



the healthy  Mummy



FREE 50 DAY WINTER CHALLENGE



Welcome

With winter upon us The 28 Day Weight Loss Challenge is perfect to get you through those days when you just want to stay in your ugg boots all day long. Our nutritionists have planned delicious, easy to prepare meals that the whole family will love, and that will give you that comfort food fix without the unhealthy side effects.

Plus, the 28 Day Weight Loss Challenge brings you over 600 workouts to help you burn fat fast. The exercises are perfect to do at home (80% of them don't need any special equipment), even if you don't have much time, so the rain and cold won't stop you from reaching your goals.

Let's make this winter our healthiest yet!

*The Healthy
Mummy Team*

Get organised & inspired!

WINTER MEAL PREP

1 The most important tip is to make sure you have a healthy meal plan that you can follow and prepare with. Going in blind to meal preparation is pointless if there is no plan. The 28 Day Challenge provides a meal plan each week that you can easily follow or customise it to suit your own needs with the 1000s of recipes from the Hub.

2 Make sure you have a regular shopping day in your schedule with a follow up day for extra fruits, vegetables and other perishable goods. You need to have delicious healthy food available to be able to prep it.

3 Put in your diary a time for meal prep. It doesn't have to mean you'll prepare all your foods for the week, but look at your meal plan and see whether you can make a few dinners ahead of time, some snacks to last the week, some ingredients that can be used to make a healthy lunch, e.g. cooking off some chicken breast fillets to store in the fridge and use in healthy wraps, salads or even tacos. Getting ahead with even a couple of meals, will make such a difference.

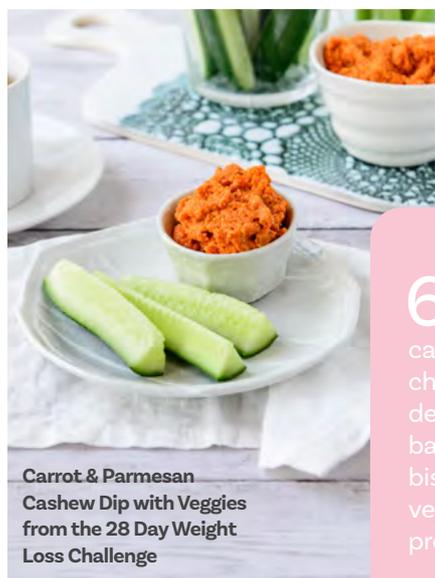


Rubarb Strawberry Jam Porridge from the 28 Day Weight Loss Challenge

4 Enlist your partner and family to help. Delegate. They can do lunches and you can do dinners. It isn't only one person in the family who should be responsible for the health of your family.

5 Find a buddy and swap meals. You can both cook two dinners on a Sunday together and make bulk to swap and freeze so you have them on hand. Even better, if you're both doing the 28 Day Challenge, you'll both have the same recipes and nutritionally balanced menu plans at your fingertips.

7 Highlight which meal times you struggle with during the week or which you end up skipping or reaching for high sugar or cheap takeaway. Prep these meals first so that you know you are setting yourself up for successful healthy eating. For example you might always choose a sugary cereal in the morning, so prep a batch of porridge that you can divide into portions, reheat and top with some fruit and natural yoghurt in the morning. Or you might always feel like takeaway on a Friday night as it's near the end of the week, so make a tasty curry or Bolognese sauce loaded with veggies to store in the fridge and assign to Friday night's meal.



Carrot & Parmesan Cashew Dip with Veggies from the 28 Day Weight Loss Challenge

6 Remember snacks. Prepare them as well as main meals as often this is where the calories or poor choices creep in. A packet of chips and an oversized chocolate bar could de-rail a delicious healthy day of eating. Bliss balls, healthy muffins, healthy homemade biscuits, fruit and some nuts, dip and some veggie sticks are all easy to make and can be prepared ahead of time.

8 Ensure you have a good stackable container system so you can prepare more than 2 or 3 meals. They don't have to be expensive but try to make them reusable so you don't throw out unnecessary packaging.

9 Remember to eat the meals you prepare and even take them to work for lunch the next day. Don't waste your hard work!

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

How to beat your cravings for

WINTER COMFORT FOOD

When we're feeling cold and the weather is miserable, it's really easy to start craving unhealthy foods. Try these tips to help you through unhealthy, comfort food cravings:

1 START WITH A HEALTHY MEAL PLAN.

Work out what you'll eat in advance, so you don't get caught out at the last minute, needing to order unhealthy takeaways.



2 MAKE SURE YOU'RE NOT HUNGRY.

Hunger is one of the biggest reasons why we experience cravings. To stave off hunger don't skip meals and have some healthy snacks on hand for when hunger strikes.



3 DRINK WATER OR A HERBAL TEA.

Thirst is often confused with hunger or food cravings. So have a big drink of water (or a hot tea) and you may find that the craving fades away, because your body was actually just thirsty.



4 BE PREPARED.

Have healthy alternatives ready to go. There are some amazing healthy, sweet treat recipes in the 28 Day Weight Loss Challenge recipe library that are sure to hit that sweet spot.



5 MAKE IT A HABIT TO "CLOSE" THE KITCHEN.

Close the kitchen at a particular time every night. No going back for seconds when it's bedtime!



6 EAT SLOWLY AND MINDFULLY.

It teaches you to develop awareness of your eating habits, emotions, hunger, cravings, and physical sensations and to distinguish between cravings and actual physical hunger.



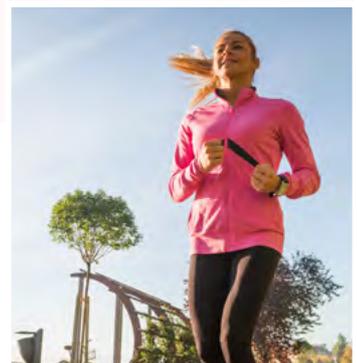
7 MEAL PREP.

Take the time to prepare extra batches of snacks, or freezable meals that can be used when you're short of time.



8 STAY TRUE TO YOURSELF.

Ask yourself why you're craving something? A bad day? Try exercising instead.



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Avoid excuses for

WINTER TAKEAWAY FOOD

It's raining outside, you've had a long day at work or at home with the kids, there are household chores to do and the cupboards are bare – what do you do for dinner? Dial for takeaway or pick something up from the local pizza shop on the way home? NO! Follow some of these easy ideas to ensure even when your motivation is low you can still feed the family easily with healthy meals:



BREAKFAST FOR DINNER This is always a winner. Instead of ordering a fattening, salty and high calorie pizza, have some porridge with nuts and fruit. Warm it up to help you feel snugly.

THE EVENING OMLETTE Another 'breakfast for dinner' option is scrambled eggs on toast. Throw in a few vegetables and you can call it an "Evening Omelette".

INVEST IN A SLOW COOKER Then you can place your dinner on in the morning so it is ready in the evening. One of the best inventions and it's almost impossible to stuff up. Great to make large batches of meals you can freeze in smaller portions to pull out when you can't be bothered cooking.



Osso Bucco from the 28 Day Weight Loss Challenge

LOVE YOUR FREEZER When you cook a freezer friendly meal, like soup, pasta sauce, curry, stew, pasta bakes etc, make double and freeze the extras so you can defrost dinner at the last minute.

MAKE 'RISOTTO' Most people have some rice in the cupboard and leftover scraggly bits of veggies in the crisper. Cook the rice, fry off the veggies and mix together. A few dashes of white wine and a sprinkle of Parmesan and you can call it risotto or just "rice surprise"!

HAVE A FEW DIPS ON HAND They don't have to be all homemade. Find some preservative free hummus or yoghurt based dips at the supermarket. Then you can cut up some veggie sticks, add a few slices of cheese, even some smoked turkey breast or lean ham slices. Lay out on a platter with the dips and get the family to sit on the couch with a doona and have a couch picnic.

MAKE A HOT SMOOTHIE Using the Healthy Mummy Smoothie mix; combine your favourite smoothie flavour with some milk, oats, coconut

or a combo of linseeds, sunflower and almond meals. Add a sprinkle of cinnamon or nutmeg. Blitz in a blender until smooth and heat in the microwave or on the stovetop. Serve with a piece of wholegrain toast spread with avocado. A balanced meal loaded with minerals, nutrients and vitamins, in less than 5 minutes!

Even a cold Healthy Mummy smoothie is fabulous in winter when you have lost motivation for cooking. Make your favourite combination and add in some extra ice cubes or frozen banana and it's like you're having ice cream for dinner!

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

Stay on track with these delicious

COMFORT FOOD ALTERNATIVES

**HIGH FAT, HIGH SALT
TAKEAWAY PIZZA**

SWAP
FOR



28 DAY WEIGHT LOSS
CHALLENGE SPINACH PESTO
AND CHICKEN PIZZA

**HIGHLY PROCESSED, FROZEN,
BUTTER CHICKEN MEAL**

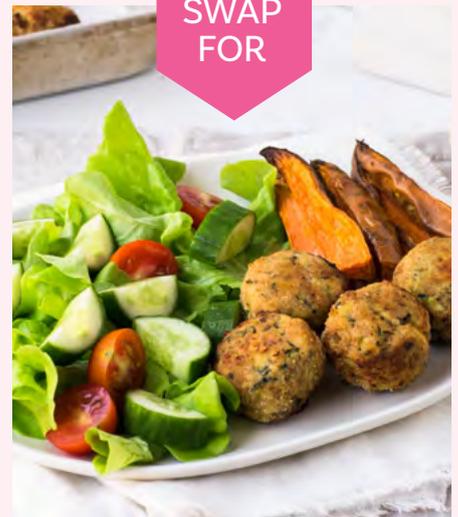
SWAP
FOR



28 DAY WEIGHT LOSS
CHALLENGE HOMEMADE
BUTTER CHICKEN

**PROCESSED, STORE-BOUGHT
CHICKEN NUGGETS**

SWAP
FOR



28 DAY WEIGHT LOSS
CHALLENGE HIDDEN VEGGIE
CHICKEN NUGGETS & CHIPS

**HIGH FAT,
STORE-BOUGHT LASAGNE**

SWAP
FOR



28 DAY WEIGHT LOSS
CHALLENGE BEEF & SWEET
POTATO LASAGNA

**DEEP-FRIED, HIGH SALT CHIPS
AND GRAVY**

SWAP
FOR



28 DAY WEIGHT LOSS
CHALLENGE ROSEMARY SWEET
POTATO FRIES WITH GARLIC
YOGURT DIP

**HIGH FAT, HIGH SALT
TAKEAWAY CHILLI CON CARNE**

SWAP
FOR



28 DAY WEIGHT LOSS
CHALLENGE CHEESY
CHILLI TACOS

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

Stay on track with these delicious

COMFORT FOOD ALTERNATIVES

**HIGH FAT TAKEAWAY
MEAT PIE**



SWAP
FOR

28 DAY WEIGHT LOSS
HEALTHY HOMEMADE
MEAT PIE

**DENSE AND HIGH CALORIE,
STORE-BOUGHT APPLE PIE**



SWAP
FOR

28 DAY WEIGHT LOSS
CHALLENGE APPLE &
RHUBARB FILO PIE

**HIGH SUGAR
FUDGE BROWNIE**



SWAP
FOR

28 DAY WEIGHT LOSS CHALLENGE
PEANUT BUTTER & CHOCOLATE
BROWNIE COOKIE

**CALORIE RIDDEN MILK
CHOCOLATE BAR**



SWAP
FOR

28 DAY WEIGHT LOSS
CHALLENGE
“SNICKERS” SLICE

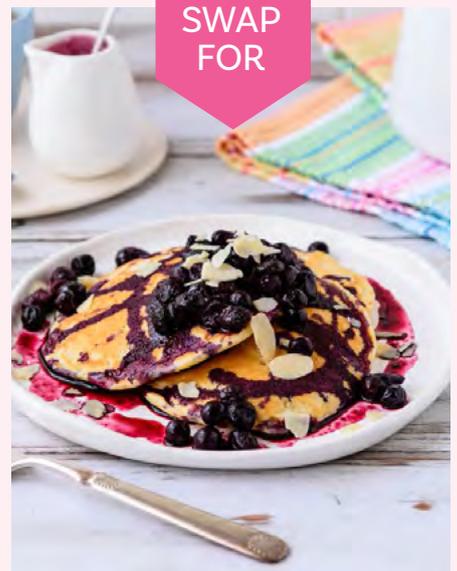
**HIGH SUGAR, PACKET MADE
STICKY DATE PUDDING**



SWAP
FOR

28 DAY WEIGHT LOSS
CHALLENGE CHOCOLATE
SELF-SAUCCING PUDDING

**HIGH SUGAR, HIGH CALORIE
CAFE PANCAKES**



SWAP
FOR

28 DAY WEIGHT LOSS
CHALLENGE BLUEBERRY &
VANILLA PANCAKES

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

WINTER EATING Checklist

WINTER MEAL PREP – GET ORGANISED & INSPIRED

- ✔ Have a healthy meal plan ready to go!
- ✔ Have a regular shopping day in your schedule.
- ✔ Put in your diary a time for meal prep.
- ✔ Know your weaknesses and address them.
- ✔ Remember to prepare snacks.
- ✔ Enlist your partner and family for support.
- ✔ Find a buddy and swap meals.
- ✔ Sort your food storage.
- ✔ Don't waste your hard work!

AVOID THE WINTER TAKEAWAY EXCUSES

Breakfast for dinner is always a winner.
 Invest in a slow cooker.
 Make double and freeze the extras!
 Make 'risotto'.
 Have dips on hand.
 Make smoothies

AVOID THE UNHEALTHY WINTER COMFORT FOOD CRAVINGS

- ✔ Make sure you are not hungry.
- ✔ Always close the kitchen at a particular time.
- ✔ Acknowledge your cravings and have better options on hand.
- ✔ Prepare and make your own chocolate and dessert options.
- ✔ Be true to yourself about why are you craving something.
- ✔ Break the habits that lead to snacking.



You've got this!

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

Stay on track with exercise

EVEN WHEN IT'S COLD OUTSIDE!

1 Meet with friends to workout for extra motivation - if you've made a date with someone, you're more likely to stick to it.

2 Invest in cold weather workout gear. Cover your head outdoors to keep warm - wear a jacket with a hood or beanie when warming up to increase your body temperature.

3 Warm up for an extra 5 minutes, get all those muscles ready for a great workout.

4 Hit the music for a positivity boost - upbeat music makes everything seem better! Dance in between circuits and get your groove on!

5 Use interval training to keep your routines short and sweet. No need to run a marathon each day, following the HIIT exercise plans from the 28 Day Challenge will ensure you're getting the most out of the time you spend on exercising.



6 Add variety to your workouts. There are over 600 workouts to choose from on the Healthy Mummy App. You could also try new exercises to keep things interesting e.g. find out about your local netball, hockey, basketball, soccer etc teams.

7 Reward yourself for your efforts. Even a new copy of your favourite magazine, with some time to sit down with a cup of tea and a delicious healthy Challenge snack, is a great time out for you and a reward.

8 Wake up with the sun (as much as you can that is!). Allow natural light into your room in the mornings for a fresh burst of energy.

9 Schedule an active date night. Treat you and your partner to some adult time. Rather than just going out to eat, book in a night of Ten Pin Bowling or go and see some live music and get onto the dance floor to burn some calories!

10 Write out your summer goals. Print out a calendar with the days until summer and tick them off to see when your summer body is coming!

11 Visualise the benefits as you work out. Keep a visual image of your goal while performing your exercises. Create your own inspiration boards or use some of our images to stick on the fridge or on the wall where you exercise to keep your eye on the prize.

12 List your goals on your fridge. The more inspiration you have and a clear idea of what you want to achieve, the easier it will be for you to succeed.

13 Make a delicious, warm post-workout meal. Choose a delicious, healthy meal from the Winter Challenge meal plans and get it ready before you exercise. Then you know you've got something yummy to nourish you after your workout.

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

Motivational tips to help you stay active

WHEN THE DOONA IS CALLING!

1 Start your day with a Smoothie. A Healthy Mummy Smoothie to start the day is quick and easy to prepare and will give you a morning energy boost.

2 Schedule relaxation time. If you're really tired and haven't had enough sleep then change your plans for the day. Don't do as much as you were originally going to do and schedule in some time to relax when possible.

3 Go to bed 10 minutes earlier. Science shows that going to bed just 10 minutes earlier can help us wake up more alert and happy.

4 Workout in short bursts. If you're really tired and can't be bothered doing any exercise, just do something in a short burst. You'll be surprised at how much energy you'll get from even 10 - 15 minutes of exercise.

5 Exercise in the morning. Get energised first thing in the morning so you're ready for a great day.

6 Change into your workout clothes. Get up and put your workout gear on first thing. Then you'll be more likely to complete your exercise plans rather than having the excuse of "I can't be bothered getting changed".



Chocolate Thickie
Healthy Mummy Smoothie

7 Do a mat/floor workout. Doing a more gentle workout will still give you energy but not totally exhaust you if you're extra tired.

8 Add variety to your workouts. Variety will get you more excited to complete your exercise. Choose a theme song for your workouts, do tasks in between or workout out in a new location. Just a few changes make all the difference to your motivation.

9 Take a salt bath for recovery. Relax at the end of the day when you've been really tired in a lovely bath, to soothe your muscles and rest your busy mind.

10 Write down all the benefits to working out. Stick them on the fridge and have a quick read through them when you're feeling low in motivation.



PRINT ME!

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WINTER EXERCISE Checklist

STAY ON TRACK WITH EXERCISE EVEN WHEN IT'S COLD OUTSIDE

- ✔ Meet with friends to workout for extra motivation.
- ✔ Invest in cold weather workout gear.
- ✔ Warm up for an extra 5 minutes.
- ✔ Hit the music for a positivity boost.
- ✔ Use interval training to keep your routines short and sweet.
- ✔ Add variety to your workouts.
- ✔ Reward yourself for your efforts.
- ✔ Wake up with the sun.
- ✔ Schedule an active date night.
- ✔ Make your summer goals.
- ✔ Visualise the benefits as you work out.
- ✔ List your goals on your fridge.
- ✔ Make a delicious, warm post-workout meal.



I'm with
team
Healthy
Mummy

10 MOTIVATIONAL TIPS FOR WHEN THE DOONA IS CALLING YOUR NAME

1. Start your day with a Healthy Mummy Smoothie.
2. Schedule relaxation time.
3. Go to bed 10 minutes earlier.
4. Workout in short bursts.
5. Exercise in the morning.
6. Change into your workout clothes.
7. Do a mat/floor workout.
8. Add variety to your workouts.
9. Take a salt bath for recovery.
10. Write down all the benefits to working out.



COMMUNITY

Stories

REAL STORIES FROM REAL MUMS ON HOW TO
KEEP ON TRACK THIS WINTER



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

How our some of our amazing mums

STAY ON TRACK IN WINTER

As the weather gets colder, it can become all too easy to sit in front of the telly with a big mug of hot chocolate. We feel too chilly to move and are happy to snuggle under a warm blanket after a long and tiring day wrangling little ones. Here are some valuable tips on how to keep on track this winter from some of our amazing mums.



WEIGHT LOSS: 35.5kg

AGE: 25 years old

CHILDREN: 3 boys

LIVES: Tamworth

SHANNON BUTCHER

“Before I found The Healthy Mummy, I would hide behind baggy clothes. I never wore shorts, because I felt so uncomfortable with my legs, but now I wear whatever I want”.

“I feel amazing! I have never had so much confidence and feel very proud of what I’ve achieved. I do 10,000 steps a day and I’m fitter and strong now and I love my active lifestyle. Do this for yourself. Just get started”!

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



WEIGHT LOSS: 31kg

AGE: 31 years old

CHILDREN: 3 boys

LIVES: Wagga

LAURA KUKOLOVSKI

“I feel so much more confident and happy within myself. I love being strong and fit and a great role model for my children”.

“Don’t compare yourself and your results with others. Your journey is yours and yours alone so take it easy on yourself”.



I have found a confidence in myself that I didn’t know I had, especially now that I have hit my weight loss goals. I’m excited to see where my health and fitness journey is taking me.

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

28 DAY CHALLENGE

Sneak Peek



YOUR SNEAK PEEK
OF THE 28 DAY WEIGHT
LOSS CHALLENGE



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

Healthy weight loss **FOR BUSY MUMS**



The Healthy Mummy has been successfully changing the lives of mum's all over Australia for the past 12 years. We are all about empowering mums to live healthier lives and helping mums make healthy choices that are family-friendly, budget-friendly and take into account how busy and tiring parenting can be.

The 28 Day Weight Loss Challenge is a tool that will help you to achieve this through our easy to use app. the App allows you to customise your meal-plans to suit your dietary requirements, family size, and budget. You can also access over 600 exercises routines that can be done anywhere: at home, outside, or at the gym. We have an expert team of nutritionists and qualified fitness trainers who have tailored the content for mums just like you.

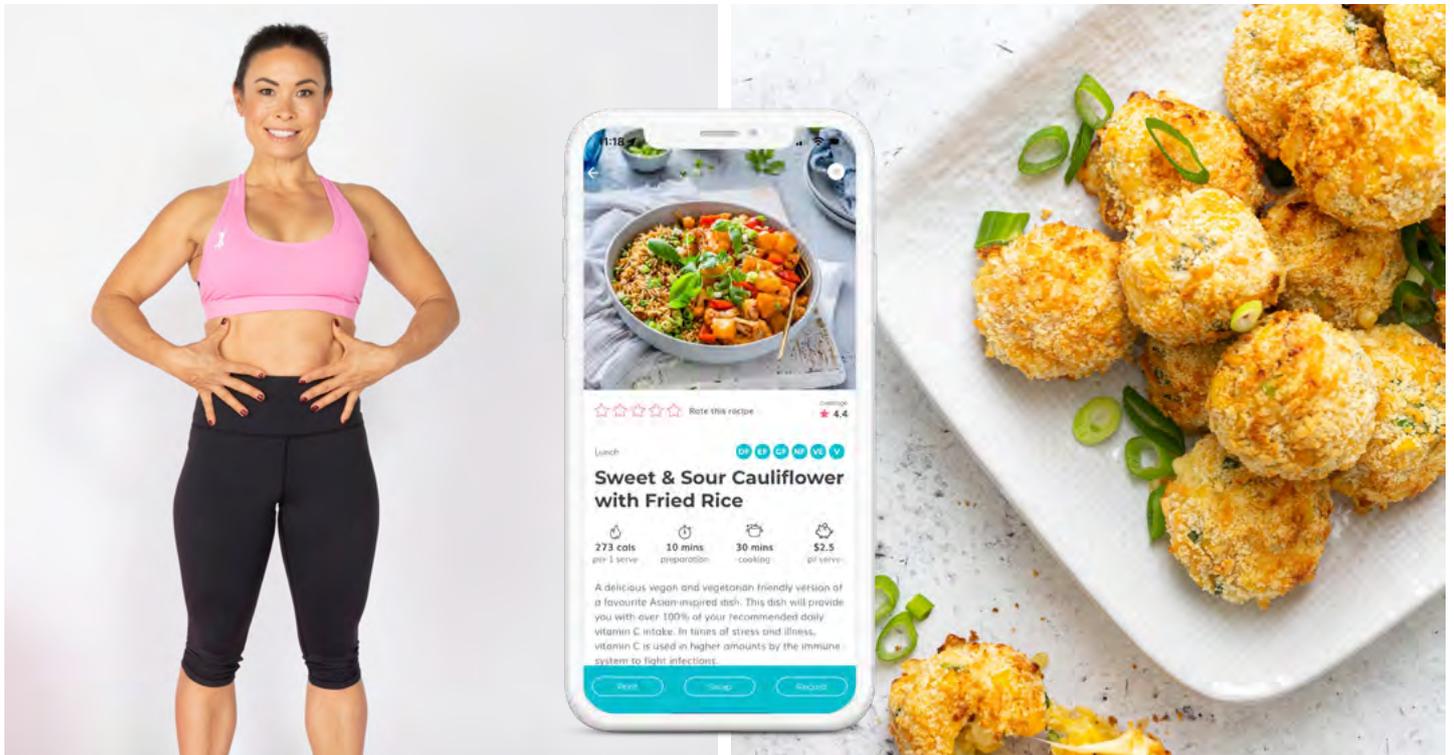
The Healthy Mummy has the largest online community for mums that offers support, advice and motivation so you can reach your goals.

THE 28 DAY WEIGHT LOSS CHALLENGE BENEFITS

- ✓ Risk FREE! No lock-in contracts, cancel any time.
- ✓ Over 6,000 healthy, family-friendly recipes and customisable weekly meal plans and shopping lists.
- ✓ Daily support from our BIGGEST COMMUNITY of MUMS. Constant support, inspiration and motivation from our team & the Challenge community.
- ✓ Budget and family friendly. You get to control and customise your meal plans to suit your budget and family with the app's budget filter.
- ✓ All exercises are designed to be done at home and are short, sharp & effective - perfect for BUSY mums.
- ✓ Over 600 workout routines. In the app you can choose from Pilates, HIIT, Tabata, Boxing, DanceFit, Yoga and much more.

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

A day on the **28 DAY WEIGHT LOSS CHALLENGE**



The plans are designed for busy mums. A typical day on one of our plans looks like this:

BREAKFAST	Raw Chocolate Coconut Bowl or a Healthy Mummy Smoothie
SNACK	Avocado & Sweet Chilli Dip
LUNCH	Vegan Falafel Salad or a Healthy Mummy Smoothie
SNACK	Banana 'Sushi'
DINNER	Oregano & Feta Chicken Burger
DESSERT	Cookies & Cream Truffles
FLUIDS	Try to drink 2 litres of water a day. This can include herbal teas.
EXERCISE	Either go for a 30-45 minute walk every day or do one of the quick at home workouts on The Healthy Mummy App.

We also suggest that breastfeeding mums have extra snacks during the day and do not allow themselves to go hungry, as we burn more calories (approximately 300-500 more per day) when breastfeeding so need to eat more.

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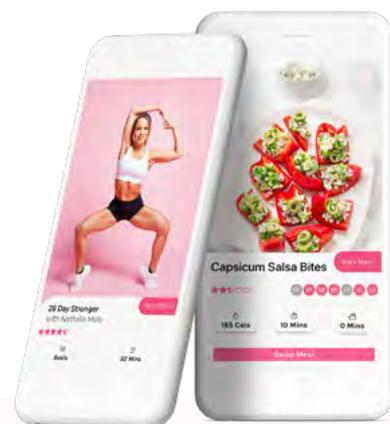
The Healthy Mummy App

HOME TO THE 28 DAY CHALLENGE

The **Healthy Mummy App** is home to the **28 Day Weight Loss Challenge**. The app has more than 30 amazing features and improvements! You can customise your meal plans, access shopping lists, update your measurements, take progress photos, read healthy tips and daily exercise plans, and more.

The time-efficient, at-home exercise programs are busy-mum-friendly and take into account your fitness levels, supporting you as you reach your goals.

- ✓ **Weekly meal plans** which are fully customisable.
- ✓ **Instant access to more than 6000** budget- and family-friendly recipes.
- ✓ **Healthy Mummy Coach** to keep you motivated and on track!
- ✓ **Daily 30-minute** fully instructed fitness programs.
- ✓ **Achievable programs** made for busy mums.



THE HEALTHY MUMMY EXERCISE PROGRAMS

Fully instructed 30-minute video exercise programs.

Includes strength training, cardio, full body and pilates.

No equipment required – work out from home!

All levels available from postnatal to advanced.

THE HEALTHY MUMMY COACH

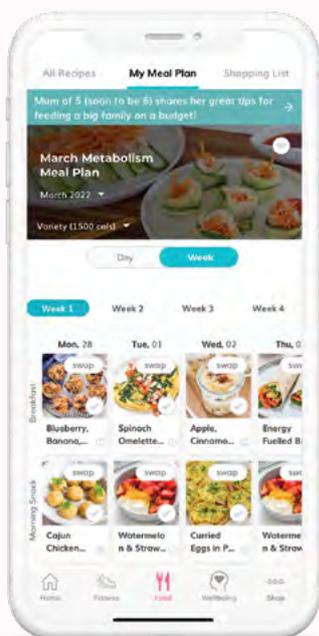
A new empowering message each day on your home screen!

Tips, facts and inspiration to motivate and keep you on track.

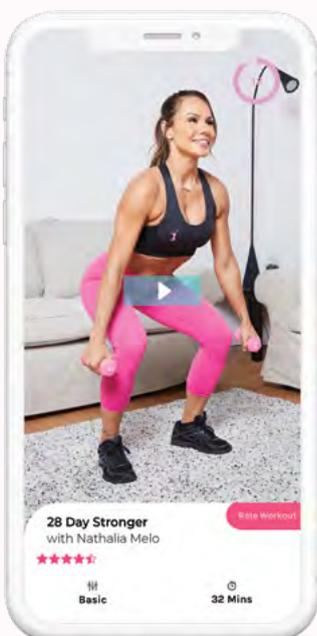
Keeps you **motivated** and accountable.

Only available in The Healthy Mummy App.

✓ Customisable meal plans



✓ At-home fitness



✓ Daily motivation



★ Trustpilot



4.6 rating
7300+ reviews



4.7 rating
6000+ reviews



4.7 rating
15000+ reviews

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DELICIOUS WINTER Recipes

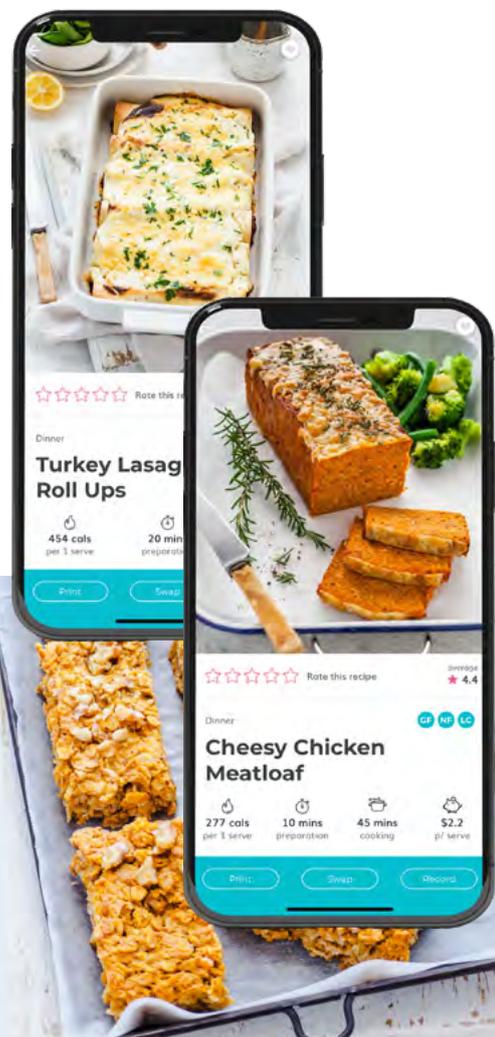


STAY ON TRACK THIS
WINTER WITH
THOUSANDS OF
AMAZING RECIPES



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

If you need help keeping on track this winter, the Healthy Mummy App has over 6000 recipes. Join the 28 Day Weight Loss Challenge and get the MEGA DEAL [HERE!](#)



BREAKFAST

Baked Pear Breakfast Crumble

Serves 1

Prep time: 10min

Cook Time 15min

Crumbles and baked desserts are a popular option during the winter months but are usually loaded with added sugars. This recipe is low in added sugar which makes this a great breakfast meal, not just something to enjoy for dessert.

Ingredients

- 1/2 medium pear, grated (100g)
- 1 tsp vanilla extract (5ml)
- 1/2 tsp cinnamon (0.5g)
- 1 tbsp shredded coconut (10g)
- 1/3 cup rolled oats (35g)
- 1 tsp rice malt syrup (5ml)
- 1 tsp coconut oil (5ml)

Method

- Preheat oven to 200C.
- Place the grated pear in an individual ovenproof dish (or use one larger ovenproof dish if preparing for more than one person) and toss through vanilla extract and then sprinkle with half the cinnamon.
- In a separate bowl, mix together the oats, shredded coconut, rice malt syrup, remaining cinnamon and the coconut oil.
- Lay the oat mix on top of the pear and bake in the oven for 15 minutes until golden brown.
- Allow to cool for 5 minutes and then enjoy.

306 Cals /1285 kJ

Protein 5.3g

Fibre 8.6g

Total Fat 8.8g

Sat fat 6.4g

Carbs 52.3g

Total Sugar 20.5g

Free Sugar 3.7g



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.

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

LUNCH

Warm Spinach, Quinoa and Mushroom Salad

Serves 1

Prep time: 5min

Cook time: 10min

Salads are a great way to increase your intake of vegetables, protein and dairy but aren't the most enticing thought on a cold day. So during winter, serve your salads warm, like this recipe to keep you feeling energised.

INGREDIENTS

- ¼ cup rinsed quinoa (45g)
- 2 tsp extra virgin olive oil (10ml)
- ½ garlic clove, crushed (1.5g)
- 1 cup mushrooms, sliced (75g)
- salt
- pepper
- 1 tbsp raisins (20g)
- ¼ red capsicum, diced 25g
- 1 cup baby spinach (30g)
- 1 tbsp tamari (20ml)
- 1 tbsp lime juice (20ml)

METHOD

- Prepare the quinoa as per packet instructions, drain and set aside.
- Heat the oil in a frying pan over medium heat. Add the garlic and sauté for 30 seconds. Add the mushrooms and season with salt and pepper. Cook for approximately 7 minutes or until the mushrooms are tender and have released their juices.
- Add the quinoa, raisins and capsicum to the pan and toss to combine.
- Remove pan from the heat and stir through the baby spinach until just wilted.
- Stir through the tamari and lime juice and serve.



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.

317 Cals / 1331 kJ

Protein 13.2g

Fibre 9.6g

Total Fat 10.5g

Sat fat 1.3g

Carbs 49.6g

Total Sugar 9.6g

Free Sugar 0g

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

DINNER

Meatball Soup

Serves 4

Prep Time 10min / Cook Time 40min

Soup is a perfect meal for the cooler weather as it is not only very hydrating but it can be loaded with nutritious ingredients, like this recipe, for a healthy and balanced meal. This recipe incorporates tasty meatballs to make this a substantial dinner. Always make soup in a large batch to share with the family or so you can freeze leftovers, so you always have a warming meal ready to go on those chilly nights.

INGREDIENTS

- 400g lean beef mince
- 2 whisked eggs 100g
- 2 tbsp parsley, finely chopped 10g
- ½ cup grated Parmesan 72g
- salt
- pepper
- 2 tbsp olive oil 40ml
- 1 brown onion, finely diced 100g
- 3 cloves garlic, minced 9g
- 2 carrots, finely diced 140g
- 2 stalks of celery, finely diced 80g
- 1 sweet potato, peeled & finely diced 160g
- 2 zucchini, finely diced 220g
- 600ml tomato passata
- 2 tsp dried Italian herbs 2g
- 2L liquid vegetable stock
- 2 tbsp basil leaves, chopped 10g

METHOD

- Combine the mince, eggs, parsley and Parmesan in a bowl. Season with salt and pepper. Roll tablespoons of the mix into meatballs. Set aside in the fridge to chill.
- Heat the olive oil in a saucepan over medium heat. Add the onion and sauté for 2-3 minutes or until translucent.
- Add the garlic, carrots, celery, sweet potato and zucchini and cook for 4-5 minutes or until the vegetables start to soften.
- Add the tomato passata, dried herbs and stock and stir to combine. Season with salt and pepper.
- Bring the soup to the boil and then reduce to a simmer. Gently add the meatballs to the soup and cook for 30 minutes.
- Divide meatball soup evenly between four bowls and sprinkle with some fresh basil leaves to serve.
- Leftovers can be stored in an airtight container in the fridge for up to 4 days or in the freezer for up to 3 months.

Cals 463/kjs 1844

Protein 35.3g

Total fat 21.1g

Sat fat 6.7g

Fibre 6.4g

Carbs 35.7g

Total sugar 19.1g

Free sugar 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.

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SNACK

Hazelnut Meringue Biscotti

Serves 8

Prep time: 20min

Cook Time 30min

Chocolate cravings often sky-rocket when the weather drops as we seek out comfort food to keep us warm and energised. There's nothing wrong with feeding those chocolate cravings if you do it in a healthy way. This delicious biscotti recipe uses dark chocolate and cacao (both loaded with antioxidants) and only a small amount of added sugar, to create a healthier sweet treat that is perfect with a cup of herbal tea.

INGREDIENTS

- 1½ cups hazelnuts, roughly chopped 180g
- 1 tsp cacao/cocoa powder 2g
- ¼ tsp bicarbonate powder 0.625g
- 2 egg whites 50g
- salt
- 1 tsp vanilla extract 5ml
- 1 tbsp coconut sugar 16g
- 50g dark chocolate (70%), melted

METHOD

- Preheat oven to 180C and line a baking tray with baking paper. Set aside ¼ cup of the hazelnuts to decorate the biscotti.
- Mix together the remaining hazelnuts, cacao/cocoa powder and bicarbonate powder in a bowl.
- In a separate bowl, using electric mixers on high speed, beat together the egg whites and a tiny pinch of salt, until stiff peaks form. At this stage add the vanilla extract, then the coconut sugar whilst still beating, until sugar dissolves.
- Mix the egg white mixture and the hazelnut mix together, gently turning to combine, being careful not to over mix and take the air out of the egg whites.
- Now place 8 heaped tablespoons of the mixture onto the prepared oven tray, making sure there is space between each dollop.
- Place in the oven for approximately 30 minutes (depending on your oven). Once they are slightly golden on top, they are ready. Leave to cool on the baking tray for 5 minutes then transfer to a wire rack to cool completely.
- Drizzle with melted chocolate and sprinkle with remaining chopped hazelnuts to serve.
- One biscotti is one serve. Store leftovers in an airtight container in the pantry for 4-5 days.

Cals 188/kjs 789

Protein 4.3g

Total fat 15.7g

Sat fat 2.4g

Fibre 1.9g

Carbs 6.5g

Total sugar 6.2g

Free sugar 5g



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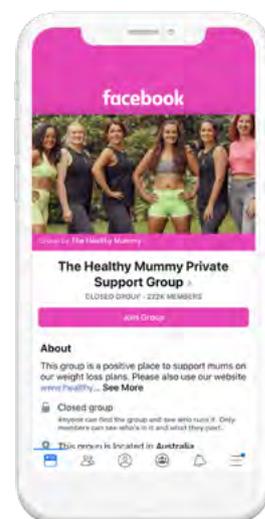
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COMMUNITY

Support



JOIN THOUSANDS OF MUMS READY TO SUPPORT YOUR JOURNEY [HERE!](#)



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Hayley lost 42kg with The Healthy Mummy and **IS LIVING LIFE TO ITS FULLEST!**

Hayley is a mum of 3 energetic boys who keep her very busy! She works as a student wellbeing officer at the local high school helping students with their mental wellbeing and building resilience.

Hayley started out wanting to do this for her boys and to give them a better life. She wanted to set an example and be the best that she could be for them mentally, physically and emotionally.

She says of her journey “You are trying to change years of bad habits and desires, you are trying to rebuild and reshape all that you have known yourself to be. When you start creating your mental shift, start doing things that benefit you and focus on what is within your best interests, it all starts to happen. The Healthy Mummy program helped educate me and learn how to fuel my body and what to focus on”.

HOW DO YOU TAKE CARE OF YOUR NUTRITION AND STAY ACTIVE WITH SUCH A BUSY LIFESTYLE:

I meal prep, snack prep, I set up a guide of what I need to do within my day and try my best to follow it. I get my workouts done in the morning so I do not think about it all day. It helps me stay on track and it helps me throughout the day and it also helps mentally prepare me for my day.

DO YOU FEEL THAT YOU ARE A MORE FUN/ENGAGED/PRESENT MUM FOLLOWING YOUR TRANSFORMATION:

Yes. I join in with my boys regularly. I have my own scooter, and push bike now so I can join with the boys at the skate park. The boys and I walk regularly.



Hayley has lost **42kg**



HAYLEY'S TOP 3 TIPS!

- No. 1. Focus on your mental health
- No. 2. Focus on your nutrition
- No. 3. Focus on your water intake and then focus on your exercise.

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Checkout what some of our mums have achieved **ON OUR 28 DAY CHALLENGES!**

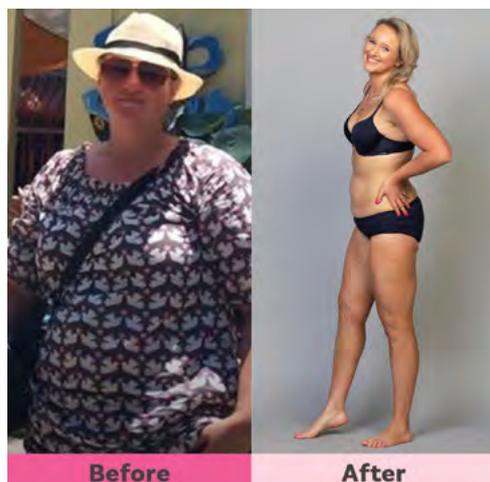


NIC LOST 60KG!

Nic believes she owes her life to Healthy Mummy and has lost an AMAZING 60kgs! After a marriage breakdown and feeling like she couldn't look after her kids let alone herself, she found The Healthy Mummy and transformed her whole life!! Her marriage is even back on track! She says: "The menu plans help keep me on track and the exercises at my fingertips are great for the days when I can't get out of the house. But it's also more than that. It's a community of support, motivation, inspiration and friendship. There's nothing out there like it. The Healthy Mummy is more than just a weight loss program, it's a lifestyle."

HEIDI LOST 70KG!

Heidi has halved her body weight with The Healthy Mummy and transformed her mental and physical health!! Going from unhappy and hating herself to LOVING life! Heidi may have lost an INSPIRATIONAL 70kgs but what she has gained is so much more! She says "I really can't put in to words how much The Healthy Mummy has helped me change the way I think about my body. I am confident and happy and people can see it. I'm loving everything about my body, even the scary. Thank you Healthy Mummy!"



TANJA LOST 40KG!

Mum Tanja's life has become a whole lot more EXCITING since losing 40kg in 18 months with The Healthy Mummy 28 Day Weight Loss Challenges!! "I follow The Healthy Mummy Challenge meal plans and recipes as a matter of course, sticking to the recipes and embracing the meal planning App. My whole family of 5 joins in both with the exercise and the healthy eating." Tanja's life has changed dramatically - she has A LOT more energy!

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THE ULTIMATE 3 Day Cleanse



THE PLAN THAT WILL
GIVE YOUR BODY A
NATURAL CLEANSE
PLUS HELP TO
KICKSTART YOUR
METABOLISM AND
ENERGY LEVELS

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To Detox or Not to Detox

TRUTH

It's true that research on "extreme detox diets" is inconclusive, and skeptics even question their safety. However, what we do know is our bodies are perfectly capable of excreting waste without the aid of extreme detoxing - after all, that's what our liver, skin, kidneys and bowels are designed to do.

Restricting foods, such as meat or dairy, robs the body of vital nutrients, which can result in a range of side effects - from headaches, fatigue, irritability, bad breath, dehydration and bloating to frequent trips to the bathroom. Even though weight loss is inevitable, the lost weight is usually a consequence of cutting out many foods (which automatically equals cutting calories), rather than removing toxins that were supposedly making you fat. What's more, any weight loss achieved is usually temporary and the end result is usually a loss of water (as well as muscle) and not fat, due to the severe calorie restriction.

OUR SUSTAINABLE APPROACH

At The Healthy Mummy, we believe there's a more sustainable way to approach healthy eating. We've designed a 3-day clean-eating plan which involves curbing (not totally banning) caffeine, added sugar and processed foods, and replacing them with nutrient-dense, fresh whole foods to help you kick-start good habits. Our approach is sensible and practical, and one you can easily integrate into your lifestyle without feeling deprived.

As a result, you will think more clearly, absorb nutrients more efficiently, have a glowing complexion and your energy levels will soar. The Ultimate 3 Day Cleanse is suitable for breastfeeding mothers - just be sure to add a few extra snacks, such as a smoothie, to cater for your increased energy needs.

DAILY TIPS

- A MINIMUM 30 MINUTES OF PHYSICAL ACTIVITY
- DRINK AT LEAST 2 LITRES OF PLAIN WATER OR HERBAL TEA
- DRY BODY BRUSHING ONCE OVER THE 3 DAYS OR 2 TIMES A WEEK

ALLOWED DRINKS

- FRESHLY SQUEEZED FRUIT AND VEGETABLE JUICES (ALTHOUGH WHOLE PIECES ARE HIGHLY RECOMMENDED FOR BETTER DIGESTIVE HEALTH)
- GREEN TEA
- HERBAL TEAS
- WATER

AVOID

- CAFFEINE (GREEN TEA EXCEPTED)
- ALCOHOL
- COMMERCIAL JUICES
- SOFT DRINKS
- STIMULANTS, SUCH AS ENERGY DRINKS
- CHOCOLATE BARS, LOLLIES AND CAKES
- FAST FOOD AND TAKEAWAY FOODS
- HIGHLY PROCESSED AND REFINED FOODS E.G. WHITE BREAD, WHITE PASTA, PASTRIES, MUFFINS, BISCUITS, CAKES

3 DAY CLEANSE MENU

	DAY 1	DAY 2	DAY 3
BEFORE BREAKFAST	1 cup warm water with a little freshly squeezed lemon	1 cup warm water with a little freshly squeezed lemon	1 cup warm water with a little freshly squeezed lemon
BREAKFAST	Chia Pudding, 284cal (1193kJ)	Mint & Banana Smoothie, 265cal (1116kJ)	Egg, Tomato & Avocado Wrap, 266cal (1120kJ)
MORNING TEA	2 tbsp hummus with 1 carrot or 1 celery stick sliced into batons, 116cal (489kJ)	2 tbsp hummus with 1 carrot or 1 celery stick sliced into batons, 116cal (489kJ)	2 tbsp hummus with 1 carrot or 1 celery stick sliced into batons, 116cal (489kJ)
LUNCH	Carrot, Ginger & Spinach Cleansing Soup, 132cal (554kJ)	Vibrant Veggie Salad, 237cal (997kJ)	Tofu & Vegetable Stir-fry, 283cal (1190kJ)
AFTERNOON TEA	1 cup of green tea with ½ grapefruit sprinkled with Natvia (stevia), 33cal (140kJ)	1 cup of green tea with 20 blueberries, 34cal (145kJ)	1 cup of green tea with 10 almonds, 75cal (318kJ)
DINNER	Fish & Veggie Kebabs, 286cal (1202kJ)	Chicken Noodle Stir-fry, 282cal (1186kJ)	Alkalisng Soup, 270cal (1134kJ)
DESSERT (OPTIONAL)	1 sliced apple spread with 1 tbsp almond butter, 106cal (758kJ)	¾ cup of Greek natural yoghurt with the pulp from 1 passionfruit, 163cal (687kJ)	1 cup of diced watermelon with ½ cup diced pineapple, 72cal (306kJ)

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SHOPPING LIST

Below is a suggested shopping list for the 3 Day Cleanse meals and snacks as per the meal plan on the previous page. Remember to check what you already have on hand in the fridge and pantry and make swaps if needed in recipes, to use up the ingredients you already have available, rather than buying new ones.

Fruits, vegetables and fresh herbs

- 6 carrots
- 2 celery sticks
- 1 leek
- 1 cup baby spinach
- 2 cups kale leaves
- 3 zucchini
- 2 red capsicum
- 1 red onion
- ½ cup green beans
- ½ cup snow peas
- ¼ cup bean sprouts
- 1 small head of broccoli
- 2 small heads of bok choy
- 50g mushrooms
- 1 tomato
- 1 avocado
- 1 grapefruit
- 1 banana
- 1 apple
- 1 passionfruit
- 1 cup diced watermelon
- ½ cup diced pineapple
- 1 punnet blueberries
(use frozen if out of season)
- 3 lemons
- 1 lime
- 1 small piece of ginger
- 3 cloves of garlic
- 1 small bunch of parsley
- 1 small bunch of mint leaves
- 1 small bunch of basil leaves

Grains, cereals, nuts and seeds

- Almonds
- 2 tbsp chia seeds
- 1 Mountain Bread Wrap
- 50g soba noodles

Dairy and milk alternatives

- 1 cup Greek natural yoghurt
- ½ cup light coconut milk
- 200ml unsweetened almond milk

Chilled foods and proteins

- ½ cup hummus
- 150g firm white-fleshed fish of choice
- 100g chicken breast
- 150g firm tofu
- 2 free-range eggs

Tinned foods

- 40g corn kernels

Pantry staples and condiments

- Green tea bags
- 1 tbsp Natvia
- Almond butter
- Honey
- ½ tsp vanilla extract
- Coconut oil
- Extra virgin olive oil
- Balsamic vinegar
- Soy sauce, salt reduced
- 750ml liquid vegetable stock, salt reduced
- Salt
- Pepper
- Ground turmeric

Healthy Mummy Smoothie Mix, vanilla or chocolate



BREAKFAST

Chia Pudding

SERVES 1

NUTRITIONAL INFORMATION PER SERVE: 284CAL/ 1193KJ
 PROTEIN 6.7G TOTAL FAT 18.6G SATURATED FAT 9.1G FIBRE 11.3G
 CARBOHYDRATES 22.7G TOTAL SUGAR 7.7G FREE SUGAR 0.0G

INGREDIENTS

- ½ cup light coconut milk
- 2 tbsp chia seeds
- 2 tsp Natvia (natural stevia sugar substitute)
- ½ tsp vanilla extract
- 2 tbsp blueberries

METHOD

1. In a bowl, combine all the ingredients, excluding the blueberries.
2. Cover and refrigerate for at least 2 hours, or prepare the day before and store overnight.
3. To serve, top the Chia Pudding with the blueberries.



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LUNCH

Carrot, Ginger & Spinach Cleansing Soup

SERVES 1

NUTRITIONAL INFORMATION PER SERVE: 132CAL/ 554KJ
 PROTEIN 5.1G TOTAL FAT 14.7G SATURATED FAT 12G FIBRE 8.5G
 CARBOHYDRATES 39.8G TOTAL SUGAR 16.4G FREE SUGAR 0.0G

INGREDIENTS

- 1 tbsp coconut oil
- 1 leek, finely sliced
- 1 cup liquid vegetable stock, salt reduced
- 1/2 tsp fresh ginger, grated
- 4 carrots, chopped
- 1 cup baby spinach
- salt
- pepper

METHOD

1. In a saucepan over medium-high heat, melt the coconut oil and add the leek. Slowly cook until golden, around 3-4 minutes.
2. Add the stock with the remaining ingredients and bring to the boil. Reduce to a gentle simmer and cover. Cook for 30 minutes until the carrots are soft.
3. Remove from the heat and use a stick blender or benchtop blender to blitz until smooth.
4. Reheat if required and serve.



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DINNER

Fish & Veggie Kebabs

SERVES 1

NUTRITIONAL INFORMATION PER SERVE: 286CAL/ 1202KJ
 PROTEIN 32.6G TOTAL FAT 11.8G SATURATED FAT 1G FIBRE 3.9G
 CARBOHYDRATES 9.9G TOTAL SUGAR 8.1G FREE SUGAR 0.0G

INGREDIENTS

- 1 clove garlic, crushed
- 2 tsp extra virgin olive oil
- 1 tbsp lemon juice
- 1 tbsp finely chopped parsley
- 150g firm, white-fleshed fish of choice
- ½ zucchini
- ½ red capsicum
- ¼ red onion

METHOD

TIP: You will need 2 skewers per serve for this recipe. If using wooden skewers, soak them in water for 30 minutes before use.

1. Combine the garlic, oil, lemon juice and parsley in a bowl.
2. Chop the fish and vegetables into chunks and thread onto 2 skewers.
3. Brush kebabs all over with the garlic marinade.
4. Heat a frying pan over medium-high heat and cook the kebabs for 3-4 minutes each side, or until the fish is cooked through and the vegetables are tender.
5. Serve immediately.



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BREAKFAST

Mint & Banana Smoothie

SERVES 1

NUTRITIONAL INFORMATION PER SERVE: 265CAL/ 1116KJ
 PROTEIN 18.4G TOTAL FAT 9.5G SATURATED FAT 0.2G FIBRE 10.6G
 CARBOHYDRATES 20.8G TOTAL SUGAR 16.1G FREE SUGAR 6.2G

INGREDIENTS

- 25g (2 tbsp) Healthy Mummy Smoothie Mix Vanilla
- 1 tsp honey
- ½ banana, peeled
- 1 tsp mint leaves
- 1 tbsp reduced-fat Greek yoghurt
- 200ml unsweetened almond milk
- ice cubes

METHOD

1. Blend all the ingredients together for 1-2 minutes, or until well combined.



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LUNCH

Vibrant Veggie Salad

SERVES 1

NUTRITIONAL INFORMATION PER SERVE: 237CAL/ 997 KJ
 PROTEIN 4.4G TOTAL FAT 16.5G SATURATED FAT 2.7G FIBRE 5.7G
 CARBOHYDRATES 13.1G TOTAL SUGAR 6.3G FREE SUGAR 0.0G

INGREDIENTS

- 1/2 cup green beans
- 1/4 cup corn kernels, fresh or tinned
- 1/2 red capsicum, diced
- 1/2 tomato, chopped
- 1/2 carrot, grated
- 1/4 avocado, sliced
- 1 tbsp fresh basil leaves
- 1 tbsp balsamic vinegar
- 2 tsp extra virgin olive oil

METHOD

1. Trim beans and blanch in a saucepan of boiling water with the corn kernels for 1 minute. Drain and place in a serving bowl.
2. Add capsicum, tomato and carrot and toss to combine.
3. Top salad with avocado slices and basil leaves and dress with balsamic and oil to serve.



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DINNER

Chicken Noodle Stir-fry

SERVES 1

NUTRITIONAL INFORMATION PER SERVE: 282CAL/ 1186KJ
 PROTEIN 29.9G TOTAL FAT 11G SATURATED FAT 6G FIBRE 5.7G
 CARBOHYDRATES 12.5G TOTAL SUGAR 1.1G FREE SUGAR 0.0G

INGREDIENTS

- 50g soba noodles
- 1 tsp coconut oil
- 100g chicken breast, sliced
- 1 tsp fresh minced ginger
- 1 cup broccoli florets
- ½ cup chopped bok choy
- ½ cup sliced mushrooms
- 2 tsp soy sauce
- 1 tsp lemon juice

METHOD

1. Prepare the soba noodles according to packet directions. Drain and set aside.
2. Heat a wok or frying pan over medium-high heat. Add the coconut oil and heat to melt.
3. Add the chicken and ginger to the pan and cook for 1-2 minutes, or until the chicken is browned all over.
4. Add the broccoli florets and stir-fry for a further 1-2 minutes. Add the bok choy and mushrooms and stir-fry for another minute, then add the soy sauce and toss to combine.
5. Add the prepared noodles to the pan and toss well to combine.
6. Transfer to a plate and serve immediately with a little lemon juice over the top.



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BREAKFAST

Egg, Tomato & Avocado Wrap

SERVES 1

NUTRITIONAL INFORMATION PER SERVE: 266CAL/ 1120KJ
 PROTEIN 16.4G TOTAL FAT 16G SATURATED FAT 4.3G FIBRE 2.1G
 CARBOHYDRATES 13.5G TOTAL SUGAR 2.5G FREE SUGAR 0.0G

INGREDIENTS

- 2 eggs, whisked
- pepper
- 1 Mountain Bread wrap
- ¼ avocado, peeled
- 1 tsp lemon juice
- ½ tomato, sliced

METHOD

1. Heat a non-stick frying pan over medium-high heat.
2. Season the eggs with pepper and add to the pan, stirring to scramble.
3. Spread the Mountain Bread wrap with avocado and squeeze lemon juice over the top.
4. Top with tomato slices and scrambled eggs. To serve, wrap into a roll following the packet instructions.



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LUNCH

Tofu & Vegetable Stir-fry

SERVES 1

NUTRITIONAL INFORMATION PER SERVE: 283CAL/ 1190KJ
 PROTEIN 21.8G TOTAL FAT 15.4G SATURATED FAT 5.8G FIBRE 5.7G
 CARBOHYDRATES 12.4G TOTAL SUGAR 10G FREE SUGAR 5.8G

INGREDIENTS

- 1 tsp coconut oil
- 1 clove garlic, crushed
- 1 tsp freshly grated ginger
- ¼ red capsicum, sliced
- ½ cup snow peas, trimmed
- ½ cup chopped bok choy
- 150g firm tofu, sliced
- 2 tsp soy sauce
- 1 tsp honey
- ¼ cup bean sprouts

METHOD

1. Heat the oil in a wok or frying pan over medium-high heat. Add the garlic and ginger and stir-fry for 30 seconds.
2. Add the capsicum, snow peas and bok choy and stir fry for 2 minutes.
3. Add the tofu, soy sauce and honey and stir fry for a further 2 minutes or until vegetables are tender. Add bean sprouts and toss to combine.
4. Serve immediately.



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DINNER

Alkalising Soup

SERVES 1

NUTRITIONAL INFORMATION PER SERVE: 270CAL/ 1134KJ
 PROTEIN 10G TOTAL FAT 16.2G SATURATED FAT 2.4G FIBRE 6.8G
 CARBOHYDRATES 28.2G TOTAL SUGAR 6.6G FREE SUGAR 0.0G

INGREDIENTS

- 1 tbsp extra virgin olive oil
- 1 clove of garlic, peeled & sliced
- 1 tsp fresh ginger, grated
- 1/2 tsp ground turmeric
- salt
- 2 zucchini, diced
- 2 cups liquid vegetable stock, salt reduced
- 1 cup broccoli
- 2 cups kale leaves, shredded
- 1 tbsp lime juice
- 1/2 bunch fresh parsley
- 1 tsp lime zest

METHOD

1. Heat the oil in a saucepan over medium-high heat.
2. Add the garlic, ginger, turmeric and a pinch of salt. Cook for 2 minutes, then add 1/4 cup of water (per serve).
3. Add the zucchini and continue cooking for 3 minutes. Add the stock and reduce to a simmer for 3 minutes.
4. Add the broccoli florets, kale and lime juice. Simmer for another 3-4 minutes until all the vegetables are soft.
5. Remove from the heat and add chopped parsley. Use a stick blender or bench top blender to blitz soup until smooth.
6. Reheat if required and serve topped with lime zest.



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The Healthy Mummy smoothies are a quick way to make breakfast or lunch and fit easily into a busy day. They are low in sugar, high in protein and packed full of vitamins.



SMOOTHIES

Green Dream Smoothie

SERVES 1

NUTRITIONAL INFORMATION PER SERVE: ENERGY 276 CAL/1154KJ
 PROTEIN 20.1G SATURATED FAT 1G FIBRE 12.6G TOTAL FAT 5.7G
 CARBOHYDRATES 26.4G TOTAL SUGAR 19.6G FREE SUGAR 3.6G

INGREDIENTS

- 1 serve Healthy Mummy Vanilla Smoothie Powder
- 200 mls almond milk, unsweetened
- 1 cup baby spinach
- 1 pear, peeled and cored
- 2 tbsp reduced-fat Greek natural yoghurt
- 1 tsp rolled oats
- 1 cup ice cubes

METHOD

1. Place all ingredients into a blender and blitz until smooth. Pour into a glass to serve.



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SMOOTHIES

Antioxidant Rich Smoothie

SERVES 1

NUTRITIONAL INFORMATION PER SERVE: 219 CAL/ 918KJ
 PROTEIN 17.1G SATURATED FAT 0.5G TOTAL FAT 5.5G FIBRE 10.1G
 CARBOHYDRATES 22.7G TOTAL SUGAR 12.9G FREE SUGAR 4.5G

INGREDIENTS

- 1/2 cup boiling water
- 1 green teabag
- 1 serve Healthy Mummy Vanilla Smoothie Powder
- 1/2 cup blueberries, fresh or frozen
- 1/2 small banana
- 1 cup almond milk, unsweetened
- 1 cup ice cubes

METHOD

1. Add green tea bag to hot water, stir well, then allow to cool.
2. Place all ingredients into a blender and blitz until smooth. Pour into a glass to serve.



TIP: FOR A SUPER SMOOTH SMOOTHIE, BLEND THE INGREDIENTS FOR 2-3 MINUTES. THE HEALTHY MUMMY SMOOTHIE MIX IS A NATURAL PRODUCT, NON-REFINED, LOW IN SUGAR AND HIGH IN NATURAL FIBRE, AND NEEDS TO BE WELL PROCESSED WHEN COMBINING IT WITH WHOLE FOODS.

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SMOOTHIES

Vanilla Cashew Smoothie

SERVES 1

NUTRITIONAL INFORMATION PER SERVE: ENERGY 353 CAL/1478 KJ
 PROTEIN 25.6G SATURATED FAT 7.9G FIBRE 6.5G TOTAL FAT 15.9G
 CARBOHYDRATES 25.4G TOTAL SUGAR 14.4G FREE SUGAR 0G

INGREDIENTS

- 1 cup reduced-fat milk of choice
- 1 serve Healthy Mummy Vanilla Smoothie Powder
- 2 tbsp rolled oats
- 1 tbsp all natural cashew butter
- 1 tbsp shredded coconut
- 1 cup ice cubes

METHOD

1. Place all ingredients into a blender and blitz until smooth. Pour into a glass to serve.



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SMOOTHIES

Turmeric Smoothie

SERVES 1

NUTRITIONAL INFORMATION PER SERVE: ENERGY 248 CAL/1040 KJ
 PROTEIN 22G SATURATED FAT 2.4G FIBRE 4.3G TOTAL FAT 5.1G
 CARBOHYDRATES 28.4G TOTAL SUGAR 25.1G FREE SUGAR 11.7G

INGREDIENTS

- 1 serve Healthy Mummy Vanilla Smoothie Powder
- 1 tsp ground turmeric
- 1/4 tsp pepper
- 2 tsp honey
- 1/2 tsp cinnamon
- 1 cup reduced-fat milk of choice
- 1 cup ice cubes

METHOD

1. Place all ingredients into a blender and blitz until smooth.
2. Pour into a glass and sprinkle with additional ground turmeric to serve.



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.

SMOOTHIES

Red Velvet Smoothie

SERVES 1

NUTRITIONAL INFORMATION PER SERVE: ENERGY 320 CAL/ 1342 KJ
 PROTEIN 25.3G SATURATED FAT 2.9G FIBRE 10.6G TOTAL FAT 10.7G
 CARBOHYDRATES 27.1G TOTAL SUGAR 23.9G FREE SUGAR 0G

INGREDIENTS

- 1 serve Healthy Mummy Chocolate Smoothie Powder
- 1 cup reduced-fat milk of choice
- 1/2 cup mixed berries (fresh or frozen)
- 1 tbsp LSA
- 2 tinned baby beetroots
- 1/2 cup ice cubes

METHOD

1. Place all ingredients into a blender and blitz until smooth.
2. Pour into a glass and top with additional berries to serve.



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.

SMOOTHIES

Chocolate Superfood Smoothie

SERVES 1

NUTRITIONAL INFORMATION PER SERVE: ENERGY 331 CAL/1386 KJ
PROTEIN 24.5G SATURATED FAT 3G FIBRE 6.4G TOTAL FAT 10.3G
CARBOHYDRATES 32.4G TOTAL SUGAR 18.1G FREE SUGAR 2.7G

INGREDIENTS

- 1 cup reduced-fat milk of choice
- 1 serve Healthy Mummy Chocolate Smoothie Powder
- ½ banana
- 1 tbsp cacao
- ½ tbsp cacao nibs
- 1 cup ice cubes

METHOD

1. Place all ingredients into a blender and blitz until smooth.
2. Pour into a glass to serve.



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.

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

PREMIUM SMOOTHIES



More **vitamin A** than a fillet of salmon



More **iron** than a small steak



More **potassium** than 2.5 bananas



More **calcium** than a glass of milk



More **zinc** than 5 eggs



More **folate** than a 2 cups of spinach



More **vitamin B12** than a chicken breast

Designed by nutritionists, the Premium Meal Replacement Smoothies will provide you with the boost you need to revolutionise your health and weight loss[^]. Our premium protein blend is 80% whey protein, contains probiotics and is packed with 23 vitamins and minerals. This smoothie also is insanely creamy and packs a flavour punch!



Available in more flavours!

[^]when used in conjunction with a diet reduced in energy and an exercise plan

What mums are saying about our Premium Smoothies

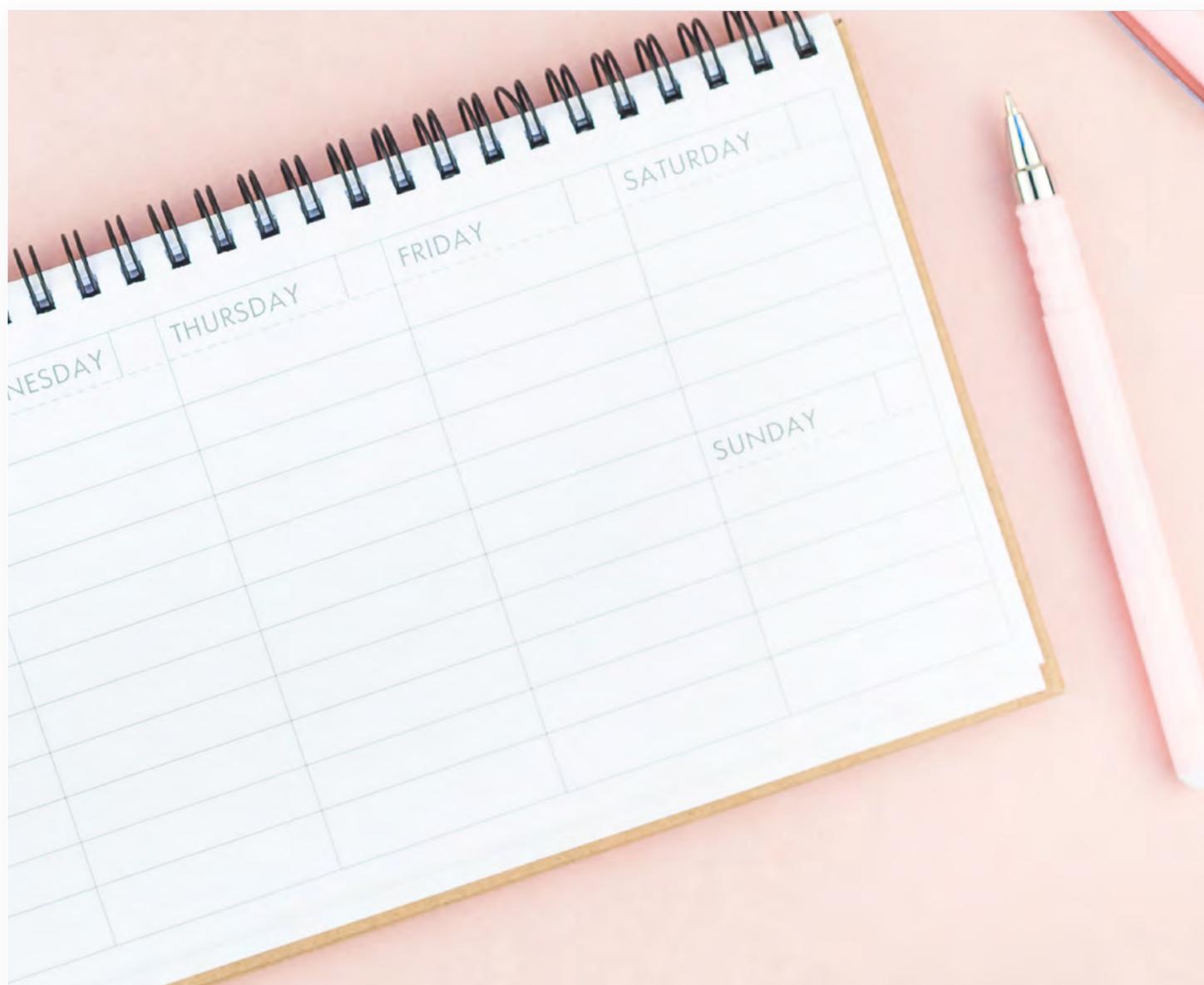


“ I am so excited that I can SHAKE and GO with the new Premium Smoothies! They are SUPER creamy and have an amazing flavour. *Cassy, SA* ”



“ Double chocolate! WOW. The new Premium Smoothie hits that chocoholic spot! It's the smoothest smoothie I have ever had. It is absolutely delicious. *Samara, NSW* ”

50 DAY MOTIVATIONAL Chart



SET YOUR GOALS AND COUNTDOWN
THE DAYS WITH US!

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

50	49	48	47	46	45	44	43
42	41	40	39	38	37	36	35
34	33			32	31		
30	29	28	27	26	25		
		24	23	22	21	20	19
		18	17	16	15	14	13
12	11	10	9	8	7		
6	5	4	3	2	1		

When setting goals it's essential you make them: specific, measurable, attainable, relevant and time bound.

With specific goals you can measure your success and actually count how many times you worked out each week or weigh in at the start of winter to see if you have reached your weight loss goal.

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

MEAL PLANNER

week starting / /

monday

breakfast

lunch

dinner



tuesday

breakfast

lunch

dinner



wednesday

breakfast

lunch

dinner



thursday

breakfast

lunch

dinner



friday

breakfast

lunch

dinner



saturday

breakfast

lunch

dinner



sunday

breakfast

lunch

dinner



WEEKLY SNACKS

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NOTES

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EATING GOALS

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WEEKLY PLANNER

week starting / /

monday

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tuesday

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wednesday

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thursday

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friday

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saturday

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sunday

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NOTES

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TO DO LIST

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PRIORITIES

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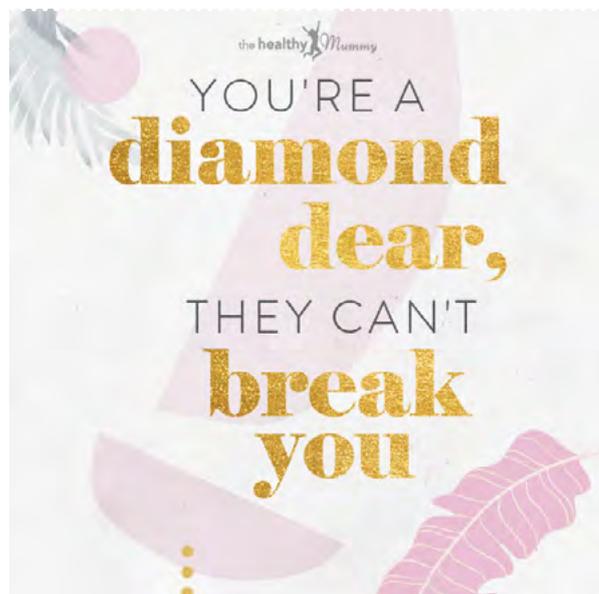
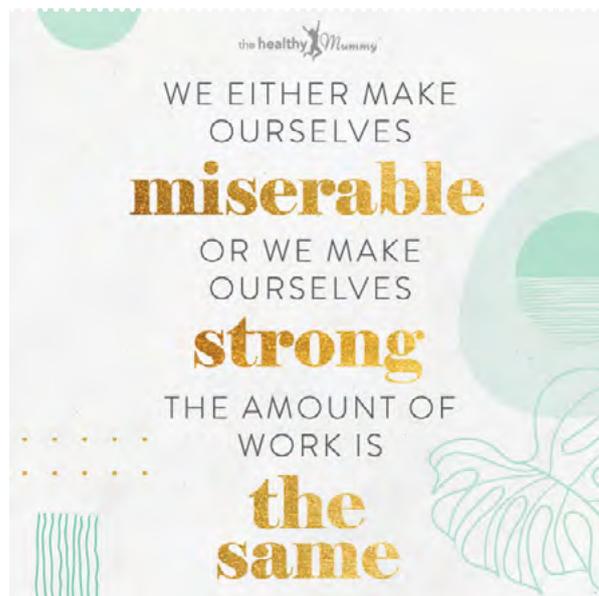
DAILY

Motivation



HERE IS SOME DAILY
MOTIVATION TO
KEEP YOU ON TRACK!

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



DAILY Exercises



WE HAVE A WORKOUT
FOR ALL TYPES OF
MUMS - CHECK IT OUT!



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

Try a *FREE* workout from the
28 DAY CHALLENGE!



The 28 Day Weight Loss Challenge has over 600 exercise routines plus full-length guided video workouts that can be completed at home or on the move – all available in our amazing Healthy Mummy App. There are workouts for all types of mums; postnatal or those with older children, as well as levels for beginners through to advanced. Challenge workouts focus on all areas of the body including the core, butt and thighs, and lower and upper body. Inside our App you can try HIIT, Pilates, TABATA, DanceFit, and more.

Box Jump workouts are great for cardio, toning and fat loss. All workouts are designed to cater to any fitness level, including beginner, intermediate and advanced. All videos are also only 5 minutes long, so they can easily fit into your busy schedule and be completed in the comfort of your own home. Don't forget to let the kids join for some family friendly fun!

Try it for yourself today! Check out the sneak peek of the **Box Jump** workouts below.

BOX JUMPS

JUST CLICK
ON THE PLAY ICON
FOR YOUR FREE
BOX JUMP
WORKOUTS!

JOIN THE 28 DAY WEIGHT LOSS CHALLENGE **HERE**

COUPON PAGE

Our gift to you!



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



the healthy Mummy

\$20 Off*

Code: WINTERGREENS

the healthy Mummy

\$20 Off*

Code: WINTERSMOOTHIE



the healthy Mummy

\$20 Off*

Code: WINTERKIDS



the healthy Mummy

\$20 Off*

Code: WINTERCONTROL



the healthy Mummy

\$20 Off*

Code: WINTERMETAB

