



# INGREDIENTS OR LESS

RECIPE +  
EXERCISE  
PACK

# WELCOME!



Whether you're just starting out on your weight loss journey or wanting to maintain your healthy lifestyle, making things as simple as possible is one of the keys to success.

You need healthy meal plans that are simple to prepare with easy to access ingredients. You need guidance on what is the best exercise to include regularly into your busy schedule and you need easy to access support to help you reach your goals.

The 5 Ingredients or Less 28 Day Weight Loss Challenge is all about simplicity when it comes to reaching your weight loss goals. The meal plans are loaded with healthy recipes that contain 5 or less key ingredients to make them really easy to prepare and the exercise routines can be completed in 20-30 minutes, making them a breeze to schedule into everyday. Let's do this!!

Love Rhian

and The Healthy Mummy team

## MINI HAM, SPINACH AND FETA MUFFINS

SERVES 6 / PREP TIME 15 min / COOK TIME 35 min

### INGREDIENTS

- 4 cups baby leaf spinach (120g)
- 4 slices lean smoked ham, diced (80g)
- 4 free-range eggs (200g)
- 1 cup reduced-fat feta, crumbled (240g)
- 1 tbsp sun-dried tomatoes, diced (15g)

### METHOD

- Heat a frying pan over medium-high heat and add 2 tbsp water. Add the baby spinach and stir for a couple of minutes to wilt. Remove from the pan, squeeze out any excess water and chop.
- Combine spinach with ham, eggs, feta and sundried tomatoes.
- Divide batter evenly between the prepared holes of the muffin tray.
- Bake for 20 minutes or until golden, the egg is firm and a skewer inserted in the centre comes out clean.
- Cool in the tin for 5 minutes before turning out.
- Four mini muffins is one serve.
- Store any leftover cooled muffins in an airtight container in the fridge for 3-4 days or freeze for up to 2 months.



### NOTE

'Free sugars' mentioned in our recipes are those which have been added to foods during processing, cooking and preparation. Naturally occurring sugars, however, 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.

Kjs 806 kJ / 193 cal

Protein 21g

Fibre 1g

Total Fat 11.3g

Carbs 1.5g

Sat Fat 6.1g

Total Sugar 1.2g

Free Sugar 0g\*

\*non-key ingredients such as salt, pepper, water, oil, vinegars, some herbs & spices, accompaniments such as side salads or vegetable sides etc are not included in the "5 & Under" ingredient tally.

# 5 INGREDIENTS OR LESS

## BACON, CORN AND CHEESE LOAF

SERVES 4 / PREP TIME 10 min / COOK TIME 70 min

### INGREDIENTS

- 8 bacon rashers, lean & trimmed (216g)
- 6 free-range eggs (300g)
- 1¼ cups sweetcorn, fresh or tinned (200g)
- 1 cup cheddar cheese, reduced-fat (120g)
- 1/2 cup wholemeal self-raising flour (60g)

### METHOD

- Dice the bacon. Heat a non-stick frying pan over medium high heat and cook the bacon for 4-5 minutes or until golden and crispy.
- Preheat the oven to 180C / gas mark 4 and line a loaf tin with baking paper.
- Combine the bacon, eggs, sweetcorn, cheese and flour to form a thick batter. Pour into the prepared tin and bake for 60-70 minutes, or until cooked through and set.
- Set aside for 5 minutes to cool in the tin before carefully turning out and slicing into 4 pieces. One piece is one serve.
- Serve with a simple side salad if you like.
- Leftovers can be stored in an airtight container in the fridge for 3-4 days or freeze for up to 2 months.



Kjs 1358 kJ / 324 cal

Protein 32g

Fibre 2.2g

Total Fat 14g

Carbs 16g

Sat Fat 14g

Total Sugar 3.9g

Free Sugar 0g

\*Non-key ingredients such as salt, pepper, water, oils, vinegars, some herbs & spices, accompaniments such as side salads or vegetable sides etc are not included in the "Under 5" ingredient tally.

# 5 INGREDIENTS OR LESS

## SIMPLE MEATBALL SUB

SERVES 4 / PREP TIME 5 min / COOK TIME 15 min

### INGREDIENTS

- 240g lean beef mince
- 1 spring onion, finely diced (15g)
- 2 tsp dried Italian herbs (2g)
- salt & pepper
- 1 tbsp extra virgin olive oil (15ml)
- 4 wholegrain long rolls (320g)
- 4 tbsp tomato passata (60ml)
- 1/2 cup reduced-fat cheddar cheese, grated (60g)

### METHOD

- Combine the mince with spring onion, dried herbs and season with salt and pepper. Roll into three meatballs per serve.
- Heat olive oil in a frying pan over medium-high heat. Add the meatballs and cook for 4-5 minutes on each side until cooked through.
- Preheat oven griller to high.
- Slice the bread rolls down the middle but don't cut all the way through.
- Add the meatballs to the rolls, top with tomato passata and sprinkle over the cheese.
- Place under the griller for 3-5 minutes or until the cheese has melted.
- Serve immediately.

Kjs 1587 kJ / 378 cal

Protein 30g

Fibre 5.7g

Total Fat 8.3g

Sat Fat 3.5g

Carbs 43g

Total Sugar 3.2g

Free Sugar 0g



\*Non-key ingredients such as salt, pepper, water, oils, vinegars, some herbs & spices, accompaniments such as side salads or vegetable sides etc are not included in the "Under 5" ingredient tally.

## BAKED CHICKEN SPAGHETTI

SERVES 6 / PREP TIME 5 min / COOK TIME 60 min

### INGREDIENTS

- 250g wholemeal spaghetti
- 1 tbsp extra virgin olive oil (15ml)
- 1 red onion, finely sliced (100g)
- 2 cloves garlic, finely sliced (6g)
- 500g lean chicken mince
- 1 tsp dried Italian herbs (1g)
- 3 cups tomato passata (750ml)
- salt & pepper
- 1 cup reduced-fat mozzarella cheese, grated (160g)
- 3 tbsp fresh basil leaves (10g)

### METHOD

- Cook spaghetti according to packet directions until al dente. Preheat oven to 180C / gas mark 4.
- Heat olive oil in a frying pan over medium-high heat. Add onion and saute for 2-3 minutes until translucent. Add garlic and cook for a further 30 seconds, until it is fragrant.
- Add chicken and cook for 4-5 minutes, until browned. Use a wooden spoon to break up any lumps.
- Add dried herbs, tomato passata and season with salt and pepper. Stir to combine and simmer for 10-15 minutes until sauce has thickened a little.
- Add spaghetti to sauce and toss to combine together well.
- Pour spaghetti and sauce into a baking dish and sprinkle over the mozzarella. Bake for 20-25 minutes or until cheese has melted and is golden and bubbling.
- Divide between six bowls and sprinkle with fresh basil leaves to serve.
- Leftovers can be stored in the fridge in an airtight container for 2-3 days or freeze for up to 3 months.

**Kjs 1550 kJ / 369 cal**

**Protein 30g**

**Fibre 4.7g**

**Total Fat 14g**

**Sat Fat 5.3g**

**Carbs 28g**

**Total Sugar 1.8g**

**Free Sugar 0g**



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## LOADED SWEET POTATO FRIES

SERVES 4 / PREP TIME 5 min / COOK TIME 40 min

### INGREDIENTS

- 4 small sweet potatoes (640g)
- 3 tbsp extra virgin olive oil (45ml)
- 200g tinned kidney beans
- 1 red onion, diced (100g)
- 2/3 cup reduced-fat cheddar cheese, grated (80g)
- 2 medium avocados, diced (240g)
- 1/3 cup fresh coriander, chopped (20g)

### METHOD

- Preheat oven to 180C / gas mark 4. Line a baking tray with baking paper.
- Cut sweet potatoes into wide chip shapes. Coat with half the olive oil and spread over prepared tray. Bake for 25-30 minutes or until roasted and tender, turning half way through cooking.
- While sweet potato is cooking, rinse and drain the kidney beans.
- Heat remaining oil in a frying pan over medium high heat and add the beans and red onion. Cook for 2-3 minutes or until onion is tender.
- When sweet potato is ready remove from oven and place in an ovenproof serving dish. Top with bean and onion mix and grated cheese.
- Return to oven for 4-5 minutes or until cheese has melted. Top with chopped avocado and coriander and divide between four bowls to serve.

Kjs 1670 kJ / 397 cal

Protein 16.5g

Fibre 7.5g

Total Fat 22.7g

Carbs 29g

Sat Fat 5g

Total Sugar 10.5g

Free Sugar 0g



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## SECRET CENTRE CHOC COOKIES

SERVES 16 / PREP TIME 15 min / COOK TIME 15 min

### INGREDIENTS

- 4 tsp chia seeds (16g)
- 1 cup almond butter (200g)
- 1/2 cup Natvia (96g)
- 1 tsp baking powder (2.5g)
- 100g dark chocolate (70% cacao solids), cut into 16 small pieces

### METHOD

- Soak the chia seeds in 1/3 cup of water for 10 minutes.
- Preheat oven to 180C / gas mark 4, and line two baking trays with baking paper.
- Combine chia mix with almond butter, Natvia and baking powder in a mixing bowl.
- Beat well by hand or with an electric beater for 5 minutes until combined into a dough.
- Divide the dough into 16 even pieces and using damp hands, shape each piece of dough around a small square of chocolate and place onto the prepared trays, leaving some space in between each cookie.
- Bake for 15-20 minutes until golden brown. They should be soft in the centre. Cool on trays for 5 minutes before removing.
- Once cookie is one serve. Leftovers can be stored in an airtight container in the fridge for 4-5 days.



**Kjs 533 kJ / 132 cal**

**Protein 4g**

**Fibre 2.7g**

**Total Fat 11g**

**Sat Fat 2.7g**

**Carbs 3.9g**

**Total Sugar 2.9g**

**Free Sugar 2.3g**

\*Non-key ingredients such as salt, pepper, water, oils, vinegars, some herbs & spices, accompaniments such as side salads or vegetable sides etc are not included in the "Under 5" ingredient tally.

## STEP BY STEP GUIDE

### TO ASSIST YOU IN CUTTING DOWN MEAL PREP TIME

We could all do with a few more hours in the day. With that in mind, THM team put together our favourite 5 meal prep tips that will help you save time and relax:

#### STEP 1

Get everything you will need out and ready to go first. This means ingredients and utensils.

#### STEP 2

Get into the habit of never cooking a single family-sized portion of foods. Always make double and freeze half for those crazy busy nights.

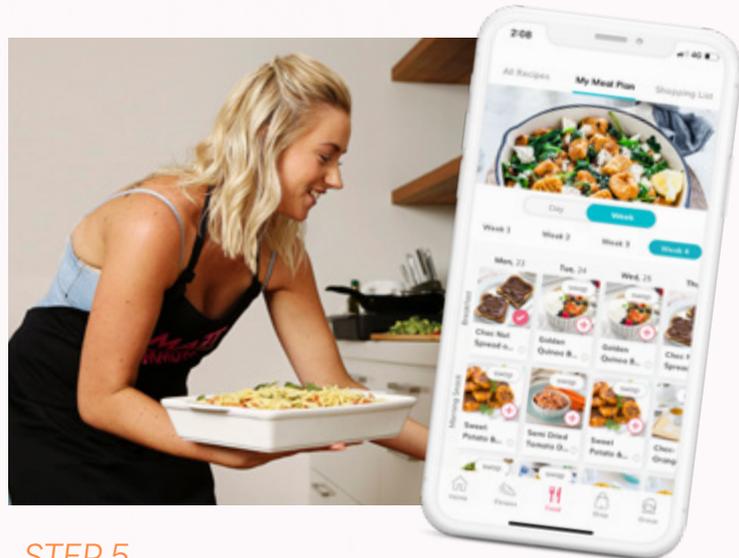


#### STEP 3

Get yourself some good quality containers to use for storing chopped up veggies or prepared meals ready to heat.

#### STEP 4

Use the 28 Day Weight Loss Challenge meal plans which are made to be fast to prepare instead of trying out loads of new recipes.



#### STEP 5

Make a week's worth of lunches on Sunday, making life easier by having a couple of options for your lunch ready to go.



## STEP BY STEP GUIDE

### TO MAKING HEALTHY FOOD PREP EASY WITH MINIMAL INGREDIENTS

When looking at whipping up a healthy meal without slaving in the kitchen for hours or using loads of ingredients, it's a good idea to think of your plate divided into three sections:

#### 1. PROTEIN

You want to fill one quarter of your plate with protein, so choose beef, pork, veal, chicken, fish, prawns, tempeh, tofu, eggs or another vegetarian protein like lentils or chickpeas.



#### 2. STARCHY CARBOHYDRATES

In another quarter add starchy carbohydrates e.g. grains like quinoa, brown rice or the heavier veggies such as sweet potato, potato, peas or corn. You can also use legumes like lentils, kidney beans, chickpeas etc, to fill in this portion of your plate.



#### 3. LOW GI VEGETABLES

The rest of the plate, i.e. a whole half of your plate should be filled with delicious low GI, low starch veggies. So think green beans, courgettes, aubergines, carrots, spinach, kale and other leafy greens.



#### SIMPLE FLAVOURS

Flavour the ingredients you've chosen for your plate with some simple flavours; fresh herbs or dry spices, some lemon or lime juice, a drizzle of olive oil, freshly ground salt and pepper etc, and you'll have a delicious fresh, healthy meal in no time without needing lots of different ingredients.

# OUR TOP TIPS

## TO GET THE MOST OUT OF YOUR PANTRY, FRIDGE & FREEZER TO REDUCE THE NEED FOR LOTS OF INGREDIENTS

Having a pantry, fridge and freezer stocked with everyday essentials that will help to add nutrients, flavour and make your meals go further, will ensure you don't need to buy a long list of ingredients for every meal you make:



### 1. GRAINS, FLOURS, NUTS & SEEDS

Store a selection of your favourite grains, flours, nuts and seeds in big jars or storage containers in the pantry. Quinoa, couscous, rice, pasta, buckwheat, chia seeds, sunflower seeds, pumpkin seeds, coconut flour, almonds, walnuts etc.

These items can be prepared to add to a main meal or added to salads, pastas etc for extra nutrients.

Storing them in glass jars or airtight containers will keep them fresher for longer so you're not always needing to restock at the supermarket.



### 2. CONDIMENTS, SAUCES & TINNED GOODS

Having a good selection of condiments like peanut butter, tahini, soy sauce, olive oil, honey etc will ensure you always have ingredients on hand to make dressings and add flavour to your meals.

Some condiments need to be kept in the fridge but will still last a long time, e.g. curry pastes, sauces and mustards. Having a good selection on hand will mean you can whip up a healthy curry or pasta paired with just a few fresh ingredients.

Whenever tinned goods like tomatoes, beans, coconut milk etc are on special, stock up, as these will last for a long time in the pantry and make it easy to whip up a healthy meal without having to shop for lots of new ingredients.



### 3. DRIED HERBS & SPICES

Needing to buy a long list of dried herbs and spices for a particular meal can be expensive. So keep a good supply of those you like to use the most and that are extra versatile, like dried Italian herbs, cayenne, ground coriander, basil, oregano etc, and you'll always have options on hand to flavour your meals.



#### 4. FRESH HERBS

Most of the fresh herb pastes from the supermarket will last a long time in the fridge and are great to add to all of your meals for extra flavour and nutrients.

Start a herb garden too and you'll never need to purchase long lists of herbs for your cooking. Basil, oregano, mint, rosemary, coriander and parsley are all easy to grow in pots and make a great project to get the kids involved with.



#### 5. FREEZER ITEMS

Keep your freezer stocked with frozen veggies and fruits like berries or overripe bananas. Also use your freezer to store your leftovers. Things like stock, lemon/lime juice, fresh herbs etc can be frozen and then you always have them on hand.

And of course use the freezer to store leftovers of main meals. You could turn some leftover bolognese sauce into a chilli con carne or taco filling. Leftover curry could be turned into mini pies etc.



## EXERCISE TIPS

### ONLY HAVE 5 MINUTES TO SPARE? YOU CAN STILL GET BENEFITS OUT OF EXERCISING

We've shown you how you can easily prepare healthy meals with only 5 key ingredients, well you can also fit in exercise that will get results even if you only have 5 spare minutes.

#### LACK OF FREE TIME

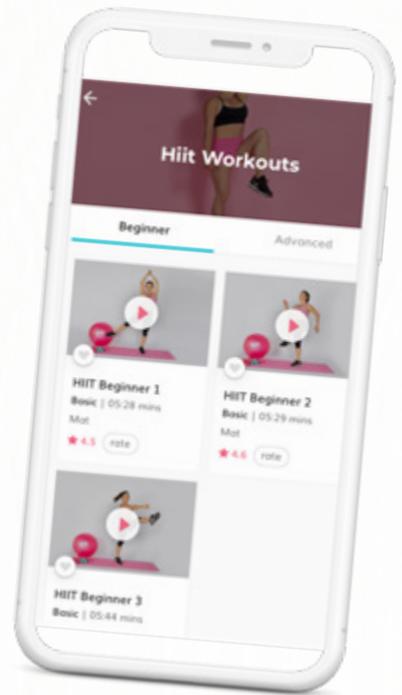
Lack of free time is no longer a good enough excuse for not being able to exercise regularly. In numerous scientific studies, shorter and higher intensity workouts are showing a marked increase in not only the number of calories burned but also in improved blood flow, circulation, metabolism, sleep patterns and mood.

So stop the excuses and do 5 minutes of a Challenge fitness video today, do another 5 minutes later and a final 5 before bed and look at what you've achieved!

#### FAT BURNING HIIT WORKOUTS

HIIT workouts like those in The Healthy Mummy App are extremely popular and scientific studies have shown that just 10-15 minutes of interval training per day can blast belly fat and can skyrocket metabolism!

We usually think a workout is finished once you've completed your circuits and done your cool down but studies have shown that with HIIT workouts this isn't the case. The HIIT reward is not limited to an increase in cardiovascular health or a positive release of endorphins. There may also be a residual increase in the body's resting metabolic rate, which can cause calories to continue to burn up to 48 hours following a workout!



#### YOUR TOTAL WEEKLY EXERCISE TIME

It's your total weekly exercise time that counts for continuous improvement in metabolic processes rather than when or for how long you perform exercises for. So performing just 5 minutes of a high intensity HIIT workout a few times during the day will add up to your total weekly exercise and get you the results you want.

Adopting a "something is better than nothing" attitude and performing HIIT workouts for shorter periods throughout your day will not only get your heart rate up and have you feeling great. You will also be able to fuel your metabolism and burn calories long after your workout is complete.



# TRANSFORMATIONS

FROM SOME MUMS ON THE 28 DAY WEIGHT LOSS CHALLENGE

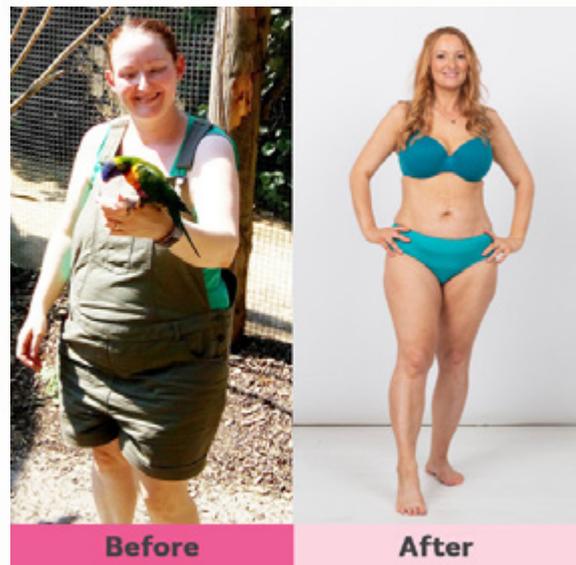


## ALEXANDRA LOST 2.5 STONE!

Alexandra is a busy mum from West Yorkshire and has lost over 2.5 stone and dropped 2 dress sizes in 6 months! Despite still breastfeeding, Alexandra has had amazing results and says: "I am still amazed by it all" - but the best part? She says: "I've learnt to love my body again!" Her tips are: go at your own pace, be consistent and use progress pictures to kickstart motivation!

## BECKI LOST 3 STONE!

Becki had zero energy and needed to take control of her health! She has not only lost 3 stone and turned her confidence around but also made a huge improvement to her abdominal separation following the birth of her twins! Becki says: "I started my journey with the Healthy Mummy after giving birth to my twins just 21 months after my little girl" and now her family of 5 is enjoying being more active and eating nutritious meals!



## LAURA LOST 4 STONE!

Overwhelmed with looking after 3 children under 4 years old and weighing her heaviest ever, mum Laura was desperate to find 'herself' again. She has now lost almost 4 stone in 12 months and says "I'm feeling great now as I have Facebook peer support, a framework for meal planning and resourcing our ingredients (ie the shopping list)". Her tips are: start with small, achievable goals and involve your family and friends!

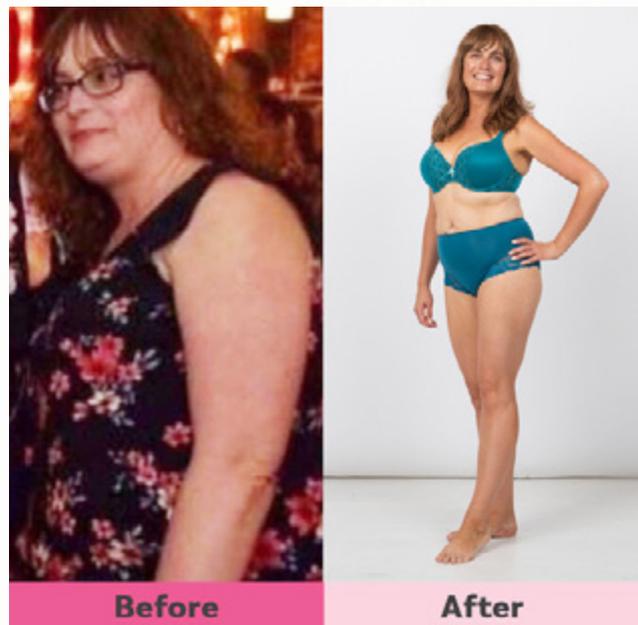


**HELLEVI LOST 2.6 STONE!**

Mum Hellevi Walker lost 2.6 stone in just 8 months and says her wedding dress fits better today than on her wedding day. Even after having 2 kids! Hellevi has battled with weight fluctuation her whole life before finding The Healthy Mummy. She has now found a lifestyle approach that works for her and says: "The Healthy Mummy App has become part of my daily routine. I used to hate exercise and now I enjoy being able to move my body and getting stronger."

**TRACEY LOST 2.6 STONE!**

Tracey is down 5 dress sizes! Her journey to improved health and body confidence all started with a single photo. Despite being over 40 and gluten free she has lost 2.6 stone using The Healthy Mummy App! She says "The App has helped in so many ways... from providing some new amazing recipes, helping me discover new foods to try and helped with portion control. This is where I went wrong for many years."



**NASHARA LOST 2.5 STONE!**

Nashara's confidence was non-existent and all she wanted was to feel comfortable in her own skin! After trying every diet under the sun, she came across The Healthy Mummy and lost 2.5 stone, developed more self-love and created a long-term lifestyle! She says: "The meals are fantastic."

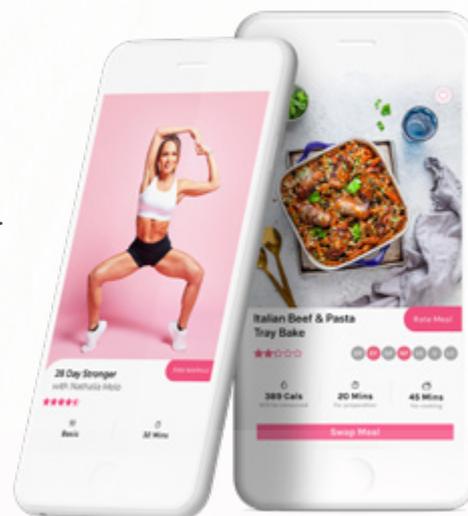
# THE HEALTHY MUMMY APP

## HOME TO THE 28 DAY WEIGHT LOSS CHALLENGE

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

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

- ✓ **Weekly meal plans** which are fully customisable.
- ✓ **Instant access to hundreds of** 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 & pilates.

**No equipment required** - work out from home!

**All levels available** from post natal to advanced.

### THE HEALTHY MUMMY COACH

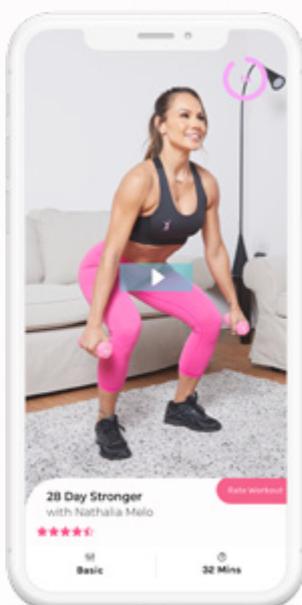
**A new empowering message** each day on your home screen!

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

Keeps you **motivated** and accountable.

**Only available** in The Healthy Mummy App.

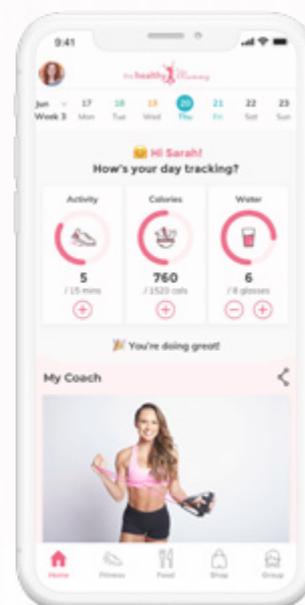
✓ **At-home fitness**



✓ **Customisable meal plans**



✓ **Daily motivation**



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

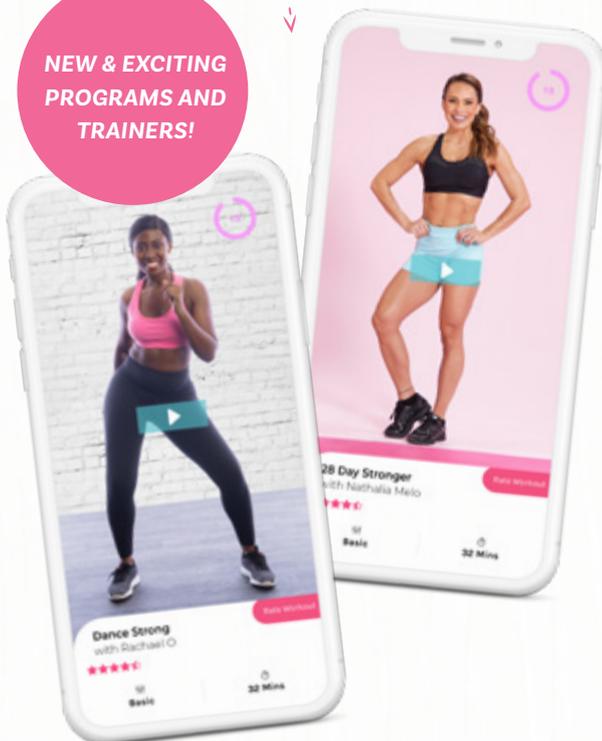
# EXERCISE PROGRAMS

## ON THE 28 DAY WEIGHT LOSS CHALLENGE

The **28 Day Weight Loss Challenge** has more than **350 exercise programs** plus full-length guided workouts that can be completed anywhere, anytime – all available in our amazing **Healthy Mummy App**. The programs have been designed by our team of expert personal trainers just for mums to do at home, even when the kids are around. The exercise sessions are no longer than 30 minutes and are available in a variety of levels: Postnatal, Beginner, Intermediate and Advanced.

We have **exciting new** fitness programs and trainers on the **28 Day Weight Loss Challenge**... **Plus** a major revamp of all our existing trainers, offering a variety of programs to suit any mum at any level! Here's what's new!

NEW & EXCITING  
PROGRAMS AND  
TRAINERS!



### ★ BRAND NEW 28 DAY STRONGER PROGRAM

Our Super Trainer and mum-of-two Nathalia Melo will guide you through a workout program designed to build strength!

### ★ BRAND NEW 28 DAY DANCE STRONG PROGRAM

Our amazing Rachael Okesola is a certified dance and aerobics fitness instructor, involved in the health and wellness industry for more than seven years. The workouts are fun, upbeat and a great combination of cardio and strength.

### ★ BRAND NEW 28 DAY POWER YOGA PROGRAM

Your own personal yoga trainer and mum-of-two Shauna Hawkes specialises in teaching a powerful vinyasa yoga. Her teaching is authentic and strong. Shauna's aim is to balance the mind, body and spirit in each practice.

### ★ BRAND NEW BELLY & BOOTY BUSTING PROGRAM

Led by our amazing fitness trainer, Wendy Smith, the new workout videos are approximately 15 minutes long, perfect for busy mums, and are tailored to cater for any level of fitness, getting more challenging as you work through the program. Get faster weight loss results by following this new workout program to blast belly fat and boost your booty.

## MEET OUR NEW TRAINERS...



**RACHAEL OKESOLA**



**SHAUNA HAWKES**



**NATHALIA MELO**

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

# THE HEALTHY MUMMY SMOOTHIES



## FIBRE & DIGESTION

With **2.4g<sup>+</sup>** of fibre per serve from six different sources, our smoothie will help to keep you feeling full for longer.



## OMEGA 3 & 6

Flaxseed contains both omega-3 and omega-6 which are healthy fats and are important to your overall health.



## NUTRIENTS & AMINO ACIDS

Quality ingredients including vitamins A, B & C, zinc, iron, calcium phosphorus, protein, omega-3 and omega-6 fatty acids and fibre.



## PROTEIN

**21.7g<sup>+</sup>** of complete protein per serve from non-GM soy protein that helps build lean muscle.



## NO NASTIES

No artificial sweeteners, preservatives or caffeine.



## STAY FULL FOR LONGER

Soy protein, pumpkin seed meal and fibre help provide a feeling of fullness. They assist with weight loss\* and moving things along.

## 9/10 MUMS

say they got better results when using the

## SMOOTHIES

while completing the

## 28 DAY WEIGHT LOSS CHALLENGE

The Healthy Mummy Smoothie is a meal replacement weight-loss smoothie. It has been formulated by leading nutritionists to be the perfect companion to a busy mum's life when trying to lose weight. Each flavour is an excellent source of essential vitamins, minerals, nutrients and important antioxidants.

- ✓ Healthy weight loss meal replacement
- ✓ Nutrient dense with 22 vitamins & minerals
- ✓ Free from fillers, caffeine and added sugar
- ✓ Plant based protein
- ✓ Created by a team of expert nutritionists
- ✓ High in protein & fibre
- ✓ 20 Serves per tub

Available in

Chocolate • Strawberry • Vanilla and more!

NO ADDED SUGARS



\*When vanilla flavour is made up with skimmed milk as directed.  
\*When used in conjunction with a diet reduced in energy and including regular exercise.  
Serving suggestion shows smoothie made up of vanilla smoothie, skim milk and berries.

PURCHASE THE HEALTHY MUMMY SMOOTHIES [HERE](#)