



11 WAYS TO LOSE 5KG



11 TIPS PLUS EXERCISES & RECIPES TO HELP YOU LOSE 5KG

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GET MOVING
WITH OUR
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HIGH-FIBRE
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WELCOME

Hi Everyone!

Welcome to The Healthy Mummy's 11 Ways to Lose 5kg.

In this ebook we bring you a seven-day meal and exercise plan, along with inspiration and tips for staying on track.

We want to show you how, with some simple changes to your existing nutrition and fitness regime, you can lose five kilos. You can change your life to a healthy one for you and your family on any budget, at any stage of motherhood and with your personal goal and time frame in mind.

As always, our focus is to encourage all mums to make small changes, to become healthier and happier.

Enjoy!

Rhian x

& The Healthy Mummy Team





ABOUT US

In 2010, I was pregnant with my first child. I discovered there was no holistic and national support system to help mums shape up and get healthy after having a baby.

I wanted to create a program that offered safe and healthy plans and support to all mums after having children, and which offered programs and products that were safe while breastfeeding.

After lots of research, I quit my 12-year career, sold my house and invested every dollar I had to create a healthy and sustainable program, made just for mums.

Ten years later, after working every single day and night, The Healthy Mummy is now the biggest mums-only healthy eating and weight-loss program that exists – and is growing every day thanks to you!

The aim of The Healthy Mummy has always been to empower mums to live a happy, healthier life. It started off with just a few hundred mums using the programs on Facebook. Now, more than 1,000,000 mums are part of The Healthy Mummy's global community. They're all transforming their health, lives and bodies with The Healthy Mummy plans.

OUR GOAL

IS TO SUPPORT AND MOTIVATE ALL MUMS

Firstly we are all about realistic weight-loss and healthy living goals and expectations. It is not about everyone trying to achieve a six-pack, but about empowering mums to learn about healthy food and healthy living, in a supportive environment for themselves and their families.

Being a mum is hard work. We all totally get it here at The Healthy Mummy! Our understanding and empathy shines through in the recipes, the exercises, the products and the number of budget- and family-friendly products available.

A big part of what we offer is support. I am a busy mum of two so I understand the demands of motherhood. I'm passionate about ensuring The Healthy Mummy network offers 24/7 support in a safe, non-judgmental and supportive environment.

We are absolutely not here to put pressure on mums to lose weight. Instead, we offer support, advice, plans and products to help mums lose weight when they are 100 per cent physically and emotionally ready to do so. That could be a few months post-birth or a few years. Everyone is an individual and we treat them as such.

The aim of The Healthy Mummy is to educate mums on how they can make small changes to their lives to become healthier and happier. We want to demonstrate how you can change your life to a healthy one for you and your family on any budget, at any stage of motherhood, at your own pace.



OUR PRODUCTS

The two biggest products are the 28 Day Weight Loss Challenge and the Healthy Mummy Smoothies.

There are also plenty of other products – more than 52 books, supplements, singlets, active range, snack bars and lots more, including Healthy Kids and Healthy Pregnancy products. Plus we have more than 130 Healthy Mummy Consultants, who are working mums themselves.

The 28 Day Weight Loss Challenge is a fully interactive and online customisable meal and exercise plan with more than 4000 recipes, 350 exercise videos and 24/7 support. Each month there's a brand new challenge theme, so you can join hundreds of thousands of mums on the Challenge. Check out all the details [here!](#)

THE HEALTHY MUMMY SMOOTHIES are the perfect meal replacement, and are safe during breastfeeding. Having a supply in the pantry means you only need some milk of your choice and maybe a couple of your favourite flavour combos like fruit, oats or nuts. Put them together and you've got a very nutritious and delicious breakfast, lunch or snack in a few minutes! If you find yourself too busy/tired to cook, so you're not eating properly, The Healthy Mummy Smoothies are a great option.





OUR COMMUNITY

One of our greatest assets at The Healthy Mummy is our unique community of real mums who support, inspire and motivate each other in our Facebook groups every day. When women support each other, incredible things happen. With two million like-minded mums who offer daily support to each other, our social footprint is large!

All our private groups are moderated every hour by our professional staff, to ensure a safe and non-judgmental environment with true kindness and authentic advice on all sorts of weight-loss, family and life issues. Join our amazing Healthy Mummy Private Facebook group [here](#).

In our Facebook groups you will find real stories of incredible transformations, life-changing friendships and tips from these amazing real mums. Here are a few of the most popular tips:

- Set yourself small goals, rather than focusing on losing 30kg
- Meal prep whenever you have the time for the days you just don't feel like cooking
- Take selfies and measurements in addition to weighing yourself
- Eat your recommended daily calories
- Drink up so that you are always hydrated
- Reward yourself for each milestone you reach
- Make exercise fun and include the family (if you want to!), and
- KISS: Keep It Simple, Sweetheart!

OUR REAL MUMS

SHARE THEIR TIPS FOR YOUR WEIGHT-LOSS JOURNEY

We are so proud of the thousands of amazing mums who have transformed their bodies and lives using our Healthy Mummy 28 Day Weight Loss Challenges and products.

Over the past 10 years, our amazing mums have collectively lost more than a huge three million kilograms. If you're looking for motivation on your own weight-loss journey, these four mums are here to inspire!

They will share their best tips on how to lose 5kg, and why The Healthy Mummy was the best choice for them.



STEPH MARRIOTT

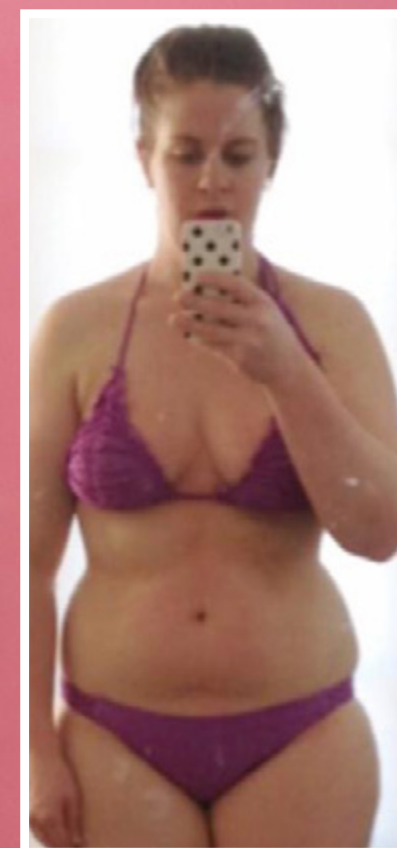
CHILDREN: 3
WEIGHT LOST: 19KG

WHY THE HEALTHY MUMMY?

It's family-friendly, the meals are delicious and it follows a conservative, sensible calorie-deficit program.

STEPH'S MAIN TIP FOR LOSING 5KG:

Slow and steady wins the race!



KYLIE PRYOR

CHILDREN: 3

WEIGHT LOST: 36KG

WHY THE HEALTHY MUMMY?

The Healthy Mummy has taught me in a relatable way about eating well and eating smaller meals more regularly. The meal-planning function within the app has made me feel so much more organised.

KYLIE'S MAIN TIP FOR LOSING 5KG:

Drink plenty of water. Eat a variety of food from the app – don't be scared to try new things!



LAUREN JONES

CHILDREN: 2

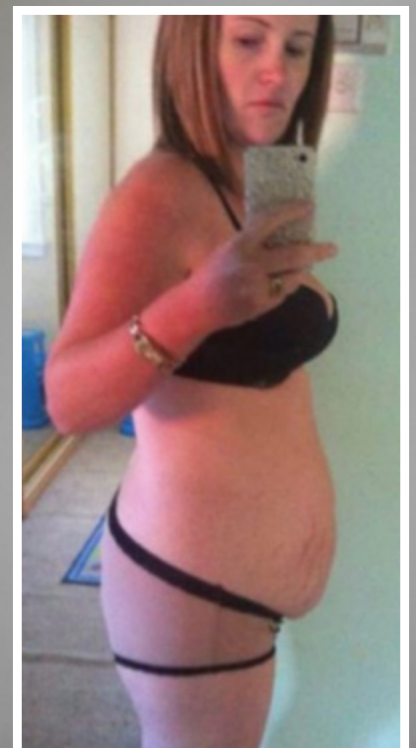
WEIGHT LOST: 18KG

WHY THE HEALTHY MUMMY?

The Healthy Mummy has worked so well for me and my crazy busy lifestyle because it's not a quick fix. It's knowledgeable and it provides the tools you need to live a healthier life long-term.

LAUREN'S MAIN TIP FOR LOSING 5KG:

Take it one step at a time, and celebrate even the smallest wins.



TARRYN EAMES

CHILDREN: 3

WEIGHT LOST: 30KG

WHY THE HEALTHY MUMMY?

Because all the guesswork has been done for me. Everything I needed was all in the app – I just had to enter my details and follow the plan that was all figured out for me!

TARRYN'S MAIN TIP FOR LOSING 5KG:

Set a realistic time frame as well as mini weekly goals to help you stay accountable and motivated.



MEAL PLAN + RECIPES



7 DAY MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Capsicum Omelette PAGE 13	Cherry Ripe Porridge PAGE 14	Feta, Tomato & Spinach Toastie PAGE 15	Cherry Ripe Porridge PAGE 14	Capsicum Omelette PAGE 13	Berry and Coconut French Toast PAGE 16	Feta, Tomato & Spinach Toastie PAGE 15
MORNING SNACK	High-Fibre Chocolate Brownies PAGE 31	Potato and Cheese Nests PAGE 35	High-Fibre Chocolate Brownies PAGE 31	Potato and Cheese Nests PAGE 35	Low-Carb Chocolate Peanut Butter Cups PAGE 33	Cheeseburger Meatball Bites PAGE 34	Potato and Cheese Nests PAGE 35
LUNCH	Crispy Chilli Chicken Nuggets PAGE 17	Cauliflower Fried Rice with Bacon PAGE 18	Korean Beef Noodles and Kimchi PAGE 19	Sesame Salmon and Rice Bowl PAGE 20	Thai Style Chicken and Pumpkin Laksa PAGE 21	Lentil Chilli Con "Carne" PAGE 22	Lasagne Soup PAGE 23
AFTERNOON SNACK	Cheeseburger Meatball Bites PAGE 34	High-Fibre Chocolate Brownies PAGE 31	Cheeseburger Meatball Bites PAGE 34	High-Fibre Chocolate Brownies PAGE 31	Cheeseburger Meatball Bites PAGE 34	Potato and Cheese Nests PAGE 35	High-Fibre Chocolate Brownies PAGE 31
DINNER	Supreme Pizza PAGE 24	Cheesy Beef Burger with Zucchini Fries PAGE 25	High-Fibre Vegetarian Curry PAGE 26	Loaded Sweet Potato Fries PAGE 27	Lamb with Cauli Parmigiana PAGE 30	Sticky Chicken and Fried Rice Tray Bake PAGE 28	Pulled Pork Cos Cups PAGE 29
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BREAKFAST

CAPSICUM OMELETTE

SERVES 1



PREP TIME: 5 MINS COOK TIME: 8 MINS

ENERGY: 239 CALS (1004KJ) / PROTEIN: 19G / TOTAL FAT: 15G / SAT FAT: 15G
FIBRE: 2.3G / CARBOHYDRATES: 6.8G / TOTAL SUGAR: 3.7G / FREE SUGAR: 0G

INGREDIENTS —

- 1 tsp extra virgin olive oil
- 2 free-range eggs, beaten
- 1/4 red capsicum, diced
- 1/4 green capsicum, diced
- 1/4 yellow capsicum, diced
- 1/4 red onion, diced
- 1/2 clove garlic, minced
- 2 tbsp reduced-fat cottage cheese

METHOD —

1. If preparing more than one serve, make one omelette at a time.
2. Heat oil in a frypan over medium-high. Add capsicums and onion and cook for 2-3 minutes until soft. Add garlic in last minute of cooking and stir to combine and soften.
3. Tip cooked vegetables out onto a plate and set aside. Return frypan to the heat.
4. Add eggs to the pan and swirl around so they cover the bottom of the pan.
5. Sprinkle the cooked veggies over the top of the eggs and cook for 2-3 minutes or until the egg is no longer runny and is cooked through.
6. Dollop the cottage cheese over the veggies and fold the omelette in half. Slide onto a plate to serve.

***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.



BREAKFAST

CHERRY RIPE PORRIDGE

SERVES 1



PREP TIME: 5 MINS COOK TIME: 10 MINS

ENERGY: 295 CALS (1239KJ) / PROTEIN: 12G / TOTAL FAT: 7.5G / SAT FAT: 3G

FIBRE: 6.3G / CARBOHYDRATES: 42G / TOTAL SUGAR: 14G / FREE SUGAR: 2G

INGREDIENTS —

- 1/2 cup rolled oats
- 1/2 cup water
- 1/2 cup reduced-fat milk of choice
- 1/4 cup frozen cherries, finely chopped
- 1 tsp cacao/cocoa powder
- 1/2 tsp honey
- 1 tsp desiccated coconut

METHOD —

1. 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.
2. Add most of the cherries, leaving a few aside for a garnish, the cacao/cocoa powder and honey, and then stir to combine.
3. Top with remaining cherries and the desiccated coconut to serve.

BREAKFAST

FETA, TOMATO AND SPINACH TOASTIE

SERVES 1

PREP TIME: 5 MINS COOK TIME: 3 MINS

ENERGY: 300 CALS (1261KJ) / PROTEIN: 20G / TOTAL FAT: 9.2G / SAT FAT: 4.4G

FIBRE: 5.6G / CARBOHYDRATES: 32G / TOTAL SUGAR: 3.5G / FREE SUGAR: 0G

INGREDIENTS

- 2 slices wholegrain or gluten-free bread of choice
- 2 tbsp reduced-fat feta, crumbled
- 1/2 tomato, sliced
- pepper
- 1/2 cup baby spinach
- 1/4 tsp extra virgin olive oil

METHOD

1. Preheat a sandwich press or jaffle maker.
2. Top one slice of bread per serve with tomato slices, pepper, crumbled feta and baby spinach leaves.
3. Drizzle with a little olive oil and top with remaining slice of bread per serve.
4. Cook in sandwich press or jaffle maker until bread is golden and cheese has melted.

Note:

If you don't have a sandwich press or jaffle maker you can toast bread and top with fillings to create a simple breakfast toasted sandwich.



BREAKFAST

BERRY AND COCONUT FRENCH TOAST

SERVES 1



PREP TIME: 5 MINS COOK TIME: 2 MINS

ENERGY: 353 CALS (1481KJ) / PROTEIN: 13G / TOTAL FAT: 24G / SAT FAT: 17G

FIBRE: 5G / CARBOHYDRATES: 20G / TOTAL SUGAR: 5.7G / FREE SUGAR: 0G

INGREDIENTS —

- 2 tbsp reduced-fat milk of choice
- 1 free-range egg
- 1/4 tsp vanilla extract
- 1/8 tsp ground nutmeg
- 2 slices wholegrain or gluten-free bread of choice
- 1 tbsp shredded coconut
- 2 tsp coconut oil
- 1/4 cup mixed berries (fresh or frozen)

METHOD —

1. Whisk egg, milk, vanilla extract and nutmeg in a large bowl.
2. Dip bread into the egg mixture to coat both sides. Sprinkle each side with coconut.
3. Heat coconut oil in a frypan over medium-high heat and add bread. Cook for 30-60 seconds on each side until golden.
4. Serve with berries on top and a little extra coconut if desired.



LUNCH

CRISPY CHILLI CHICKEN NUGGETS

SERVES 2



PREP TIME: 15 MINS COOK TIME: 30 MINS

ENERGY: 327 CALS (1374KJ) / PROTEIN: 31G / TOTAL FAT: 9.6G / SAT FAT: 9.6G

FIBRE: 7.1G / CARBOHYDRATES: 25G / TOTAL SUGAR: 6.5G / FREE SUGAR: 0G

INGREDIENTS —

- 1 tbsp reduced-fat Greek natural yoghurt
- 1 tsp sweet paprika
- 1/8 tsp chilli powder
- 200g chicken breast fillets, diced
- 1/4 cup plain wholemeal flour
- 1 free-range egg, beaten
- 1 cup corn flakes, crushed
- cooking oil spray
- 1 cup white cabbage, shredded
- 2 medium carrots, grated
- 1 cup fresh parsley, finely chopped
- 1 tbsp apple cider vinegar
- 1 tbsp extra virgin olive oil

METHOD —

1. Combine yoghurt, paprika and chilli powder in a bowl. Add the chicken and combine well. Place in the fridge to marinate overnight.
2. When ready to cook, preheat oven to 200°C and line a baking tray with baking paper.
3. Dip each piece of yoghurt chicken in some flour and then in a little egg. Coat in the corn flakes and place on the prepared tray.
4. Spray the chicken with cooking oil spray and bake for 20-30 minutes, turning halfway through cooking, until golden, crispy and the chicken is cooked through.
5. While chicken is cooking, combine cabbage, carrot, parsley, vinegar and olive oil to form a coleslaw.
6. Divide the coleslaw and chicken nuggets evenly between two plates to serve.
7. Leftover salad and chicken can be stored in an airtight container in the fridge for 2-3 days.

***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.



LUNCH

CAULIFLOWER FRIED RICE WITH BACON

SERVES 1



PREP TIME: 10 MINS COOK TIME: 10 MINS

ENERGY: 306 CALS (1286KJ) / PROTEIN: 27G / TOTAL FAT: 15G / SAT FAT: 2.8G

FIBRE: 9.6G / CARBOHYDRATES: 11G / TOTAL SUGAR: 8G / FREE SUGAR: 0G

INGREDIENTS —

- 1 cup cauliflower, cut into florets
- 1 tsp sesame oil
- 1 free-range egg, beaten
- 2 bacon rashers, lean and trimmed, diced
- 1/2 medium carrot, finely diced
- 1/4 red onion, finely diced
- 1/2 clove garlic, crushed
- 1/4 cup frozen peas, defrosted
- 1/2 punnet fresh baby corn, sliced
- 1 tsp tamari (gluten-free soy sauce)

METHOD —

1. Place cauliflower in a food processor and process for a few seconds until it resembles rice. Place in a saucepan of boiling water and blanch for a minute until just tender. Drain and set aside.
2. Heat half the oil in a frypan or wok over medium-high heat. Add the egg and swirl the pan/wok so the egg forms a thin layer on the bottom. Cook for a minute or two, until it is firm on the top and cooked through. Slide the egg out onto a chopping board and set aside to cool. Then slice.
3. Return the pan to the heat, add the remaining oil and fry the bacon, carrot and onion until soft, about 4-5 minutes. Add garlic, peas and corn. Cook for another minute or two, before adding the cauliflower rice.
4. Stir to combine all ingredients and reheat the cauliflower rice. Add the egg slices and tamari and combine well.
5. Place in a bowl to serve.



LUNCH

KOREAN BEEF NOODLES AND KIMCHI

SERVES 1



PREP TIME: 10 MINS COOK TIME: 10 MINS

ENERGY: 304 CALS (1278KJ) / PROTEIN: 37G / TOTAL FAT: 11G / SAT FAT: 3.3G

FIBRE: 3G / CARBOHYDRATES: 14G / TOTAL SUGAR: 4.1G / FREE SUGAR: 0G

INGREDIENTS



- 150g lean beef, thinly sliced
- 1 tbsp tamari (gluten-free soy sauce)
- 50g rice vermicelli noodles
- 1/2 tsp sesame oil
- cooking oil spray
- 1/4 cup white cabbage, finely shredded
- 1/2 medium carrot, grated
- 1/2 spring onion, sliced
- 1 tsp hot chilli sauce, eg. Tabasco or Sriracha
- 1 tsp reduced-fat mayonnaise
- 1 tbsp kimchi

METHOD



1. Combine the beef and tamari in a bowl and set aside for 5 minutes to marinate.
2. Prepare noodles according to packet directions, drain and toss together with the sesame oil in a bowl.
3. Heat a non-stick frypan over medium-high heat and lightly spray with cooking oil spray. Add the beef and tamari and cook for 4-5 minutes or until cooked through.
4. Combine cabbage, carrot and spring onion and place on top of the noodles in a serving bowl. Top with tamari beef.
5. Combine chilli sauce and mayonnaise and drizzle over the beef.
6. Serve with a dollop of kimchi on top.



LUNCH

SESAME SALMON AND RICE BOWL

SERVES 1



PREP TIME: 10 MINS COOK TIME: 20 MINS

ENERGY: 320 CALS (1345KJ) / PROTEIN: 26G / TOTAL FAT: 16G / SAT FAT: 3.2G

FIBRE: 7G / CARBOHYDRATES: 15G / TOTAL SUGAR: 4.3G / FREE SUGAR: 0G

INGREDIENTS —

- 1/8 cup brown rice, uncooked
- 1/2 cup broccoli, chopped into florets
- 1/4 tsp sesame oil
- 1 tsp tahini
- 1 tbsp lemon juice
- 1/2 cup purple cabbage, shredded
- 90g tinned salmon (drained weight)
- 1/2 medium carrot, grated
- 1/2 tomato, diced
- 1/8 medium avocado, diced
- 1 tsp black or white sesame seeds

METHOD —

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



LUNCH

THAI-STYLE CHICKEN AND PUMPKIN LAKSA

SERVES 1



PREP TIME: 10 MINS COOK TIME: 15 MINS

ENERGY: 407 CALS (1709KJ) / PROTEIN: 37.8G / TOTAL FAT: 14.4G / SAT FAT: 5.8G
FIBRE: 4.9G / CARBOHYDRATES: 35.5G / TOTAL SUGAR: 9.5G / FREE SUGAR: 8G

INGREDIENTS —

- 2 tsp laksa paste, store-bought
- 40g wide rice noodles
- 1 tsp sesame oil
- 3/4 cup pumpkin, peeled and chopped
- 100ml reduced-fat coconut milk
- 1/2 cup liquid vegetable stock, salt-reduced
- 100g chicken breast fillets
- 1 tsp lime juice
- 1/2 cup bean sprouts
- 1 tbsp fresh basil leaves, chopped
- 1 tbsp mint leaves, chopped

METHOD —

1. Cook the noodles as per packet instructions, drain and set aside.
2. Heat sesame oil in non-stick frypan or wok and add the laksa paste, stirring over low heat for 30 seconds.
3. Add the pumpkin, coconut milk and stock, and simmer for 10 minutes. Thinly slice the chicken, add to the pan and simmer for a further 2 minutes (or until cooked through). Stir through lime juice.
4. Place noodles in a soup bowl, pour laksa over the top. Top laksa with bean sprouts, basil and mint leaves to serve.



LUNCH

LENTIL CHILLI CON "CARNE"

SERVES 1



PREP TIME: 10 MINS COOK TIME: 60 MINS

ENERGY: 245 CALS (1030KJ) / PROTEIN: 7.3G / TOTAL FAT: 4.1G / SAT FAT: 0.6G

FIBRE: 7G / CARBOHYDRATES: 41G / TOTAL SUGAR: 6.4G / FREE SUGAR: 0G

INGREDIENTS —

- 1/4 cup tinned brown lentils
- 1/2 tsp extra virgin olive oil
- 1/4 brown onion
- 1 clove garlic
- 1/2 red capsicum
- 125g tinned tomatoes
- 1/4 tsp chilli powder
- 1/4 tsp smoked paprika
- 1/4 tsp ground cumin
- 1/4 cup brown rice, uncooked
- 1/4 tsp salt
- pepper

METHOD —

1. Cook rice according to packet directions. Drain and rinse tinned lentils.
2. Finely chop the onion, add to a saucepan with the oil and sauté for 3-4 minutes until translucent. Crush in the garlic and cook for another minute or so.
3. De-seed and chop the capsicum. Then add to the pan together with the spices and sauté for another minute.
4. Add tomato, lentils and salt to the pan and simmer for 5-10 minutes until starting to thicken. Season with pepper.
5. Serve chilli in a bowl with the rice.



LUNCH

LASAGNE SOUP

SERVES 1



PREP TIME: 5 MINS COOK TIME: 35 MINS

ENERGY: 324 CALS (1359KJ) / PROTEIN: 23G / TOTAL FAT: 12.5G / SAT FAT: 6.5G

FIBRE: 6.5G / CARBOHYDRATES: 26G / TOTAL SUGAR: 610G / FREE SUGAR: 0G

INGREDIENTS —

- 1 tsp extra virgin olive oil
- 50g lean beef mince
- 1/4 brown onion, diced
- 1/2 clove garlic, sliced
- 1/4 cup kale leaves, finely chopped
- 1/2 medium carrot, grated
- 1/2 small zucchini, grated
- 1 cup liquid beef stock, salt-reduced
- 1/2 cup tomato passata
- 1 lasagne sheet, dried
- 1 tbsp reduced-fat ricotta cheese
- 1/2 tsp lemon zest
- 1/8 tsp dried thyme leaves
- 1/2 tsp grated parmesan

METHOD —

IF COOKING ON THE STOVETOP:

1. Heat oil in a saucepan, fry mince and onion for 1-2 minutes or until mince is browned. Add garlic, kale, carrot and zucchini and stir to combine, cooking for a further couple of minutes until vegetables start to soften.
2. Add tomato passata and stock. Bring to the boil, then reduce to a simmer for 10 minutes. Break up the lasagne sheet(s) and add to the saucepan. Simmer for a further 20 minutes.
3. Meanwhile, combine ricotta with lemon zest and thyme.
4. To serve, pour the soup into a bowl and top with ricotta mix and grated parmesan.

IF COOKING IN A SLOW COOKER:

1. Heat oil in a saucepan, fry mince and onion for 1-2 minutes or until mince is browned.
2. Place onion and mince into the slow cooker with all other ingredients, excluding the ricotta, lemon zest, thyme, parmesan and lasagne sheet(s). Cook on low for 8 hours, adding the broken lasagne sheet(s) in the final 40 minutes of cooking.
3. Combine the ricotta with the lemon zest and thyme.
4. To serve, pour the soup into a bowl and top with ricotta mix and grated parmesan.



DINNER

SUPREME PIZZA

SERVES 1



PREP TIME: 10 MINS COOK TIME: 10 MINS

ENERGY: 440 CALS (1846KJ) / PROTEIN: 26G / TOTAL FAT: 19G / SAT FAT: 7.8G

FIBRE: 6.2G / CARBOHYDRATES: 38G / TOTAL SUGAR: 4.4G / FREE SUGAR: 0G

INGREDIENTS —

- 1 medium wholemeal pita bread
- 1 tbsp tomato passata
- 1 slice lean smoked ham
- 1 slice salami
- 1/4 red capsicum
- 1/2 cup mushrooms, sliced
- 3 kalamata olives
- 1/4 tsp dried Italian herbs
- 2 tbsp reduced-fat mozzarella cheese
- 1 tbsp grated parmesan
- 1/2 cup rocket lettuce

METHOD —

1. Preheat oven to 200°C. Spread the pizza base with the tomato passata.
2. Dice the ham and salami. Slice the capsicum and mushrooms, pit and slice the olives.
3. Top the pizza with ham, salami, capsicum, mushrooms, olives, dried herbs and then finish with grated mozzarella and parmesan.
4. Place in the oven for 8-10 minutes. Sprinkle with the rocket to serve.

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DINNER

CHEESY BEEF BURGER WITH ZUCCHINI FRIES

SERVES 1

PREP TIME: 30 MINS COOK TIME: 20 MINS

ENERGY: 439 CALS (1847KJ) / PROTEIN: 35G / TOTAL FAT: 12G / SAT FAT: 3.3G
FIBRE: 7.3G / CARBOHYDRATES: 43G / TOTAL SUGAR: 6.5G / FREE SUGAR: 0G

INGREDIENTS

- 100g lean beef mince
- salt
- pepper
- 1 small zucchini, sliced into batons
- 1 tsp cornflour
- 1 tsp extra virgin olive oil
- 1 wholegrain roll
- 1 tbsp reduced-fat cottage cheese
- 1 tbsp fresh parsley, finely chopped
- 1/4 tsp dried Italian herbs
- 1/2 clove garlic, minced
- 1/2 tomato, sliced
- 1/2 cup mixed lettuce leaves

METHOD

1. Season beef mince with salt and pepper and form into one burger patty per serve. Cover and place in the fridge to chill for 20 minutes.
2. Preheat oven to 180°C and line a baking tray with baking paper. Dust the zucchini in cornflour. Place on the prepared tray and drizzle with olive oil. Bake for 15-20 minutes, turning halfway through cooking, or until tender and golden brown.
3. While zucchini fries are cooking, heat a frypan or barbecue hot plate over medium-high heat. Cook each burger patty for 4-5 minutes on each side or until cooked to your liking.
4. Slice the bread roll(s) in half. Combine the cottage cheese, parsley, dried herbs and garlic. Spread this mix over the bottom half of each roll. Place in the oven, with the zucchini fries and cook for 4-5 minutes or until the cheese topping is golden.
5. Assemble the burger(s) by placing a beef patty on top of the cheesy half of each roll and top with tomato slices, lettuce leaves and the remaining top half of each bread roll.
6. Serve with zucchini fries on the side.



DINNER

HIGH-FIBRE VEGETARIAN CURRY

SERVES 1



PREP TIME: 10 MINS COOK TIME: 35 MINS

ENERGY: 424 CALS (1781KJ) / PROTEIN: 10G / TOTAL FAT: 16G / SAT FAT: 9G

FIBRE: 11G / CARBOHYDRATES: 55G / TOTAL SUGAR: 13G / FREE SUGAR: 0G

INGREDIENTS



- 1/4 cup brown rice, uncooked
- 1 tsp extra virgin olive oil
- 1/4 brown onion
- 1/2 tsp curry powder
- 1/4 tsp cayenne pepper
- 3/4 cup cauliflower florets
- 1/2 small sweet potato
- 1/2 medium carrot
- 1 tsp tomato paste
- 1/2 cup reduced-fat coconut milk
- 1/2 cup liquid vegetable stock, salt-reduced
- 1/4 cup tinned chickpeas, drained
- 2 tsp lime juice

METHOD



1. Cook the rice according to packet instructions.
2. Heat the oil in a saucepan over medium-high heat. Dice the onion and add to the pan and sauté for a minute or two. Add the curry powder, cayenne pepper and tomato paste to the onion and cook for 30 seconds until fragrant.
3. Peel and chop the sweet potato and carrot, chop the cauliflower into florets.
4. Add the coconut milk and vegetable stock to the saucepan and bring the curry to a boil then add drained chickpeas and vegetables, stir to combine.
5. Reduce heat and simmer for 15-20 minutes until vegetables are tender and curry has thickened.
6. Serve the curry in a bowl with the rice and a squeeze of lime juice.



DINNER

LOADED SWEET POTATO FRIES

SERVES 1



PREP TIME: 5 MINS COOK TIME: 30 MINS

ENERGY: 397 CALS (1670KJ) / PROTEIN: 16.5G / TOTAL FAT: 22.7G / SAT FAT: 5G
FIBRE: 7.5G / CARBOHYDRATES: 29G / TOTAL SUGAR: 10.5G / FREE SUGAR: 0G

INGREDIENTS



- 1 small sweet potato
- 2 tsp extra virgin olive oil
- 50g tinned kidney beans
- 1/4 red onion, diced
- 2 tbsp reduced-fat cheddar cheese, grated
- 1/2 medium avocado, diced
- 1 tbsp fresh coriander, chopped

METHOD



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



DINNER

STICKY CHICKEN AND FRIED RICE TRAY BAKE

SERVES 4



PREP TIME: 15 MINS COOK TIME: 55 MINS

ENERGY: 392 CALS (1648 KJ) / PROTEIN: 33G / TOTAL FAT: 10G / SAT FAT: 2.8G
FIBRE: 3.4G / CARBOHYDRATES: 40G / TOTAL SUGAR: 3.9G / FREE SUGAR: 2.1G

INGREDIENTS —

- 1 cup basmati rice, uncooked
- 1/2 cup liquid chicken stock, salt-reduced
- 1 cup water
- 2 tbsp tamari (gluten-free soy sauce)
- 1 tsp sesame oil
- 500g chicken thigh fillets, trimmed and chopped
- 2 tsp honey
- 2 cloves garlic, minced
- 2 tsp fresh ginger, minced
- 2 spring onions, sliced
- 1 cup frozen peas, defrosted
- 2 free-range eggs, beaten

METHOD —

1. Preheat oven to 200°C.
2. Place rice in a deep baking dish with stock, water, half of the tamari and all of the sesame oil. Cover with foil and cook for 30 minutes.
3. Meanwhile, marinate chicken in honey, the remaining tamari, ginger, and garlic.
4. After the rice has been cooking for 30 minutes, remove from the oven and stir through the spring onions and peas.
5. Make four holes in the rice and pour a little beaten egg into each hole.
6. Place the chicken on top of the rice.
7. Return to the oven and cook for a further 20-25 minutes or until chicken is cooked through.
8. Toss the rice and chicken together to combine with the egg.
9. Divide between four bowls to serve.



DINNER

PULLED PORK COS CUPS

SERVES 6



PREP TIME: 40 MINS COOK TIME: 180 MINS

ENERGY: 332 CALS (1391 KJ) / PROTEIN: 43G / TOTAL FAT: 11.9G / SAT FAT: 3.3G

FIBRE: 6.5G / CARBOHYDRATES: 9.8G / TOTAL SUGAR: 8.3G / FREE SUGAR: 0G

INGREDIENTS —

- 2 tsp ground cumin
- 1 tsp cinnamon
- 2 tsp ground coriander
- pepper
- 1200g pork shoulder, trimmed
- 4 cloves garlic, peeled and diced
- 2 tbsp tomato paste
- 800g tinned tomatoes
- 1 cup fresh coriander, chopped
- 2 cups purple cabbage, shredded
- 2 cups medium carrot, grated
- 1/2 medium avocado, diced
- 1 tbsp lemon juice
- salt
- 12 leaves cos lettuce

METHOD —

1. Preheat oven to 160°C.
2. Combine the cumin, cinnamon, ground coriander and some pepper and rub this spice mix all over the pork shoulder.
3. Place the pork into an ovenproof casserole dish with the tinned tomatoes, tomato paste and garlic. Cover with a lid. Cook for a minimum of 3 hours until very tender. Check pork half way through cooking time and turn meat to baste in tomato sauce. You could also prepare the pork in a slow cooker, making adjustments to liquid and cooking times as per your slow cooker's instructions.
4. The pork is ready when you can pull it apart with a fork. Remove from the oven and allow it to rest for 30 minutes. Then using a fork, shred the meat and combine with any remaining cooking juices.
5. If not serving immediately, allow pork to cool and store in an airtight container in the fridge for up to 4 days or freeze for up to 2 months.
6. When ready to serve combine the coriander, cabbage, carrot and avocado and dress with lemon juice, salt and pepper.
7. If using premade pulled pork, reheat meat in the microwave or in a saucepan on the stove until completely heated through.
8. Use 2 cos lettuce leaves per serve and fill with some pulled pork. Top with cabbage salad to serve.



DINNER

LAMB WITH CAULI PARMIGIANA

SERVES 2



PREP TIME: 10 MINS COOK TIME: 45 MINS

ENERGY: 368 CALS (1544 KJ) / PROTEIN: 38G / TOTAL FAT: 21G / SAT FAT: 6.7G

FIBRE: 4.5G / CARBOHYDRATES: 4.5G / TOTAL SUGAR: 4.2G / FREE SUGAR: 0G

INGREDIENTS —

- 1/4 cauliflower
- 1 tbsp extra virgin olive oil
- 1/4 red onion, finely diced
- 1 cloves garlic, crushed
- 1/2 tsp dried Italian herbs
- 2 tbsp tomato passata
- 1/4 cup reduced-fat mozzarella cheese, grated
- 200 grams lean lamb steak
- salt
- pepper
- cooking oil spray
- 1 tbsp fresh basil leaves, finely diced

METHOD —

1. Preheat the oven to 200C and line a baking tray with baking paper.
2. Cut the cauliflower into approximately 2cm full pieces to create “steaks”. Drizzle the cauliflower pieces with half of the olive oil and place on the prepared tray.
3. Bake for 15 minutes on each side, until golden and tender.
4. Combine onion, garlic, dried herbs and tomato passata and spoon over the cauliflower steaks when they’re ready. Sprinkle with grated cheese and place back in the oven for another 15 minutes or until the cheese has melted and is golden.
5. While the cauliflower is finishing cooking, season the lamb on each side with salt and pepper. Spray a frying pan or barbecue hot plate with cooking oil spray over a medium-high heat. Add the lamb and cook for 4-5 minutes on each side, or until cooked to your liking. Set aside to rest for a few minutes, then slice.
6. Serve an even amount of the cauliflower parmigiana and lamb for each person.
7. Sprinkle with basil leaves to serve.



SNACK

HIGH-FIBRE CHOCOLATE BROWNIES

SERVES 20

PREP TIME: 10 MINS COOK TIME: 45 MINS

ENERGY: 124 CALS (521 KJ) / PROTEIN: 3.6G / TOTAL FAT: 7.5G / SAT FAT: 4.2G
FIBRE: 1.7G / CARBOHYDRATES: 9.8G / TOTAL SUGAR: 6G / FREE SUGAR: 5.6G

INGREDIENTS

- 400g tinned chickpeas, rinsed and drained
- 1 tbsp tahini
- 1/3 cup peanut butter
- 1 tbsp coconut oil
- 1/2 cup Natvia
- 2 free-range eggs
- 1 tsp vanilla extract
- 1/4 cup cacao/cocoa powder
- 1 tsp baking powder
- 1½ cups dark chocolate chips

METHOD

1. Preheat oven to 190°C and line a square baking tin with baking paper.
2. Place chickpeas, tahini, peanut butter and coconut oil into a food processor and blend until smooth. Add Natvia, eggs and vanilla, and blend until combined.
3. Add cacao/cocoa powder and baking powder and combine while on low speed.
4. Stir through the chocolate chips, reserving a handful to sprinkle on top of the batter.
5. Spoon the batter into the prepared tin, sprinkle over the reserved chocolate chips and bake for 40-45 minutes or until crisp on top.
6. Cool in the tin for 10 minutes before removing and slicing into 20 squares. One square is one serve.
7. Leftovers can be stored in an airtight container in the fridge for up to a week or freeze for up to 2 months.

***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.



SNACK

STRAWBERRY SUNDAE CUPCAKES

SERVES 12



PREP TIME: 25 MINS COOK TIME: 20 MINS

ENERGY: 154 CALS (647 KJ) / PROTEIN: 3.2G / TOTAL FAT: 10G / SAT FAT: 6.2G
FIBRE: 2.3G / CARBOHYDRATES: 11G / TOTAL SUGAR: 3.1G / FREE SUGAR: 1.1G

INGREDIENTS

- 1 cup plain wholemeal flour
- 1 tsp baking powder
- 1 tbsp Natvia
- 1 free-range egg
- 2 tsp vegetable oil
- 1 tsp vanilla extract
- 1/3 cup reduced-fat Greek natural yoghurt
- 1/4 cup reduced-fat milk of choice
- 15g freeze-dried strawberries
- 1/2 cup butter, at room temperature
- 1/2 cup Natvia baking sweetener
- 12 strawberries
- 50g dark chocolate (70%), grated

METHOD

1. Preheat oven to 180°C and lightly grease or line with cases, 12 holes of a cupcake tin.
2. Combine flour, baking powder and Natvia together in a bowl.
3. In a separate bowl whisk together egg, oil, vanilla extract, 1/4 cup of the yoghurt and all the milk.
4. Add the wet ingredients to the dry and mix together until just combined.
5. Divide evenly into the prepared cupcake cases and bake for 15-20 minutes, until golden on top and a skewer inserted into the centre comes out clean. Place on a wire rack to cool completely.
6. Place the freeze-dried strawberries into a food processor and process until a powder is formed. Set aside.
7. Beat the butter and Natvia baking sweetening using an electric mixer for a few minutes until creamy. Add the strawberry powder and remaining yoghurt and beat for another few minutes to combine.
8. Pipe or spoon the butter icing onto the cooled cupcakes.
9. Top each cupcake with a fresh strawberry and some grated chocolate to serve. One cupcake is one serve. Store leftover cupcakes in an airtight container in the fridge for 3-4 days.



SNACK

LOW-CARB CHOCOLATE PEANUT BUTTER CUPS

SERVES 12



PREP TIME: 40 MINS SETTING TIME: 40 MINS

ENERGY: 128 CALS (536 KJ) / PROTEIN: 3.5G / TOTAL FAT: 11.6G / SAT FAT: 5.6G

FIBRE: 2.1G / CARBOHYDRATES: 1.7G / TOTAL SUGAR: 0.6G / FREE SUGAR: 2.1G

INGREDIENTS —

- 2 tbsp butter
- 1/3 cup cacao/cocoa powder
- 2/3 cup peanut butter
- 1/2 tsp vanilla extract
- 2 tsp Natvia
- 2 tbsp coconut oil, melted

METHOD —

1. Line 12 cups of a muffin tin tray with cases.
2. Prepare the base by combining the butter with cacao/cocoa powder, half the peanut butter, half the vanilla and half the Natvia in a bowl until smooth and well combined.
3. Divide the mixture into each of the prepared muffin tin holes and place in the freezer for approximately 10 minutes, or until firm but not hard.
4. While the bases are setting, prepare the topping by combining the melted coconut oil with remaining peanut butter, vanilla and Natvia. Heat in a microwave or in a small saucepan over a low heat if not combining well.
5. Remove bases from freezer and divide top layer evenly over bases. Return to freezer to set for approximately another 20 minutes.
6. One peanut butter cup is one serve. Store leftovers in the freezer or fridge.



SNACK

CHEESEBURGER MEATBALL BITES

SERVES 8



PREP TIME: 15 MINS COOK TIME: 20 MINS

ENERGY: 162 CALS (681KJ) / PROTEIN: 20G / TOTAL FAT: 5.6G / SAT FAT: 2.8G
FIBRE: 0.6G / CARBOHYDRATES: 7.7G / TOTAL SUGAR: 3.2G / FREE SUGAR: 0G

INGREDIENTS

- 500g lean beef mince
- 1 free-range egg
- 1/3 cup rice flour
- 1 clove garlic, minced
- 1 tsp onion powder
- 2 tbsp tomato sauce, no added sugar
- 1 cup reduced-fat cheddar cheese, sliced into 24 thin pieces
- 2 gherkins, sliced into 24 thin pieces
- 12 cherry tomatoes, halved
- 1 cup iceberg lettuce, cut into 24 bite-sized pieces

METHOD

1. Use 24 mini wooden skewers for this recipe or 12 normal length that you've cut in half.
2. Preheat oven to 200°C and line a baking tray with baking paper.
3. Combine mince with egg, rice flour, garlic, and onion powder. Form into 24 even-sized balls. Lay meatballs onto the prepared baking tray and bake 12-15 minutes, or until cooked through. Turn the meatballs over once during the cooking time.
4. Remove the meatballs from the oven and while still hot, top each meatball with a little tomato sauce and then a slice of cheese. Place back into the oven for 5 minutes or until the cheese has melted over each meatball.
5. Thread each mini skewer with a slice of gherkin, a cheesy meatball, a cherry tomato half and a small piece of lettuce.
6. Three meatball bites make one serve.

Note:

You could cook the meatballs ahead of time and store leftovers in an airtight container in the fridge for 4-5 days to reheat and assemble on skewers as required. They Can also be served cold.



SNACK

POTATO AND CHEESE NESTS

SERVES 2



PREP TIME: 10 MINS COOK TIME: 25 MINS

ENERGY: 170 CALS (714 KJ) / PROTEIN: 13G / TOTAL FAT: 9.2G / SAT FAT: 5.1G

FIBRE: 1.1G / CARBOHYDRATES: 8G / TOTAL SUGAR: 0.6G / FREE SUGAR: 0G

INGREDIENTS

- cooking oil spray
- 1 medium potato, grated
- 1/4 tsp Cajun spice mix
- 1 free-range egg, whisked
- 1/3 cup reduced-fat mozzarella cheese, grated
- 1/4 spring onion, finely diced
- salt
- pepper
- 1 tbsp light cream cheese

METHOD

1. Preheat oven to 190°C and lightly spray four holes of a muffin tin tray with cooking oil spray.
2. Combine potato with Cajun spice, egg, mozzarella and spring onion. Season with salt and pepper.
3. Divide evenly between the four muffin tin holes and press an indent into the centre of each muffin hole, to make a nest shape.
4. Add a little dollop of cream cheese in each of the indents of the nests.
5. Bake in the oven for 25-30 minutes or until golden brown and the egg is firm.
6. Serve 2 nests per person.
7. Leftovers can be stored in an airtight container in the fridge for 2-3 days. Reheat or enjoy cold.

EXERCISES TO BURN 200 CALS



1

MARCHING

Lift one knee up until your calf and thigh form a right angle.

Lower that leg and repeat with the other. If you're unable to raise your leg as high, raise it to a level you're comfortable with.

TIPS:

- Keep back straight
- Head up and eyes on horizon
- Hold your abs in and chest proud
- Deep breathing

REPS X30



BEGINNERS:

Walking on the spot.

CHALLENGE:

Marching with high knees.

2

CURTSEY LUNGES

Stand with your feet parallel and hip-width apart, arms straight out to the sides.

Lunge alternate legs back, drawing a semicircle with your foot on the ground as you do. Lunge as deep as possible so your back knee is close to the ground each rep.

Slowly return to start position, ensuring your front toe and knee are pointing directly forward.

TIPS:

- Engage abs and butt muscles
- Keep your front toe in line with your knee, ensuring the front leg is pointing directly forward
- Slow technique is very important to protect your joints
- Deep breathing

BEGINNERS: Standard reverse lunges.

CHALLENGE: Hold each lunge for one breath and return leg to starting position as slowly as possible.

REPS X10
EACH LEG



3

WALL SQUAT BOXING

REPS X30

Start in a narrow squat with your back against a wall and arms straight out at heart level.

Do shadow boxing movements with your arms.



BEGINNERS:

Wall squat with hands on legs/thighs. Or basic squats without a wall with hands on hips.

CHALLENGE:

Increase speed with boxing movements and wall squat deeper, so knees are 90 degrees. Enjoy the burn in your legs and butt, but only for 30 seconds.

TIPS:

- Back straight against the wall
- Brace tummy to reduce gap behind lower back
- Tuck chin down to lengthen the back of your neck
- Keep feet at hip-width, toes are pointing slightly outwards and knees in line with your toes
- Bend your knees and not your back
- Chest proud and eyes looking forward
- Always keep your core connected, drawing belly button to spine
- Elbows pointing down and tucked into ribcage
- Deep breathing

4

POWER SKIPS



REPS X12
EACH LEG

Start in a lunge position. Drive the back leg up until your knee comes up towards your chest. Lift knee up to belly button height each skip (or as high as possible).

As you skip, minimise any impact or jumping. Raise up off your heel, onto your toe that's on the ground. Slowly back down onto your heel.

Alternate arm swings with elbows bent at 90 degrees, like you are sprinting.

Carry out 12 repetitions on one leg before repeating on other leg to maintain posture.

TIPS:

- Carry out movements slowly and smoothly
- Bend at knees, not back, to reduce impact and pressure on your joints
- Power through the arms to help drive up knees
- Drop shoulders away from your ears and squeeze shoulder blades back towards each other
- Brace core/squeeze tummy in
- Deep breathing

BEGINNERS:

Repeater knees, remove any hop.

CHALLENGE:

Lift knees higher and raise up onto your toe on the supporting foot as you lift your knee.

SQUAT TO CHAIR WITH CLAPS

Start standing with feet hip-width apart.

Squat down so your butt taps the seat of the chair and your knees are approximately 90 degrees.

Every squat, stand up and clap with arms above your head.

Wiggle toes for a second to ensure weight bearing is through the heels.

REPS X40



5

TIPS:

BEGINNERS:

Shallow squats.

CHALLENGE:

Sit on the chair for a second before standing up. Clap twice: as you squat and again as you stand. This is fun with your kids.

- Squat as low as the seat of the chair
- Brace core and keep chest proud
- Ensure toes and knees are slightly pointing outwards
- Look up with chin tucked down
- Squeeze your abs and butt to maintain hip stability
- Make sure the exercise movement is smooth
- Deep breathing

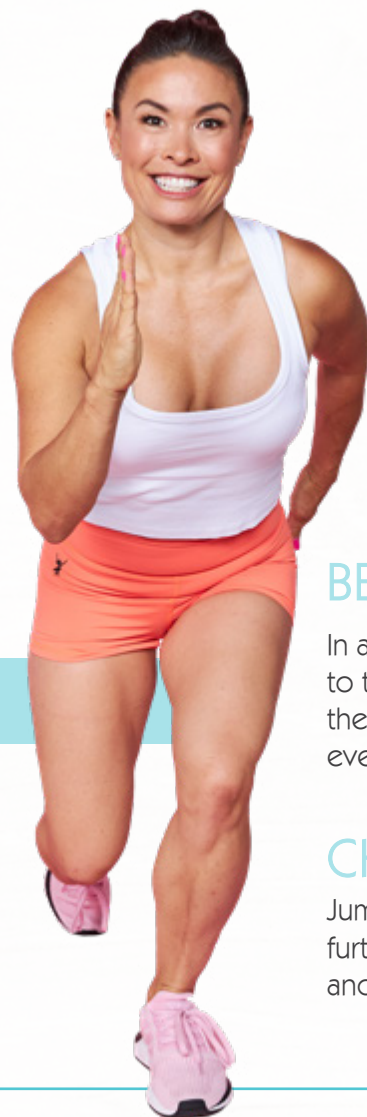
SLOW SKATER

Start in a small squat position with feet hip-width apart. Step sideways over a pretend toy, swinging your arms like a skater with elbows bent.

Land with one foot behind the other in a mini lunge position.

TIPS:

- Step without jumping
- Squeeze tummy tight
- Try to keep hips square to the front
- Keep rear foot's toes on the ground to help with stability
- Deep breathing



6

REPS X12
EACH SIDE

BEGINNERS:

In a low squat, take two steps to the right then two steps to the left. Stand in between every second step touch.

CHALLENGE:

Jump slightly higher and further as you gain strength and confidence.

FROGGER EXTENSIONS

7

REPS X12

Begin in a squat position with feet shoulder-width apart (not too wide after having a baby), and fingers straight down towards the floor.

Calf-raise slightly off the floor like a frog.

Keep balls of the feet in the same position.

TIPS:

- Your feet should land just outside of your shoulder-width every time
- Bend from the knees, not your back
- Deep breathing



8 MINI BURPEES

Stand with your back straight and feet shoulder-width apart, arms by your sides and hands next to your pockets.

Squat as you swing arms above head.

Place your hands down onto the floor beneath your shoulders into a 'hands and knees' position. Stay on your toes.

Spring back up, one leg at a time, into the starting position.

Slowly stand back up.

BEGINNERS:

Small squat, step back legs and push up on knees then step forward. Have a break between each mini burpee. Option: split movement into six squats and six mini push-ups.

CHALLENGE:

Squat jump at top, jumping both feet back like a bunny hop before a mini push-up on knees. Spring back up to standing position.

REPS X6

TIPS:

- Engage your stomach muscles for the whole exercise, but don't hold your breath
- Keep back straight at all times
- Bend at your knees, not your back at any stage during the exercise
- When squatting, push body weight onto your heels
- Relax head, neck and shoulders at all times
- Deep breathing



SIDE PLANK LEG LIFTS

9

Lie down on your side with your elbow on the ground directly under your shoulder, body in a straight line.

Bend bottom leg at the knee. Extend top leg straight out and in line with your spine. Point top toe.

Extend your top arm straight up towards the ceiling.

Check your neck is in line with your spine and abdominals braced.

Lift the top leg straight up and down, from hovering off floor to as high as possible without rotating hips.

REPS X10



TIPS:

- Keep top foot in a line from your knees to your hips and shoulders
- Ensure your bottom elbow is directly under your shoulder
- Be careful to stabilise your torso. Don't move the pelvic bone at all
- Lift hips slightly higher if they drop down at all
- Keep your neck in line with your spine and chin slightly tucked under
- Eyes forward
- Relax your head, neck and shoulders
- Deep breathing

BEGINNERS:

Lie on floor in a straight line (like a pencil), then lift the top leg only.

CHALLENGE:

Lift top leg up higher and hold for one breath before returning to start position. Option: both legs straight and only do five reps.

MINI PLANK & SHELL STRETCH

10

BEGINNERS:

Child's pose stretch to a modified plank on knees.

CHALLENGE:

Carry out exercise slower and hold the plank for two breaths each rep.

REPS X12

TIPS:

- Straight line must be from elbow to shoulders
- Straight line from heels to hips to shoulders
- Tighten core and glutes
- Enjoy the delicious stretch in the lower back and opening up your chest
- Relax your head, neck and shoulders at all times
- Deep breathing

Starting position is a plank on your knees, resting on your elbows, with elbows directly under your shoulders. Your body should be straight.

Drive your hips up towards the ceiling, bringing your butt back and knees bent under hips.

Push your arms out straight above your head and palms down on the floor. Head towards the floor and stretch your chest and lower back.

Return to a plank on your knees.

Alternate from mini plank to shell stretch until you have completed 12 planks.



11

TRICEP DIPS

Sit on the floor with knees bent and feet flat on the ground. Position hands next to pockets on the ground, slightly behind your back.

Try to keep your elbows pointing directly behind you at all times.

Bend and straighten arms with your butt off the ground.

REPS X15



BEGINNERS:

Keep butt on the floor and only bend the elbows.

CHALLENGE:

Tricep dips with alternate legs up in the air, or exercise on a secure bench or very stable chair to increase intensity.

TIPS:

- Keep back straight at all times
- Lift spine out of your sit bones
- Postural alignment is very important
- Open up your chest and feel the stretch and opening of your heart

SINGLE LEG HIP BRIDGE

12

Lie on your back on the floor. Tighten your abs, butt and thigh muscles. Slowly raise and extend one leg, then drive hips up and down.

BEGINNERS:

Basic bridge without lifting legs.

CHALLENGE:

At the top of the movement, swing your top leg three times in a straight line up and down before returning to the start.

REPS X10
EACH LEG



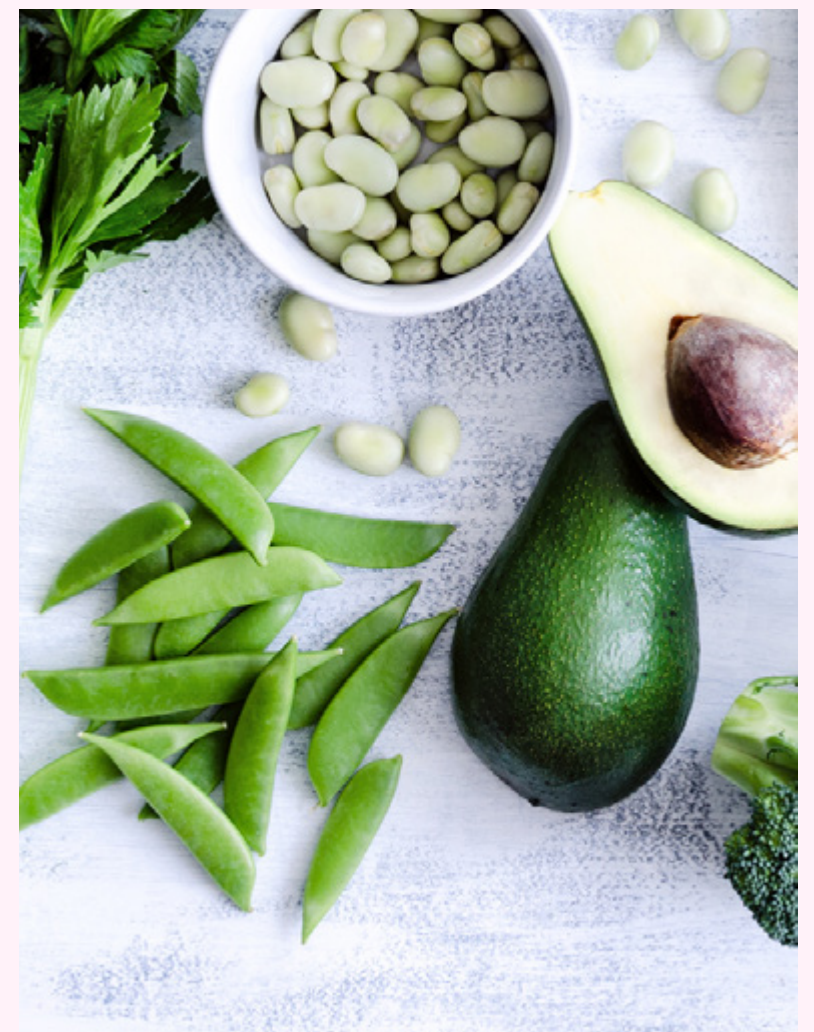
TIPS:

- Squeeze your core and pull your belly button up and in towards your spine
- Keep pelvic bone stable and horizontal in line with your shoulders
- Tuck chin under and lengthen the back of your neck
- Deep breathing

NOTE: When you slow down an exercise or change its range of motion you subsequently reduce the overall force going through the body. With any mothers the important thing is – do not load fatigue/compromised/injured core/stomach muscles too early. Steer clear of anything isometric that challenges the core and high impact. Mums must be careful of their Pubic Symphysis (hips open up after birth and hormones released that promote over flexibility), therefore, keep squats narrow, not wider than shoulder width. Femur and hip leverage not safe until 100% recovered from child birth even with a C-section.

Disclaimer: Please understand that these calculations are based on averages and individual results will apply. The calories that you will burn will depend on each individual's age, weight, fitness level, gender, genetics and muscle mass etc This is not applicable to pregnant women, elderly or children. When squatting, remove transitional movements from concentric to eccentric movement (keep movements even without bouncing or jarring/jumping). Ensure not to hold any exercises or postures for more than a few seconds (isometric) exercises to not create strain in on specific areas or muscle groups. Depending on the time since birth of your baby the following exercises could be viable options. Please immediately stop workout if any pain or discomfort arises Always consult your doctor, physiotherapist or specialist before commencing any workout / fitness program if any major injuries, operations or health conditions. The Healthy Mummy and our trainers take no responsibility for injuries caused by the above workout that is unsupervised by a Professional.

11 WAYS TO LOSE 5KG



1 SUGAR





SAY GOODBYE TO THE WHITE STUFF!

Reducing your added sugar intake is one of the fastest ways to blast tummy fat, reduce your calorie intake, boost energy levels, improve your skin and drop excess weight.

The tricky thing is, sugar is just about everywhere these days and many of us can be addicted to the stuff. Not to mention the thought of going cold turkey and giving up all sweet treats can be too much for many of us to handle.

The good news is there are plenty of treats, recipes and meals out there just as delicious as your fave sugar-laden creations that are better for you. Don't believe us? Check out our Strawberry Sunday Cupcakes on page 32!

2

PROTEIN & FIBRE





GET MORE PROTEIN AND FIBRE INTO YOUR LIFE

Ensure you are eating enough protein in your meals and snacks. This helps you to feel fuller for longer and gets your metabolism firing. Think nuts, LSA, boiled eggs, poached chicken, natural peanut butter and tofu.

Proteins are important in your diet because they're made up of amino acids. These amino acids are very important to your body to build and repair muscles and bones as well as make hormones and enzymes, and have the ability to sustain energy longer.

Five great protein sources to help you achieve your weight-loss goals are eggs, cottage cheese, lean chicken and beef, almonds and Greek yoghurt.

[Click here](#) for some great facts about protein and how important it is for our health.

Fibre is another incredibly important part of a healthy eating plan, not only for keeping you 'regular' and for general bowel health, but also to keep gut bacteria healthy, fight inflammation and assist with weight loss and management.

8 WAYS TO BOOST YOUR FIBRE INTAKE

- Eat more fruit and vegetables
- Eat your veggies first
- Have cereal that contains barley, wheat or oats
- Switch to wholemeal bread and brown rice
- Snack on dried fruits and avocado
- Eat potatoes with the skin on
- Switch out meat for legumes

3

PROCESSED FOODS





SWITCH TO REAL FOOD!

It is going to be really tough to kick off your new healthy eating plan if your cupboards, fridge and freezer are all full of chocolate biscuits, soft drinks, ice cream and doughnuts.

Be kind to yourself, and get rid of anything that could possibly derail your weight-loss plans. Make healthier choices when you're doing the groceries.

Some easy swaps include:

- White bread for wholemeal bread
- Soft drink for water
- Fruit juice for real fruit
- White rice for brown rice or cauliflower rice
- White potatoes for sweet potatoes
- Takeaway for healthy alternative home-cooked meals
See some of our amazing takeaway alternatives [here](#).
- Biscuits and chips for fruit or healthy snacks.

If other people in your home keep anything that could tempt you in the house, make sure it's in a cupboard out of sight so that you don't have to look at it all the time.

With all the unhealthy food gone, you will be in a good place to make better choices when you need a snack.



**TRY OUR DELICIOUS,
HEALTHY & GUILT-FREE
BROWNIE RECIPE ON
PAGE 31**

4 MEAL PLAN





MEAL PREP AND BULK COOK

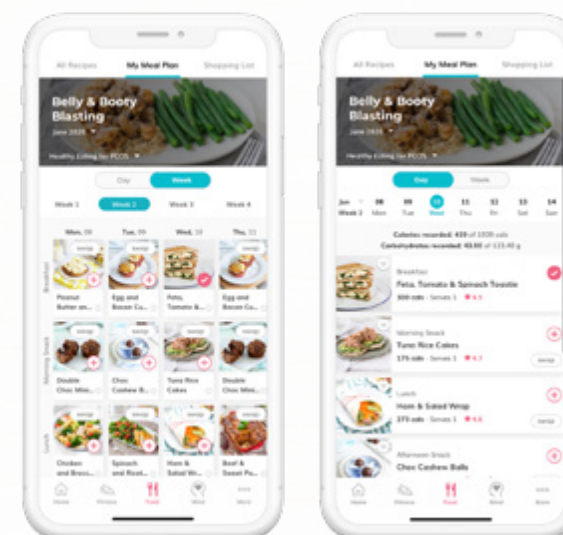
At The Healthy Mummy, we are firm believers in meal planning and prepping to help you stay on track with your health and fitness journey.

Being armed with a simple meal plan, super-easy and cost-effective recipes, and preparing meals ahead of time really has helped thousands of our time-poor mums. You can achieve your weight-loss goals, save money, have more time for yourself and your family, and avoid unhealthy convenience meals and snacks. All this, by preparing your own healthy options ahead of time.

If you are looking for a more structured plan to follow, try our 28 Day Weight Loss Challenge. Whether you are breastfeeding, vegetarian and/or looking for a gluten-free meal plan, our Challenge can work for you.

Each week, we update the 28 Day Weight Loss Challenge Meal Plan. You'll learn some great ideas for breakfast, morning snack, lunch, afternoon snack, dinner and dessert!

The Meal Plan clearly highlights calories per serve, how long it takes to prepare and cook, plus other helpful nutritional information. Our 28 Day Weight Loss Challenge also makes it super-easy to swap specific meals for another one of your Challenge favourites.



5 PORTION SIZE



GET IT DOWN TO SIZE

Government guidelines recommend that you eat a number of portions of foods from different food groups each and every day to get a full range of vitamins and nutrients to support your health.

Our 28 Day Weight Loss Challenge has done all the hard work for you on portion control. Below are the guidelines you should be aiming for.

FRUITS AND VEGETABLES

You should eat at five or more portions of fruits and vegetables every day, but the optimum is at least two portions of fruit and four portions of vegetables. A portion is generally considered to be a large handful of the raw fruit or vegetable.

WHOLE GRAINS/CARBOHYDRATES

Each meal should include a portion of carbohydrates. Ideally wholegrain carbohydrates, to keep you fuller for longer and to improve digestive health. Four portions of whole grain carbohydrates are recommended per day – but if you eat a potato, this should be taken as a carbohydrate portion rather than a vegetable portion.

A standard portion of potato should be the size of a computer mouse (225g), a portion of spaghetti pasta should be less than 1.5cm in diameter, a portion of shaped pasta should be a small heaped handful (40g dry) and a portion (150g) of cooked rice should be, when packed together, around the size of a small tin of tuna.



PROTEIN AND DAIRY

Protein and dairy are a key part of any diet – they improve general health and they can boost weight loss. Portions of protein (1-2 a day) should always be around the size of your palm. Protein in the form of meat, like chicken, beef, game or pork, should be trimmed of all visible fat. A portion of tofu should be the size of your palm, and a portion of beans should be a small heaped handful.

Dairy portions should be kept fairly small, as they tend to contain more fat – a portion of milk should be a small glass of 250ml, a portion of yoghurt should be a small 50-100g pot and a portion of cheese should be matchbox-sized (28g). Cheese should be eaten less frequently than milk and yoghurt as it contains more fat.

FAT

It might surprise you, but guidelines recommend that you eat three portions of heart-healthy fats each day – maximum serving should be 1 tbsp of heart-healthy fat, such as extra-virgin olive oil. These fats improve the health of your skin, hair and nails, and they also boost the health of your internal systems and your eyes.



6

STAY MOTIVATED





ENLIST SUPPORT TO STAY MOTIVATED OR GET A WORKOUT BUDDY

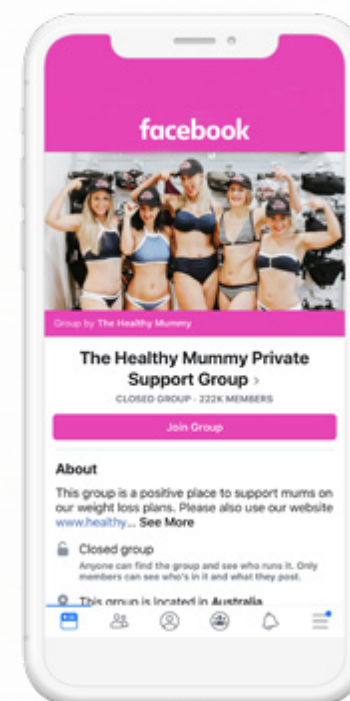
SUPPORT FOR INSPIRATION AND TIPS

Try chatting to a friend or other mum who has lost weight. Pick their brain and see if they have any insights for you about anything you are missing or not doing.

If you prefer to look for support and motivation outside of your immediate family and friends, join more than 200,000 real mums in one of our Facebook groups. These mums do really understand your journey and are always supportive and kind. You can join The Healthy Mummy Private Facebook Group [here](#).

GET A WORKOUT BUDDY

Look for a friend, school mum or neighbour who can be your weight-loss buddy to keep you motivated, inspired and share your goals.



7 GET MOVING

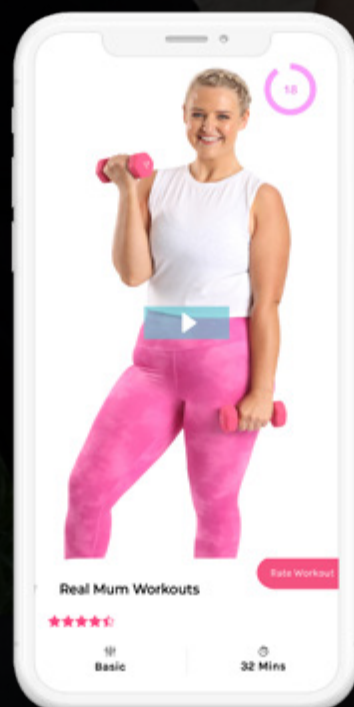
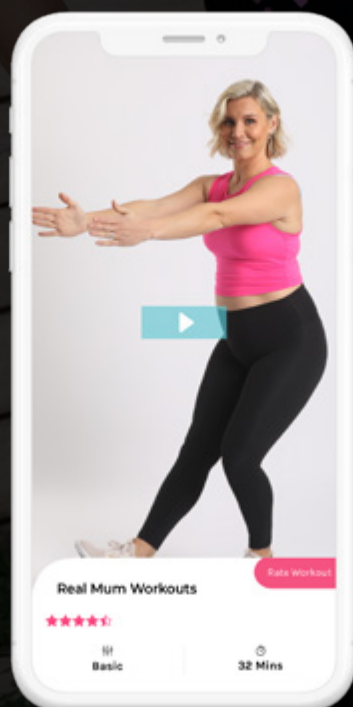


GET MOVING AND GET SWEATY

Want results? Get moving and get sweaty. While a nice stroll in the park is enough to get some people sweaty and seeing amazing weight-loss results, others may need to mix up their workouts a bit more.

Remember, don't rush into the exercises if you haven't worked out in a while. Start off slow with 10-15 minutes for the first few days. Often, you'll find that once you start moving, you'll feel like going for a little longer. Push yourself to go further: do some hills or a beginners' workout from our app to challenge yourself.

The Healthy Mummy App has 400+ exercises including beginners and advanced for high intensity, yoga, dance fit, boxing and lots more.



8

DROP IT LIKE A SQUAT





SQUAT, SQUAT, SQUAT!

Never underestimate the power of squat and glute-focused exercises.

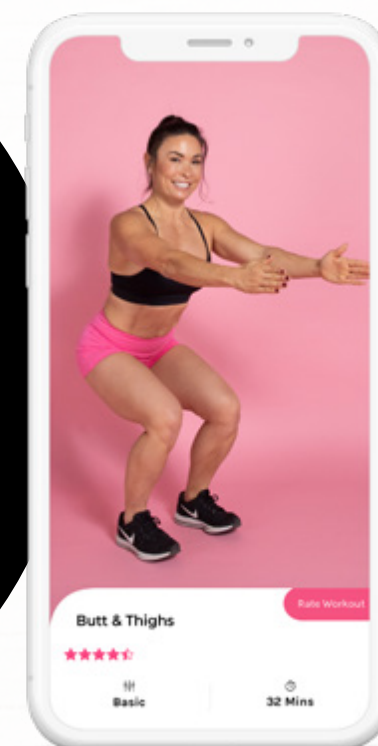
Besides looking great in bikinis and skirts, it's important to have a strong and healthy butt and thighs as they are the foundations to help us with all our movements every day. When these areas are strengthened, the glutes are able to balance and stabilise the hips, allowing the hip flexors to move with ease, reducing the risk of back pain and reducing the chance of injury.

Not only that, but a strong butt and thighs mean a stronger pelvis and better-supported knees and ankles. Plus, glute exercises are a great way to burn major calories.

The Healthy Mummy App has loads of workouts which feature squats, including our hugely popular Butt & Thighs program.

TOP TIPS FOR SQUATS!

- Engage your core
- Push through your heels
- Think about pushing your knees out
- Slightly turning your feet out will activate your glutes more
- Keep your head in line with your back – don't look at the floor!
- If the movement doesn't feel right, reset your stance and your body. It's all about proper technique!



9

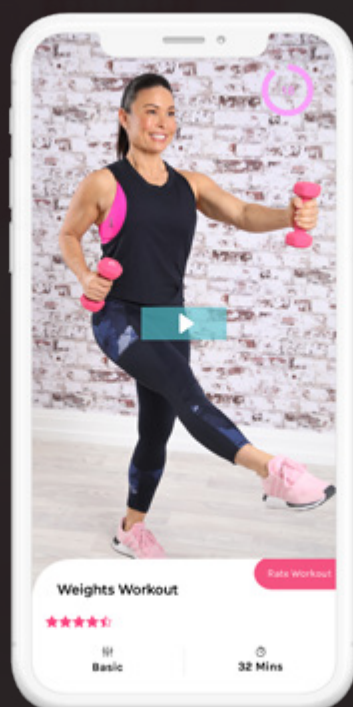
GET STRONG & LEAN



WORK OUT WITH WEIGHTS

Working out with weights helps you to build lean muscle mass which burns calories even while you are resting. Training with weights assists in shaping, toning and creating a leaner body. Weights training in conjunction with cardio workouts will help you to reach your fitness and weight loss goals faster. Good news: our 28 Day Weight Loss Challenge has full weights workouts!

These weight-based exercises are made up of individual or unilateral movements which help to create even muscle tone and shape your body on both sides. These types of exercises improve your postural alignment, while stronger muscles help you stand up straight to assist in preventing back pain.





ALLOCATE TIME FOR YOU!

You may feel like you are so busy that you can't fit another commitment in, but it's important that you commit to something for you. You'll feel better for it and you'll see faster results.

One day at a time is all you can do. Any lifestyle shift is tricky at first, but be kind to yourself and stay focused on your goal: a leaner, fitter, healthier you!

If you have a slip-up, dust yourself off and remember that tomorrow is another day closer to your goal. Don't let a bad day turn into a bad week or month.

10 WAYS TO MAKE TIME TO EXERCISE AS A MUM

Regular exercise and good nutrition are important for everyone. With so many demands on mums, especially those with small kids, exercise often slips by the wayside.

1. WORK OUT WITH YOUR KIDS

Not only do they love getting involved, it's great role modelling, too.

2. EXERCISE WHEN THEY ARE SLEEP

Work out first thing in the morning so it's done for the day. If you can manage it before anyone wakes up, it won't inconvenience the family, plus it will give you more energy to get through the morning.

3. FIND A GYM WITH AN EXCELLENT CHILDCARE FACILITY

The kids get to make friends and play with new toys. You get to work out. Everyone gets a break from each other and you all go home tired. That's a win all round.

4. LEARN THAT IT'S OKAY TO LET SOME THINGS SLIP

Your house may not be sparkling all the time but you can be fit, healthy and happy, prioritising health over a shiny kitchen sink.

5. TAKE YOUR KIDS WITH YOU

Early risers? Invest in a good baby carrier or jogging pram. Tuck the kids into the pram with a book and bottle, and away you go.

6. MAKE THE MOST OF IT WHEN THEY ARE IN CARE

Exercise on your way to work or during your lunch break. When the kids are at daycare, you only need to worry about yourself. Get work colleagues to come with you to stay accountable.

7. BE ORGANISED

It's a lot easier to manage #6 if you pack everything up the night before (for you and the kids). Put your shoes on, grab the keys and out the door. Preparing meals in advance helps here, too.

8. SURROUND YOURSELF WITH SUPPORT

Lean on your partner and family. Make them aware of your goals so they can support you with whatever you need and pick up some slack. (Maybe they can clean that kitchen sink from #4?)

9. QUALITY NOT QUANTITY

You don't need to spend hours at the gym, but when you're there you should work hard. A 45-minute weight session is more than enough. High intensity training (30-minute sessions like Grit Cardio or Circuits) will have you sweating and home within the hour.

10. JUST DO IT

Your kids are not your excuse – they are your reason to lead a healthy and happy life.



11

MIND POWER



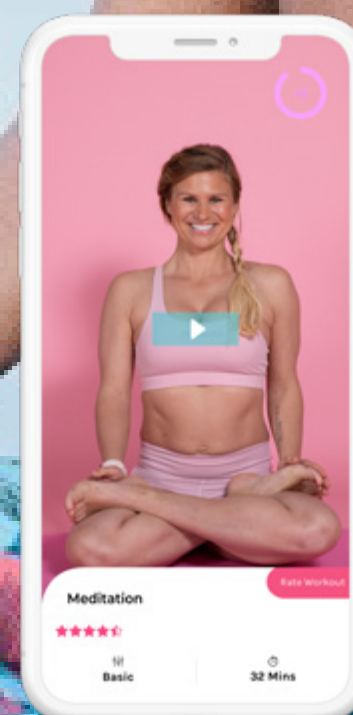
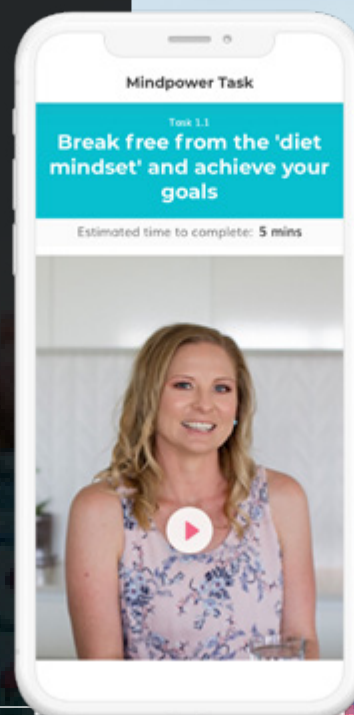
MIND OVER MATTER – MIND POWER AND GOAL SETTING

When it comes to getting the body you want, sometimes your mind can get in the way. Excuses, lack of self worth and body acceptance can be barriers for many of us achieving our health and weight-loss goals.

There are a few tips that you can practise to overcome your emotional barriers to weight loss.

1. Stop the **excuses** and just get on with it. Start slowly at first but start to make positive changes
2. Break free from a **dieting mindset** and look to embrace a healthy lifestyle
3. Adopt a **growth mindset**. Be flexible, allowing yourself to move forward and grow at each milestone of your journey
4. Know your **worth** and remember that you are amazing (everyone else knows it, so you should, too!)
5. Practise **body acceptance** because it has been great to you so far. Reward you body for all the wonderful things you have experienced.

The Healthy Mummy App has some fantastic guided meditations in the Mind, Body, Breath section. The amazing Healthy Mummy Mindpower program with Nikki Boswell has also launched. Read all about it [here!](#)



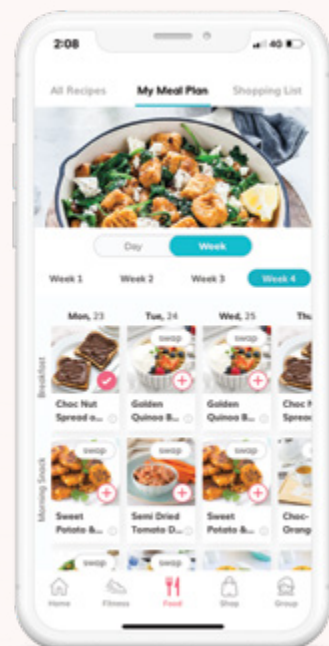
Download the Healthy Mummy App

Home of the 28 Day Weight Loss Challenge

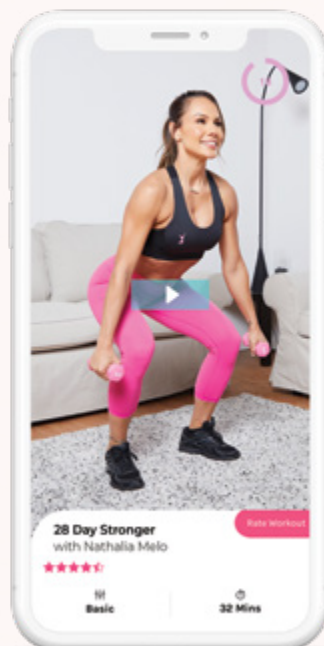
The **28 Day Weight Loss Challenge** is a realistic program, tailor-made for busy mums! We've been there: we're time-poor, budget-conscious and need to feed the family. That's why we've designed a realistic and achievable program to create LIFELONG CHANGE for you and your family.

- 👉 **Delicious recipes for all your family**
4000+ family-friendly recipes, nutritionist-designed for all your dietary needs.
- 👉 **Work out from home**
100s of easy workout videos, designed by a personal trainer for mums to do at home.
- 👉 **Save money and time**
Mums have saved more than \$200 a month with our budget-friendly, customisable meal plans.
- 👉 **Real mums supporting real mums**
Our private support group will motivate and inspire you every step of the way.
- 👉 **It works!**
Mums that stick to the plan have lost 4-6kg in just 28 days!

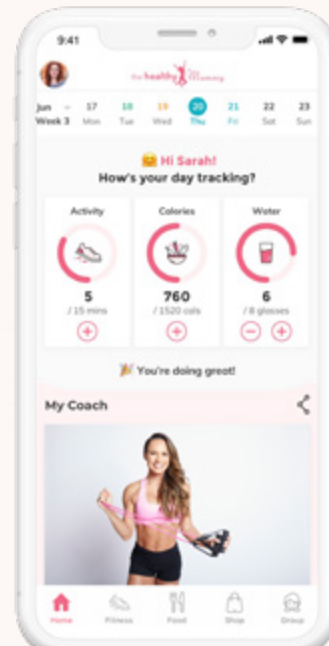
✓ Customisable meal plans



✓ At-home fitness



✓ Daily motivation



Visit www.healthymummy.com

It's easy and affordable, with real results!

Real mums. Real results.

We've proudly helped mums lose more than **3 million kilos**. Mums just like you are completely transforming their health and bodies.
You can do it too (and it's easy!)



Heidi Reynolds
Lost 70kg

Bec Ashforth
Lost 52kg

Join at www.healthymummy.com

with hundreds of thousands of real mums just like you!

★ Trustpilot
★★★★★
4.8 rating
1500+ reviews

GET IT ON
Google Play
4.6 rating
2000+ reviews

Download on the
App Store
4.7 rating
4000+ reviews

WHAT MUMS ARE SAYING ABOUT THE HEALTHY MUMMY APP!

Real mums. Real results.

Cicily
lost 54kg

I recommend forgetting everything you think you know about weight loss and trusting The Healthy Mummy plans and the app.



Sarah
lost 57kg

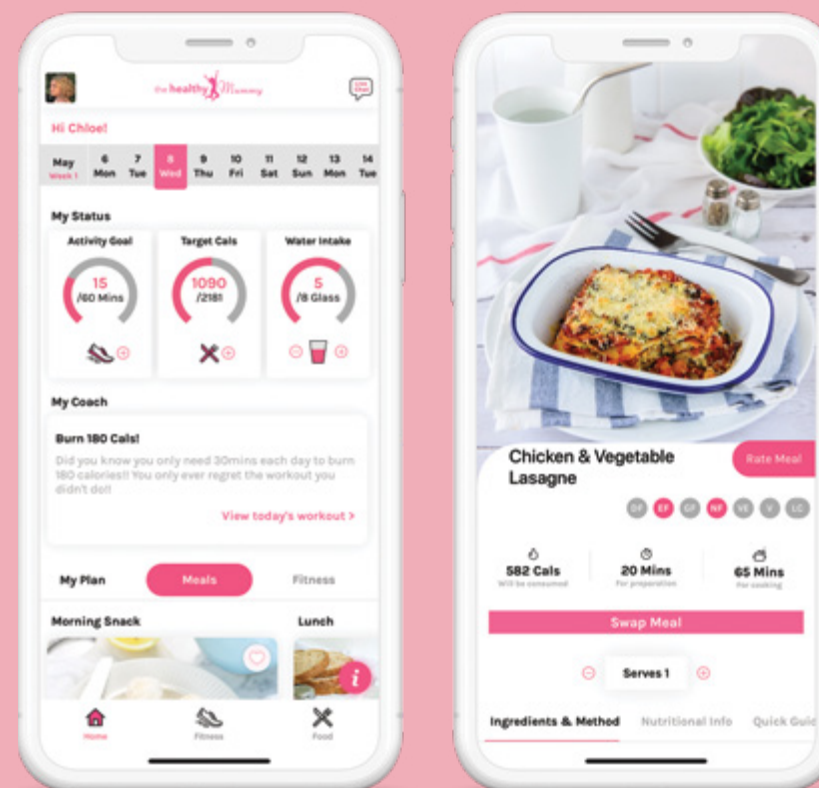
I love The Healthy Mummy app – the recipes, the exercise and the support. From unhealthy to healthy, from unfit to fit, from not loving myself to LOVING MYSELF!



Why mums have rated the app 5 Stars!

★★★★★ Best program ever!

- ✓ This is a lifetime not a whim or yo-yo diet! (Katrina, NSW)
- ✓ Amazing products, recipes and support (Deb, QLD)
- ✓ Awesome app with so many yummy recipes (Chloe, WA)
- ✓ Great support system and easy to use (Cass, SA)
- ✓ The Healthy Mummy App has been my number 1 tool in my weight-loss journey (Taylor, QLD)
- ✓ As a busy mum of four, The Healthy Mummy makes exercise and healthy meals easily and quickly accessible! (Anna, NSW)



★ Trustpilot



4.8 rating
1500+ reviews



4.6 rating
2000+ reviews



4.7 rating
4000+ reviews

Go to www.healthymummy.com

HANNAH lost 28kg

Hannah, mum of five, says “Thanks to The Healthy Mummy 28 Day Weight Loss Challenges I have lost:

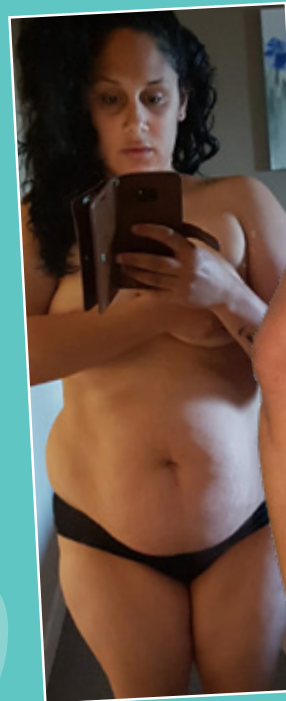
- Over 32cm from my body
- My unhealthy relationship with food and
- My sugar addiction

💪 Thanks to The Healthy Mummy 28 Day Weight Loss Challenges, I have gained:

- Strength both physically and mentally
- Confidence in my own skin and
- Knowledge on how to nourish and feed my family on a budget

The 28 Day Weight Loss Challenges have given me the tools to provide my family with healthy, quick meals and snacks on a budget. The app fitness programs allow me to exercise anytime from the comfort of my home. The 28 Day Weight Loss Challenge sets you up with all the tools to succeed.

Hannah.NSW



MELANIE lost 58kg

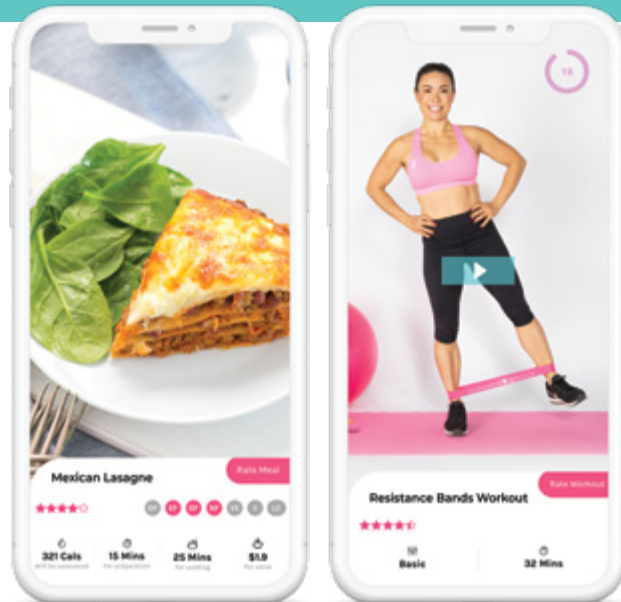
If I had the chance to go back in time and speak with myself circa 2013 - I would DEFINITELY give myself the time and energy to truly focus on what is best for me and my family, for our health, our wellbeing and to actually LIVE (not just exist).

💪 With The Healthy Mummy 28 Day Weight Loss Challenges on the app I have gained:

- A whole new world of confidence
- A whole new respect for my body
- A whole new way of life
- A whole new love of food
- A guilt-free lifestyle.

Thanks to The Healthy Mummy 28 Day Challenges, I have built this into our daily routine, and we don't put anything on the backburner anymore. My family loves the food, the exercising and the supportive community.

Melanie.QLD



THE HEALTHY MUMMY APP

- ✓ 400+ full length workout videos for beginners and advanced users
- ✓ 4000+ fast, fresh and family-friendly recipes
- ✓ Customisable meal plans
- ✓ Home to the 28 Day Weight Loss Challenge
- ✓ Mindpower program to support the mental wellbeing of mums
- ✓ 24/7 support
- ✓ Helping millions of mums regain body confidence
- ✓ Private support and motivational groups

★ Trustpilot



4.8 rating
1500+ reviews



4.6 rating
2000+ reviews



4.7 rating
4000+ reviews

Go to www.healthymummy.com to find out more

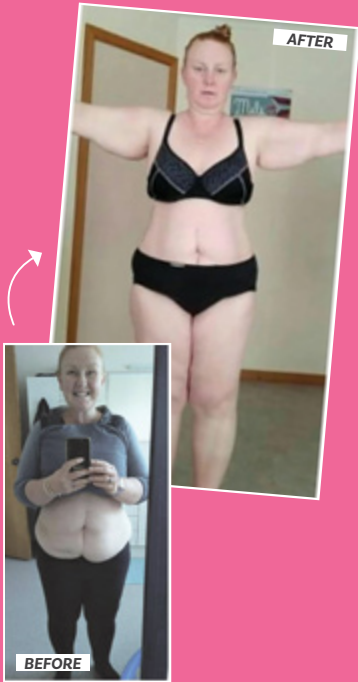
What mums are saying about our smoothies

Real mums. Real results.

Lost 22kg
I never used to have breakfast but now I love nothing more than a good smoothie. I love the different flavours and they are packed full of so much goodness. They are also quick and easy to make when you don't have much time.



Melanie



Real mums. Real results.

Lost 27kg
I have been loving the Healthy Mummy smoothies for over five years now. They are fabulous on a workday for breakfast because it's such a rush to get myself and two kids ready and out the door! The smoothies have meant that I don't skip breakfast.



Lauren



★ **Trustpilot**
★★★★★
4.8 rating
1500+ reviews

GET IT ON
Google Play
4.6 rating
2000+ reviews


Download on the
App Store
4.7 rating
4000+ reviews

REASONS TO LOVE THE HEALTHY MUMMY SMOOTHIES




Meal Replacement
Quick & easy to prepare


Good Fibre Source
When made up as directed with soy milk


Assists with Weight Loss
When used as part of a diet and exercise plan


Carefully Selected Ingredients
Gives a gentle sensation of feeling satisfied & content


No Nasties
No added sugar, artificial sweeteners, fillers or caffeine


Nutrition Boost
Source of vitamins & minerals, plus contains whole food ingredients


High in Protein
When made up as directed with soy milk

Go to www.healthymummy.com

What mums are saying about **CONTROL X**

I am absolutely loving Control X. Control X has helped to keep me fuller for longer and I'm now not craving sweets in the late afternoon. It is definitely a game changer. I'm very happy with my results.

Angie



I've fallen in love with Control X! It's an amazing product. It tastes delicious and fills me up. I don't have any cravings, I feel content and I'm not looking for food constantly. It's really helped change my way of thinking, and I don't eat due to boredom anymore. I'm really happy with my results after only using it for a short time!

Emma



HOW DOES IT WORK?

Each sachet contains an ingredient called **glucomannan** which is a form of soluble fibre found naturally in fruit, vegetables and oats. In the stomach glucomannan turns into a gel and slows stomach emptying which means your healthy meal remains in the stomach for longer which can help you feel fuller and reduce snacking between meals.

Keeping you fuller for longer

Introducing **CONTROL X**

Formulated Supplementary Sports Food



FIRST BATCH
SOLD OUT
IN 1 WEEK!



Control X is a delicious drink that has been designed with glucomannan to help you feel fuller for longer.

REASONS TO LOVE **CONTROL X**



Feel fuller for longer*



Reduces hunger pangs^



Contains fibre



Only 6 cals per sachet



Vitamin & mineral blend



Delicious orange flavour



Contains no added sugar



4.8 rating
1500+ reviews



4.6 rating
2000+ reviews



4.7 rating
4000+ reviews

Visit www.healthymummy.com

THE HEALTHY MUMMY **PRODUCT RANGE**



THE HEALTHY MUMMY APP



SKINCARE



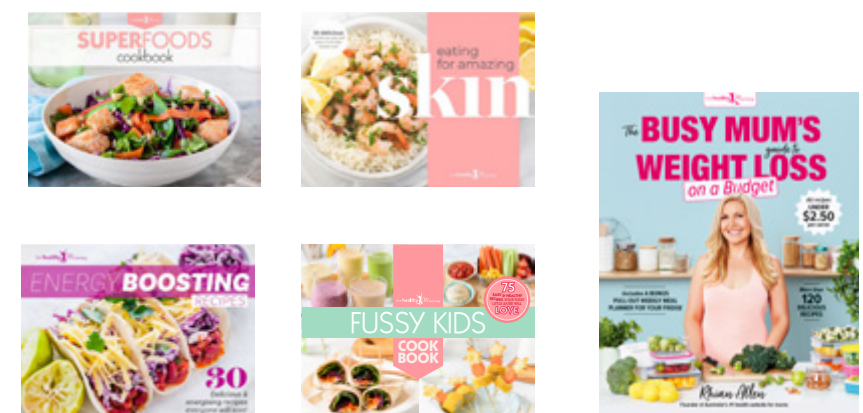
SMOOTHIES



SNACKS



SUPPLEMENTS



BOOKS

To purchase go to www.healthymummy.com



Hi everyone!

Thank you for reading our 11 Ways to Lose 5kg ebook.

We do hope the plans and inspiration in this book arm you with the tools you need to lose those five kilos, and trust that our 7 Day Meal Plan, our recipes and our Burn 200 calories Exercise Plan demonstrate how easy it can be once you get moving and make healthy food choices.

We do really encourage you to remember that looking after yourself is super-important. It will allow you to be physically and mentally stronger, more confident and set a great example for your whole family.

At The Healthy Mummy, we really are committed to helping all mums live the best possible healthy, fit and happy lives for themselves and their families.

If you have any questions regarding the book or our program, please be sure to contact support@thehealthymummy.com. We will do our utmost to answer your query.

Just get started!

Rhian x

& The Healthy Mummy Team