



the healthy *Mummy*

budget friendly

..... recipe + exercise pack



welcome!

Your whole world as you know it changes when you become a mum, and you're likely to notice many changes in your body. But while you may look or feel a little different, these are changes that should be celebrated. Your body has done something INCREDIBLE- it's grown a baby!

However, many mums are keen to get back to feeling like themselves again. Whether that's within six months or six years, we're here to help. I'm a mum of two, so I know how important it is to be healthy and have energy to run around with kids!

Many people think eating healthy food is expensive but it's actually quite easy to feed yourself and your family a wide range of healthy meals without breaking the bank. This recipe and exercise pack is a sneak peak at some of the budget friendly meals available on the Healthy Mummy's 28 Day Weight Loss Challenge.

The goal of The Healthy Mummy & our 28 Day Weight Loss Challenge is to help as many mums as possible be the best they can be, for themselves and also for their families.

Love Rhian

and The Healthy Mummy team

You don't need to attend expensive exercise classes or add fancy ingredients to your meals to follow a healthy lifestyle. The 28 Day Weight Loss Challenge shows you how to stay on budget and reach your healthy goals at the same time.

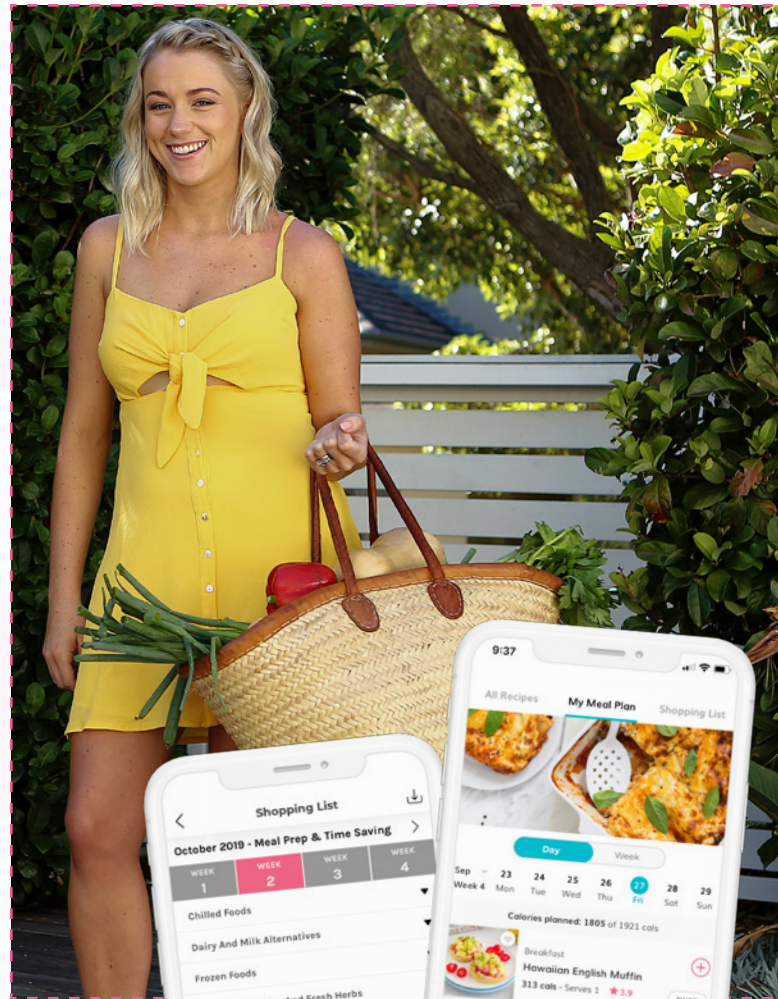
How to eat healthy meals on a budget

It is very easy to get caught up in the hype of healthy food being more expensive, and that can be true of pre-made meals and snacks, but being smart in the kitchen, can also mean having a healthier budget!

Here are some easy tips to follow to ensure you can enjoy budget friendly, healthy meals:

- 1.** When you **plan your menu for the week**, to make it even healthier on your wallet, you don't have to pick a different menu item for each meal. Having the same breakfast during weekdays and then alternating on weekends can not only make your meal planning more affordable, but the preparation is also greatly reduced.
- 2.** Same goes for lunches and dinners: **plan to make the same meals more than once** during the week so you can buy and cook in bulk.
- 3.** Follow the **Timesaver & Budget Meal Plan** which provides a base plan with repeat meals and leftovers, for you to then customise.
- 4.** **Plan your meals around your schedule!** If you work late on Mondays, this is not the night to make a double batch of lasagne!
- 5.** The meals in the **28 Day Weight Loss Challenge** are much cheaper to make at home rather than buying pre-made snacks or take away meals. For example healthy bliss balls can be made at home for a fraction of the price of the ones sold in cafes, depending on the ingredients you use!
- 6.** **Buy ingredients in bulk**, when they are in season or on special, as this can really help to stretch the budget. Keep an eye on the meat section and stock up on things like chicken breasts when they're on offer and freeze for later.

- 7.** **Swap ingredients to suit your budget** or what you have available e.g. if a salad recipe says to use rocket leaves but you have some mixed lettuce leaves on hand, don't buy the rocket especially, you can easily swap it for the lettuce you already have.
- 8.** **Keep an organised fridge and pantry.** Leftovers are always great, but it totally defeats the purpose if they get lost in the back of the fridge. Label leftovers and keep your fridge organised to help minimize food waste.
- 9.** **Broaden your culinary horizons.** Cuisines like Mexican and Indian rely heavily on inexpensive ingredients, like beans and rice.
- 10.** Another trick to making your food planning work for you is to **plan different meals using the same ingredients**. One night you can have roast chicken, and for lunch the next day chicken wraps.



Use the
Healthy Mummy App
to create your customisable
meal plan and shopping list!

Must have basics to...

Keep in the pantry, fridge & freezer

Budget meals don't have to be boring or lack in nutritional value; if you know what to buy:

Dried Herbs & Spices: They can sometimes be pricey to purchase, but they last for ages, add amazing flavour and have some great health benefits too. Start by choosing a few of your favourites and build your collection as the budget allows.

Rolled Oats: The humble oat ticks all the health boxes, is really versatile, and is about as budget friendly as you can get! Oats are a great example of the benefits of buying home brand products. There is often quite a big price difference between generic oats and the branded varieties, despite both products containing exactly the same thing.

Popping Corn: A bag of basic popping corn is super cheap, it keeps without spoiling pretty much forever and makes a quick, healthy snack.

Tinned Beans: Learning to love lentils, chickpeas and beans will not only give your nutrition a boost but are a much cheaper source of protein than meat. Keeping canned (no added salt) varieties of lentils, chickpeas and beans in the pantry can save a huge amount of time when preparing a healthy meal. Canned varieties are inexpensive while being convenient, but dried varieties are even cheaper.

Tinned or Frozen Fruits & Vegetables:

They are just as good as fresh and often far cheaper. Keeping tinned or frozen fruits and vegetables on hand will help you get more fruit and veg into your day (just be sure to buy tinned vegetables with no added salt and tinned fruit in juice, not syrup) and, unlike fresh produce, won't go to waste if they don't get used during the week.

Long Life Milk: You don't need to replace all the milk you consume with long life milk, but keeping a few cartons in the pantry to use in baking or cooking (e.g. for creamy sauces or soups), is far more economical than using fresh milk.

Cheap Meat Cuts: Opting for cheaper cuts of meat such as casserole beef rather than ribeye will mean that you save your pennies as will trying out different types of meat; most of our recipes are interchangeable too so feel free to use beef mince instead of pork or lamb, depending on what is on offer that week.



Meet our meal prep queens

Meal prepping is fundamental when you're trying to stick to a budget!

The benefits of meal prep

- 1. No more cooking in the kitchen every single day.** By cooking in batches (for instance you might make a double batch of Bolognese, one to use this week and one to freeze for another family meal next week).
- 2. Save money** by buying your ingredients in bulk – it's often much cheaper if you buy 2kg of chicken breast instead of 500g. You can also save money when you buy bigger bags of ingredients such as potatoes and rice. Every little bit of money saved is money in your pocket.
- 3.** You'll have **spare time** to hang with the kids in the witching hour (when they just want to snuggle up and read a book or play a game), instead of having emotional kids pulling at your legs while you try to cook dinner.
- 4. Avoid the temptation** to grab a takeaway when you're tired and hungry, knowing there is a healthy meal already made at home.
- 5.** You **use less electricity and water** as you don't need to cook as often. You'll have less washing up as you'll make one BIG mess instead of a mess EVERY DAY!

Here at Healthy Mummy HQ, we are mad about meal prep. And when you're on the 28 Day Weight Loss Challenge, it's a useful skill to have to help you save time and money!

Our Meal Prep Queens, Sascha Farley and Katie Pursell are the experts when it comes to meal prepping for a family on a BUDGET! You will no doubt see a lot of them on the 28 Day Weight Loss Challenge sharing all their favourite meal prep tips and tricks.



Sascha Farley (left) lost an incredible **5.5st** following the 28 Day Weight Loss Challenge. Sascha says, "Knowing I am making the right choices, especially when it comes to 'treats' has been the biggest learning for me. I've always got 2-3 healthy treats ready for when my sweet tooth hits. With education comes freedom and The Healthy Mummy program has given me that."

Katie Pursell (right) lost **3.3st** with the 28 Day Weight Loss Challenge and credits her weight loss to her new found love of healthy food.

Katie says, "Being prepared and getting organised doesn't only save time and money, it also makes your life so much easier. The Healthy Mummy lifestyle was made for busy mums like myself."



Don't know where to begin?

Here's some of their favourite tips to get you started.

STEP 1

Decide what you would like to cook during your session. You can choose to meal prep just dinners (a great start!), or add in lunches too (why not just use dinner leftovers for lunch?), you might want to meal prep some snacks too.

Jump on the 28 Day Weight Loss Challenge app and type in an ingredient you want to use, (e.g. mince) and see what recipes pop up that you like the look of. You can customise your meal plan and then hit the 'shopping list' button.

STEP 2

Make a shopping list (or use the one on the 28 Day Weight Loss Challenge) and go shopping. Check the cupboards to see if you have basics like oil, flour, pepper etc.

Many mums find it useful to use online shopping so that they can see what their total spend will be and make changes if needed to fit within their budget.

STEP 3

Carve out some time (depending on what you're cooking and how many recipes you have) to spend in the kitchen cooking. Lots of our 28 Day Weight Loss Challenge members swear by the Sunday afternoon cook up, but do whatever works for you. Many mums do meal prep twice a week.



STEP 4

Start chopping and getting the ingredients ready. The food processor can be helpful here to chop onions, carrots, cabbage, etc.

Why not try using the oven, stovetop and a slow cooker all at once so that you can prepare multiple meals?

STEP 5

Start cooking! Get your apron on, throw on some tunes, and get into your meal prep session. It's normally best to get anything cooking first that will take a little longer, then work back from there. Think ahead of time about what you can make while another meal is baking in the oven for instance.

STEP 6

Once the food has cooled it's time to package it up. You might choose to package your meals into single serve portions, or into family sized portions depending on your needs.

Allow the food to cool completely in the fridge overnight, then place in the freezer the next day. This avoids freezer burn. Label everything so that you can see at a glance what you have in the freezer.

breakfast

Cherry Choc Porridge

Serves 4

Prep time 5 mins

Cook time 10 mins

Wallet-friendly porridge can taste so good with just a few basic ingredients and some frozen cherries.

Ingredients

- 2 cups rolled oats (192 grams)
- 2 cup water (500 mls)
- 2 cup reduced-fat milk of choice (500 mls)
- 1 cup frozen cherries, finely chopped (150 grams)
- 4 tsp cacao/cocoa powder (8 grams)
- 2 tsp honey (10 mls)
- 4 tsp shredded or desiccated coconut (10 grams)

Method

- Combine the oats, water and milk in a saucepan and heat over a medium-low heat, stirring every now and then for 5-10 minutes or until thick and creamy.
- Add most of the cherries, leaving a few aside for a garnish, the cacao/cocoa powder and honey, and stir to combine.
- Top with remaining cherries and the desiccated coconut to serve.

Kjs 1239 / Cals 295

Protein 12

Total fat 7.5

Sat fat 3

Carbs 42

Total sugar 14

Free sugar* 2

Fibre 6.3



£0.30
per 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.

lunch

Chilli Chicken Drumsticks with Carrot & Currant Slaw

Serves 4

Prep time 70 min

Cook time 30 min

Chicken drumsticks and thighs are cheaper cuts than chicken breast, making this a very cost effective recipe. Marinate the chicken ahead of time and then just cook before serving.

Ingredients

- 1/3 cup reduced-fat Greek natural yogurt (80 grams)
- 4 tsp sambal oelek (chilli paste) (16 grams)
- 4 tsp fresh lemongrass, minced (16 grams)
- 2 cloves garlic, minced (6 grams)
- 600 grams chicken drumsticks, skin removed
- 4 cups white cabbage, shredded (200 grams)
- 4 medium carrot, grated (280 grams)
- 1 cup fresh parsley, finely chopped (60 grams)
- 2 spring onion, sliced (30 grams)
- 1/3 cup currants (48 grams)
- 1/3 cup orange juice, freshly squeezed (80 mls)
- 4 tsp extra virgin olive oil (20 mls)
- 4 tsp cider vinegar (20 mls)
- salt
- pepper

Method

- Combine yogurt with chilli paste, lemongrass and garlic. Coat chicken in the yogurt mix, cover and set aside in the fridge to marinate for at least an hour.
- When ready to cook, preheat the oven to 200C / gas mark 6 and line a baking tray with baking paper. Place the marinated chicken pieces on the tray and bake for 30-45 minutes or until golden and cooked through.
- Combine the cabbage, carrot, parsley, spring onion, currants, orange juice, olive oil and cider vinegar to form the salad. Toss together well and season with salt and pepper.
- Serve the chicken drumsticks alongside the salad.

Kjs 1378 / Cals 329

Protein 32

Total fat 13

Sat fat 3.1

Carbs 18

Total sugar 16

Free sugar* 1.5

Fibre 6.8



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.

dinner

Beef Rendang & Rice

Serves 4

Prep time 20 min

Cook time 100 min

A delicious, nutrient dense meal using an inexpensive cut of meat that's cooked to perfection in a fragrant spicy paste.

Ingredients

- 1 brown onion, roughly chopped (100 grams)
- 3 cloves garlic (9 grams)
- 4 tsp fresh ginger (16 grams)
- ¼ tsp ground turmeric (0.25 grams)
- 1 small red chilli (10 grams)
- ¼ cup water (60 mls)
- 400 grams stewing steak e.g. casserole steak
- 2 tsp extra virgin olive oil (10 mls)
- 400 grams reduced fat coconut cream
- ½ cup basmati rice, uncooked (90 grams)
- 2 medium carrot (140 grams)
- 1 cups green beans, trimmed (120 grams)
- 1 small head bok choy, or pak choi (150 grams)

Method

- Make the rendang paste by placing onion, garlic, ginger, turmeric, chilli and water in a blender and blitzing until smooth.
- Cut the beef into large pieces.
- Heat the olive oil in a heavy based saucepan over medium-high heat. Add the beef and brown all over, around 4-5 minutes.
- Add the rendang paste and cook for a further 4-5 minutes, until the beef is coated well with the paste and smells very fragrant.
- Add the coconut cream, stir to combine. Cover the pan with a lid and reduce to a simmer for 90 minutes or until the sauce has evaporated and thickened and the beef is very tender.
- About 25 minutes before ready to serve, cook the rice according to packet directions.
- Cut the carrots into batons and steam on the stovetop with the beans and bok choy for approximately 8-10 minutes, or until tender crisp.
- Divide rice, beef rendang and steamed vegetables evenly between four bowls to serve.
- Leftover beef rendang can be stored in the fridge in an airtight container for 3-4 days or freeze for up to 3 months.

Kjs 1645 / Cals 392

Protein 34.8

Total fat 15.7

Sat fat 7.6

Carbs 25.4

Total sugar 3.5

Free sugar* 0

Fibre 3

£1.49
per 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.

dessert

Strawberry & Cream Crepes

Serves 2

Prep time 10 min

Cook time 15 min

Delicious, nutritious and inexpensive, this breakfast is an absolute treat. Feel free to substitute the strawberries for any fresh or frozen fruit you have on hand.

Ingredients

- ½ cup plain wholemeal flour (60 grams)
- ⅓ cup reduced-fat milk of choice (80 mls)
- 1 free-range eggs (50 grams)
- 1 tsp extra virgin olive oil (5 mls)
- 3 tbsp light cream cheese (45 grams)
- ½ tsp vanilla extract (2.5 mls)
- ¼ cup shredded or desiccated coconut (30 grams)
- ½ punnet strawberries, hulled & sliced (125 grams)

Method

- In a mixing bowl, whisk together sifted flour, milk, and egg until you get a smooth batter.
- Heat half the oil in a small frying pan over a medium-high heat. Pour in half of the crepe batter and swirl around to form a thin layer over the bottom of the pan.
- Cook for 1-2 minutes on each side, until golden and set. Set aside to keep warm.
- Repeat with the remaining oil and batter so you have two crepes, one per serve.
- While the crepes are cooking, combine the cream cheese and vanilla.
- Spread the vanilla cream cheese over each crepe and sprinkle with an even amount of coconut.
- Place strawberry slices over the crepe filling and roll up to serve.
- Serve one filled crepe per person.

Kjs 1329 / Cals 316

Protein 11

Total fat 17

Sat fat 11

Carbs 26.4

Total sugar 6.2

Free sugar* 0

Fibre 6.8



£0.70
per 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.

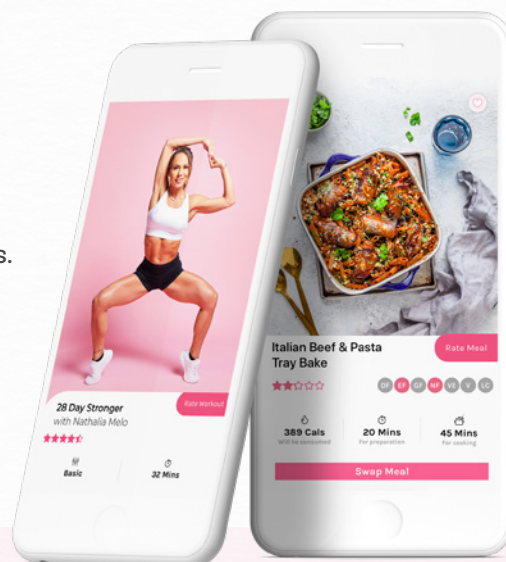
The Healthy Mummy App

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

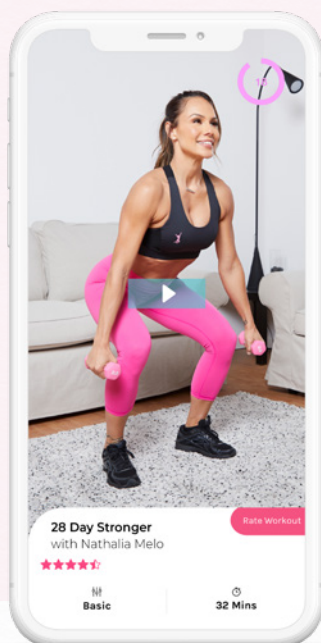
A new empowering message each day on your home screen!

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

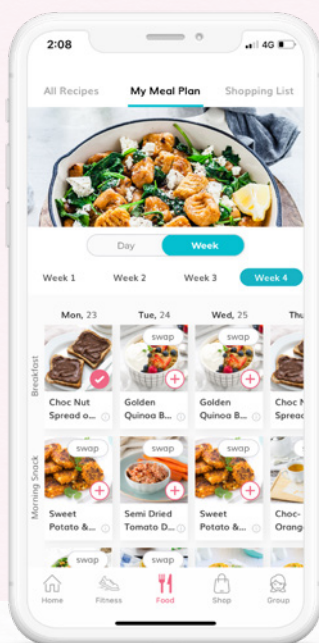
Keeps you **motivated** and accountable.

Only available in The Healthy Mummy App.

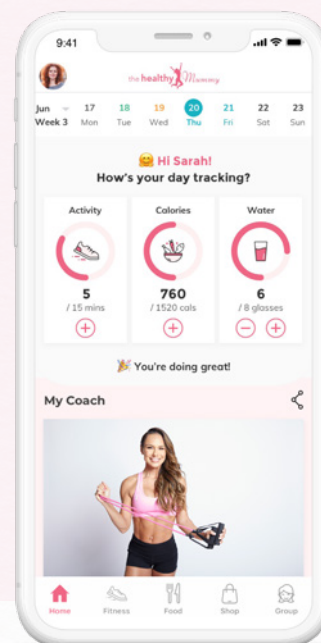
✓ At-home fitness



✓ Customisable meal plans



✓ Daily motivation



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

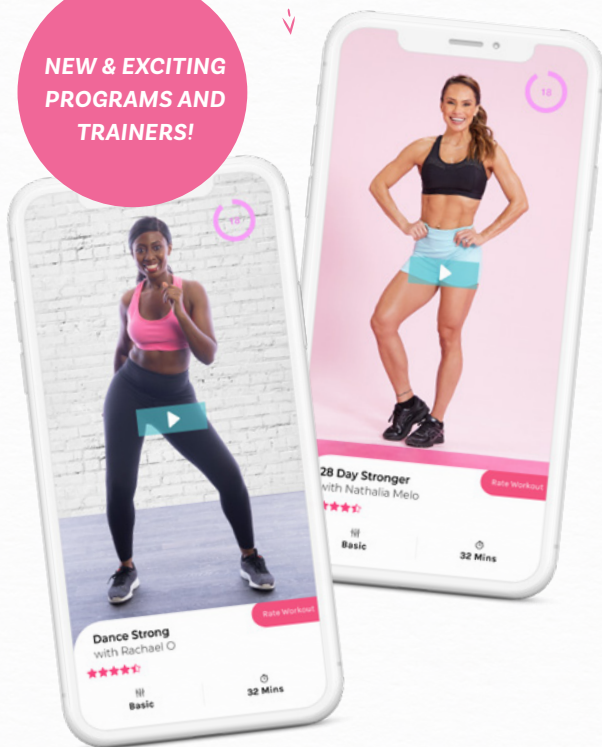
Exercise Programs

Available 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.

MEET OUR NEW TRAINERS...



RACHAEL OKESOLA



SHAUNA HAWKES



NATHALIA MELO

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

How single mum-of-two lost 2.4st on a tight budget and busy schedule

Single mum-of-two Lauren certainly proves women really can do it all! Despite raising two kiddies, working and running a household, she was determined to lose weight while sticking to a tight budget.

Not only did Lauren succeed in accomplishing her weight loss goal, she has emerged as an incredible role model for other women, empowering others to reach their goal weight also.

This is a snippet of Lauren's story and how this single mum-of-two lost 2.4st on a tight budget and busy schedule and is inspiring others to do the same.

Recently, Lauren became a single mum. There is no doubt the thought of raising two children on her own was a daunting one. However, what frightened her most of all was being an overweight, unhappy and unhealthy single mum.

The big change

Lauren says "I knew I needed to change my lifestyle."

Lauren decided to join the Healthy Mummy's 28 Day Weight Loss Challenge. "I'd been following all the success stories for far too long," says Lauren, "...so I decided to have a crack for myself."

Hitting BEYOND her weight loss goal.

When Lauren first joined the Challenges, she was hoping to lose 10lbs. She had no idea that she would triple her weight loss goal.

Lauren reveals, "I wasn't looking for my own 'story' as such to share. I simply wanted to shed around a stone. In fact, I was hoping for 10lbs"

"Well, over the next 6 months (6 Challenges) I lost 2.4st!"

Lauren admits being on a tight single-mum budget, didn't stop her from joining the Challenge and prevent her from making the delicious meals.

Lauren even admits she is able to save money by using the 'customising' option within the 28 Day Weight Loss Challenge App to keep her meal plan within a tighter budget.



More than just weight loss

However, losing weight was only one of the benefits of joining the Healthy Mummy. Lauren reveals she's gained countless friends and had experiences she thought only dreams were made of.

Lauren also adds, "I'm so much more supportive of other women, in fact, I thrive on helping others change their life."

There is so much more to this program than just losing weight.

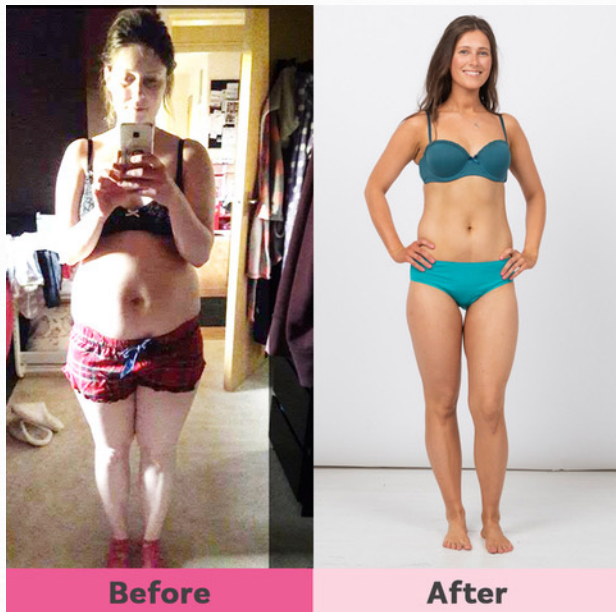
Not only have I regained my life, but I've pretty much created a brand new one! One that I love, that I'm proud of, that I love sharing with others. And I'm pretty sure it's a life that my children will thank me for.

Even typing this out has left me welling with tears.

Tears of happiness for how I've changed my life, but also tears of sadness from remembering how I used to feel."

Lauren's biggest hope is that every woman is aware of what she is capable of. If women want to change their lives, they can.

Real Stories. Real Mums. Real Results.

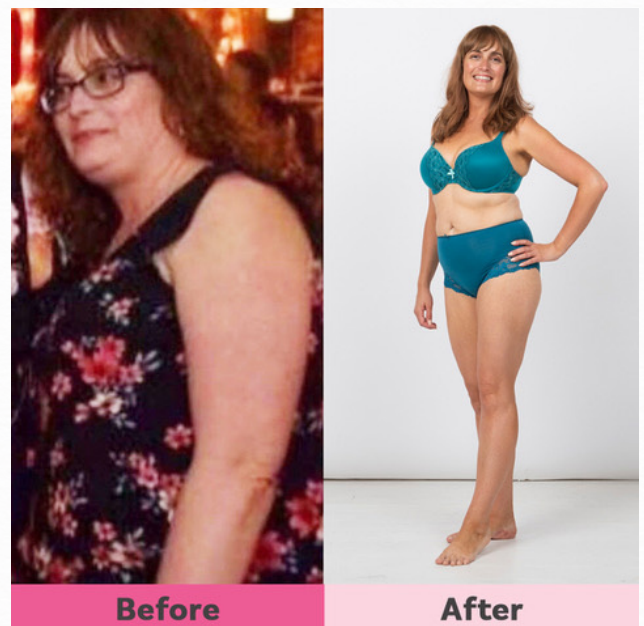


Hellevi LOST 2.6 stone!

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!

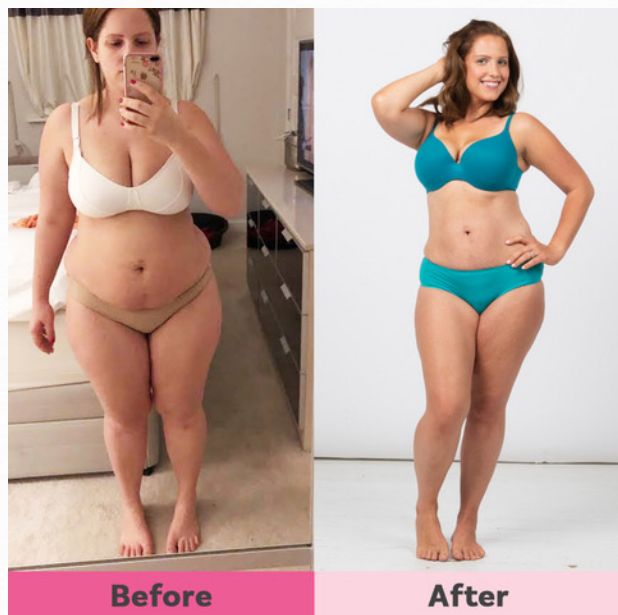
Tracey is down 5 dress sizes! Her journey to improved health and body confidence all started with a single photo. Despite being over 40 and gluten free she has lost 2.6 stone using The Healthy Mummy App! She says "The App has helped in so many ways... from providing some new amazing recipes, helping 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 longterm lifestyle! She says: "The meals are fantastic."

Real Stories. Real Mums. Real Results.

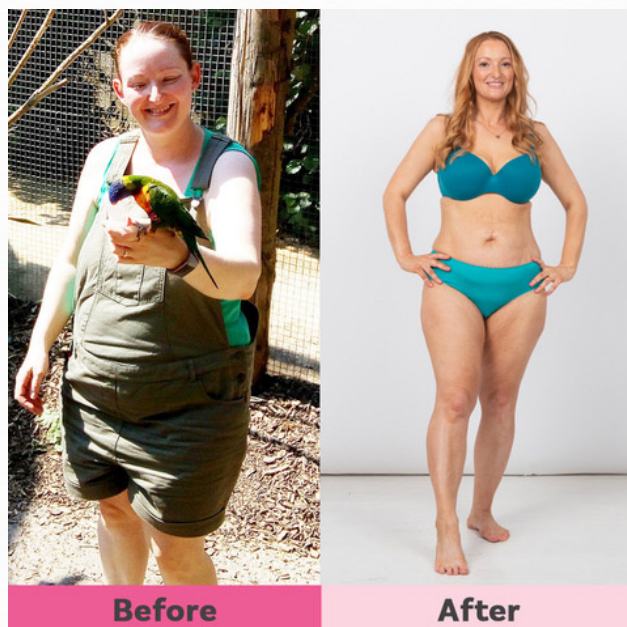


Alexandra LOST 2.5 stone!

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 and I'm using a shopping list". Her tips are: start with small, achievable goals and involve your family and friends!

THE HEALTHY MUMMY SMOOTHIES

FIBRE & DIGESTION

With **2.4g⁺** 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⁺ 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.

NO ADDED SUGARS

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!



*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](#)