

fat blaster

----- recipe + exercise pack



WELCOME!



To get that balance back into your diet and lifestyle and give your weight loss goals a kick in the butt, join us on the Fat Blaster 28 Day Weight Loss Challenge. You'll learn about and enjoy healthy and delicious foods that can aid our metabolism, help improve digestion, balance hormones and in turn boost your weight loss results for the ultimate in fat blasting!

Our fabulous team of chefs and nutritionists have created meal plans loaded with easy-to-prepare and delicious meals to increase your weight loss results. Options include amazing, healthy sweet treats and dinners the whole family will love.

We've put together this little pack so you can get excited about the Fat Blaster 28 Day Weight Loss Challenge, and to give you a sneak peek into what is coming.

You can go [here](#) to join the 28 Day Weight Loss Challenge, and get ready to see results!

Let's do this!

Love Rhian

and The Healthy Mommy team

**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 fiber in substantial amounts.

CLEANSING GREEN COCONUT SOUP

Serves 4

Prep time 15 min

Cook time 30 min

Ingredients

- 4 cups liquid vegetable stock, salt-reduced
- 1 small zucchini, diced
- 4 stalks celery, diced
- 1 green apple, cored & diced
- 1 tbsp fresh ginger, peeled & sliced
- 1 clove garlic, sliced
- 1/2 tsp ground coriander
- 1/2 tsp ground turmeric
- 1 & 2/3 cups reduced fat coconut cream
- 14 oz canned chickpeas, rinsed & drained
- 2 cups kale, chopped
- 1/2 cup fresh cilantro
- 2 tbsp lime juice
- 1 tbsp basil pesto, store-bought
- 1/2 medium avocado, diced
- 1/3 reduced-fat Greek natural yogurt
- 2 tsp extra virgin olive oil

Method

- Place the stock, zucchini, celery, apple, ginger, garlic, ground coriander and turmeric in a saucepan and bring to the boil. Reduce to a simmer for 10 minutes.
- Add the coconut cream, chickpeas and kale and increase the heat to just boiling, before reducing to a simmer again for another 5 minutes.
- Add the cilantro and lime juice and use a stick blender or counter top blender to puree until smooth.
- Divide soup into four bowls and top each with a teaspoon of pesto, 1/8 of diced avocado, a tablespoon of yogurt and drizzle over a half teaspoon of olive oil to serve.
- Leftover soup can be stored in an airtight container in the fridge for 3-4 days or freeze for up to 3 months.

Kjs 1434 kJ / 341 cals

Protein 11g

Fiber 9.8g

Total Fat 20g

Carbs 26g

Sat Fat 9.8g

Total Sugar 12g

Free Sugar 0g*



SESAME SALMON & RICE BOWL

Serves 4

Prep time 10 min

Cook time 20 min

Ingredients

- 1/2 cup brown rice, uncooked
- 2 cups broccoli, chopped into florets
- 1 tsp sesame oil
- 1 & 1/2 tbsp tahini
- 4 tbsp lemon juice
- 2 cups red cabbage, shredded
- 360g tinned salmon, drained weight
- 2 medium carrots, grated
- 2 tomatoes, diced
- 1/2 avocado, diced
- 1 & 1/2 tbsp sesame seeds

Method

- Cook rice according to packet directions, set aside to cool.
- Lightly blanch broccoli in a saucepan of boiling water for 5 minutes until just tender. Drain and cool.
- Combine sesame oil, tahini and lemon juice to form a dressing. Add a little hot water if required to reach a drizzling consistency.
- Assemble the rice, cabbage, tinned salmon, carrot, tomato, broccoli and avocado in portions in a bowl.
- Sprinkle with sesame seeds and drizzle with tahini dressing to serve.

Kjs 1345 kJ / 320 cals

Protein 26g

Fiber 7g

Total Fat 16g

Carbs 15g

Sat Fat 3.2g

Total Sugar 4.3g

Free Sugar 0g



SPICED QUINOA BREADED CHICKEN TACOS

Serves 4

Prep time 15 min

Cook time 25 min

Ingredients

- 1/4 cup quinoa flakes
- 1 tsp sweet paprika
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp dried oregano
- 1 tsp chili powder
- 11 oz chicken breast, cut into strips
- cooking oil spray
- 1 avocado, diced
- 1 cup corn kernels, fresh or canned
- 1 tomato, diced
- 1 red onion, diced
- 1/3 cup fresh cilantro, chopped
- 1/3 cup lime juice
- 8 small corn tortillas

Method

- Preheat the oven to 390F. Line a baking tray with parchment paper.
- Combine quinoa flakes with paprika, cumin, ground coriander, oregano and chili powder and mix well.
- Add the chicken strips to the quinoa mix and coat well, pressing the quinoa flakes and spices into the chicken.
- Lay the chicken strips onto the prepared tray and lightly spray with cooking oil spray. Bake for 10-15 minutes, then turn chicken over, spray again with cooking oil spray and return to the oven for a further 10 minutes or until chicken is cooked through and the crumbs are golden.
- While the chicken is cooking combine the avocado, corn, tomato, onion, fresh cilantro and the lime juice.
- Heat the tortillas according to packet directions.
- Fill each tortilla with an even amount of the crumbed chicken and salsa and serve. Two filled tortillas is one serving.

Kjs 1806 / 430 cals

Protein 26g

Fiber 5.3g

Total Fat 18g

Carbs 37g

Sat Fat 6.8g

Total Sugar 6.7g

Free Sugar 0g



PASTA ALFREDO WITH BROCCOLI & BACON

Serves 4

Prep time 10 min

Cook time 20 min

Ingredients

- 3.5 oz whole-wheat pasta any shape
- 1 tbsp butter
- 2 tbsp plain whole-wheat flour
- 1 cup liquid chicken stock
- 1/2 cup reduced-fat milk of choice
- 1/2 cup reduced-fat Greek yogurt
- 1/2 cup grated parmesan
- 1 tsp olive oil
- 1 red onion, diced
- 2 cloves garlic, minced
- 4 slices bacon, diced
- 2 cups broccoli, cut into small florets
- 1/4 cup parsley, finely chopped

Method

- Cook the pasta according to packet directions.
- While pasta is cooking, melt the butter in a saucepan over a medium-high heat. Add the flour and stir for a few minutes until it becomes a creamier, golden color. Add the stock and stir well to avoid any lumps. Add the milk, yogurt and half the parmesan. Stir to combine well and simmer for a few minutes, until thickened. Set aside, keeping warm.
- Heat olive oil in a frying pan over a medium-high heat. Add onion and cook for a minute or two to soften. Add garlic, bacon and broccoli and cook for a further 3-4 minutes or until bacon is crispy and broccoli is tender crisp.
- Add the cooked pasta to the frying pan with the cream sauce and toss to combine well.
- Divide pasta evenly between four bowls and sprinkle with the remaining parmesan and some fresh parsley to serve.

Kjs 1416 / 337 cals

Protein 24g

Fiber 5.7g

Total Fat 14g

Carbs 25g

Sat Fat 7.3g

Total Sugar 6.2g

Free Sugar 0g



CHOCOLATE RASPBERRY RIPPLE CAKE

Serves 16

Prep time 15 min

Cook time 60 min

Ingredients

- 1 cup fresh or frozen raspberries
- 1 tbsp chia seeds
- 1 tbsp stevia
- 1 tbsp lemon juice
- 2 tsp lemon zest
- 1/4 cup water
- 2 cups gluten-free all-purpose
- 1/2 cup coconut sugar
- 1/2 cup cacao/cocoa powder
- 2 tsp baking powder
- 1 & 1/2 cups almond milk, unsweetened
- 1/2 cup coconut oil, melted

Method

- Place raspberries, chia seeds, stevia, lemon juice, lemon zest and water in a small saucepan. Bring to the boil and then reduce to a simmer for 5 minutes. Remove from heat to cool while making cake batter.

- Preheat oven to 350F and line a 8 inch round springform cake pan with parchment paper.
- Combine flour, coconut sugar, cacao/cocoa powder and baking powder in a bowl. Add almond milk and melted coconut oil and stir until just combined.
- Pour into the prepared pan.
- Drizzle the raspberry/chia mixture over the batter and using a bread knife or skewer, swirl it into the batter to make a ripple pattern.
- Bake for 35-45 minutes, or until a skewer inserted into the center comes out clean.
- Allow to cool in the pan for 10 minutes before removing and slicing into 16 pieces. One piece is one serving.
- Leftover cake can be stored in an airtight container in the fridge for 4-5 days.

Kjs 746 / 178 cals

Protein 1.9g

Fiber 1.5g

Total Fat 9.5g

Carbs 21g

Sat Fat 4.6g

Total Sugar 5.7g

Free Sugar 3.8g



VEGAN CHOCOLATE CARAMEL COOKIE PIE

Serves 14

Prep time 20 min

Cook time 25 min

Ingredients

- 2 tbsp coconut oil
- 1/4 cup maple syrup
- 1/3 cup quinoa flakes
- 3/4 cup shredded coconut
- 1/2 cup rice flour
- 2 tbsp coconut flour
- 1 tsp baking powder
- 1/3 cup medjool dates, pitted
- 1 tsp cacao/cocoa powder
- 1 tsp vanilla extract
- 1/2 cup full fat coconut cream

Method

- Preheat oven to 350F and line an 8 inch round spring form cake pan.
- Place coconut oil and maple syrup in a saucepan and melt over a medium heat.
- Combine the maple syrup mix in a bowl with the quinoa

flakes, shredded coconut, rice flour, coconut flour and baking powder. Stir well to combine, adding up to 1 & 1/2 tablespoons of water to bring together if crumbly.

- Divide the batter in half and press one half of the mix into the prepared pan, to cover the bottom. Bake for 10 minutes or until golden.
- Place dates, cacao/cocoa powder, vanilla and coconut cream into a food processor and process until smooth.
- Pour the date filling over the top of the cooked base and spread evenly.
- Sprinkle the other half of the cookie batter over the top of the filling and bake for another 10 minutes until golden.
- Cool in the pan before cutting into 14 pieces. One piece is one serving.
- Leftovers can be stored in an airtight container in the fridge for 4-5 days.

Kjs 672 / 160 cals

Protein 1.9g

Fiber 1.6g

Total Fat 10g

Carbs 14g

Sat Fat 7.5g

Total Sugar 6.6g

Free Sugar 2.6g

IMPROVE YOUR BODY'S FAT BLASTING POWER

WITH OUR TIPS ON HEALTHY EATING

There are a few key things to consider when you want to improve your body's ability to blast fat and improve your weight loss success. Healthy eating is one of the best ways to ensure your body is working at its best. Here are our top tips on what to focus on when weight loss is your goal:

1. GIVE YOUR METABOLISM A BOOST

Some people may seem to be naturally blessed with a fast metabolism and an effortlessly sleek physique, while others are cursed with a slow metabolism and associated weight issues.

The terms "fast" and "slow" relate to the speed with which a person digests their food and, in reality, while genetics may play their part, metabolism can be affected by multiple factors, from lack of sleep and stress to environmental toxins and food. The good news is, many of these factors are easily within our control, especially the food we eat:

- **A DIET LOW IN FIBER** and high in trans fats and saturated fats will take longer to break down in our digestive system.
- **A DIET HIGH IN FAKE FOODS** takes longer to break down, as the body doesn't really know what to do with the chemical additives. It may absorb them and they get stored as toxins in the fat cells as well, or it may just slow down the whole process.

IMPROVING YOUR
METABOLISM COMES
DOWN TO FOUR
MAJOR FACTORS:

1. improving digestion;
2. balancing hormones;
3. limiting exposure to environmental toxins;
4. using food as medicine.



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2. POWER UP YOUR DIGESTIVE SYSTEM

Eating small, regular meals across the day will aid digestion, placing less strain on the body than eating larger meals. Limit the strain on your enzymes by having smaller portions of animal protein, and reducing trans and saturated fats.

Wholefoods, fresh fruits and vegetables, good fats, and organic and plant-based proteins will naturally bring you into balance. Focus on increasing fiber, which may create a feeling of fullness and improves transit time. Eat prebiotic and probiotic foods to nurture beneficial gut bacteria, helping reduce inflammation and bloating.



3. SUSTAINABLE DETOXING

Our bodies are perfectly capable of excreting waste without the aid of extreme detoxing – after all, that's what our liver, skin, kidneys and bowels are designed to do.

Restricting foods, such as meat or dairy, robs the body of vital nutrients, which can result in a range of side effects – from headaches, fatigue, irritability, bad breath, dehydration and bloating to frequent trips to the bathroom. Even though weight loss is inevitable, the lost weight is usually a consequence of cutting out many foods (which automatically equals cutting calories), rather than removing toxins that were supposedly making you fat. What's more, any weight loss is usually temporary and the end result is usually a loss of water (as well as muscle) and not fat, due to the severe calorie restriction.

To increase your body's fat blasting properties a sustainable detox can help. **The Fat Blaster 28 Day Challenge** meal plans include clean-eating meals and curb (not totally ban) caffeine, added sugar and processed foods, and replaces them with nutrient dense, fresh whole foods to help you reach your weight loss goals faster.

This type of eating will also help you to think more clearly, absorb nutrients more efficiently, have a glowing complexion and your energy levels will soar.



IMPROVE YOUR BODY'S FAT BLASTING FITNESS

WITH OUR AMAZING FITNESS PROGRAMS

Increasing your daily activity in anyway is going to improve your body's ability to blast fat and reach your weight loss goals faster. The workouts in The Healthy Mommy App are designed with fat blasting in mind:

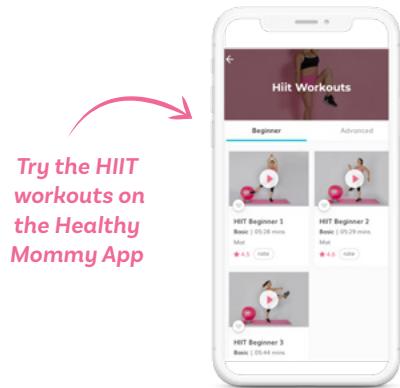
1. HIIT WORKOUTS

HIIT involves short bursts of intense exercise alternated with low-intensity recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. As such it is one of the most effective ways to exercise.

Our HIIT workouts range from 10 to 30 minutes in duration. Despite how short the workout is, it can produce health benefits similar to twice as much moderate-intensity exercise.

In addition there are a great, and surprising range of other benefits which show that high intensity interval training is the way to go for busy moms who are especially short on time but want to lose pounds:

- **BURN A LOT MORE CALORIES** in a shorter amount of time
- **YOUR METABOLIC RATE IS HIGHER** long after you have finished your workout
- **YOU BURN MORE FAT** in one HIIT workout than in other type of physical activity
- **HELPS TO REDUCE** heart rate and blood pressure
- **YOU CAN DO IT ANYWHERE**
- **GREAT FOR ALL FITNESS LEVELS**



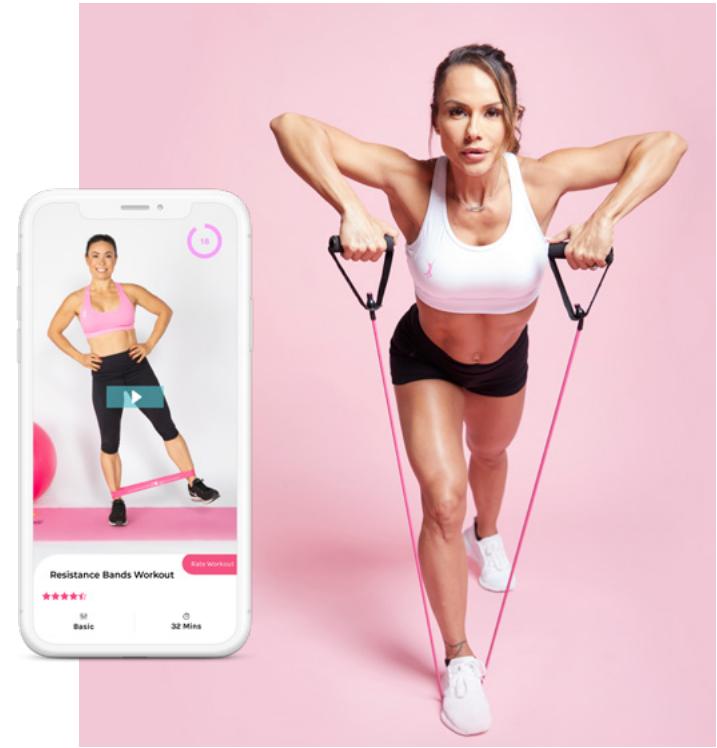
2. STRENGTH & RESISTANCE WORKOUTS

Cardio fitness is definitely important when you're looking to blast fat as it gets your heart working and as a result helps your body burn calories. Including a combination of cardio and strength training with weights, resistance bands or using your own bodyweight, in your exercise plans is the best way to burn extra calories and reach your weight loss goals.

Strength training involves using resistance to create work for your muscles and in turn builds lean muscle mass. Lean muscle is very clever as it burns calories even when your body is resting.

Just focusing on cardio workouts can often mean a reduction in fat and also lean muscle. Without adding some strength training to your weekly workouts, you aren't building up your lean muscle mass, which can slow down your metabolism and counteract all your great efforts.

The Healthy Mommy App includes a number of great strength and resistance focused workout programs, like the 28 Days Stronger routines, to make it easy to add this important type of strength training exercise into your schedule.

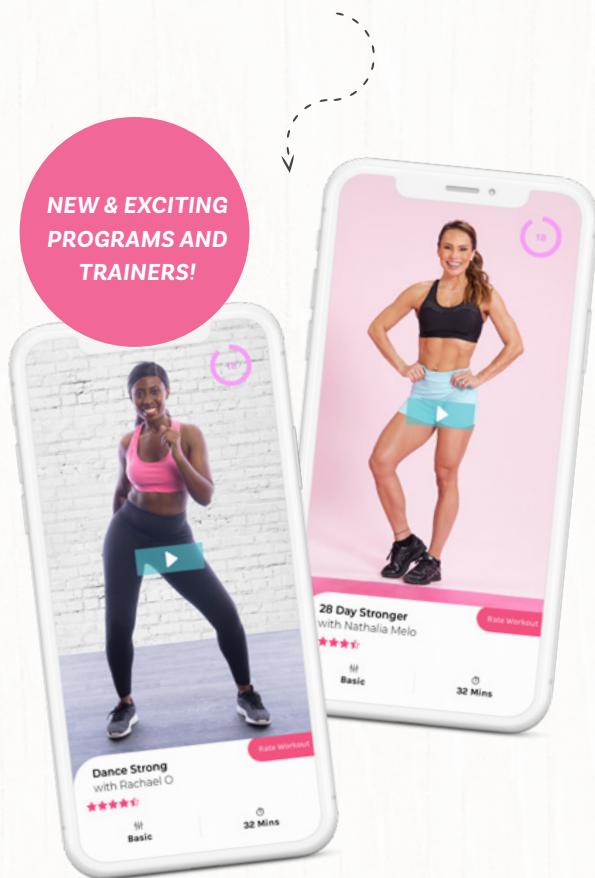


MORE EXERCISE PROGRAMS

AVAILABLE ON THE 28 DAY WEIGHT LOSS CHALLENGE

The **28 Day Weight Loss Challenge** has over 350 **exercise programs** plus full-length guided workouts that can be completed anywhere, anytime - all available in our amazing **The Healthy Mommy App**. The programs have been designed by our team of expert personal trainers just for moms 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 MOM at ANY LEVEL! See what's coming ...



★ BRAND NEW 28 DAY STRONGER PROGRAM!

Our Super Trainer and mom 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 and has been involved in the Health and Wellness industry for over 7 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 mom of two Shauna Hawkes specializes 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

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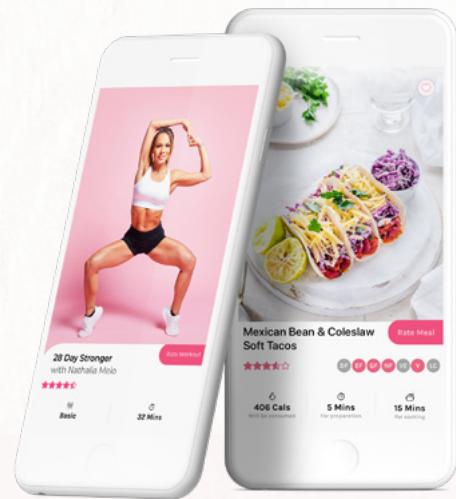
THE HEALTHY MOMMY APP

HOME TO THE 28 DAY WEIGHT LOSS CHALLENGE

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

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

- ✓ **Weekly meal plans** which are fully customizable.
- ✓ **Instant access to hundreds of** budget and family-friendly recipes.
- ✓ **Healthy Mommy Coach** to keep you motivated and on track!
- ✓ **Daily 30 minute** fully-instructed fitness programs.
- ✓ **Achievable programs** made for busy moms.



THE HEALTHY MOMMY 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 postnatal to advanced.

THE HEALTHY MOMMY COACH

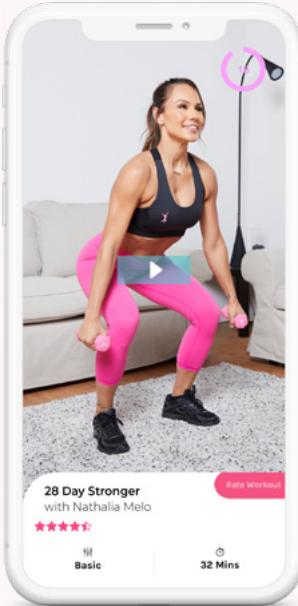
A new empowering message each day on your home screen!

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

Keeps you **motivated** and accountable.

Only available in The Healthy Mommy App.

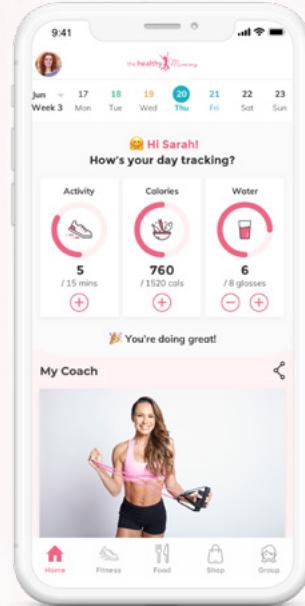
✓ At-home fitness



✓ Customizable meal plans



✓ Daily motivation



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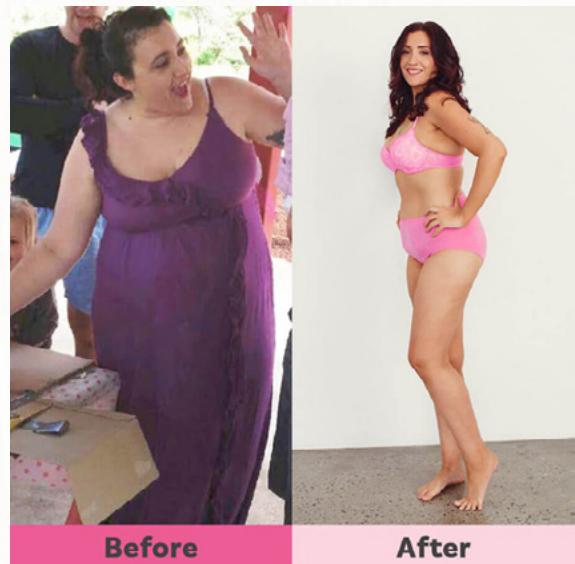
TRANSFORMATIONS

FROM SOME MOMS ON THE 28 DAY WEIGHT LOSS CHALLENGE



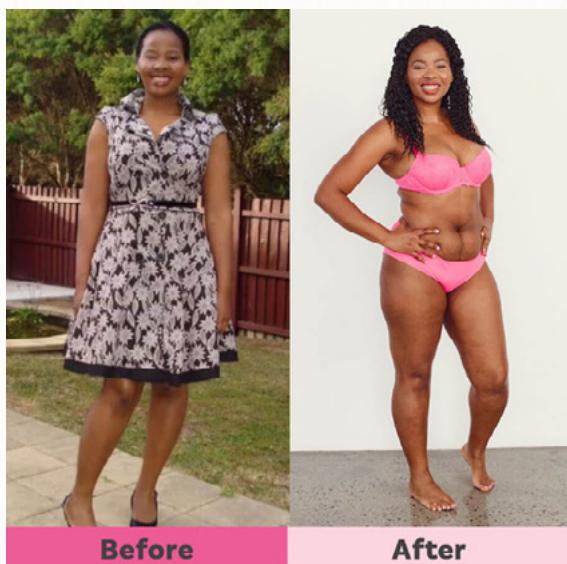
SAMARA LOST 38LBS!

Samara has lost an impressive 38lbs AND has overcome depression and anxiety! With the aim of finally putting herself first she joined The Healthy Mommy 28 Day Weight Loss Challenges and says "It was the day my life changed and the day I realized I was worth it!" In just 8 months she reached her goal and has been successfully toning and maintaining her body ever since. Her tips are meal prep, set daily goals and make your day to day life more active!



MELANIE LOST 130LBS!

Melanie has lost an INCREDIBLE 130lbs (down from 298lbs to 168lbs) which is practically half her body weight!! She started her weight loss journey at a time when she was suffering several health issues and needed to make a change! She joined The Healthy Mommy 28 Day Weight Loss Challenges, has had incredible results and now says: "I've got ME back!"



PHILA LOST 16LBS!

Phila says: "It's like having a dietitian and personal trainer in my pocket 24/7." 40-year-old mom-of-two has lost 16lbs with The Healthy Mommy and is loving the CONFIDENCE she has gained and the HUGE rise in her energy levels.

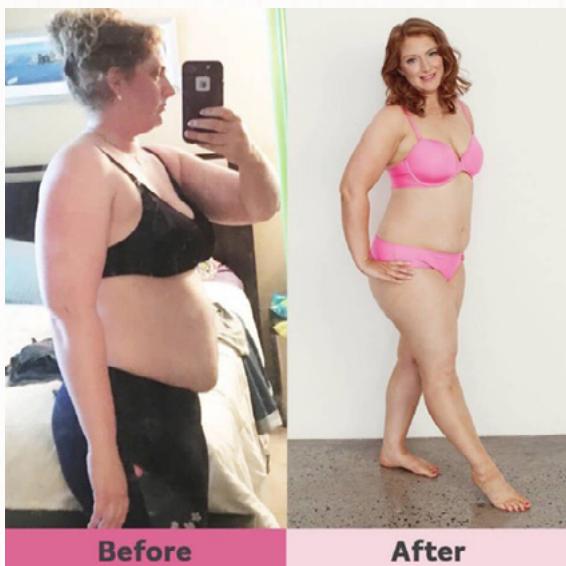
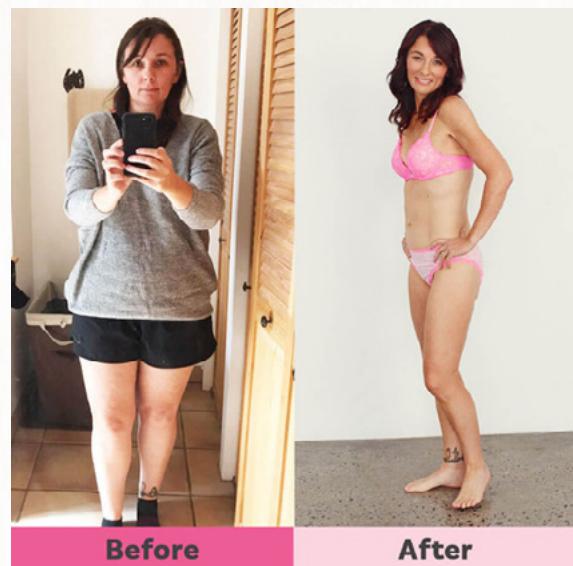


CINDY LOST 55LBS!

Cindy has been following The Healthy Mommy for 3 years and has lost a MASSIVE 55lbs! She says: "My very first 28 Day Weight Loss Challenge taught me the basics of cooking healthy meals with easy to follow recipes. I learned about portion control and healthy food swaps." Cindy now lives a life where food is not the enemy and exercise is fun.

CHRISTINE LOST 38LBS!

Age hasn't stopped mom Christine from reaching her goals!! Not only has she overcome ongoing joint pain and fatigue, but she has also gained energy levels she never thought would be possible for a mom in her late 40's. She has lost an amazing 38lbs and she says: "The Healthy Mommy has helped me see that losing weight isn't a diet. It's not just food, it's a lifestyle change. It is about enjoying the foods in the right portions but made with much healthier ingredients."



ROBYN LOST 17LBS!

Robyn was struggling to lose weight before she found Healthy Mommy, but despite these struggles has lost 17lbs in 6 months since joining! She says: "The Challenge App has changed my life!" As a busy working mom, Robyn says, "I am forever grateful for the ease and organization this provides for me and my family."