

*3 day*

# CLEANSE PLAN





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Disclaimer: This material is for information only and not intended to replace the advice of a medical professional. Please consult with your doctor before starting any weight-loss program. We do not recommend any dieting whilst pregnant unless under your doctor's supervision. The information detailed in this book are accurate at the time of publication.



Feeling tired, bloated, unmotivated, or hit a plateau? Our 3 Day Cleanse Plan could be just the thing you need

Detoxing or cleansing can help to remove the unwanted toxins from the body, improve your metabolism and kick start your energy levels.

The trouble with some of the traditional cleansing programs is that they cut out total food groups (and in many cases there's no food at all!) which can cause lots of problems.

When your body is starving it goes into survival mode, and you can feel side effects such as irritability, nausea, dizziness and headaches.

Even though you would most likely lose weight on those detox programs, much of the weight you are losing would be water - and this will all come back once you start eating normally again.

At the Healthy Mummy we take a more sustainable approach - and one that you might not find too difficult to do (even if breastfeeding - just make sure to have an extra 500 cals each day on the plan - or more if you are hungry).

It's all about clean eating. Our 3 Day Cleanse Plan means cutting back on processed foods and drinks and getting back to basics. That means nutrient dense foods that will give your system a boost and leave you feeling great.

In fact the sorts of health benefits you can expect from our 3 day Clean Eating Plan include: • **Reduced stomach bloat;** • **Improved energy levels;** • **Clearer mind;** • **Glowing complexion**

There's loads of healthy recipes to go with the cleanse, and you can enjoy meals like our Oven Baked Salmon with White Bean Puree and Steamed Asparagus - which is both healthy and absolutely delicious.

So try it over the next 3 days and start feeling great!

*Rhian*

**and The Healthy Mummy team**

# welcome







# TO DETOX, OR NOT TO DETOX ?

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## Truth

The truth is, research on 'extreme detox diets' is inconclusive, and skeptics even question their safety. However, what we do know is that 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. Secondly, 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 kickstart 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 Clean Eating Plan 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:

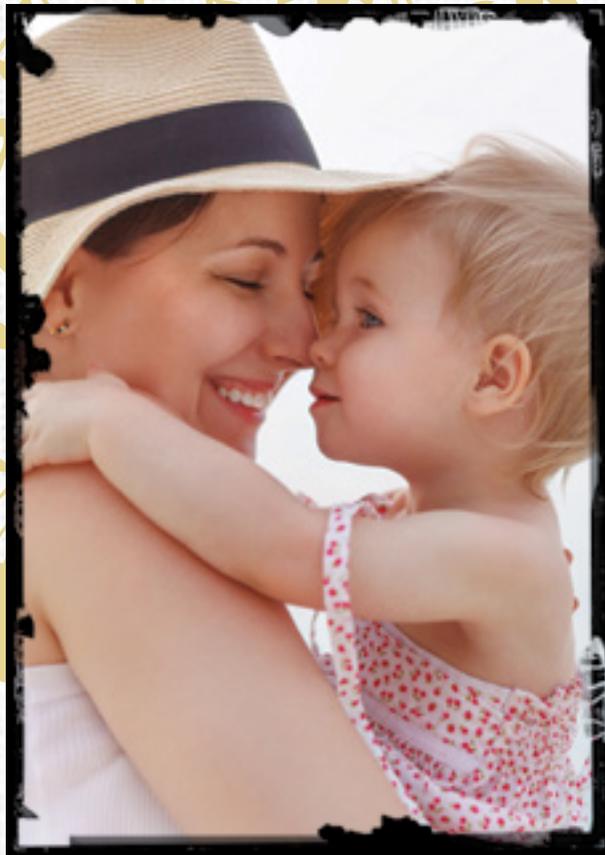
- A minimum 30-minute of physical activity
- Drink at least 2L of plain water or herbal tea
- Dry body brushing once over the 3 days or 2 times a week

## Allowed drinks:

- Water
- Green tea
- Herbal teas
- Freshly squeezed fruit and vegetable juices (although whole pieces are highly recommended for better digestive health)

## 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 Plan

## DAY 1

### **Before Breakfast**

1 cup warm water with a hint of freshly squeezed lemon

### **Breakfast**

Fruit smoothie (try one of the Healthy Mummy Smoothies)

### **Morning Tea**

Herbal tea & 1 piece of fresh fruit

### **Lunch**

Mountain bread wrap: 2 cups green leafy salad, 1 tbsp hummus and 1 small can tuna (drained)

### **Afternoon Tea**

Herbal tea and handful (10) mix raw nuts

### **Dinner**

Oven-baked salmon with white bean puree and steamed asparagus (see recipe on page 13)

### **Dessert (optional)**

150g natural yoghurt with honey and cinnamon

## DAY 2

### **Before Breakfast**

1 cup warm water with a hint of freshly squeezed lemon

### **Breakfast**

½ cup natural muesli and plain natural yoghurt

### **Morning Tea**

Herbal tea and 1 piece of fresh fruit

### **Lunch**

Chicken and quinoa salad (see recipe on page 11)

### **Afternoon Tea**

Herbal tea and handful (10) mix raw nuts

### **Dinner**

Stir-fried Asian greens with tofu (see recipe on page 15)

### **Dessert (optional)**

150g natural yoghurt with mixed berries

## DAY 3

### **Before Breakfast**

1 cup warm water with a hint of freshly squeezed lemon

### **Breakfast**

Poached eggs with ¼ avocado and 1 slice of rye toast

### **Morning Tea**

Herbal tea and 1 piece of fresh fruit

### **Lunch**

Mixed bean and brown rice salad with tahini dressing (see recipe on page 18)

### **Afternoon Tea**

Herbal tea and handful (10) mix raw nuts

### **Dinner**

Warm beef salad (see recipe on page 17)

### **Dessert (optional)**

150g natural yoghurt with passionfruit





## CHICKEN AND QUINOA SALAD

368  
calories  
per serve

SERVES 4

- 1 cup cooked quinoa
- 1 cup frozen (thawed) or fresh corn
- 4 cups skinless cooked chicken, shredded
  - ½ avocado, chopped
- 100g baby spinach leaves
- 1 tbsp fresh mint, finely chopped
  - Salt and pepper
  - 1 tbsp olive oil
  - ½ lemon, juiced

**Method:** In a large bowl, combine quinoa, corn, chicken, avocado, spinach and mint, and season with salt and pepper. Drizzle with olive oil and lemon juice and mix through.

Quinoa is gluten-free, rich in protein and has a low GI. It also provides notable quantities of magnesium and potassium.

Oven-baked salmon  
with white bean puree.  
See recipe on the next page.



## OVEN-BAKED SALMON WITH WHITE BEAN PUREE

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### SERVES 4

- 2 small garlic cloves, minced
- 1 tbsp fresh parsley, finely chopped
  - 1 tsp extra virgin olive oil
  - 4 salmon fillets (120g each)
    - Salt and pepper
- ½ lemon, juiced (plus lemon wedges to serve)

### White bean puree

- 1 tbsp fresh parsley, finely chopped
- 400g can white beans, drained
  - 2 garlic cloves
  - 1 tsp fresh lemon juice
  - 1 tsp extra virgin olive oil
  - Salt and pepper

**Method:** Preheat oven to 180°C. Line a tray with baking paper. Combine garlic, parsley and olive oil. Arrange salmon on the tray and spread garlic mixture evenly over the fish. Sprinkle lightly with salt and pepper. Bake for about 10-15 minutes.

Meanwhile, combine all white bean puree ingredients into a blender and blitz until desired consistency. Plate a large spoonful on four plates. Place salmon on puree, drizzle with lemon juice and serve with lemon wedges, a garden salad and vegetables.



Stir-fried asian  
greens with tofu.  
See recipe on the next page.

## STIR-FRIED ASIAN GREENS WITH TOFU



SERVES 4

- ½ cup tamari (wheat free)
- ½ cup freshly squeezed lemon juice
  - 1 tbsp freshly grated ginger
- 1 block firm tofu, cut into 2cm cubes
  - Olive oil spray
  - ½ cauliflower, chopped
  - 1 bunch broccoli, chopped
    - 2 carrots, sliced
  - 2 spring onions, chopped
    - 1 red capsicum, sliced
    - 1 cup snow peas
  - 1 cup mushrooms, sliced

**Method:** In a large shallow bowl, whisk together tamari, lemon juice and ginger. Add tofu and marinate in the fridge for at least one hour.

Spray a heated wok with oil and toss in cauliflower, broccoli, carrots, onions, capsicum and marinated tofu, and cook over high heat, stirring frequently.

Add snow peas, mushrooms and marinade from the tofu. Stir frequently. Allow to cook for a few more minutes until vegetables are tender, but not soft. Dish up with a spoonful (½ cup) of brown rice.

Warm beef salad.  
See recipe on the next page.



## WARM BEEF SALAD



SERVES 4

- 360g lean beef rump steak
- Honey mustard vinaigrette (see recipe on page 23)
  - 425g can whole baby beetroot, drained
  - 1 bunch asparagus, woody ends trimmed, cut into 5cm lengths
  - 100g reduced-fat feta, crumbled
  - Olive oil spray
- ¼ cup fresh basil leaves, roughly chopped
  - 100g rocket

**Method:** Preheat oven to 200°C. Coat steaks in vinaigrette, reserving a little dressing to serve. Cover and allow to marinate for 30 minutes in fridge. Cut each beetroot into 4 wedges. Cook asparagus in a saucepan of boiling water for 2-3 minutes, refresh under cold running water and drain. Add asparagus and feta to the beetroot and combine.

Preheat a chargrill pan over medium-high heat. Spray with oil. Season steaks with pepper and grill for 3 minutes, then turn and cook for a further 2-3 minutes until medium-rare (or done to your liking). Remove steak from the heat and transfer to a chopping board. Cover with foil and stand for 5 minutes.

Meanwhile, add basil and rocket to the asparagus/beetroot/feta mix, and divide between 4 plates. Thinly slice beef across the grain and place on top of the salad. Drizzle the extra marinade over the salad and serve immediately.



## MIXED BEAN AND BROWN RICE SALAD WITH TAHINI DRESSING

368  
calories  
per serve

SERVES 2

- 1 cup brown rice
- 75g canned mixed beans, drained
  - ½ cup chopped tomato
  - ½ cup chopped cucumber
- 1 tbsp creamy tahini dressing (see recipe on page 24)

**Method:** Cook brown rice as per the packet instructions. Drain and rinse to cool. Combine bean mix, tomatoes and cucumber. Add cooked brown rice, drizzle over the tahini dressing and lightly toss through.



## ZESTY GARLIC DRESSING

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- 1 medium garlic clove, crushed
- 2 tbsp extra virgin olive oil
  - 2 tbsp lemon juice
  - A pinch of sea salt

**Method:** Place all ingredients in a screw-top jar and shake well.



## LEMON BASIL DRESSING

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- 1 garlic clove, crushed
- 2 tbsp white wine vinegar
  - 2 tbsp lemon juice
- 1/3 cup (80ml) olive oil
- 1/4 cup basil leaves, finely sliced

**Method:** Place all ingredients in a screw-top jar and shake well.



## ORANGE VINAIGRETTE

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- ½ cup freshly squeezed orange juice
- 1 spring onion, finely chopped
- 1½ tbsp extra virgin olive oil
  - 1 tbsp white vinegar
  - 1 tsp Dijon mustard

**Method:** Place all ingredients in a screw-top jar and shake well.



## DIJON MUSTARD DRESSING

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- 1 garlic clove, crushed
- 2 tsp balsamic vinegar
- 1 tsp Dijon mustard

**Method:** Place all ingredients in a screw-top jar and shake well.



## HONEY MUSTARD VINAIGRETTE

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- 1 tbsp white vinegar
- 1½ tbsp Dijon mustard
  - 1 tbsp honey
  - 1 tbsp olive oil

**Method:** Place all ingredients in a screw-top jar and shake well.



## CREAMY TAHINI DRESSING

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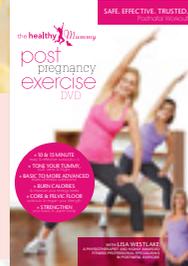
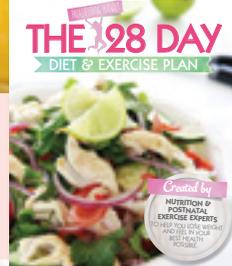
- 2 tbsp reduced-fat Greek-style yoghurt
  - 1 tbsp tahini (sesame paste)
  - 1 small garlic clove, crushed
  - ½ lemon, juiced
- Pinch of finely ground cumin

**Method:** Place all ingredients in a screw-top jar and shake well.



# THE HEALTHY MUMMY SMOOTHIES

Recipes that have  
been specially  
formulated to give  
your body a healthy  
and balanced reboot.



## OUR PRODUCTS

The Healthy Mummy range has been created in conjunction with leading nutritionists and dieticians. Please note, we have ensured that the products and plans are safe for use by breastfeeding mums, however the plans are suitable for all mums, whether you are breastfeeding or not.

Being a mum can be hard work, and when motherhood leaves us sleep deprived and exhausted, we often don't feel like we have the time or energy to cook healthy foods, and are likely to turn to unhealthy foods to snack on.

For our body to function properly we need a wide range of nutrients at every meal. If we don't get these nutrients, we can gain weight, find it hard to lose weight, suffer a lack of energy and not be in our best health.

Because of this, and knowing how time-poor mums are, we have created our range of products to help mums get all the nutrients they need. Our tasty smoothies pack a nutritional punch, plus we provide easy-to-follow diet plans, simple exercise plans and constant support – all designed for mums and by mums who understand how hard weight loss can be when you're balancing a whole new set of priorities.

We have made our range cost-effective, as we want as many mums as possible to be able to use our products to help them feel confident and healthy after having children.



## LESS SUGAR, MORE FLAVOUR

At The Healthy Mummy, we are committed to creating products, plans and services that will improve your health. As your health and wellbeing is our primary concern, we have reformulated our bestselling Healthy Mummy Smoothie mixes to be 96% sugar free and fructose free. The formula still has the same great taste and the other ingredients have not changed, but instead of using fructose as a sweetener we now use a natural sweetener called thaumatin.

**What is thaumatin?** Thaumatin is a sweet protein found in the katemfe fruit, which grows in the rainforests of west Africa. It is now commonly used as a natural sweetener in food products all over the world.



### HOW CAN THE HEALTHY MUMMY SMOOTHIE BENEFIT YOU?

- Helps with weight management when used as part of a diet and exercise plan
- Provides excellent nutrition for energy
- Is breastfeeding-friendly and supports milk supply
- Quick and easy to prepare and tastes delicious
- Low GI and high fibre, which helps you feel fuller for longer and aids digestion
- High in protein and lower in sugar than any other meal replacement shake on the market



96% SUGAR FREE



Spinach contains high levels of vitamins, iron and minerals, and is high in fibre, making it a great addition to your smoothies.

**358**  
calories  
1498kJ

## GREEN GODDESS

**SERVES 1**

- 2 tbsp vanilla Healthy Mummy Smoothie mix
- 1 handful of spinach
  - 2 tbsp avocado
  - 2 kiwifruit
- 250ml milk of choice\*

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

\*Calories have been calculated for this recipe based on using reduced-fat milk

Ginger contains immune-boosting compounds that help provide protection from infection



## SPRING CLEAN

SERVES 1

- 2 tbsp vanilla Healthy Mummy Smoothie mix
- 250ml carrot juice
  - 2 kiwifruit
  - 1 tsp grated ginger
  - 1 small beetroot

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

Lime juice contains high amounts of citric acid, which helps keep your kidneys healthy



311  
calories  
1310kJ

## THE GREEN MACHINE

SERVES 1

- 2 tbsp vanilla Healthy Mummy Smoothie mix
- 250ml coconut water
  - ½ avocado
- Handful of spinach
  - 1 kiwifruit
- ½ a lime, juiced

**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.*

**303**  
calories  
1176kJ

## CHOCOLATE POWER

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### SERVES 1

- 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.



Mint is great for digestion and bananas contain potassium, which can lift your mood.

281  
calories  
1176kJ

## MINT SURPRISE

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**SERVES 1**

- 2 tbsp chocolate Healthy Mummy Smoothie mix
  - 250ml low-fat chocolate-flavoured soy or almond milk
  - 5 mint leaves
  - ½ banana

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



382  
calories  
1598kJ

## CHOCOLATE DATE SHAKE

SERVES 1

- 2 tbsp chocolate Healthy Mummy Smoothie mix
  - 1 small banana
  - 3 medjool dates, pitted and soaked until soft
  - 250ml milk of choice\*
    - 1 tbsp cacao
  - Mint sprigs, optional

**Method:** Place all ingredients in a blender and mix until well combined. Serve with a sprig of mint, if desired.

\*Calories have been calculated for this recipe based on using reduced-fat milk

Red grapes are high in vitamin K, which promotes bone health and cell growth



290  
calories  
1213kJ

## BERRY REFRESHER

SERVES 1

- 2 tbsp strawberry Healthy Mummy Smoothie mix
- 1/2 cup red seedless grapes
- 1/2 cup frozen strawberries
- 2 tbsp pomegranate seeds
- 250ml chilled coconut water
- A few ice cubes

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



The powerhouse antioxidant combination of spinach and blueberries ensures you will feel fantastic after this smoothie!

254  
calories  
1063kJ

## SUPER ANTIOXIDANT

### SERVES 1

- 2 tbsp strawberry Healthy Mummy Smoothie mix
- 1 handful spinach
- 1/2 cup blueberries
- 250ml milk of choice\*
- 5 ice cubes

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

\*Calories have been calculated for this recipe based on using reduced-fat milk

*We hope you've enjoyed reading  
and using The 3 Day Cleanse Plan.*

*If you would like to purchase any of our  
products & plans, or want access to more  
health information and recipes, please visit  
our website, [www.healthymummy.com](http://www.healthymummy.com).*

*If you have any questions regarding  
anything in this book or any of our  
plans you can email us at  
[info@thehealthymummy.com](mailto:info@thehealthymummy.com) and we'll  
do our best to answer your query.*

*Good luck on your healthy  
lifestyle journey!*

*Rhian*

*& The Healthy Mummy Team.x*



RAE HAS LOST 13KG

KAT HAS LOST 27KG

LAURA HAS LOST 34KG

MICHAELA HAS LOST 16KG ON OUR PROGRAM SO FAR!

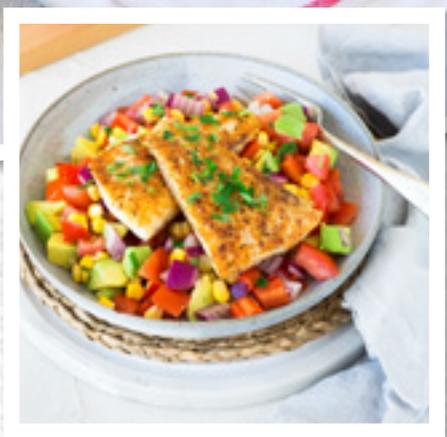
THIS MONTH'S CHALLENGE IS THE

# SUGAR DETOX

HURRY!  
STARTS  
APR 4



CLICK HERE TO JOIN NOW!



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

Thinking about a detox from sugar can be daunting – where is it hiding? Can you still enjoy sweet treats? How will you deal with the 3pm slump without your sugar hit?

The 28 Day Sugar Detox Challenge isn't about being extreme and totally removing a food category from your lifestyle, it's about arming you with the facts about sugar so you can make the right decisions and make healthy eating part of your everyday life.

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WEIGHT LOSS CHALLENGE  
FOR BUSY MUMS

# sugar detox challenge

one day sampler

## BREAKFAST

### STRAWBERRY MOUSSE WITH OATS & ALMONDS

**Prep Time: 5 mins**

A delicious breakfast, that's super easy to prepare. A delicious combination of almonds and strawberries.

#### Ingredients (Makes 1 serve)

- 1/2 cup reduced-fat ricotta cheese (130 grams)
- 1/4 cup reduced-fat coconut milk (62.5 mls)
- 1/2 punnet strawberries (125 grams)
- 1 teaspoon LSA (linseed, sunflower & almond meal) (4 grams)
- 1/4 cup rolled oats (25 grams)
- 2 teaspoons flaked almonds (8 grams)

#### Method

- In a food processor combine ricotta, coconut milk, strawberries and LSA. Process until well combined and smooth.
- Sprinkle with oats and almond flakes to serve.

**Nutrition Per Serve:** Energy 1493kj / 357 cal  
**Protein:** 21g **Fibre:** 5g **Total Fat:** 19.7g  
**Carbohydrates:** 20.9g **Saturated Fat:** 9.6g  
**Total Sugar:** 5.6g **Free Sugar:** 0.0g\*

**NOTE:** 'Free sugars'\* mentioned in our recipes are those which have been added to foods during processing, cooking and preparation, while naturally occurring sugars are found within whole foods such as fruits and come with the additional benefits of a range of other nutrients such as vitamins, minerals and fibre in substantial amounts.



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## LUNCH

### SALMON & POTATO FRITTATA

**Prep Time: 5 mins Cooking Time: 20 mins**

A tasty gluten free recipe that can easily be increased to serve more than one or so you have leftovers to enjoy for another meal. Great with a side salad too.

#### Ingredients (Makes 1 serve)

- cooking oil spray
- 1/2 thinly sliced potato (60 grams)
- 2 free-range eggs (100 grams)
- 1 thinly sliced spring onion (15 grams)
- 1/4 finely diced red capsicum (25 grams)
- 95 grams of tinned salmon (drained weight)
- 1 cup baby spinach (30 grams)
- 1 tablespoon grated Parmesan (12 grams)
- 2 teaspoons chopped fresh parsley (2.5 grams)

#### Method

- Preheat oven to 180C and prepare a shallow baking dish by spraying with cooking oil spray.
- Arrange the sliced potato over the bottom of the dish.
- In a bowl whisk the egg until pale and creamy.
- Add the capsicum, spring onion, salmon, spinach and whisk together. Pour egg mixture over the potato slices and sprinkle Parmesan over the top.
- Place in the pre-heated oven for 20 minutes or until the egg is set and potato is tender.
- Garnish with parsley and serve.

**Nutrition Per Serve:** Energy 1795kj / 429 cal  
**Protein:** 40.7g **Fibre:** 2g **Total Fat:** 24.3g  
**Carbohydrates:** 9.3g **Saturated Fat:** 8.5g  
**Total Sugar:** 2.1g **Free Sugar:** 0.0g



## SNACK

### TIRAMISU CUPCAKES

**Prep Time: 10 mins Cooking Time: 20 mins**

Delicious, healthy cupcakes flavoured with coffee and chocolate. Store leftovers in an airtight container in the fridge for 3-4 days.

#### Ingredients (Makes 6 serves)

- 2 teaspoons instant decaffeinated coffee (8 grams)
- 1.5 teaspoons cacao/cocoa powder (3 grams)
- 1/3 cup reduced-fat milk of choice (85 mls)
- 2 tablespoons water (40 mls)
- 2 tablespoons butter (32 grams)
- 1/4 teaspoon salt (0.25 grams)
- 1 teaspoon vanilla extract (4 mls)
- 1/2 cup finely chopped pitted, dried dates (85 grams)
- 2 free-range eggs (100 grams)
- 1 cup wholemeal self-raising flour (120 grams)
- 1 tablespoon maple syrup (20 mls)
- 1/3 cup reduced-fat ricotta cheese (80 grams)

#### Method

- Preheat oven to 160C and line or lightly grease 6 holes of a muffin tray.
- In a blender or food processor pulse ricotta and maple syrup until smooth and thick.
- Refrigerate until needed.
- In a small saucepan over a medium heat place the coffee, 1 teaspoon of the cacao/cocoa, milk, water and dates. Stir well, bring to a simmer and then remove from heat immediately. Add butter and vanilla. Stir until the butter melts, then set aside for 10 minutes until dates have softened and mixture has cooled slightly.
- In a large bowl, whisk the eggs for a minute until pale, slowly pour in date mixture, whisking constantly. Sift over flour and salt and stir batter until well combined.
- Divide batter into prepared tin and bake for 18 – 20 minutes or until a skewer comes out clean when inserted into the centre.
- Remove from the tin and cool completely on a rack. Spread with ricotta and maple frosting and dust with with remaining cacao/cocoa to serve.
- 1 cupcake is 1 serve. Store leftovers in an airtight container in the fridge for 3-4 days.

**Nutrition Per Serve:** Energy 853.2kj / 204cal

**Protein:** 6.6g **Fibre:** 0.6g **Total Fat:** 5.8g

**Carbohydrates:** 30g **Saturated Fat:** 3.6g

**Total Sugar:** 9.6g **Free Sugar:** 1.4g\*

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**28 DAY**  
WEIGHT LOSS CHALLENGE



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## SNACK

### KIDNEY BEAN BROWNIES

**Prep Time: 5 mins Cooking Time: 30 mins**

This recipe provides the nutrients and fibre from tinned beans which also makes the brownies dense without the need for lots of sugar.

Use a 400g tin of kidney beans that you've drained and rinsed.

#### Ingredients (Makes 5 serves)

- 400 grams of tinned kidney beans
- 2/3 cup pitted medjool dates, fresh (120 grams)
- 2 free-range eggs (100 grams)
- 2 tablespoons cacao/cocoa powder (16 grams)
- 1/2 teaspoon baking powder (1.25 grams)
- 2 teaspoons vegetable oil (10 mls)
- 1 tablespoon reduced-fat milk of choice (20 mls)

#### Method

- Preheat oven to 180C and line a 20cm square cake tin with baking paper. Drain and rinse kidney beans.
- Place all ingredients in a food processor or blender and blend on high until smooth.
- Pour into prepared tin and cook for 30 minutes or until firm to touch. Leave to cool for 5 minutes before removing from tray.
- Slice into 10 pieces. 2 pieces is 1 serve.
- Store leftovers in an airtight container in the fridge for up to a week.

**Nutrition Per Serve:** Energy 866kj / 206 cal

**Protein:** 9.2g **Fibre:** 8.6g **Total Fat:** 4.4g

**Carbohydrates:** 28.6g **Saturated Fat:** 1.3g

**Total Sugar:** 18g **Free Sugar:** 0.0g\*



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**28 DAY**  
WEIGHT LOSS CHALLENGE

### SUGAR FAST FACTS

- Stop adding sugar to your foods and drinks. If you need to sweeten your tea or coffee than use stevia or similar as they will not affect your blood sugars.
- Give up soft drinks. But do not replace them with artificially sweetened versions. Instead choose sparkling mineral water and flavour with lemon or lime wedges or slices of fruit.
- Instead of a pastry or cake for snack time, select something fresh and savoury like hummus with carrot sticks. If you must have something sweet, make your own healthier versions, freeze in small portions and take them with you.
- Set yourself a limit everyday and stick to it. If you normally add 3 teaspoons of sugar to your tea, reduce it to 2 for a week, then reduce it to one, then 1/2, until you can enjoy your tea naturally.
- Eat fresh, unprocessed food as often as possible. If you can eat foods as close as possible to their natural state you will avoid un-necessary sugars, flavours and preservatives.
- When a food is in its WHOLE and NATURAL form, like a piece of fruit, or full fat milk, then the other elements in the food balance out the sugar and our bodies can cope with it.
- Look for varieties of sauces and condiments that have less than 5g of sugar per 100g (5%) or start to make your own.
- Switch to nut butters that have no added sugar – ideally choosing one that is close to 100% nuts.
- Buy rolled oats and a variety of seeds and nuts to create your own muesli, rather than purchasing cereals with added sugar and top it with seasonal fresh fruit.
- If you are used to buying sweetened yoghurts you can gradually change your pallet over to natural/plain yoghurt by adding small amounts to your usual yoghurt, gradually increasing this amount until you are used to the taste and no longer eating the sweetened varieties.
- Reduce the sugar used in baking to 1/3 cup, or replace it completely with fruits such as bananas and dates. These add plenty of sweetness with the added benefit of vitamins, minerals and fibre.

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## DINNER

### BEEF RISsoles WITH VEGGIES

**Prep Time: 10 mins Cooking Time: 40 mins**

This recipe makes 4 serves as it's sure to be a crowd pleaser. You can prepare the rissoles ahead of time and cook when ready or freeze leftovers to cook another day.

#### Ingredients (Makes 4 serves)

- 2 zucchini (220 grams)
- 2 carrot (140 grams)
- 320 grams of lean beef mince
- 2 crushed cloves garlic (6 grams)
- 1/3 cup rolled oats (33 grams)
- 2 free-range eggs (100 grams)
- 2 sweet potato (320 grams)
- 1/3 cup reduced-fat milk of choice (85 mls)
- 2 cups cauliflower (200 grams)
- 2 cups corn kernels, fresh or tinned (320 grams)
- 2 cups green beans (240 grams)

#### Method

- Preheat oven to 160C and line a tray with baking paper.
- Grate zucchini and carrot and in a bowl, combine with mince, oats, garlic and lightly beaten eggs.
- Shape mixture into desired rissole sizes so there is an even number per serve.
- Arrange rissoles on prepared tray and bake for 35 minutes until brown and cooked through.
- Meanwhile, peel and dice sweet potato and steam until tender. Add milk and mash until smooth.
- Cut cauliflower into florets and trim beans. Steam with corn kernels until lightly tender.
- Divide rissoles between 4 plates and serve with sweet potato mash and steamed vegetables on the side.

**Nutrition Per Serve:** Energy 1674.33kj / 400.6 cal

**Protein:** 33g **Fibre:** 9.8g **Total Fat:** 11.3g

**Carbohydrates:** 36.3g **Saturated Fat:** 4g

**Total Sugar:** 12.6g **Free Sugar:** 0.0g\*



## DESSERT

### DATE & COCONUT BANOFFEE PIES

**Prep Time: 15 mins Cooking Time: 20 mins**

Enjoy this sweet snack or dessert with a healthy twist. This recipe makes 8 serves so prepare for the whole family or save leftovers in the fridge to enjoy throughout the week.

#### Ingredients (Makes 8 serves)

- 1/3 cup almond meal (37.5 grams)
- 1/2 cup rolled oats (50 grams)
- 1/2 teaspoon cinnamon (0.5 grams)
- 1/3 cup hot water (85 ml)
- 3/4 cup pitted, dried dates (127.5 grams)
- 1 & 1/2 tablespoons almond butter (24 grams)
- 1/2 teaspoon vanilla extract (2.5 ml)
- 1/4 cup chilled coconut cream (62.5 grams)
- 1/4 cup reduced-fat ricotta cheese (65 grams)
- 1 & 1/2 sliced banana (135 grams)
- 1/4 teaspoon cacao/cocoa powder (0.5 grams)

#### Method

- Preheat the oven to 180C and prepare a muffin tray lined with 8 muffin cases.
- Place dates in 1/4 cup of the hot water and soak for several minutes until soft.
- Puree dates with the soaking water in a food processor until smooth.
- In a bowl combine oats, almond meal and cinnamon. Add 2 tablespoons of the date puree and remaining tablespoon of water and mash with a fork until well mixed.
- Divide oat mix into 8 portions and use fingertips to press approximately 1 tablespoon into each muffin case in an even layer. Bake in pre-heated oven for 8-10 minutes or until lightly golden. Remove from oven and allow to cool.
- Meanwhile, combine the remaining pureed dates with almond butter and vanilla until smooth.
- When the pie crusts have cooled, divide the date and almond butter mix and carefully spread over the base of each crust. Place a couple of slices of banana on top of each pie, pressing down lightly.
- Blend the chilled coconut cream and ricotta in a blender or food processor until smooth.
- Divide the coconut cream mix evenly and spread over the banana slices in each pie, in an even layer. Top the pies with the remaining banana slices and dust with cacao/cocoa to serve.
- 1 pie is 1 serve.
- Store leftovers in an airtight container in the fridge for 3-4 days.

**Nutrition Per Serve:** Energy 518kj / 123.9 cal  
**Protein:** 3.3g **Fibre:** 2.3g **Total Fat:** 5.4g  
**Carbohydrates:** 14.7g **Saturated Fat:** 0.9g  
**Total Sugar:** 9.8g **Free Sugar:** 0.0g\*

the healthy Mummy  
**28 DAY**  
WEIGHT LOSS CHALLENGE



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## SUGAR FAST FACTS

The 28 Day Sugar Detox Challenge focuses on reducing 'added sugars' or 'free sugars' from our diet to promote good health. Naturally occurring sugars can be enjoyed within a well-balanced diet that promotes good health. 'Free sugars'\* 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.

It is important to be clear that honey, maple syrup, agave nectar etc. are still considered 'free sugars' even though they are 'naturally occurring' as they are not foods typically eaten on their own but rather added to foods we are preparing. Try to stick to 6 teaspoons or less of added sugar per day.

4g is around 1 teaspoon of sugar so if a packaged food says it has 20g of sugar per 100g then this is 20% sugar and approximately 5 teaspoons per 100g. Remember that there are natural sugars in many foods but it's the added ones you should be looking out for. If a recipe has 20g sugar in it but is made with fresh fruit, vegetables, proteins and dairy then the sugar is ok.

Don't worry yourself silly counting every teaspoon of sugar you eat but be conscious of the added sugars in your day e.g. if you have a glass of fruit juice you have possibly consumed most of your daily added sugar allowance for the day, so stick to natural, non processed foods, fruits and vegetables for the rest of the day.



### THE LOW DOWN ON THE SWEET STUFF:

- 1 Processed foods are often loaded with hidden sugars so that manufacturers can sell as much of their product as possible. They add flavours, enhancers and sugars to make things taste better.
- 2 Don't believe what's written on the front of food packaging without reading the nutritional label on the back e.g. "low fat" may also mean "added sugar" to make the product taste better.
- 3 Processed foods that have lots of sugar in them include tomato sauce, BBQ sauce, muesli bars, biscuits, breakfast cereals, some chips, yoghurt, even olives!
- 4 Learn to read the ingredients list – sugar won't always be written as obviously as "sugar" anything ending in "OSE" is a sugar e.g. glucose, fructose, maltose etc.
- 5 It's all about balance – you can still enjoy sweet foods, treats, fruit etc. Just be mindful about which foods you eat each day that may have sugar in them and see if you can reduce your intake of these.
- 6 Sugars that have a lower GI e.g. coconut sugar, maple syrup, honey and stevia are better options as they provide a slower energy release into the bloodstream instead of a big spike followed by a crash.

### HOW A DETOX FROM SUGAR CAN MAKE YOU FEEL

- Depending on your usual sugar intake and how much you reduce it will determine the types of side effects you may experience.
- Everyone is different but if you have been overdoing it with the sugary stuff for a while and then reduce it quite obviously you may experience headaches, skin breakouts, or bowel changes (excess sugar for some people can be a laxative, so reducing this may clog you up until your body can regulate itself again).
- Reduce your sugar intake slowly. If you make changes too quickly, the withdrawals can make you easily give into cravings as you think they'll make you feel better.
- Eat small portions of protein throughout the day to help curb your sugar cravings. A few nuts or seeds are a great option as these will also help to keep your blood sugar levels stable.
- Every lifestyle change you decide to make for the benefit of your health should be slow, steady and long lasting.

The 28 Day Sugar Detox Challenge includes recipes for meals that are often loaded with sugar BUT shows you how to enjoy them in a healthier way.

Breakfast cereals, lunch box snacks, afternoon tea treats and desserts are often all loaded with un-necessary sugars. Learn how to make these meals yourself with our easy to follow and quick to prepare healthy, low sugar versions.

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



# sugar detox challenge

## LUNGE WITH TWIST

### exercise sampler

#### Starting Position

Stand with your feet together and hands on your hips.

#### Execution

Keeping your upper body tall, take a long step forward with your left foot and bend both knees lowering your body into a comfortable lunge position. Keep your left knee directly above your left foot. Rotate your upper body to the right then twist back to a comfortable lunge position. Push off your front foot to a standing position. Alternate legs and repeat the exercise.

**BENEFITS: STRENGTHENS LEGS AND GLUTES**



## ARM CIRCLES

#### Starting Position

Stand with your feet parallel and hip width apart. Hold your arms out to the sides at shoulder height, palms facing down.

#### Execution

Start by making small circular motions with both arms. Perform 20 circles forward and then 20 circles backward. Breathe in and out as you perform the motion.

**BENEFITS: SHOULDER AND ARM WARM UP**



## CROSS FLY SIDE STEP

#### Starting Position

Stand with your feet together and your knees slightly bent. Hold your arms by your sides, with palms facing inward.

#### Execution

Exhale, as you step out to your left side, bend the left knee and extend your arms out and back until your arms are in line with your shoulders. Your right leg remains straight. Keep a slight bend in the elbows. Inhale as you return to starting position, crossing your right arm over your left in front of you. Repeat on the other side, bending your right knee, extending your left knee and crossing your left arm over your right. Continue to repeat exercise.

**BENEFITS: STRENGTHENS SHOULDERS, UPPER BACK AND LEGS**



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## PILATES BRIDGE PUMPS

### Starting Position

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

### Execution

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

**BENEFITS: GLUTES, LEG AND CORE STRENGTHENING**



## PILATES ROLL DOWN TWIST

### Starting Position

Begin by sitting up straight on your sit bones with your knees bent and feet flat on the floor. Place your arms out in front of you, to the outside of your knees.

### Execution

Keeping your arms straight out in front of you, exhale and roll down, tilting your pelvis and pulling your lower abdominals in deeply. Simultaneously, twist your upper body and extend your arm to the side to touch the floor. Inhale, engage your lower abdominals and move back up to starting position.

**BENEFITS: CORE AND OBLIQUE STRENGTHENING**



## HOW EXERCISE CAN HELP WITH A SUGAR DETOX

**Exercise is great for detoxification because it makes your heart pump and body sweat. Toxins are released from the body through exhalation (breathing), urination and sweating so fitness is a great way to encourage toxins to leave your body. Choose exercises that make you breathe, sweat and stretch to boost your detox. Try these 5 Fitness Steps to help your body detox when reducing sugar in your eating plans:**

**AEROBIC EXERCISE** encourages an increase of oxygen delivery and aids elimination of toxins through the lungs. As we jump, jog and spring in our step, the bodily tissues are prompted to compress and squeeze out toxins from the cells into lymph fluid.

**REBOUND EXERCISE** is one of the very best lymphatic exercises. As toxins are removed from cells, they are transported from tissues through the lymphatic system and eliminated from the body. Rebound exercise is a brilliant detoxifier and can quickly boost the immune system.

**PILATES** is a wonderful form of exercise for detoxifying certain organs such as the liver and kidneys as well as removing toxins through deep breathing. Pilates is highly focused on twisting, contraction and stretching which support the lymphatic system and aid the removal of waste products

such as Co2 and lactic acid that reside deep within the muscles' tissue.

**BODY FAT LOSS** is another way exercise helps to detoxify the body by reducing the body's subcutaneous fatty tissue. Toxins are readily stored in the fatty tissue of the body and when body fat is reduced through exercise, the toxins are eliminated and can be cleansed through the body's organs. So if you are working out for weight loss, you are also supporting the removal of unwanted toxins from your body.

**OUTDOOR TRAINING.** While outdoor training may increase sweat and eliminate toxins, detoxing from sugar is not just about bodily toxins. Nervous tension in the body or emotional stress can also build up after consuming too many sweet treats or being set back in your fitness regime. Reduce your chance of feeling stressed by detoxifying your body and mind at the same time. Turn off your gadgets, head outside and enjoy all the benefits of a simple outdoor training session.



**FROM CHALLENGE FITNESS  
EXPERT MARISSA NIEVES**

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# 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 fenureek.

**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

the healthy mummy smoothie - [click to buy!](#)

## 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
<b>Protein (g)</b>	<b>54.9</b>	16	30	34	19.3	19	36	32	48
<b>Carbs (g)</b>	<b>9.3</b>	57	39	43	58	51	44	53.5	27.5
<b>Sugar (g)</b>	<b>1.6</b>	46	32	32	52.8	46	40	32	22.5
<b>Fibre (g)</b>	<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 Jan 2016)	\$2.74	\$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

the healthy mummy smoothie - [click to buy!](#)

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

A formulated meal replacement that is high protein, low sugar, dairy free and gluten free.

the healthy Mummy

## WHAT'S IN OUR SMOOTHIES?

Helps with optimal nutrition, energy & weight loss. Not just a protein shake or supplement.

### Herbs For Your Health

During a weight loss diet, herbs can help to maintain a feeling of general wellbeing:

#### 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



#### Cellulose

Major component of cell wall in plants

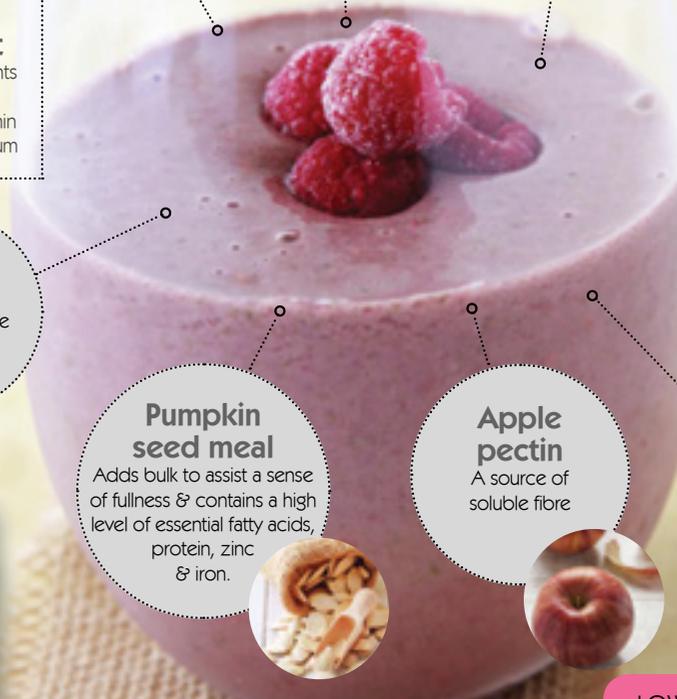
#### Inulin

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



#### Flaxseed meal

Healthy fats (omega3 fatty acids) & high fibre making it an ideal ingredient for post birth nourishment

### 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

10mFg – 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.



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.

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.

\*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 235 calories. Adding 1/2 cup of fruit or veggies will take the smoothie to approximately 300 calories

the healthy mummy smoothie - [click to buy!](#)

# why we love the healthy mummy smoothies



**JACKIE  
 LOST 22KGS**

"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!"  
**Jackie**



**TASHEENA  
 LOST 44KGS**

I find the smoothies give me a boost of energy, they are filling, quick, convenient and delicious to make. I love how the recipes are endless and I never get bored.  
**Tasheena**

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!"  
**Jodie**



**JODIE  
 LOST 36KGS**

"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**



**ERIN LOST  
 43.7KGS**

## WHAT THE EXPERTS SAY...



**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."



**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."

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.

the healthy mummy smoothie - [click to buy!](#)

# 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.



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## 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.

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## 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.

---



the healthy mummy smoothie - [click to buy!](#)



the **healthy**  *Mummy*

# smoothie subscription



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!**



subscribe [here](#)

# HEALTHY WEIGHT LOSS FOR MUMS

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

The Healthy Mummy brand was created by mum of two Rhian Allen in 2010 after Rhian was pregnant and wanted to create a healthy solution for mums to regain health, energy and body confidence after having children.

5 years later, The Healthy Mummy business is used by 100,000s of mums and is a trusted approach to safe and healthy weight loss and healthy living. Collectively our mums have lost over 2 million kilos!\*



## WHAT DO WE OFFER?

**THE HEALTHY MUMMY SMOOTHIES** A healthy meal replacement without any nasties and ideal for busy mums if 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 monthly weight loss challenge with 100 brand new recipes each month, fully customizable menus, shopping lists AND 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 No 1 post natal exercise DVD with leading Australian Physiotherapist Lisa Westlake.

**OVER 22 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 50,000 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 46KG**

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

\*Based on over 100,000 mums recording their results on our website in 2014 & 2015