

Easter is a lovely time of year as the seasons are changing and we can spend some time to celebrate and relax with our families after the hustle and bustle of the beginning of the year.

It's a time to get together with family and friends, sharing meals and having fun with the kids. We've put together some healthy recipes that you can choose from to prepare your Easter celebrations.

Just because there are chocolate Easter eggs everywhere at this time of year, doesn't mean you have to miss out on all the fun. Eating healthy, fresh foods and spending time with your family is what an enjoyable life is all about.

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

# EASTER



RECIPE PACK

## ROAST LAMB WITH MINT PESTO

**Prep time: 10 mins Cooking time: 1.5 hours**

Lamb is often enjoyed on Easter Sunday. This recipe is great to make for the whole family with some side dishes, to enjoy a delicious and healthy celebration meal.

### Ingredients (serves 6)

- 1.5kg leg lamb roast
- 1 tsp lemon zest
- 1 clove garlic, crushed
- 1 tbsp fresh thyme leaves, finely chopped
- 3 tbsp extra virgin olive oil
- salt
- pepper
- 1 cup water
- 1 red onion
- 1 bunch fresh mint, leaves picked
- 2 tbsp slivered almonds
- 1 tbsp parmesan cheese, finely grated
- 1 tbsp lemon juice

### Method

- Preheat oven to 190C.
- Combine lemon zest, garlic, thyme and 1 table-spoon of the oil and rub over the lamb. Season with salt and pepper and place on a rack in a baking dish.
- Cut onion into wedges and arrange around lamb, pour water into the pan.
- Roast for 1 hour and 15 minutes for medium or until cooked to your liking.
- While lamb is roasting, make the pesto. Place mint, almonds, lemon juice and parmesan in a food processor until roughly chopped. With the processor running, drizzle in remaining oil in a thin, steady stream. Process until combined. Transfer to a bowl, cover and place in fridge.
- Remove lamb from oven, cover loosely with foil for 15 minutes before slicing and serving with the pesto and onions.
- Serve with a selection of side dishes.



**Nutrition Per Serve: Energy 1903kj / 455 cal**  
**Protein: 53g Fibre: 0.8g Total Fat: 26.3g**  
**Carbohydrates: 1.1g Saturated Fat: 7.8g**  
**Total Sugar: 0.5g Free Sugar: 0.0g**

CALORIES  
PER SERVE:  
**455**

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**Nutrition Per Serve: Energy 1390kj / 332 cal  
Protein: 34.1g Fibre: 3.5g Total Fat: 5.6g  
Carbohydrates: 33.2g Saturated Fat: 1g  
Total Sugar: 2.8g Free Sugar: 0.0g**

## GRILLED PIRI PIRI FISH WITH RICE SALAD

**Prep time: 40 mins Cooking time: 30 mins**

An ideal recipe for Good Friday when it's traditional to eat seafood. Share with family and friends for a special Easter lunch or dinner.

### Ingredients (serves 4)

- 2 cloves of garlic
- 2 tsp lemon juice
- 2 tsp extra virgin olive oil
- 2 tsp sweet paprika
- 1 tsp dried chilli flakes
- 4 pieces (150g each) of white fish fillet of choice
- 1 cup brown rice, uncooked
- cooking oil spray
- 2 tsp lemon zest
- 2 zucchini, halved & sliced
- 2 red capsicum, thinly sliced
- 4 cups baby spinach
- 2 tbsp fresh parsley, chopped

### Method

- Combine half the garlic, half the lemon juice, the olive oil, half the paprika and all the chilli in a shallow dish. Add fish and coat well. Cover and refrigerate for 30 minutes to marinate.
- While the fish is marinating, cook the rice according to packet directions.
- Meanwhile, in a medium frying pan sprayed with oil, add remaining garlic, paprika and the lemon zest. Cook for 1-2 minutes, then add zucchini and capsicum. Cook for a further 3- 4 minutes or until vegetables are lightly tender. Add prepared rice and the spinach, fold together until spinach has wilted.
- When fish has marinated, spray another frying pan with oil over a high heat. Place fish pieces in pan and cook for 2-3 minutes on each side or until cooked through.
- Divide rice salad between four plates and top with a piece of fish. Squeeze over remaining lemon juice and garnish with parsley to serve

## BROADBEAN, FETA & POTATO SALAD

**Prep time: 10 mins Cooking time: 15 mins**

A simple side salad that will accompany many Easter main meals. This recipe serves 8 as a side dish.

### Ingredients (serves 8)

- 4 cups frozen broad beans
- 4 potatoes, chopped
- 4 cups baby spinach
- 1/3 cup mint leaves, chopped
- 2/3 cup reduced-fat feta
- 1 tbsp extra virgin olive oil
- 2 tsp lemon juice
- 1 tbsp toasted pine nuts

### Method

- Cook and shell broad beans as per packet directions. Steam potato piece until just tender.
- Combine cooked broad beans, potatoes, spinach, mint and feta.
- In a small bowl whisk together lemon juice and olive oil. Drizzle over the salad. Garnish with toasted pine nuts to serve.



**Nutrition Per Serve: Energy 585kj / 135 cal  
Protein: 9.8g Fibre: 1g Total Fat: 5.9g  
Carbohydrates: 7.8g Saturated Fat: 1.8g  
Total Sugar: 1.1g Free Sugar: 0.0g**



CALORIES  
PER SERVE:  
172

**Nutrition Per Serve: Energy 725kj / 172 cal**  
**Protein: 7g Fibre: 7.5g Total Fat: 8.5g**  
**Carbohydrates: 14g Saturated Fat: 3.5g**  
**Total Sugar: 5.5g Free Sugar: 0.0g**

## SPICED CHICKPEA & PUMPKIN SALAD

**Prep time: 10 mins Cooking time: 30 mins**

A nutritious side dish that is perfect with seafood, meat or poultry to suit all types of Easter meals. This recipe serves 8 as a side dish.

### Ingredients (serves 8)

- 4 cups pumpkin, peeled & cubed
- cooking oil spray
- 400g tinned chickpeas, drained & rinsed
- 1 tbsp coconut oil, melted
- 1 tbsp curry powder
- 1 tsp chilli powder
- 2 tsp ground turmeric
- 4 cups baby spinach
- 2/3 cup cashew nuts, unsalted
- 2 tomatoes, diced
- 1 tbsp balsamic vinegar
- 1 tbsp lemon juice
- 2 tsp wholegrain mustard

### Method

- Preheat oven to 180C. Spread the pumpkin over a lined baking tray and lightly spray with cooking oil. Place in the oven to roast.
- Coat the chickpeas in coconut oil, curry powder, chilli powder and turmeric. Place on the tray with the pumpkin when pumpkin is over half way ready (after around 15 minutes). Cook for a further 15 – 20 minutes until pumpkin is tender and golden and chickpeas are roasted.
- Combine spinach, tomato and cashews in a serving bowl. Mix through chickpeas and pumpkin.
- Combine balsamic, lemon juice and mustard to form a dressing and drizzle over salad to serve.

## Healthy Easter egg hunt

**There's nothing cuter than watching the kids search for Easter treats on Easter Sunday morning. Host an Easter Hunt at your Easter events but give them a healthy and active twist:**

Yes most kids LOVE chocolate and searching for choccie eggs hidden in the garden or house is a lot of fun but you don't need to go overboard with the sweet stuff. Buy some small chocolate eggs to include with other non-food treats so that Easter isn't just about eating sweet things. Or make your own chocolate eggs (get the kids involved too) and then you'll know exactly what you're putting into your body.

Rather than just purchasing chocolate eggs you could prepare some of the healthy sweet treats from this sampler, package them up in coloured paper or boxes and use those as your hunting surprises.

Take the Easter Hunt to the local park or somewhere where there's a lot of space. Hide treats behind trees, under bushes or benches and let everyone have a good run around to get some exercise in.

Non-food treats could include things as simple as a few stickers, some coloured pencils, cute erasers, hair ties or clips, balloons, small toys or Easter themed bunnies or chicks.

If you'd like you could have one larger treat to be found in the hunt and some nice ideas are some new slippers or pjs for the cooler months ahead, a special book or two or a family DVD you can all watch after your Easter lunch.

Once you've had the Easter Hunt it's a great time to play a family game of cricket, softball, football, hide and seek etc – get everyone moving.



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## HOMEMADE EASTER CHOCOLATE BUNNIES

Prep time 65mins Cook time 5mins

A healthier way to enjoy chocolate Easter Bunnies is by making them yourself with healthy ingredients. This recipe makes 6 serves so it's a great way you can make healthy, homemade gifts to share with friends and family rather than purchasing pre-made sugar and preservative loaded options.

### Ingredients (serves 6)

- ¼ cup coconut oil
- ¼ cup maple syrup
- ½ teaspoon vanilla
- ½ cup cocoa/cacao powder

### Method

- Gently melt the coconut oil in a saucepan over medium-low heat.
- Add maple syrup and vanilla. Stir through cocoa/cacao powder until well combined.
- Divide mixture evenly into 6 Easter Bunny chocolate moulds (or moulds of choice) and refrigerate for 1 hour or until set.
- One Easter Bunny is one serve. Store leftovers in an airtight container in the fridge for 1-2 weeks.

**Nutrition Per Serve: Energy 453kj / 108 cal**  
**Protein: 2.7g Fibre: 4.6g Total Fat: 2.4g**  
**Carbohydrates: 15.8g Saturated Fat: 1.4g**  
**Total Sugar: 12g Free Sugar: 11.7g**

CALORIES  
PER SERVE:  
**108**

**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.



**CALORIES  
PER SERVE:  
131**

## HOT CROSS BLISS BALLS

**Prep time 10mins**

A rich, indulgent treat, sweetened with all natural ingredients and perfect for Easter gifts, to share with friends after an Easter lunch or just to enjoy in the lead up to the Easter celebrations.

### Ingredients (serves 8)

- 1/2 cup fresh medjool dates, pitted
- 1/3 cup orange juice
- 1 cup rolled oats
- 1/2 cup sunflower seeds
- 1 tsp mixed spice
- 2 tsp orange zest
- 1 tbsp cacao/cocoa powder
- 2 tsp almond butter
- 2 tsp honey
- 1 tbsp melted butter

### Method

- Heat orange juice in microwave or a small saucepan, add dates and set aside to soak and cool.
- Place oats and seeds in a food processor on high until finely chopped. Add spice, zest, dates and soaking juice. Process on high until ingredients are well combined and begin to come together. If the mixture is too dry add extra orange juice.
- Roll bite sized balls of the mixture and arrange on a plate (you should be able to roll 16 balls). Once all mixture is rolled place in the fridge while you prepare the chocolate crosses.
- In a small mixing bowl combine cocoa, honey, almond butter and melted butter. Place mixture into a piping bag or a snap lock lunch bag and cut a small corner off one side so you can pipe crosses onto the balls.
- Remove balls from the fridge and pipe a small cross onto each ball. Freeze any leftover cross mixture to use another time. Return balls to the fridge and chill until ready to serve. 2 balls is 1 serve.
- Freezer friendly.

**Nutrition Per Serve: Energy 550kj / 131 cal  
Protein: 2.7g Fibre: 1.9g Total Fat: 5.5g  
Carbohydrates: 17.3g Saturated Fat: 1.8g  
Total Sugar: 8.6g Free Sugar: 1.5g**

## Have a healthy Easter without the chocolate hangover

**PLAN:** Work out if you are hosting some Easter events or if you have been invited to friends or family lunches, barbecues or dinners. Consider what type of foods will be available, how much control you will have over what you eat and figure out how you are going to tackle this - you might like to fill up before you go, sit furthest away from the buffet so you don't snack too much, serve yourself on a small serving plate, focus on eating slowly and enjoy the company and atmosphere, or bring your own healthy options if appropriate.

**MODERATION:** When planning your strategies to get through Easter, eating in moderation should be a top priority. It is perfectly fine to enjoy your favourite foods, and in fact this can be a preferable strategy rather than completely avoiding foods, which can lead to binge eating and a negative relationship with food. Just keep in mind your portion sizes; serves of meat should be smaller than your palm and serves of discretionary food should be about the size of your thumb.

**MAKE VEGGIES THE STARS:** On its own a palm sized piece of meat seems far from satisfying but by loading your plate with heaps of veggies, your plate will instantly become colourful, vibrant and far more satisfying without blowing out your healthy eating plans. Just be sure to choose salads with lots of leafy greens and colourful vegetables and minimal additions like rich creamy dressings, meats and cheeses.

**CHOCOLATE OVERLOAD:** Chocolate, sweet treats and chocolate eggs are everywhere at Easter and it can be hard to avoid eating a few of them but remember your moderation plans. Have a couple of chocolate eggs and balance this out with healthy eating for the rest of the day. Enjoy some chocolate with a plate of fruit, you will satisfy your sweet tooth as well as load up on vitamins, fibre and minerals.



the healthy Mummy  
**28 DAY**  
 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

APRIL CHALLENGE - STARTS APRIL 3

FUSSY EATERS & FAMILY FRIENDLY

MAY CHALLENGE - STARTS MAY 1

SUGAR DETOX

JUNE CHALLENGE - STARTS MAY 29

SLOW COOKING & WINTER MEALS



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**



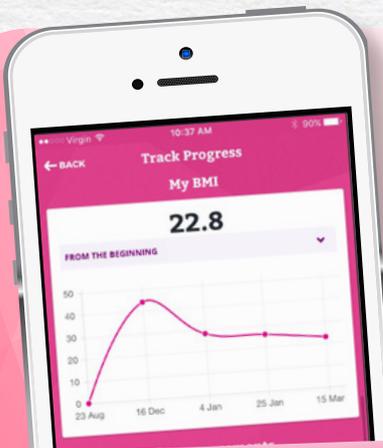
"The recipes are delicious and easy to prepare, the exercises are very challenging and non repetitive and the support you receive is invaluable!"  
**Kat**

**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

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## 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)	<b>54.9</b>	16	30	34	19.3	19	36	32	48
Carbs (g)	<b>9.3</b>	57	39	43	58	51	44	53.5	27.5
Sugar (g)	<b>1.6</b>	46	32	32	52.8	46	40	32	22.5
Fibre (g)	<b>26.7</b>	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](http://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