



# WINTER

50 DAY CHALLENGE

## GET ORGANISED & INSPIRED

# winter meal prep

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

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

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



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



Rhubarb & Strawberry Chia Jam on Porridge from the 28 Day Weight Loss Challenge

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

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

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

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

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

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

## HOW TO BEAT YOUR WINTER COMFORT FOOD CRAVINGS

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

### 1 START WITH A HEALTHY MEAL PLAN.

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



### 2 MAKE SURE YOU'RE NOT HUNGRY.

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



### 3 DRINK WATER OR A HERBAL TEA.

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



### 4 BE PREPARED.

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



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

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



### 6 EAT SLOWLY AND MINDFULLY.

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



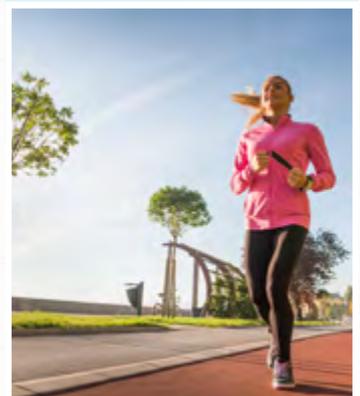
### 7 MEAL PREP.

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



### 8 STAY TRUE TO YOURSELF.

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



# AVOID THE winter takeaway EXCUSES

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



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

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

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

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

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



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

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

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

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

## STAY ON TRACK WITH THESE DELICIOUS COMFORT FOOD ALTERNATIVES.

High fat, high salt  
takeaway pizza

SWAP  
FOR



28 Day Weight Loss Challenge  
Spinach Pesto & Chicken Pizza

Highly processed, frozen  
butter chicken meal

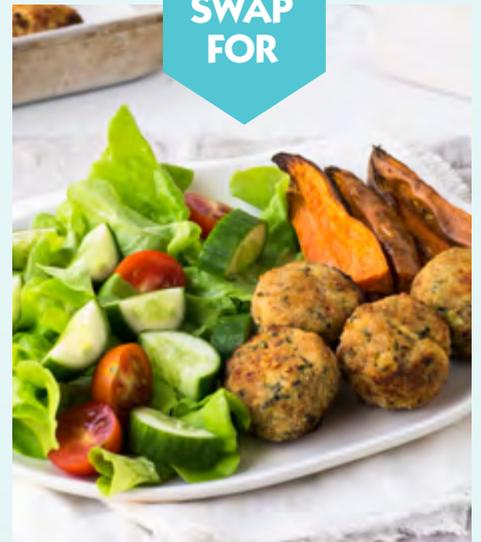
SWAP  
FOR



28 Day Weight Loss Challenge  
Homemade Butter Chicken

Processed, store-bought  
chicken nuggets

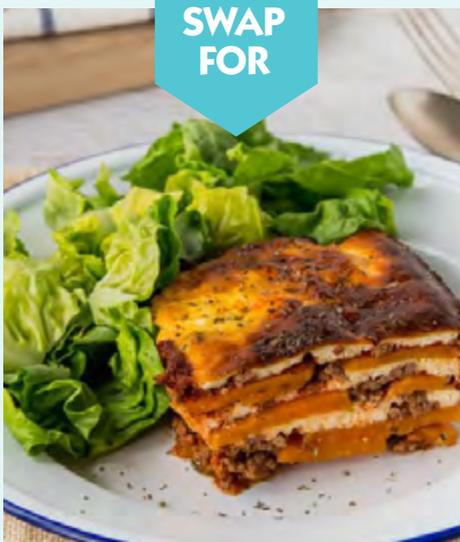
SWAP  
FOR



28 Day Weight Loss Challenge  
Hidden Veggie Chicken Nuggets

High fat,  
store-bought lasagne

SWAP  
FOR



28 Day Weight Loss Challenge  
Beef & Sweet Potato Lasagne

Deep-fried, high salt chips  
and curry sauce

SWAP  
FOR



28 Day Weight Loss Challenge  
Rosemary Sweet Potato Fries

High fat, high salt takeaway  
chilli con carne

SWAP  
FOR

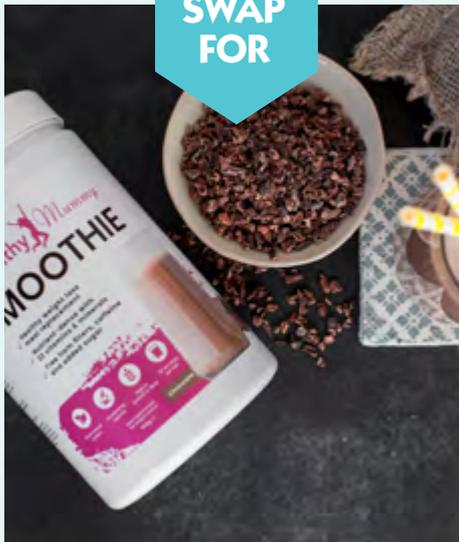


28 Day Weight Loss Challenge  
Cheesy Chilli Tacos

## STAY ON TRACK WITH THESE DELICIOUS COMFORT FOOD ALTERNATIVES.

High sugar takeaway  
hot chocolate

SWAP  
FOR



The Healthy Mummy  
Chocolate Smoothie

Dense and high calorie,  
store-bought apple pie

SWAP  
FOR



28 Day Weight Loss Challenge  
Apple & Rhubarb Filo Pie

High sugar  
fudge brownie

SWAP  
FOR



28 Day Weight Loss Challenge  
Peanut Butter & Choc Brownie

High calorie milk  
chocolate bar

SWAP  
FOR



28 Day Weight Loss Challenge  
"Snickers" Slice

High sugar, packet made  
sticky date pudding

SWAP  
FOR



28 Day Weight Loss Challenge  
Chocolate Self Saucing Pudding

High sugar, high calorie  
cafe pancakes

SWAP  
FOR



28 Day Weight Loss Challenge  
Blueberry & Vanilla Pancakes

# STAY ON TRACK WITH EXERCISE even when it's cold outside

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

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

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

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

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



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

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



**10** Write out your summer goals. Print out a calendar with the days until summer and tick them off to keep you motivated for the warmer weather.

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

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

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

# MOTIVATIONAL TIPS TO HELP YOU STAY ACTIVE when the duvet is calling your name

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

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

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

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

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

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



Chocolate Thickie  
Healthy Mummy Smoothie

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

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

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

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

# Community Stories



***Real stories from real mums on  
how to keep on track this winter***

## How our amazing mums stay on track in winter

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



### MELANIE HYLAND

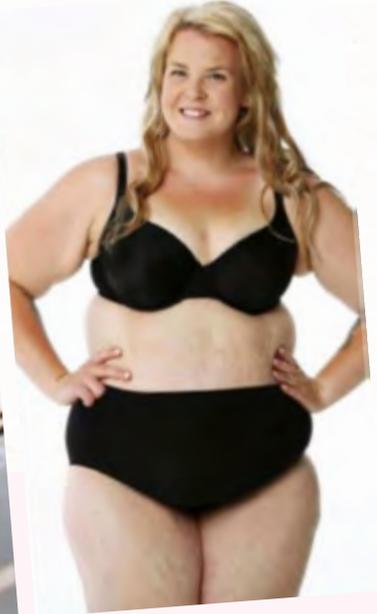
In November 2015, Melanie decided she was ready to lose weight and tackle her health, and joined the 28 Day Weight Loss Challenge. All up, this inspiring mama-of-one has lost over 7 stone.

### MELANIE'S TOP TIPS for staying on track this winter

- ✓ Take progress photos and measurements - this will keep you motivated, plus photos are great flashbacks!
- ✓ Keep everything simple. Customise your meal plan to repeat meals, using what you have at home.
- ✓ Exercise where you can, when you can. If you're a busy mum, try breaking up your exercise throughout the day.
- ✓ Get yourself a goal buddy! There are thousands of like-minded women in the Healthy Mummy Private Support Group on Facebook, and having someone you can talk to about any part of your health adventure is fantastic!

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### AMY ATKINSON

Amy Atkinson, a mum-of-four, has lost an INCREDIBLE 8.8st and more than 200cm off her body! She lost her baby weight by following the 28 Day Weight Loss Challenge, and using the Healthy Mummy Smoothies.

### AMY'S TOP TIPS

*for staying on track this winter*

- ✓ Meal planning using the 28 Day Weight Loss Challenge App makes life so much easier.
- ✓ Remember how badly you want this and why you are doing it!
- ✓ Just remember that it is okay to have a bad day.
- ✓ Love yourself and don't be so hard on yourself. The sooner you find self-love, the happier you will become about your lifestyle change and the more you will enjoy it.

*If you want to be that fun, active role model to your children, join the 28 Day Weight Loss Challenge - you seriously will not regret it."*

**Amy Atkinson**

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

# Winter Challenge Sneak Peek



**Your Sneak Peek of the December  
Winter 28 Day Weight Loss Challenge**



# welcome!

For some winter is the hardest time of the year to stay on track with weight loss goals. As the temperature drops, the days become shorter and before we know it we're struggling to zip up our jeans!

In addition, the fact that it's cold and flu season means that our families are most likely struggling to keep healthy and preparing nutritious meals with lots of vitamins and minerals becomes just that little bit more stressful for us busy mums.

The 28 Day Weight Loss Challenge is perfect to get you through those days when you just want to stay in your fluffy slippers with a hot cup of tea all day long. Our nutritionists have planned delicious, easy to prepare meals that the whole family will love, and that will give you that comfort food fix without the unhealthy side effects.

Furthermore, the fitness plans are ideal to be done at home, even if you don't have much time, so the rain won't stop you from reaching your goals.

We've put together this pack to keep you on track during winter. It's full of tips and info on how to stay motivated and inspired through the colder months so that when the sun comes out again you're well and truly living your best life.

We hope you enjoy it!

Love Rhian

and The Healthy Mummy team



## Stay on track with your health & weight loss goals

### WITH THE 28 DAY WEIGHT LOSS CHALLENGE

For most of us, winter is a time when we crave comfort food. The 28 Day Weight Loss Challenge recipes are designed to give your body the richly satisfying and nutrient-dense food it craves, but without the unhealthy fats, sugar and calories traditionally associated with comfort eating. The meals are designed to help you load up on nutrients and vitamins to boost your immune system, and help the family ward off colds and flu.

Plus, team the healthy winter Challenge meals with easy to perform exercise routines that are ideal to be done at home, even if you don't have much time, and you'll soon see that not even the winter rain and hail will stop you reaching your healthy lifestyle goals.



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

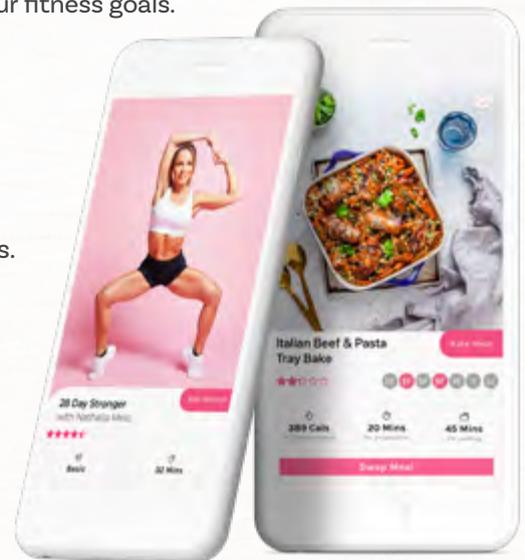
## The Healthy Mummy App

### 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

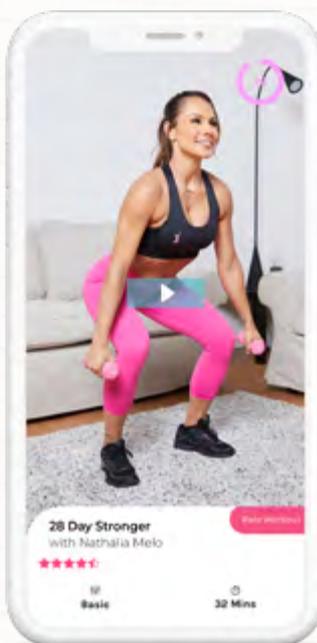
**A new empowering message** each day on your home screen!

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

Keeps you **motivated** and accountable.

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

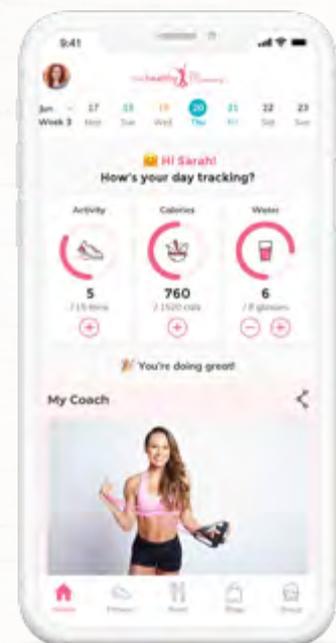
✓ **At-home fitness**



✓ **Customisable meal plans**



✓ **Daily motivation**



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

## Exercises



***We have a workout for all types  
of mum - check it out!***



## Try a winter workout from the 28 day weight loss challenge for free!

The 28 Day Weight Loss Challenge has over 350 exercise routines plus full-length guided video workouts that can be completed at home or on the move – all available in our amazing 28 Day Weight Loss Challenge App. There are workouts for all types of mums; postnatal or those with older children, as well as levels for beginners through to advanced. Challenge workouts focus on all areas of the body including the core, butt and thighs, and lower and upper body. Inside the Challenge App you can try HIIT, Pilates, TABATA, DanceFit, Box Jump and more.

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

**Try it for yourself today! Check out one of our fabulous box jump workouts below!**



JUST CLICK  
ON THE PLAYICON  
FOR YOUR FREE  
BOX JUMP  
WORKOUTS!

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

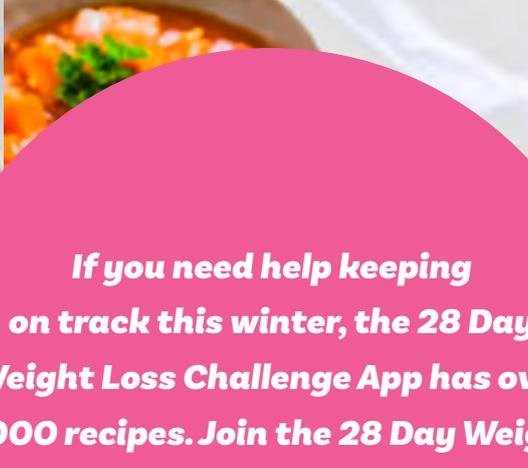
# Delicious winter recipes



***Stay on track this winter with  
thousands of amazing recipes***

# WINTER

50 DAY CHALLENGE



**If you need help keeping on track this winter, the 28 Day Weight Loss Challenge App has over 4000 recipes. Join the 28 Day Weight Loss Challenge and get the mega deal [here](#)**



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

## BREAKFAST

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### Baked Pear Breakfast Crumble

Serves 4

Prep time: 10min

Cook Time 15min

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

#### Ingredients

- 4 small pears, grated (400g)
- 1 tbsp vanilla extract (15ml)
- 2 tsp cinnamon (2g)
- 1/3 cup desiccated coconut (40g)
- 1 & 1/3 cups rolled oats (132g)
- 1 tbsp honey (15ml)
- 1 tbsp coconut oil (15ml)

#### Method

- Preheat oven to 200C / gas mark 6.
- Place the grated pear in 4 individual ovenproof dishes (or use one larger ovenproof dish) and toss through vanilla extract and then sprinkle with half of the cinnamon.
- In a separate bowl, mix together the oats, coconut, honey, remaining cinnamon and coconut oil.
- Lay the oat mix on top of the pear and bake in the oven for 15 minutes until golden brown.
- Allow to cool for 5 minutes and then enjoy.

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**306 Cals /1285 kJ**

**Protein 5.3g**

**Fibre 8.6g**

**Total Fat 8.8g**

**Sat fat 6.4g**

**Carbs 52.3g**

**Total Sugar 20.5g**

**Free Sugar 3.7g**

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**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

### Warm Spinach & Mushroom Quinoa Bowl

Serves 4

Prep time: 5min

Cook time: 10min

This is a nutritional powerhouse! The three main ingredients are nutrient dense and fibre rich and the whole dish is simply delicious. The raisins add a touch of sweetness.

#### Ingredients

- 1 cup quinoa, uncooked, rinsed (180g)
- 3 tbsp extra virgin olive oil (45ml)
- 2 cloves garlic, crushed (6g)
- 4 cups mushrooms, sliced (300g)
- salt
- pepper
- 1 red pepper, diced (100g)
- 4 tbsp raisins (60g)
- 4 cups baby leaf spinach (120g)
- 4 tbsp tamari (gluten free soy sauce) (60ml)
- 4 tbsp lime juice (60ml)

#### Method

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



356 Cals / 1495 kJ

Protein 13.9g

Fibre 6.1g

Total Fat 12.8g

Sat fat 1.7g

Carbs 53.8g

Total Sugar 13.7g

Free Sugar 0g

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## DINNER

### MEATBALL SOUP

Serves 4

Prep time: 5min

Cook time: 40min

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

#### Ingredients

- 400g lean beef mince
- 2 free-range eggs, whisked (100g)
- 3 tbsp fresh parsley (10g)
- 1/2 cup grated Parmesan (72g)
- salt
- pepper
- 3 tbsp extra virgin olive oil (45ml)
- 1 brown onion, finely diced (100g)
- 3 cloves garlic, minced (9g)
- 2 medium carrots, finely diced (140g)
- 2 stalks celery, finely diced (80g)
- 1 small sweet potato, peeled & finely diced (160g)
- 2 courgettes, finely diced (220g)
- 600ml tomato passata
- 2 tsp dried Italian herbs (2g)
- 2L liquid vegetable stock, salt reduced
- 3 tbsp fresh basil leaves, chopped (10g)

#### Method

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

**Cals 463/kjs 1844**

**Protein 35.3g**

**Total fat 21.1g**

**Sat fat 6.7g**

**Fibre 6.4g**

**Carbs 35.7g**

**Total sugar 19.1g**

**Free sugar 0g**



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

## SNACK

### HAZELNUT MERINGUE BISCOTTI

Serves 8

Prep time: 20min

Cook Time 30min

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

#### Ingredients

- 1¼ cups hazelnuts, roughly chopped (150g)
- 1 tsp cacao/cocoa powder (2g)
- ¼ tsp bicarbonate soda (0.625g)
- 2 egg whites (50g)
- salt
- 1 tsp vanilla extract (5ml)
- 1 tbsp coconut sugar (16g)
- 50g dark chocolate (70%), melted

#### Method

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

**Cals 188/kjs 789**

**Protein 4.3g**

**Total fat 15.7g**

**Sat fat 2.4g**

**Fibre 1.9g**

**Carbs 6.5g**

**Total sugar 6.2g**

**Free sugar 5g**



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# Community support



**Thousands of mums ready  
to support your journey**

# WINTER

50 DAY CHALLENGE



Join our global support group  
over 1.5 million mums [here](#)



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

## Michelle lost 6.7 stone in 14 months

Over 14 months ago, Michelle Anderson was a very different person. After three beautiful children Michelle was at the heaviest she had ever been, weighing 18.6st and feeling severely depressed and anxious.

But the brave mum has since battled her demons and lost an incredible 6.7st by following the 28 Day Weight Loss Challenges.

Like many busy mums who struggle to drop the weight after pregnancy, Michelle revealed she disliked the way she looked and didn't want to leave her home in fear of being judged.

"I hated the way I looked and felt. I was not the best partner or mother," she admits. "Which made me even more depressed, feeling like my family deserved better."

Michelle revealed that when she discovered The Healthy Mummy she sat quietly on our private Facebook support group for a few months, purchased the Healthy Mummy Smoothies and signed up for the 28 Day Weight Loss Challenge.

Since then she has never looked back and lives and breathes The Healthy Mummy!

"When I started putting myself first, it got easier. I did not have mother's guilt because I knew that I was doing it for me, but also for my family. I've gone from wanting to give up on life to living life to the fullest. As much as you may feel there isn't a way back, I promise there is. I owe so much to The Healthy Mummy."

We're so glad you're feeling great within yourself, Michelle! You look fantastic.



MICHELLE  
LOST OVER  
**6.7st**



*I've gone from wanting to give up on life to living life to the fullest. As much as you may feel there isn't a way back, I promise there is. I owe so much to The Healthy Mummy.*

**Michelle Anderson**

## Transformations



BEFORE

AFTER

### 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)".



BEFORE

AFTER



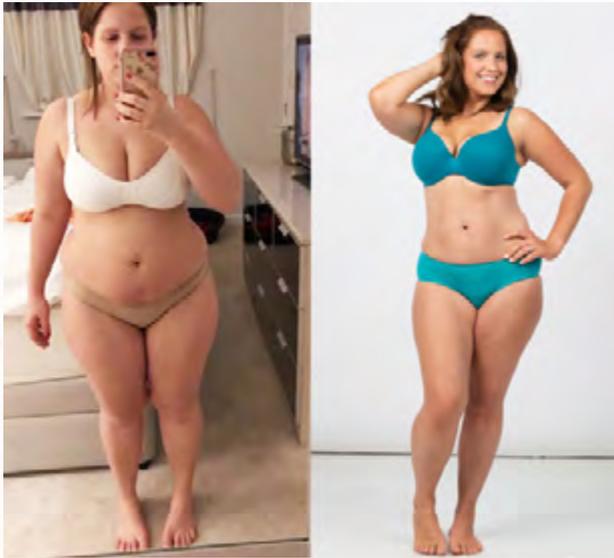
BEFORE

AFTER

### 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."

## Transformations



BEFORE

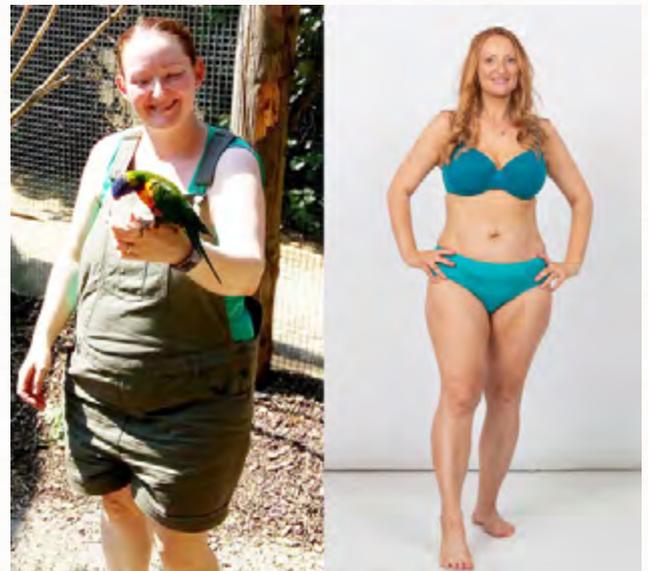
AFTER

### 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!



BEFORE

AFTER

### 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!



BEFORE

AFTER

# 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.

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

# 50 DAY MOTIVATIONAL CHART



**SET YOUR GOALS AND COUNTDOWN  
THE DAYS WITH US.**

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

# 50 day motivational chart

**WINTER**  
50 DAY CHALLENGE

50	49	48	47	46	45	44	43
42	41	40	39	38	37	36	35
34	33	I PROMISE TO MAKE <b>THIS WINTER</b> MY HEALTHIEST EVER <small>the healthy Mummy</small>		32	31	THIS JUNE WILL BE MY <b>HEALTHIEST</b> EVER! <small>the healthy Mummy</small>	
30	29	28	27	26	25		
		24	23	22	21	20	19
		18	17	16	15	14	13
12	11	10	9	8	7		
6	5	4	3	2	1		

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

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

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

## GROCERY LIST

week starting ..... / ..... / .....

FRUIT & VEG

FROZEN FOODS

TINNED FOODS

HOUSEHOLD ITEMS

MEAT, FISH & PROTEIN

DAIRY & DAIRY ALTERNATIVES

PANTRY STAPLES & CONDIMENTS

PERSONAL ITEMS & TOILETRIES

*meal planners*



monday

tuesday

wednesday

thursday

friday

saturday

sunday

weekly snacks



[www.healthymummy.com.uk](http://www.healthymummy.com.uk)

## MEAL PLANNER

week starting ..... / ..... / .....

*monday*

breakfast .....

lunch .....

dinner .....



*tuesday*

breakfast .....

lunch .....

dinner .....



*wednesday*

breakfast .....

lunch .....

dinner .....



*thursday*

breakfast .....

lunch .....

dinner .....



*friday*

breakfast .....

lunch .....

dinner .....



*saturday*

breakfast .....

lunch .....

dinner .....



*sunday*

breakfast .....

lunch .....

dinner .....



### WEEKLY SNACKS

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### NOTES

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### EATING GOALS

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## WEEKLY PLANNER

week starting ..... / ..... / .....

*monday*

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*friday*

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*tuesday*

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*saturday*

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*wednesday*

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*sunday*

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*thursday*

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NOTES

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TO DO LIST

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PRIORITIES

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## DAILY MOTIVATION



**DAILY MOTIVATION TO KEEP YOU GOING**

# Daily motivation

# WINTER

50 DAY CHALLENGE



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