your family's favourite foods is a win-win for everyone. Your family still get to enjoy the foods they like and you can reach your healthy lifestyle goals by preparing healthier options for everyday meals. This delicious homemade jam is easy to make and will suit all tastes. Serve it to the kids or your partner on high-fibre white bread if they don't like multi-grain.

INGREDIENTS (MAKES 4 SERVES)

- 1 cup strawberries
- 2 tbsp water
- 1 tsp lemon juice
- 2 tbsp chia seeds
- 4 slices wholegrain or gluten-free bread of choice

METHOD

- Place all the ingredients (excluding the bread) into a blender and blitz until smooth. You may need to add some extra water to help it combine.
- Pour mixture into a saucepan and heat over medium heat until the mixture begins to bubble. Reduce the heat and whisk constantly until thickened, about 3-5 minutes.
- Store in an airtight container in the fridge for 1 week.
- When ready to serve, toast the bread and spread each slice with 1 tablespoon of jam per serve.

Nutrition Per Serve: Energy 722kj / 180 cal
Protein: 7g Fibre: 7.2g Total Fat: 9.2g
Carbohydrates: 13.3g Saturated Fat: 1g
Total Sugar: 2.2g Free Sugar: 0.0g



LUNCH

SIMPLE SNACK PLATE

PREP TIME: 7 MINS

This simple snack plate recipe is a great way to also prepare family lunch boxes for school or work. It ticks all the boxes - it provides a nutritiously balanced meal with grains, hummus for protein, a range of vegetables and a side of dairy. Amend the ingredients to suit your family's tastes i.e. different veggies, add some fruit, different crackers or breads etc.

INGREDIENTS (MAKES 1 SERVE)

- 1/2 small wholemeal pita bread or 5-6 small crackers of choice
- 1/2 carrot
- 1/2 stick celery
- 3 cherry tomatoes
- 1 tbsp hummus
- 1 tbsp tomato salsa, store-bought
- 2 tbsp corn kernels, fresh or tinned
- 40 grams of reduced-fat cheddar cheese

METHOD

- Slice pita bread into small triangles. You could also crisp pita in the oven for a few minutes or use crackers of choice if preferred.
- Peel and slice carrot into batons. Cut celery into batons and halve cherry tomatoes.
- Arrange all ingredients on a plate and serve.

Nutrition Per Serve: Energy 1289kj / 308 cal
Protein: 17.2g Fibre: 6.4g Total Fat: 13.3g
Carbohydrates: 25.8g Saturated Fat: 6.7g
Total Sugar: 6.1g Free Sugar: 1.0g

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.



SNACK

OAT BISCUITS

PREP TIME: 20 MINS COOK TIME: 12 MINS

Making sweet treats at home is a great way to give your family and fussy eaters a balance. If you totally ban certain foods or say there are “good” and “bad” foods then this can encourage unhealthy habits. It’s better to identify foods as “sometimes” or “often” foods.

INGREDIENTS (MAKES 12 SERVES)

- 1 banana
- 1/2 cup chopped pitted, dried dates
- 1 tbsp melted butter
- 1 tsp vanilla extract
- 1 cup rolled oats

METHOD

- Preheat an oven to 180C and line a baking tray with baking paper.
- In a large bowl, mash the banana. Stir in dates, butter and vanilla. Stir in oats. Mix well, and allow to sit for 15 minutes.
- Place tablespoons of the mixture (to make approximately 12 biscuits) onto the prepared tray and bake for 10-12 minutes or until lightly brown.

Nutrition Per Serve: Energy 295kj / 70cal
Protein: 1.3g Fibre: 1.6g Total Fat: 2.1g
Carbohydrates: 27.8g Saturated Fat: 1g
Total Sugar: 5.7g Free Sugar: 0.0g



DINNER

HIDDEN VEGGIE CHICKEN NUGGETS & CHIPS

PREP TIME: 10 MINS COOK TIME: 20 MINS

Hiding vegetables is a great way to get your family to eat healthier meals, quite often without them even knowing. However it is also important for non-veggie lovers to learn to accept vegetables as they are. Hide vegetables wherever you can but be sure to also serve them on the plate with your meals, to give everyone the opportunity to become familiar with them.

INGREDIENTS (MAKES 4 SERVES)

- 400 gms of lean chicken mince
- 1 grated zucchini
- 2 beaten free-range eggs
- salt
- pepper
- 1 cup wholemeal breadcrumbs
- cooking oil spray
- 2 sweet potatoes
- 4 cups mixed lettuce leaves
- 2 chopped tomato
- 1 chopped Lebanese cucumber

METHOD

- Preheat oven to 200C.
- Combine chicken mince, zucchini and eggs in a bowl. Season with salt and pepper.
- Press mixture together into a bite sized 'nuggets' and coat in breadcrumbs.
- Arrange the nuggets on a lined baking tray and spray with oil.
- Spray another tray lightly with cooking oil. Cut sweet potatoes into chips and arrange on the tray.
- Place both trays in the oven and bake sweet potato chips for 20 minutes or until tender. Bake nuggets for 15-20 minutes or until cooked through. Turn half way through cooking and spray lightly with cooking oil again.
- Divide lettuce, tomato and cucumber evenly between four plates. Serve with sweet potato chips and nuggets.

Nutrition Per Serve: Energy 1114kj / 266cal
Protein: 30g Fibre: 4.7g Total Fat: 4.4g
Carbohydrates: 23.2g Saturated Fat: 1.1g
Total Sugar: 7.2g Free Sugar: 0.0g



DESSERT

BANANA PIKELETS

PREP TIME: 2 MINS COOK TIME: 5 MINS

Making sweet snacks at home means you can monitor what is going into a recipe, reducing added sugars to suit your family.

INGREDIENTS (MAKES 1 SERVE)

- 1/2 mashed banana
- 1 free-range egg
- 1 tbsp wholemeal self-raising flour

METHOD

- In a bowl whisk the egg, mashed banana and flour together (if it is too dry add a little water), until the mixture is smooth and well combined.
- Place a non-stick frying pan over a medium heat.
- Add spoonfuls of the mixture to the pan and allow to cook for 1 – 2 mins on each side or until small bubbles form.
- Serve pikelets immediately. Can be served with a drizzle of honey or some yoghurt if desired.

Nutrition Per Serve: Energy 587kj / 140cal

Protein: 8g Fibre: 1.5g Total Fat: 4.5g

Carbohydrates: 16.1g Saturated Fat: 1.1g

Total Sugar: 5.9g Free Sugar: 0.0g



TIPS TO GET THE WHOLE FAMILY ON BOARD WITH YOUR HEALTHY EATING PLANS

If you have made the decision to start a healthier lifestyle, then you may need to change some of your bad habits, and start thinking differently about what you buy and what you cook. To make reaching your weight loss goals easier it makes sense if you can share your healthy meals with the whole family. But what if you have a fussy eater at home or a partner who thinks healthy meals means plates of kale and lettuce leaves? Here are some easy ways to encourage the whole family to get on board with your healthy eating:

1. AMEND

Amend recipes to suit different tastes in the family but don't go overboard and create a completely different meal for everyone. For example if you are preparing a meal with fish and green veggies in it, your partner and children may like a side of mash or garlic bread to add to their meals. If you're making a stir fry loaded with veggies and protein, serve the family some rice or noodles to go with theirs. If your partner likes plain meat and veg type meals, you can have the same but serve yourself a smaller portion of meat with some non-starchy veggies and serve the potatoes and bread to your partner.

2. SWAPS

It's easy to make a few swaps with ingredients without having to cook completely separate meals for everyone. If you're preparing fish cakes and your family don't like fish, make them with chicken mince instead. If you're preparing a meat and veggie dish and you know the kids won't eat the steak, serve their meal with some lean sausages instead. Maybe even add a few new ingredients to everyone's plate each night so they can try new flavours.

3. FAMILY TIME

Create a positive family food environment to help shape the healthy eating habits in your house. Create a place where food is enjoyed, prepared and shared together as a social occasion, without distractions such as the TV, phone or other gadgets, and without stress or tension.



**FROM HEALTHY MUMMY
NUTRITIONIST, NIKKI BOSWELL**

4. DON'T FORCE FEED

Forcing anyone to eat something they don't want to creates tension around meal times and places the food being served in a negative context. Offer new foods to your family, serve them on their plates, separately to the foods you know they'll enjoy, and let them try the foods if they want to. If they don't, that's ok. Exposing fussy eaters to new foods a number of times is important to encouraging them to try new things.

5. PARTICIPATION

Get the whole family involved with choosing, growing and preparing the food you eat every week. Giving the kids and your partner an opportunity to choose a few of their favourite meals to be made for the week (healthy versions of course!) enables them to take control of what they're eating. Encouraging everyone to help out with food prep is also a great way to get the family interested in what meals are being served. Children can do a number of tasks depending on their age such as grating, peeling, chopping, mixing, sifting, pouring etc.

6. HIDDEN VEGGIES

Hiding vegetables in meals is a great way to encourage the whole family to increase their vegetable intake without much effort. Adding extra veggies to your meals reduces the energy density of the meal to promote a healthy weight, and it makes ingredients such as meat, go far further. If you are hiding veggies in your meals always ensure that some veggies are served on everyone's plate too, to increase their exposure and acceptance of these foods. For example you might make a pot of bolognese with hidden veggies, so serve the meal with a simple salad. Or prepare some rissoles with grated zucchini in them and serve with some steamed veggies on the side.

7. ROLE MODELLING

If you are eating healthy meals and trying new ingredients, you are setting a great example to your family to encourage them to do the same. Talk positively about new foods, e.g. "I'm looking forward to eating this juicy corn. Do you want to try some?", can help children to get involved with trying new foods.

Don't offer foods as rewards e.g. "if you eat all your vegetables, you can have dessert", as this simply reinforces that vegetables are a less desirable food than dessert. Rewarding, bribing or comforting a child with food also sets up emotional cues with eating, e.g. "I have achieved something so I deserve a treat" or "I just endured something unpleasant (work, school, whatever...), so I deserve a treat", "I need emotional comforting, so I will eat something 'pleasant'".

8. VARIETY & PRESENTATION

Offer your family a wide variety of foods to expose them to a variety of nutrients and to increase their exposure to new tastes and textures, which assists to increase acceptance of new foods. Presenting food a little differently for fussy eaters can sometimes make all the difference to getting them to eat something new. Cut sandwiches into shapes with cookie cutters, thread fruit onto skewers or serve main meals "deconstructed" i.e. a little bit of each ingredient on the plate, not all combined.

Trying a few of these tips will help you to share your healthy eating goals with the whole family.



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



FUSSY EATERS & family friendly challenge

EXERCISE PACK

CHAIR KICKS

Starting Position

Place a tall chair in front of you with its back toward you. Stand at arm's length behind the chair with your feet together and hands resting on the back of the chair for balance.

Execution

Gently lean your torso forward toward the chair, bend your elbows, sink down through the right knee slightly and lift your left leg straight up behind you. Keep your left leg straight, with the knee slightly bent. Engage your core and keep your hips in alignment. Hold your leg as high as is comfortable then lower your leg gently as you lift your torso and return to starting position. Alternate legs.



BENEFITS:
Lower body
and core
strengthening.

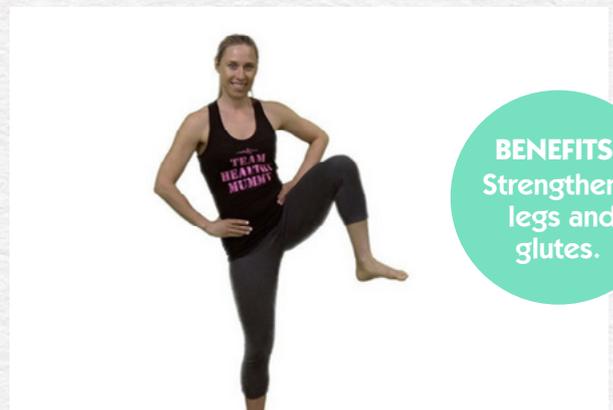
STANDING OBLIQUE CRUNCH

Starting Position

Stand with your feet together and hands on your hips.

Execution

Keeping your chest up and torso lengthened, inhale, bend your knees, sit back and lower into a squat position. Exhale, as you begin to straighten your knees and slowly lift your left knee up toward your armpit. Inhale, sit back down into your squat and repeat the exercise. Keep the movement slow and controlled as you lift your leg to ensure you are activating your obliques.



BENEFITS:
Strengthens
legs and
glutes.

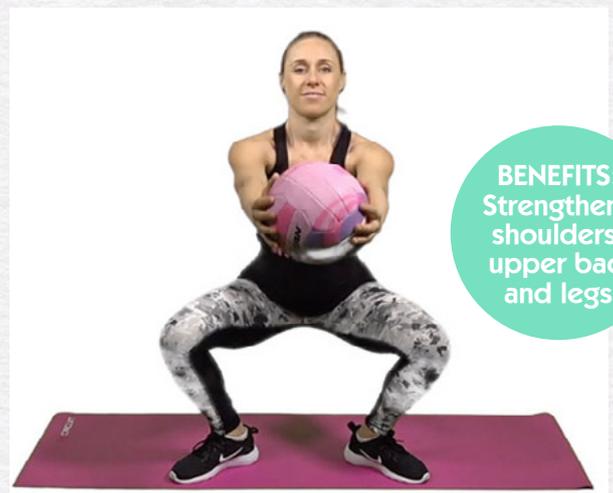
SUMO SQUAT WITH BALL

Starting Position

Take your feet into a wide stance, and toes slightly pointing outward. Hold a medicine ball out in front of your body with elbows slightly bent.

Execution

Holding the ball out in front of you, inhale and sit down into a squat position. Keep your back flat, head up and knees in line with toes. Lower your body until your thighs are parallel to the ground. Hold the squat position for 1-2 seconds, then tighten your glutes, push up through the heels and bring your arms overhead, keeping your core engaged and elbows soft. Continue squatting and standing, inhaling as you sit down into the squat, exhaling as you engage your core and push off your heels to standing. repeat exercise.



BENEFITS:
Strengthens
shoulders,
upper back
and legs

PILATES STANDING LEG LIFT

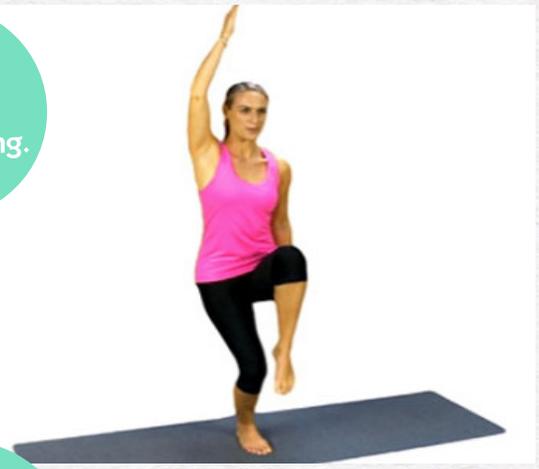
Starting Position

Stand in an upright position with feet hip width apart and hands gently resting by your sides.

Execution

Inhale and lift one arm out to the side and overhead. Simultaneously, lift the opposite knee up toward your chest, keeping your spine extended. Sink down by bending further through your grounded knee. Exhale and return arm and leg to starting position. Repeat on the opposite side.

BENEFITS:
Full body strengthening.



PILATES BRIDGE PUMPS

Starting Position

Lie on your back with your knees bent, arms by your sides and feet hip width apart. Place a small ball in between your knees.

Execution

Exhale as you engage your core, tilt your pelvis and roll up into bridge pose. Squeeze your thighs together and breathe continuously as you pump the pelvis up and down in quick motions. Exhale as you roll down.

BENEFITS:
Glutes, leg and core strengthening.



5 WAYS TO FIT EXERCISE IN WITH A FAMILY

Sticking with an exercise routine can be a struggle for anyone. But for mums, wearing many hats and taking on different responsibilities, finding the time to workout can often feel almost impossible. Here are 5 simple ways to fit your workouts in around your family time:

PUT YOU FIRST With our increasing busy lifestyles and mountains of tasks on the 'to-do' list, it is often challenging to find the time to exercise (or even to sit down for 5 minutes). Science shows that now more than ever, mums are taking on more tasks and scheduling less time for themselves. A recent study showed that over 50% per cent of women actually go for weeks at a time without taking 'any' time out for themselves. Before you start your day, choose to take a few minutes to walk outside and move your body in silence or listening to your favourite music. Moving the body supports high energy and sparks greater productivity. According to psychologists, actively taking 15 minutes out of the schedule per day also communicates self love and puts us in a better mood. Think of how all those positive feelings may reflect onto to your family as well!

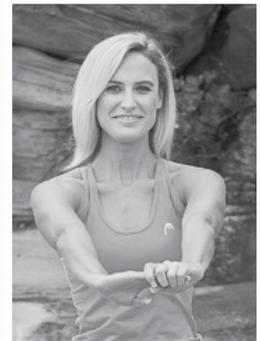
SCHEDULE IT IN I know it sounds easier said than done but scheduling could be the key to success for all of us. Studies show that blocking out time for healthy activities on a calendar actually helps to create good habits. As a mum, you may already be a fabulous planner and have all the kids activities scheduled for the week, along with meal prep and household chores. However, blocking out your workout time is just as important. If you need an extra hand to find that extra time, maybe ask your husband or friend to pick up the kids one afternoon and wiggle that workout time into the schedule. Or perhaps you could cook extra one night per week and freeze it so you can enjoy a night off. Remember, if it's not scheduled, chances are it may not happen.

BREAK THE RULES As humans, we often make rules for ourselves that convince us we need to achieve certain tasks before we workout. Some of us like to have a clean house before we get our sweat on. Others need the perfect workout gear or mat. Is there a rule that keeps you from your exercise? What if you worked out before making the beds, without the perfect clothes, with the

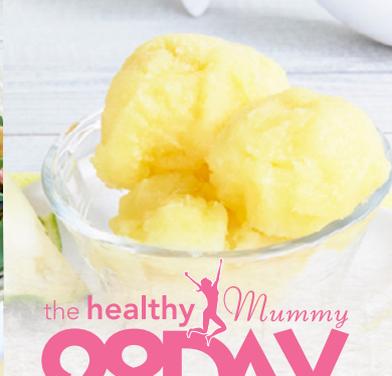
kids chasing after you or after your husband comes home from work? Write down the rules you have created for yourself that may be preventing you from working out. If they can be swayed without harming anyone, move your workout up the priority list just for a week and see how it feels!

BRING THE KIDS We all know it's not always possible to take alone time when you're a parent and that's where creativity comes in handy and flexibility is key. Remember, it doesn't have to be a long, endurance workout and it doesn't even have to be overly challenging. Every little bit counts. A slow jog to the park and a circuit using the monkey bars and sand sprints may really up your game. Include the kids in your workout and change things up to make it more fun! Workouts don't always require alone time and they certainly do not need to be dull and boring. If you have a strict regime you are struggling to stick to, maybe it's time to change it up, make it more interesting or head outdoors. The kids may have some great ideas that will get you all sweating and bonding all at the same time!

SHARING IS CARING Sometimes sticking to your workout regime means moving and grooving around other activities or making your way through unexpected plans. Make a choice to get your workouts in no matter what happens. If the day is almost over and you haven't yet found the time to workout, show your family what you've got! Break your routine up throughout the day by performing 3 sets of 4 minute intervals of HIIT. Get into the planks, squats and push ups in the living room while you're chatting to your husband or the kids about their day. As you raise the energy in the room, don't be surprised if you are gifted with workout buddies. Exercising is both inspiring and motivating and it's not unusual for others to want to join in once you start.



**FROM CHALLENGE FITNESS
EXPERT MARISSA NIEVES**



the healthy Mummy
28DAY
 WEIGHT LOSS CHALLENGE

MAKE 2017 YOUR HEALTHIEST EVER!

CHALLENGE THEMES ARE IDEAL FOR BUSY MUMS WHO WANT HEALTHY, EASY TO PREPARE MEALS FOR THEIR FAMILIES

MAY CHALLENGE - STARTS MAY 1
SUGAR DETOX

JUNE CHALLENGE - STARTS MAY 29
SLOW COOKING & WINTER MEALS

JULY CHALLENGE- STARTS JULY 3RD
ALL MEALS UNDER 5 INGREDIENTS



DON'T MISS OUT!



JOIN THE CHALLENGE!

CLICK TO JOIN NOW!

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

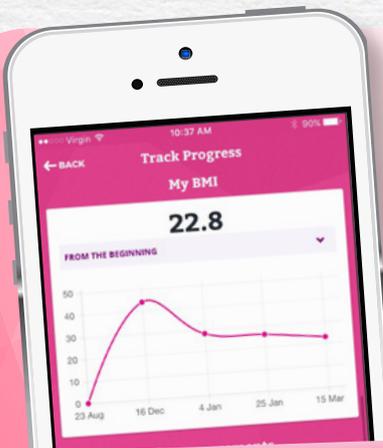


KAT
LOST 27KGS

"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



NEW APP LAUNCH



coming soon...

- MEAL & EXERCISE TRACKING ● EASY MEAL PLAN CUSTOMISER ● FITBIT INTEGRATION
- PRE-CUSTOMISED MEAL PLANS ● EXERCISE VIDEO WORKOUTS

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.healthymummy.com - 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 Feb 2017)	\$2.79	\$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

HEALTHY WEIGHT LOSS FOR MUMS

“We are the biggest **mums only** healthy living & weight loss community”

The Healthy Mummy was created by mum of two Rhian Allen in 2010, when her own pregnancy sparked a desire to create a healthy solution for mums to regain their health, energy and body confidence after having children.

Five years later, The Healthy Mummy is used by hundreds of thousands of mums and is a trusted approach to safe and healthy weight loss and healthy living. Collectively our mums have lost more than 2 million kilos!*



WHAT DO WE OFFER?

THE HEALTHY MUMMY SMOOTHIES A healthy meal replacement without any nasties, ideal for busy mums when 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 weight-loss challenge, with 100 brand new recipes each month, fully customisable menus and shopping lists, plus it's family friendly! Also includes full exercise plans – all made for busy mums.

THE 28 DAY WEIGHT LOSS CHALLENGE APP
Exclusively for Challenge Members! Available on Android & Apple.

THE POST PREGNANCY EXERCISE DVD
The number one postnatal exercise DVD, with leading Australian physiotherapist Lisa Westlake.

OVER 40 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 100,000 like-minded mums for daily support encouragement and inspiration. See our private support group at www.facebook.com/groups/losebabyweight

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



TASHEENA HAS LOST 44KG



TAWHAI HAS LOST 50KG

Mums lose an average of 4-6kg* every month on our achievable plans

*Based on over 200,000 mums recording their results on our website in 2014, 2015 and 2016