About the Healthy Mummy 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

The Healthy Mummy Smoothies have been a complete lifesaver for me! 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

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

What breastfeeding mums say about the smoothies

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.

Quick, easy and delicious - the perfect meal replacement for busy mums

Botanical Infusions

Breastfeeding friendly

No caffeine
No accelerants
Gluten & dairy free
96% sugar free
100% fructose free
High in fibre
No artificial ingredients
Breastfeeding friendly

The healthy mummy smoothie - click to buy!
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.

THE HEALTHY MUMMY SMOOTHIES STAND OUT FROM THE CROWD!

<table>
<thead>
<tr>
<th>PER 100G</th>
<th>THE HEALTHY MUMMY</th>
<th>SLIM RIGHT</th>
<th>OPTIFAST</th>
<th>TONY FERGUSON</th>
<th>FAT BLASTER</th>
<th>RAPID LOSS</th>
<th>BIGGEST LOSER</th>
<th>HERBALIFE</th>
<th>CELEBRITY SLIM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy (kJ)</td>
<td>1450</td>
<td>1470</td>
<td>1566</td>
<td>1538</td>
<td>1566</td>
<td>1504</td>
<td>1583</td>
<td>1511</td>
<td>1672</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>54.9</td>
<td>16</td>
<td>30</td>
<td>34</td>
<td>19.3</td>
<td>19</td>
<td>36</td>
<td>32</td>
<td>48</td>
</tr>
<tr>
<td>Carbs (g)</td>
<td>9.3</td>
<td>57</td>
<td>39</td>
<td>43</td>
<td>58</td>
<td>51</td>
<td>44</td>
<td>53.5</td>
<td>27.5</td>
</tr>
<tr>
<td>Sugar (g)</td>
<td>1.6</td>
<td>46</td>
<td>32</td>
<td>32</td>
<td>52.8</td>
<td>46</td>
<td>40</td>
<td>32</td>
<td>22.5</td>
</tr>
<tr>
<td>Fibre (g)</td>
<td>25.7</td>
<td>16</td>
<td>not listed</td>
<td>7</td>
<td>9</td>
<td>7</td>
<td>4</td>
<td>8.2</td>
<td>6.2</td>
</tr>
<tr>
<td>Fat (g)</td>
<td>6.9</td>
<td>2</td>
<td>5.5</td>
<td>4</td>
<td>5.3</td>
<td>5</td>
<td>4</td>
<td>3.5</td>
<td>9.1</td>
</tr>
</tbody>
</table>

| No of vitamins & minerals | 24 | 16 | 24 | 24 | 24 | 25 | 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 | 35g | 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.”

BELINDA BELLIS

“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 20kgs and I have never felt so confident with my supply thanks to my daily Healthy Mummy Smoothies.”

CAT CHRIST

CAT HAS LOST 30KGS
A formulated meal replacement that is high protein, low sugar, dairy free and gluten free.

WHAT’S IN OUR SMOOTHIES?

Herbs For Your Health
- Ginger root: a spice often used to improve metabolism while soothing the stomach.
- Fenugreek: provides carbohydrates, dietary fibre, fats and minerals like iron, calcium and phosphorus. It also provides support for breastfeeding mothers.
- Dandelion root: helps absorption of nutrients in The Healthy Mummy Smoothie and rich in Vitamin A, C and B2, iron and calcium.

Protein For Health & Weight Loss
- Soy protein isolate (non GM) – a complete protein low in fat with high digestibility. The protein is a soy protein isolate – which means the protein has been isolated and the oestrogen and hormone part of soy is not included in the product – only the protein part of the soy.
- Methionine: 10mg – important amino acid for normal metabolism.
- Protease (from aspergillus) – group of enzymes that assist digestive process by breaking down proteins.
- Soy lecithin: 400mg (non GM) – emulsifying that can aid the digestive system.
- Bromelain: 5mg – enzymes from pineapple assisting protein digestion.

Cellulose: Major component of cell wall in plants.

Inulin: A natural vegetable fibre to aid digestion.

Rice bran fibre: A highly fibrous ingredient.

Psyllium husks: A water-soluble fibre to aid digestion.

Pumpkin seed meal: Adds bulk to assist a sense of fullness & contains a high level of essential fatty acids, protein, zinc & iron.

Apple pectin: A source of soluble fibre.

Inulin: A natural vegetable fibre to aid digestion.

LOW GI: as part of a weight loss diet, low GI foods help to release glucose more slowly leading to a more stable blood glucose level.

Natural ingredients in our smoothies help give a gentle sensation of feeling fuller for longer, helping to avoid eating large meals or over snacking. They help to bulk the stool & aid bowel eliminations.

*Each serve (2 x tbsp) of the smoothie gives you 10g of protein & 6g of fibre and when made up with 250ml of low fat milk gives you 18.5g of protein and 335 calories. Adding 1/2 cup of fruit or veggies will take the smoothie to approximately 300 calories.

FREE FROM
- ARTIFICIAL SWEETENERS
- ADDITIVES
- FILLERS
- CAFFEINE
- WEIGHT LOSS ACCELERANTS

Helps with optimal nutrition, energy & weight loss. Not just a protein shake or supplement.
Smoothies are also a huge hit in our house. The Carrot Combo and Berry Choc smoothies were winners with the kids as well as myself. I found these two recipes to be very filling and the combinations of the flavours was very moreish!

"I had two smoothies a day for a while and oh my gosh do I LOVE them. I found that the smoothies actually kept me full and gave me a whole bunch of energy!"

Jodie

"I still have the smoothies (and now they are 96% sugar free!) for breakfast and the occasional lunch. I'm 10.5kg off my goal weight and finally comfortably back in my engagement and wedding rings for the first time in five years!"

Erin

SALLEE DWYER
Registered Midwife/RN & Director of Midwife to Mum

"I have purchased a variety of weight-loss shakes in the past and, generally, I am not a fan. I purchased the program with the smoothies, wanting to give myself the best opportunity to lose the weight. I was pleasantly surprised at how delicious the smoothies are. They contain a multitude of ingredients and they were a great breakfast or afternoon snack when I needed a boost. The shakes are helpful for mums who are on the go and breastfeeding, and they complement a balanced diet."

Sallee

KATHLEEN ALLEAUME
Nutritionist, Author and Mum of 2

"The smoothie is an excellent meal replacement and a perfect weight loss solution when partnered with a well-balanced eating plan and physical activity. The GI (glycemic index) of the smoothie is low, meaning the carbohydrates (our primary source of fuel) release slowly, blood sugar levels remain stable and hunger pangs at bay. Best of all they taste fantastic! The smoothie is perfect with your favourite antioxidant-rich fruit for a snack, or to include as your breakfast or lunch."

Kathleen

the healthy mummy smoothie - click to buy!
frequently asked questions

HOW IS THE HEALTHY MUMMY SMOOTHIE DIFFERENT FROM OTHER SHAKES?
We are proud to say that our smoothie is free from any fillers and weight-loss accelerants. Many weight-loss shakes contain fillers and weight-loss accelerants to trick your body into short-term and unhealthy weight loss. These artificial fillers make your tummy feel temporarily full, are not natural and the long-term effects are not known. The Healthy Mummy Smoothie contains wholefoods and 24 vitamins and minerals. The product is high quality and every ingredient in the smoothie has been included to be of benefit to your health. Most shakes do not provide this high quality of ingredients.

IS THE SMOOTHIE A MEAL REPLACEMENT OR A SUPPLEMENT?
Our smoothie is a formulated meal replacement and has passed International Food Standards. Our focus is on optimal nutrition, and the smoothie provides your body with more than 24 vitamins and minerals. Some other shakes on the market are only a protein shake or supplement; this means they cannot be used as a meal substitute, as they do not contain enough nutrients and energy to fuel your body.

IS IT SAFE FOR BREASTFEEDING MUMS?
We do not use any caffeine or weight-loss accelerants in our smoothies, so it is safe for breastfeeding mums. We have also included fenugreek in the smoothie, which is said to boost a mother’s milk supply. We receive thousands of emails each month from mums on our plans who report improved milk supply from using our smoothies. However, if your baby has any food sensitivities or suffers from colic, we recommend talking to your doctor before changing your diet or using our products and plans.

IS THE SMOOTHIE A WEIGHT-LOSS AID?
In order to lose weight, a person must use more energy than they consume. The Healthy Mummy Smoothie aids weight loss by providing a calorie controlled, low carbohydrate, high fibre and high protein meal replacement - which is a satisfying meal and keeps you feeling full. It does not contain any weight loss accelerants but the natural ingredients help you to feel fuller for longer and fuel your body with the nutrients it needs for energy and health. The smoothies can be used alone or in conjunction with the 28 Day Weight Loss Challenges which are an online meal and exercise program.

PLEASE NOTE, IF YOUR BREASTFED BABY HAS COLIC OR FOOD SENSITIVITIES, WE DO NOT RECOMMEND CHANGING YOUR DIET WITHOUT TALKING TO YOUR DOCTOR. WHEN INTRODUCING ANY NEW FOOD INTO YOUR DIET, WE ADVISE BEING ALERT TO FOOD SENSITIVITY IN YOUR BABY, SUCH AS A CHANGE IN BOWEL MOVEMENTS. DISCONTINUE ANY NEW DIET PLAN IF A FOOD SENSITIVITY OCCURS.
smoothie recipe

CHOCOLATE POWER
Nutrition Per Serve: 1344kJ / 320cals

Ingredients (Makes 1 serve)
- 2 tbsp chocolate Healthy Mummy Smoothie mix
- 2 cups fresh or frozen spinach
- 1 tbsp rolled oats
- 4 sprigs fresh mint
- 250ml low-fat chocolate-flavoured soy or almond milk
- 5 ice cubes

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

Nutrition tip: Adding spinach or other leafy greens to a smoothie is a great way to add vegetables into your diet.
BANANA OAT BUSTER

Nutrition Per Serve: 1416kJ / 337cals

Ingredients (Makes 1 serve)
- 2 tbsp vanilla Healthy Mummy Smoothie mix
- 1 banana
- 1 tbsp oats
- 250ml milk of choice*

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

Nutrition tip: Oats are rich in fibre, energy and nutrients. They are a great addition to your smoothies if you need to increase your energy intake.

*Calories have been calculated for this recipe based on using reduced-fat milk.
BERRY CHIA COMBO
Nutrition Per Serve: 933kJ /223cals

Ingredients (Makes 1 serve)
- 2 tbsp strawberry Healthy Mummy Smoothie mix
- 250ml unsweetened almond milk
- 1 tbsp chia seeds
- ¼ cup strawberries
- ¼ cup raspberries

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

Nutrition tip: Chia seeds are packed with fibre, iron, magnesium and calcium.
Pay only $2.06 per serve on our lifetime discount smoothie subscription!

- whole food smoothie
- 96% sugar free
- no fructose or fillers
- no artificial sweeteners
- gluten free with no nasties
- breastfeeding friendly
- made for busy mums

GET YOUR 25% PERMANENT DISCOUNT NOW!

PAY ONLY $2.06 PER SERVE

subscribe here
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!*

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

**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 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

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