The Healthy Mummy Smoothie is a delicious and nutritious meal replacement product, designed especially for mums. Unlike other shakes or smoothie products, which are often little more than protein supplements, 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.

WHAT IS THE HEALTHY MUMMY SMOOTHIE?

As a return of sorts, I know how busy life can get, you know, take a back seat to those of your life. The Healthy Mummy Smoothie is the perfect solution, packed with the nutrients mums need for good health and plenty of energy, and without unhealthy weight-loss tricks.

NO ACCELERANTS

We are proud to say that our shakes are 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 ultimately weight-loss. These artificial fillers make your tummy feel temporarily full, but are not natural and the long-term effects are not known.

The Healthy Mummy Smoothie contains wholefoods and 94 vitamins and minerals. The product is high quality and every ingredient in the smoothie has been included to be of benefit to your health. Meal shakes do not provide this high quality of ingredients.

NO ARTIFICIAL INGREDIENTS

Our smoothie is formulated meal replacement and has passed International Food Standards. Our focus is on optimal nutrition, and the smoothie provides your body with more than 94 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.

NO CAFFEINE

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 SMOOTHIE RECIPE

Serves 1 • 382 calories

• 2 tbsp chocolate Healthy Mummy Smoothie mix
• 250ml milk of choice*
• 3 medjool dates, pitted
• 1 small banana
• 1 tbsp cacao
• 1 tsp chia
• Mint sprig, optional

METHOD: Place all ingredients in a blender and mix until combined. Store any leftover mixture in the fridge for 2-3 days.

FREE RECIPE

CHOCOLATE DATE SHAKE

- 2 tbsp chocolate Healthy Mummy Smoothie mix
- 250ml milk of choice
- 1 small banana

METHOD: Place all ingredients in a blender and mix until well combined. Serve with a spoon of yoghurt on top.

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 YOU TO BE ALERT TO FOOD SENSITIVITY IN YOUR BABY, SUCH AS A CHANGE IN BOWEL MOVEMENTS. DISCONTINUE ANY NEW DIET PLAN IF A FOOD SENSITIVITY OCCURS.

**FREE RECIPE**
OUR SMOOTHIES CAN ALSO BE USED ON THE 28 DAY WEIGHT LOSS CHALLENGE! GO TO OUR WEBSITE FOR MORE INFORMATION

Engagement and comfortably back in my goal weight and finally lunch. I’m 10.5kg off my and the occasional sugar free!) for breakfast (and now they are 96% “I still have the smoothies different!”

ERIN LOST 43.7KG IN 9 MONTHS!

HAYLEY IS 29.5KG DOWN!

TASHEENA IS 44KG LIGHTER!

JODIE HAS LOST 45KG

SOME OF OUR SUCCESS STORIES

WHAT IS IN THE SMOOTHIE?

Some of our success stories

Some of our success stories

WHAT IS IN THE SMOOTHIE?

INGREDIENT
Soy protein isolate
(Cream Gay)
Sweet potato powder
(Cream Gay)
Sweet potato powder
(Vanilla)
Sweet potato powder
(Raspberry)
Sweet potato powder
(Ginger)
Flaxseed meal
Apple pear
Apple pear
Apple pear
Apple pear
Apples
Apple pear

DEFINITION
Soy protein isolate is a highly purified form of soy protein with a minimum protein content of 98%. Soy protein isolate is a natural, plant-based protein that is rich in all of the essential amino acids for human nutrition. A compound commonly used in the food industry as a thickener or stabilizer, it is also digested very slowly, which provides a steady source of energy.

INGREDIENT
Calcium Hydrogen
Phosphate
Calcium pantothenate
Pyridoxine Hydrochloride
Nicotinamide
Riboflavin
d-alpha Tocopheryl
Dry vitamin A palmitate
Folic acid
Vitamin C
Potassium sulfate
Calcium Hydrogen
Phosphate
Calcium pantothenate
Pyridoxine Hydrochloride
Nicotinamide
Riboflavin
d-alpha Tocopheryl
Dry vitamin A palmitate
Folic acid
Vitamin C
Potassium sulfate
Calcium Hydrogen
Phosphate
Calcium pantothenate
Pyridoxine Hydrochloride
Nicotinamide
Riboflavin
d-alpha Tocopheryl
Dry vitamin A palmitate
Folic acid
Vitamin C
Potassium sulfate
Calcium Hydrogen
Phosphate
Calcium pantothenate
Pyridoxine Hydrochloride
Nicotinamide
Riboflavin
d-alpha Tocopheryl
Dry vitamin A palmitate
Folic acid
Vitamin C
Potassium sulfate
Calcium Hydrogen
Phosphate
Calcium pantothenate
Pyridoxine Hydrochloride
Nicotinamide
Riboflavin
d-alpha Tocopheryl
Dry vitamin A palmitate
Folic acid
Vitamin C
Calcium carbonate

DEFINITION
A source of the essential mineral calcium. An essential component of bones and teeth. Calcium is also involved in muscle function and the transmission of nerve impulses throughout the body.

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