

# Immunity-Boosting

## COOKBOOK



  
**Over 30**  
tasty Immune-Boosting  
Recipes you and your  
family will LOVE!



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## WELCOME TO THE HEALTHY MUMMY IMMUNITY-BOOSTING EBOOK

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With the cooler weather upon us, extra time spent indoors, less physical activity and the increase in colds, flu and other bacteria can all have an effect on our immune systems. Together, they increase our chances of getting sick, make us feel lethargic and zap our energy.

Eating a diet loaded with healthy wholefoods can boost the immune system, helping us to fight off colds and flu before they strike or just keeping us feeling our best.

Choosing foods to boost your immunity is easy. Don't just think oranges and lemons: ensure your immune system is at its peak with lean protein like red meat and seafood; fresh vegetables including capsicums, mushrooms, spinach, kale, ginger, garlic and onions; nuts; spices like turmeric; and dairy including natural yoghurt and cheese.

In this cookbook, we've included some information on the immune system, including easy ways to boost it and which foods are best to include in your diet to help you feel at your optimum level. There's also a selection of our favourite, easy to prepare, immunity-boosting recipes that will keep you loaded up with nutrients, hydrated and bursting with energy for a strong immune system.

Remember that even when it's cold and miserable outside, try and stick to a regular exercise schedule: a short workout in the living room, a brisk walk rugged up with scarf and beanie or an extra-strenuous session with the vacuum cleaner will all help to keep your immune system boosted.

We hope you love the delicious meal ideas plus immunity-boosting tips we've included in this cookbook, to help you be healthier and more energised during the cool weather.

Rhian & The Healthy Mummy team  
[www.healthymummy.com](http://www.healthymummy.com)





## WHAT CONTRIBUTES TO A WEAK IMMUNE SYSTEM?

The immune system is a very complex system that is in constant regulation with hormones, external stressors, neurotransmitters, nutritional input and much more. If our immune systems are low in their function, this results in frequent infections, chronic conditions and even cancer.

The interaction between our lifestyle and our immune systems is significant. So what causes us to have lowered immunity?

### 1. GUT BACTERIA

When you were conceived, the health of your parents contributed to your gut health and immunity once you were born. We inherit gut bacteria in utero as well as during birth. If there are more “bad” bacteria than “good”, this increases your susceptibility to low immunity.

### 2. EARLY CHILDHOOD

If a baby is born prematurely, they're at a higher risk factor for lower immunity. Whether or not you were breastfed can also make a difference. Breastfed babies have more antibodies passed through their mother's milk. How many siblings you have also makes a difference – the more siblings, the poorer the immunity.

If children are permitted to play outside and get grubby in the dirt, this can also make their immune systems stronger and the bacteria more diverse.

### 3. STRESS

As adults, there are other things that can influence immunity. The main one is stress. Chronic low-grade stress will release hormones in our bodies that encourage inflammation, and use up nutrients faster in the stress response that we need to have handy for wound healing or attacking a virus.

### 4. DIET

Eating too many simple carbohydrates and sugar, as well as drinking too much alcohol, will negatively affect immune function. If someone doesn't eat enough protein, or is deficient in certain nutrients, they may have issues with fighting infections.





## HOW TO BOOST YOUR IMMUNITY

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Imagine the inside of your gut is a garden. It can be a beautiful cottage garden, full of diverse colourful flowers, the soil rich and productive, and lots of flourishing animals, making you feel wonderful. Or it can be overrun with weeds, with dry soil and the only creatures in it are cockroaches, making you feel sad and sick! Poor gut health can be the root cause of chronic low immunity.

We have a choice with what we feed our gut garden. If we feed it lots of sugars or processed foods, the weeds love it and will over take the lovely flowers, choking them until they dominate. The bad bacteria want to take over, so they send messages to our brains, causing cravings – but you can weed them out and fertilise the good plants.

The number one thing you can do to boost your immune system is remove the processed foods in your diet and replace with nutrient-dense real foods, bursting with antioxidants and beneficial bacteria.

Here are some other ways you can boost your immune system:

### 1. EAT FOODS HIGH IN VITAMIN C

Foods packed full of vitamin C and zinc are awesome for acute immune help. Think oranges, lemons, capsicum, ginger, black pepper, seafood and nuts.

### 2. CONSUME PREBIOTIC FOODS

Prebiotic foods help feed the good bacteria, so include raw onion, raw garlic, artichokes, and products that include inulin.

### 3. CONSUME PROBIOTIC FOODS

Probiotic foods help make our gut garden more diverse. A little bit every day can go a long way to varying our internal bacteria. Choose pot set yoghurt, kefir, kombucha, sauerkraut, kimchi and any other fermented foods or drinks.





#### 4. INCORPORATE HERBS INTO YOUR DIET

Herbs are bursting with properties that support and increase immunity. The easiest way to include them in your day is through teas, but herbal tonics or supplements are a fabulous option. The best herbs for immunity-boosting teas are echinacea, elder, green tea, reishi, turmeric, ginger and lemon myrtle.

Simple herbs to use in cooking include garlic, ginger, coriander, turmeric, parsley and chilli.

#### 5. SLEEP

Sleep is another thing we really need to increase our immunity. Our body needs to rest in order to heal and repair. Not getting adequate sleep is a major obstacle to healing.

#### 6. REDUCE STRESS

Learning to reduce stress is a big thing you can do to help support immunity. Psychological stress really affects our immune system, so explore ways you can manage this better. Do you need to adjust your work hours or ask for more help around the house? Find ways to make your life joyful instead of a tiring task.

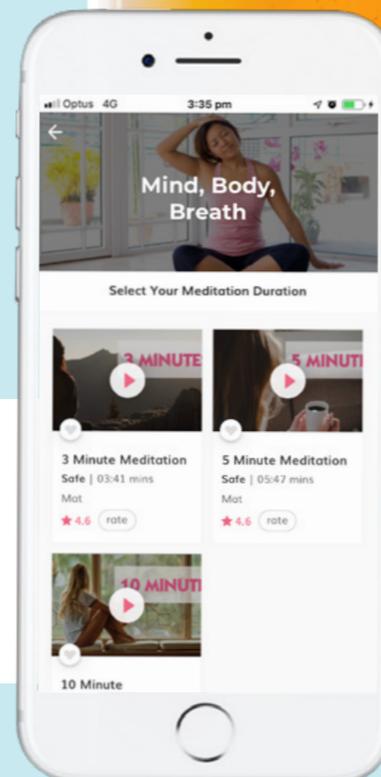
Practicing mindfulness and exercising regularly are other really simple but enormously impactful ways we can manage stress.

#### 7. MINIMISE TOXINS

Quitting smoking, reducing alcohol and cutting down on sugar intake are important things to do to “weed the garden”.

### TRY OUR AUDIO MEDITATIONS ON THE HEALTHY MUMMY APP

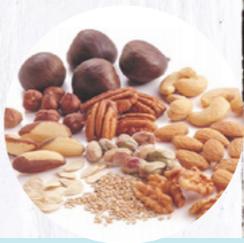
Try the audio meditations available in The Healthy Mummy App, for an easy way to take a few minutes out for yourself.





## FOODS THAT ENHANCE YOUR IMMUNE SYSTEM

All real, whole, non-processed foods can help to enhance our immune system, but some stand out as being extra good at this process. Here are our top 10 immune-boosting foods:



### BERRIES

- Blueberries, blackberries, raspberries – the darker and redder the better!

### CITRUS

- Lemon, lime, grapefruit and orange.

### PROTEIN

- Eggs and cheese.

### FERMENTED FOODS

- Kombucha, kefir, yoghurt, kimchi, tempeh, miso and sauerkraut.

### FRUITS

- Paw paw, papaya, mango, kiwifruit and pineapple.

### HERBS AND SPICES

- Garlic, ginger, turmeric, cayenne pepper, lemongrass and lemon myrtle.

### MEAT

- Red meat and turkey.

### NUTS AND SEEDS

- Brazil nuts, chia seeds, linseeds and walnuts.

### SEAFOOD

- Oysters, salmon, tuna and sardines.

### VEGETABLES

- Sweet potato, tomato, mushrooms, carrot, capsicum, kale, spinach, parsley and lettuce.

It all comes down to vitamins, minerals, enzymes, healthy fats and happy bacteria, and the above list covers all of these things in abundance.

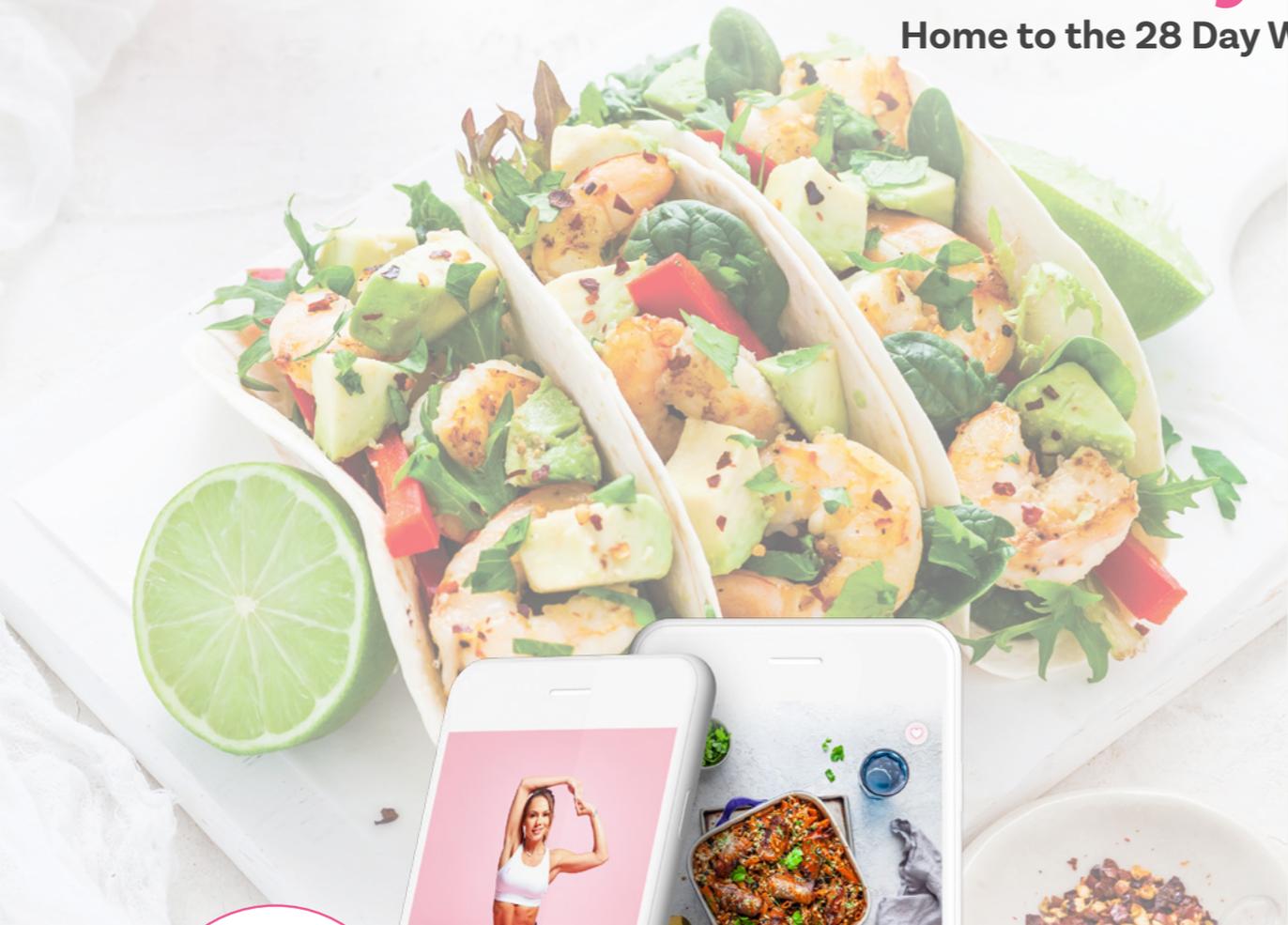
Whether it is because they can support an immune response if we are being attacked by a virus or bacteria, or because they are packed full of antioxidants that keep our cells fresh and healthy, they're all helpful. Some nutrients carry oxygen around the body, some are antibacterial, some keep inflammation at bay and others support the creation of new cells, especially in response to wounds or infections.

### NUTRIENTS SPECIFIC FOR IMMUNE HEALTH

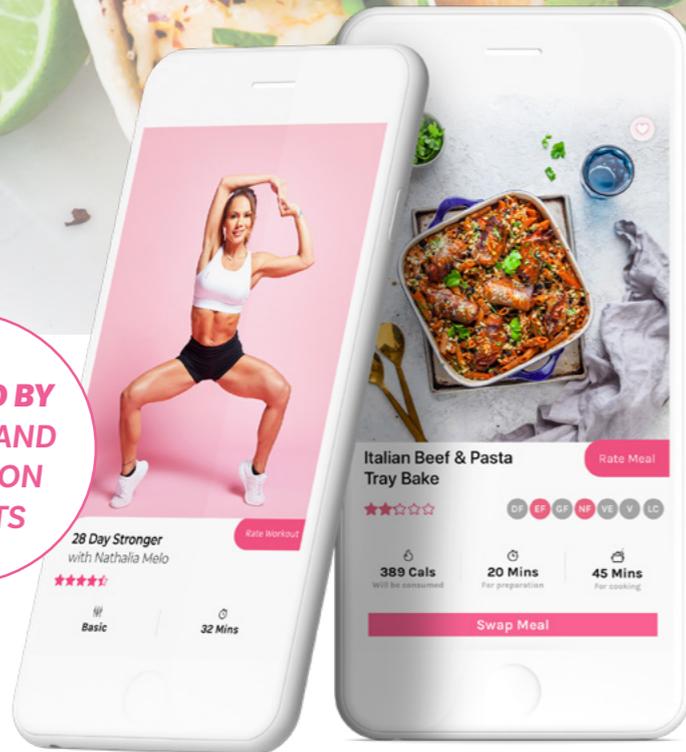
The nutrients that are really specific for immune health are vitamin A, vitamin C, vitamin D, the B vitamins, vitamin E, zinc, beta carotene, omega fatty acids, selenium, prebiotics, probiotics, bromelain, papain, flavonoids and iron.

# The Healthy Mummy App

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\*results may vary by person

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# breakfasts



## Orange & Passionfruit Parfait



■ Serves 1 ■ Prep time 5 mins ■ Cook time 12 mins

### Ingredients

1 orange  
3 wheat cereal biscuits, eg. Weetbix, crushed  
1/2 cup reduced-fat Greek natural yoghurt  
1 tbsp passionfruit pulp

### Method

Peel orange, removing excess pith. Chop into small cubes.

Layer a serving glass with some of the crushed wheat biscuits, yoghurt and orange. Repeat, layering with remaining wheat biscuits, yoghurt and orange.

Top with passionfruit pulp to serve.

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



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
304cal/ 1273KJ	16g	1g	0.3g	11.3g	49.5g	20.6g	1.5g

# Super Green Breakfast Pudding



■ Serves 1 ■ Prep time 25 mins

## Ingredients

- 2 stalks celery, chopped
- 1 Lebanese cucumber, chopped
- 1 small apple, chopped
- 1 cup kale
- 1 tbsp fresh ginger, grated
- 1 tbsp lemon juice
- 2 tbsp chia seeds
- 1 tsp pumpkin seeds (pepitas), roasted
- 2 tsp shredded coconut

## Method

In a blender, blitz celery, cucumber, apple, kale, ginger and lemon juice until well combined. If making more than one serve, blend in batches to fit in blender.

Spoon into a bowl and combine with chia seeds. Allow to sit for 25 minutes or overnight so the pudding can thicken.

Serve topped with pumpkin seeds and coconut.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
301cal/ 1268KJ	9.2g	15g	4.6g	17.2g	32g	16.7g	0.0g

# Orange & Almond Bircher Muesli



■ Serves 1 ■ Prep time 5 mins

## Ingredients

- 1/3 cup rolled oats
- 2½ tsp pumpkin seeds (pepitas), roasted
- 2 tsp flaked almonds
- 1 tsp raisins
- 1/4 tsp cinnamon
- 1/4 cup reduced-fat milk of choice
- 1/3 cup reduced-fat Greek natural yoghurt
- 1/2 orange, peeled

## Method

Combine oats, seeds, almonds, raisins, cinnamon and milk. Stir well and refrigerate for 30 mins to overnight.

When ready to eat, mix in half yoghurt. Top with orange slices and remaining yoghurt.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
345cal/ 1449KJ	13.8g	11.6g	3g	5.4g	43.1g	19.3g	0.0g

# French Toast with Sticky Citrus & Yoghurt



■ Serves 1 ■ Prep time 10 mins ■ Cook time 15 mins

## Ingredients

- 1 free-range egg
- 1 tbsp reduced-fat milk of choice
- 2 slices wholegrain or gluten-free bread of choice
- 1 tsp butter
- 1/2 orange
- 1/4 medium grapefruit
- 2 tsp Natvia
- 1/4 cup reduced-fat Greek natural yoghurt

## Method

In a shallow dish, beat egg and milk together until combined.  
Dip bread slices into egg mixture until well covered.

In a frypan, heat butter over medium-low heat. Cook soaked bread for 2-3 minutes each side, until golden brown.

While the French toast is cooking, preheat oven griller. Peel orange and grapefruit, slicing flesh into wedges.

On a lined baking tray, arrange fruit and sprinkle over Natvia. Place under griller and cook for 3-5 minutes, then turn and cook for another 2 minutes, until golden and sticky.

Serve French toast topped with sticky citrus and some yoghurt.



**IMMUNITY TIP:**  
Citrus fruits like oranges and grapefruits are loaded with vitamin C, which is key in helping the body fight off infections.

Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
338cal/ 1421KJ	16.7g	11.5g	5g	5.7g	38.2g	15.5g	0.0g

# Gingerbread Pancakes



■ Serves 4 ■ Prep time 5 mins ■ Cook time 5 mins

## Ingredients

- 1½ cups wholemeal self-raising flour
- 1 tsp ground ginger
- 1 tsp cinnamon
- 2 free-range eggs
- ½ cup reduced-fat milk of choice
- ½ cup maple syrup
- 2 tbsp butter, melted
- 1 small banana, sliced

## Method

In a bowl, stir together flour, ginger and cinnamon. Set aside.

In another bowl, beat together egg and milk, then stir in 4 tbsps of the maple syrup and 2 tbsp of melted butter. Add flour mixture and fold until just combined.

Heat a non-stick frypan over medium heat and pour in a quarter cup of batter for each pancake.

Cook on the first side until the batter is full of bubbles on the surface. Flip and cook the other side. Repeat until batter is used up.

Divide pancakes between 4 serving plates. Serve drizzled with remaining maple syrup and slices of banana.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
386cal/ 1615KJ	9.7g	12.4g	6.4g	6.6g	57.5g	26.5g	20.8g

# Pear & Ginger Breakfast Crumble



■ Serves 1 ■ Prep time 8 mins ■ Cook time 25 mins

## Ingredients

- 1 pear, cored and diced
- 1 tsp fresh ginger, grated
- 1 tsp maple syrup
- 1/4 cup rolled oats
- 1/2 tsp cinnamon
- 1 tsp coconut sugar
- 1 tsp butter
- 1 tbsp reduced-fat Greek natural yoghurt

## Method

Preheat oven to 180°C.

Combine pear with ginger and maple syrup. Place into an individual-sized baking dish or ramekin.

Combine oats with cinnamon and sugar. Rub in butter to form a crumble mix. Sprinkle over pear and place in the oven for 25 minutes until golden.

Serve with a dollop of yoghurt.



**IMMUNITY TIP:**  
Ginger is great to assist with boosting your immune system as it is anti-bacterial and anti-inflammatory.

Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
308cal/ 1292KJ	4g	6.5g	3g	7g	56g	32g	9g

# Tuna, Corn & Avocado Quesadillas



■ Serves 1 ■ Prep time 5 mins ■ Cook time 10 mins

## Ingredients

- 1 wholemeal tortilla
- 1/4 medium avocado
- 1/4 tsp chilli powder
- 1/4 cup corn kernels, fresh or tinned
- 45g tinned tuna in water
- 1 tbsp reduced-fat cheddar cheese
- 1/2 tomato, diced

## Method

Heat a frypan over medium heat.

Spread one side of tortilla with avocado and sprinkle over chilli.

Top with corn, tuna and cheese then fold in half to enclose.

Toast in the hot frypan for 1-2 minutes each side until cheese melts.

Cut into four triangles and serve with diced tomato.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
329cal/ 1377KJ	21.7g	14.9g	5.2g	5.7g	23g	3g	0.0g

# Immunity-Boosting Chicken Breakfast Broth



■ Serves 1 ■ Prep time 5 mins ■ Cook time 5 mins

## Ingredients

- 30g wide rice noodles
- 2 cups liquid chicken stock, salt-reduced
- 1 tbsp fresh ginger, peeled and sliced
- 1 clove garlic, peeled and sliced
- 1 spring onion, sliced
- 1/4 cup fresh parsley, chopped

## Method

Cook noodles according to packet directions. Place in a serving bowl.

Place chicken stock in a saucepan over medium-high heat. Bring to the boil then reduce to a simmer and add sliced ginger, garlic and spring onion.

Simmer for 1-2 minutes, pour over noodles and garnish with fresh parsley to serve.



**IMMUNITY TIP:**  
Soups are great to consume to boost immunity as they are very hydrating, particularly with the addition of garlic.

Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
272cal/ 1141KJ	4.7g	4g	1.4g	5.9g	51.3g	5.7g	0.0g

# Tofu Scramble



■ Serves 1 ■ Prep time 15 mins ■ Cook time 10 mins

## Ingredients

- 100g firm tofu
- 1/4 tsp extra virgin olive oil
- 1/2 clove garlic, minced
- 1/4 tsp ground turmeric
- 1/2 tsp dried Italian herbs
- 1/2 tomato, diced
- 1/2 cup mushrooms, sliced
- 1 cup baby spinach
- salt
- pepper
- 1/4 tsp dried chilli flakes
- 1/2 tsp lemon juice
- 1 slice wholegrain or gluten-free bread of choice

## Method

Pat tofu dry and wrap up in a clean, absorbent towel with something heavy on top, such as a dinner plate, for 15 minutes to dry out.

While tofu is drying, bring a frypan to medium heat. Add olive oil and garlic, sautéing for 2 minutes. Crumble tofu and add it to pan.

Season with turmeric and Italian herbs, cooking for 2-3 minutes. Add tomato and mushrooms, cooking for a further 3 minutes, until tomatoes have softened. Add spinach and stir through until wilted. Season with a pinch each salt and pepper, chilli flakes if desired and a squeeze of lemon juice.

Toast bread and serve tofu scramble on top.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
290cal/ 1213KJ	18.7g	10.3g	1.7g	11.2g	24.9g	2.5g	0.0g

# Bubble & Squeak Capsicums



■ Serves 1 ■ Prep time 5 mins ■ Cook time 35 mins

## Ingredients

- 1/2 cup frozen peas
- 1/2 medium potato, peeled and chopped
- 1/2 medium carrot, diced
- 1/2 red capsicum
- 1/4 cup broccoli, finely chopped
- cooking oil spray
- 1/2 cup baby spinach
- 1/2 tomato, diced
- 1 tsp extra virgin olive oil
- 2 tsp lemon juice

## Method

Preheat oven to 180°C.

On stovetop or in microwave, steam potatoes until tender, approximately 10 minutes. Add carrot in the final 3 minutes of cooking, until tender. Slice capsicum into 2-3 thick rings per serve.

Mash potato and combine with frozen peas, carrot and broccoli.

On a lined baking tray, fill capsicum rings with potato mixture. Spray lightly with cooking oil and bake for 25 minutes until golden and capsicum rings are tender.

Combine baby spinach with tomato. Dress with olive oil and lemon juice, and serve as a side salad with the capsicum rings once ready.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
294cal/ 1234KJ	13g	5.5g	1g	13g	41g	7g	0.0g

# Transform your body like these amazing mums



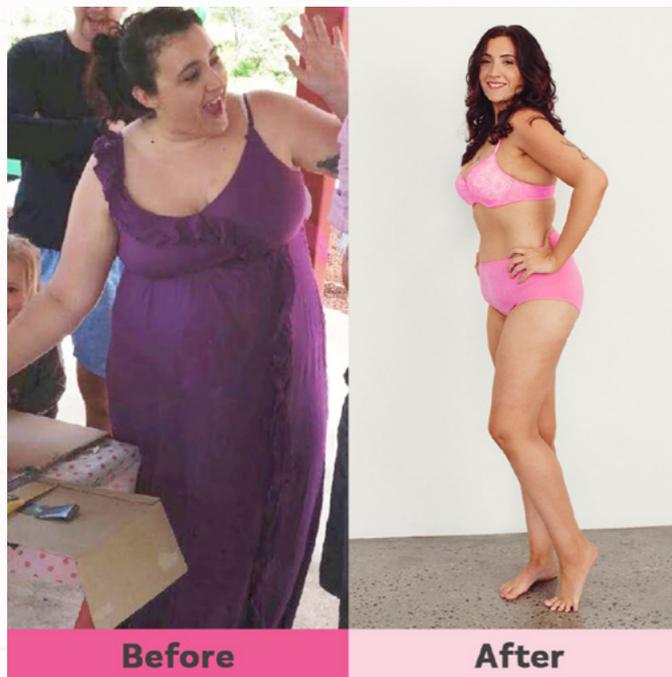
## Heidi has lost 70kg

When Heidi found The Healthy Mummy she weighed 135kg. "I started with the smoothies for breakfast and lunch, then used all the free recipes for snacks and dinners," she says. "I also started walking twice a day. In the first week I lost six kilos and I was feeling absolutely amazing. After that I joined the 28 Day Challenge and found a love for healthy food that I had never eaten before. Over the next year I lost just over 65 kilos and completely changed my life from a life I didn't want to be in to a life I LOVE being in."



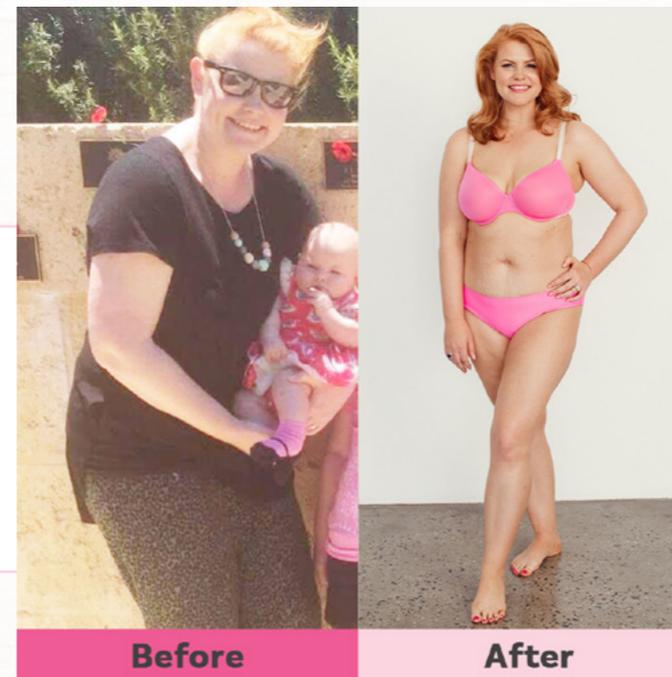
## Nicole has lost 60kg

Nicole has lost 60kg with the Healthy Mummy 28 Day Weight Loss Challenges. "The Healthy Mummy is more than just a weight-loss program, it's a lifestyle," she explains. "My mental health is fantastic, my marriage is back on track and better than ever, and I have a real smile now. My kids are also happy and best of all we are happy together, being active and healthy. I owe The Healthy Mummy my life. Thank you."



## Melanie has lost 67kg

Melanie started her weight-loss journey at The Healthy Mummy shortly after her difficult marriage ended. At the time she weighed 135kg and was suffering several severe health issues including one that made her lose consciousness up to 10 times per day! Since shedding half her body weight she now only loses consciousness once every couple of months. Melanie says that this change is huge for her.



## Cindy has lost 25kg

Cindy, 37, has lost a significant amount of weight (twice!) with the Healthy Mummy 28 Day Weight Loss Challenges. Cindy credits the mums in The Healthy Mummy Private Support Group on Facebook for inspiring her to get back on track whenever she has hit road bumps in her weight-loss journey. "I now live a life where food is not the enemy and exercise is fun," she reveals.

# 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!

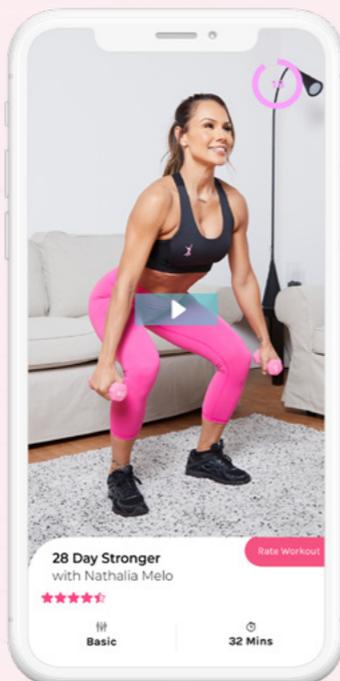
We've been there: we're time-poor, budget-conscious and need to feed the family. That's why we've designed a realistic and achievable program to create LIFELONG CHANGE for you and your family.

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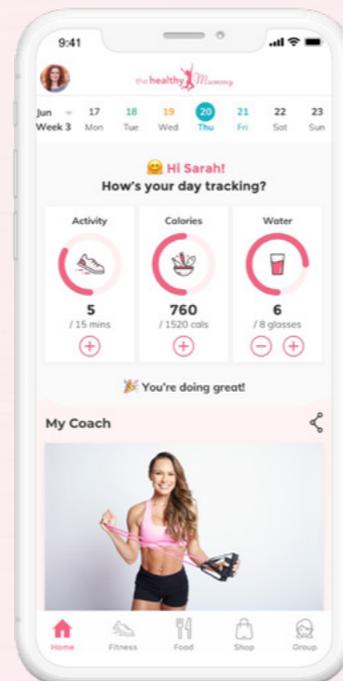
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# lunches



# Carrot, Orange & Ginger Soup



■ Serves 1 ■ Prep time 5 mins ■ Cook time 20 mins

## Ingredients

- 2 medium carrots, chopped
- 1/2 small sweet potato, peeled and chopped
- 1 tsp orange zest
- 1/2 tsp fresh ginger, finely chopped
- 1 cup liquid vegetable stock, salt-reduced
- 1/4 cup fresh orange juice
- 2 tsp fresh coriander, chopped
- 1 tbsp reduced-fat Greek natural yoghurt
- 1/2 wholegrain roll

## Method

In a medium saucepan, place carrot, sweet potato, orange zest and ginger with stock and juice over a medium heat. Bring to the boil then reduce to a simmer for 15-20 minutes, until veggies are tender.

Use a stick or benchtop blender to blitz soup until smooth.  
Return to saucepan to reheat if required.

Pour into a serving bowl and garnish with yoghurt and coriander.  
Serve with half a bread roll.

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



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
304cal/ 1272KJ	10.8g	1.9g	0.4g	8g	56g	21g	5.0g

# Chicken & Bok Choy Noodle Soup



■ Serves 1 ■ Prep time 5 mins ■ Cook time 10 mins

## Ingredients

cooking oil spray  
1/4 brown onion, diced  
2 tsp red curry paste  
1/4 cup mushrooms, sliced  
100g chicken breast fillets  
1/2 cup liquid chicken stock, salt-reduced  
1/2 cup water  
40g udon noodles  
1/2 medium carrot, finely sliced  
1/3 cup snow peas, trimmed  
1/2 small head of bok choy  
1 tsp lime juice

## Method

Spray a saucepan with cooking oil. Place over a medium heat and sauté onions until soft. Add curry paste, cooking until fragrant.

Add mushrooms and cook for a further minute. Add chicken, stock and water. Bring to the boil, then reduce heat and allow to simmer until chicken is cooked through.

Use a slotted spoon to remove chicken and set aside on a plate. With a fork, shred chicken roughly.

Cook noodles per packet directions.

Add carrot, snow peas and bok choy to broth. Cook for 2-3 minutes, until vegetables are just tender. Add lime juice.

In a serving bowl, place noodles and shredded chicken. Top with vegetable broth to serve.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
353cal/ 1477KJ	30.7g	10.4g	4.2g	9.1g	28.8g	5.2g	0.0g

# Lentil, Corn & Capsicum Salad



■ Serves 1 ■ Prep time 5 mins

## Ingredients

- 200g tinned brown lentils
- 1/2 cup corn kernels, fresh or tinned
- 1/4 red capsicum, finely diced
- 1/4 cup fresh basil leaves, chopped
- 1/2 cup kale leaves, shredded
- 1 tbsp Brazil nuts, finely chopped
- 1 tsp extra virgin olive oil
- 1 tsp lemon juice

## Method

Rinse and drain lentils. Combine with all other ingredients to serve.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
296cal/ 1244KJ	12g	14g	2.5g	9.5g	25.7g	5.7g	0.0g

# Chicken & Broccoli Quinoa Salad with Lemon Yoghurt



■ Serves 1 ■ Prep time 5 mins ■ Cook time 15 mins

## Ingredients

- 1/4 cup quinoa, uncooked, rinsed
- cooking oil spray
- 80g chicken breast fillets
- salt
- pepper
- 1/2 cup broccoli, finely sliced
- 1 cup rocket lettuce
- 1 tbsp reduced-fat Greek natural yoghurt
- 2 tsp lemon zest
- 1 tbsp lemon juice
- 1 tbsp fresh parsley, chopped

## Method

Cook quinoa according to packet directions.

Lightly spray a frypan with cooking oil and heat over medium-high heat. Season chicken with salt and pepper and add to pan. Cook for 3-4 minutes each side, until cooked through. Remove from pan to rest, allow to cool, then slice.

Combine broccoli, rocket, cooled quinoa and chicken, tossing together well. Form a dressing by mixing yoghurt, lemon zest, lemon juice and parsley.

Drizzle salad with dressing. Toss to combine and serve.



**IMMUNITY TIP:**  
Yoghurt is a probiotic that provides our body with good bacteria to assist in boosting immunity.

Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
345cal/ 1443KJ	32g	10g	2g	7g	32g	4g	0.0g

# Kale Caesar Salad



■ Serves 1 ■ Prep time 5 mins ■ Cook time 5 mins

## Ingredients

- 2 bacon rashers, lean and trimmed
- 1 free-range egg
- 1 cup kale leaves
- 1 tbsp grated parmesan
- 1 tsp Caesar dressing, store-bought

## Method

Trim and slice bacon. Heat a non-stick frypan over medium-high heat and cook bacon pieces until golden. Drain on paper towel.

While bacon is cooking, boil a saucepan of water and hard-boil egg to your liking. When ready, allow to cool then peel and slice.

Top shredded kale leaves with egg slices and bacon pieces. Sprinkle over parmesan and drizzle with dressing to serve.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
311cal/ 1300KJ	31g	19g	6g	5g	2g	0.5g	0.0g

# Spiced Lamb & Kimchi Wraps



■ Serves 1 ■ Prep time 10 mins ■ Cook time 6 mins

## Ingredients

- 1 tbsp reduced-fat Greek natural yoghurt
- 1/2 tsp lemon juice
- 1/2 clove garlic, peeled and chopped
- 1 tsp fresh ginger, minced
- 2 tsp fresh coriander, chopped
- 1/2 tsp garam masala
- 1/4 tsp ground cumin
- 1/4 tsp ground coriander
- 1/8 tsp dried fennel seeds, ground
- 1/8 tsp chilli powder
- 80g lean lamb mince
- 1 tsp extra virgin olive oil
- 1/2 cup baby spinach
- 1/2 cup kimchi
- 2 small corn tortillas

## Method

In a food processor, blend yoghurt, lemon juice, garlic, ginger, fresh coriander and all the dried spices until smooth. Pour into a bowl and stir in lamb mince. Mix well and leave to marinate in the fridge for as long as possible, preferably overnight.

When ready to serve, heat a frypan over medium-high heat and add olive oil. Add marinated lamb mince and cook for 5-6 minutes, until cooked through, breaking up any lumps with a wooden spoon.

Divide baby spinach, kimchi and lamb mince evenly between corn tortillas, wrap and serve.



**IMMUNITY TIP:**  
Kimchi is a fermented food which contains good bacteria, as well as vitamins A and C, all of which are good for boosting immunity.

Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
317cal/ 1327KJ	23.1g	17.2g	6.8g	2.1g	17g	2.4g	0.0g

# Roast Beef Wrap with Chimichurri Salsa



■ Serves 1 ■ Prep time 10 mins

## Ingredients

- 1/2 cup fresh parsley, chopped
- 1/8 red onion, finely diced
- 1/4 Lebanese cucumber, diced
- 1/2 clove garlic, minced
- 2 tsp lemon juice
- 1/2 tsp extra virgin olive oil
- 1 wholemeal tortilla
- 50g roast beef, shaved luncheon meat

## Method

Combine parsley, onion, cucumber, garlic, lemon juice and oil. Stir to combine well and set aside for a few minutes to allow flavours to combine.

When ready to serve, top tortilla with roast beef and spoon over chimichurri salsa. Wrap tortilla per packet directions and serve.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
264cal/ 1110KJ	17.4g	8.6g	1.5g	4.7g	26.5g	4.1g	0.0g

# Sweet Potato Nachos



■ Serves 1 ■ Prep time 5 mins ■ Cook time 25 mins

## Ingredients

- 150g lean beef mince
- 1/4 tsp ground cumin
- salt
- 2 tbsp tomato passata
- 1/2 small sweet potato
- cooking oil spray
- 1/2 tomato, finely diced
- 1/4 red onion, finely diced
- 1/4 medium avocado, mashed

## Method

Preheat oven to 180°C. Line a baking tray with baking paper.

In a saucepan over medium heat, brown mince. Sprinkle with cumin and a pinch of salt. Add tomato passata, stirring to combine well. Simmer for 3-5 minutes.

With a potato peeler, thinly slice sweet potato. Place on prepared tray and spray with cooking oil. Bake in oven for 20-25 minutes, until golden brown.

Combine tomato, red onion and avocado.

On a serving plate, top sweet potato chips with mince and mashed avocado to serve.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
374cal/ 1573KJ	33.9g	17.3g	5.8g	4g	18.9g	9.5g	0.0g

# Mushroom & Kale Risotto



■ Serves 1 ■ Prep time 10 mins ■ Cook time 30 mins

## Ingredients

- 1 cup liquid chicken stock, salt-reduced
- 1 tsp extra virgin olive oil
- 1/4 brown onion, finely diced
- 1/2 cup mushrooms, sliced
- 1/4 cup Arborio risotto rice, uncooked
- 1/2 clove garlic, minced
- 1 1/2 tbsp cooking white wine
- 1 cup kale leaves, chopped
- 1 tbsp grated parmesan

## Method

In a saucepan or microwave, heat stock until warmed through.

In a saucepan, heat oil over medium-high heat. Add onion and mushrooms, cooking for 3-4 minutes until tender.

Add rice and garlic, stirring to coat well with oil.

Add white wine and stir until absorbed. Add stock a little at a time, stirring through after each addition. Add more stock when previous addition has been absorbed. Continue until all stock has been added and rice is tender and creamy.

Stir through chopped kale to wilt just before rice is ready.

Serve topped with grated parmesan.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
343cal/ 1440KJ	15g	9g	3g	7g	46g	3g	0.0g

# Miso Turkey Patties with Salad



■ Serves 1 ■ Prep time 10 mins ■ Cook time 20 mins

## Ingredients

- 80g lean turkey mince
- 1 tbsp miso paste
- 1/4 small zucchini, grated
- 1 tsp LSA (linseed, sunflower and almond meal)
- 1 cup mixed lettuce leaves
- 1/2 tomato, sliced
- 1/4 Lebanese cucumber, sliced
- 1 tsp sunflower seeds
- 1 tsp extra virgin olive oil
- 1 tsp lemon juice

## Method

Preheat oven to 200°C and line a tray with baking paper.

Combine turkey mince, miso paste, zucchini and LSA until well combined. Form into three small patties per serve.

Place patties on prepared tray and bake for 15-20 minutes, until cooked through.

Toss lettuce, tomato, cucumber, sunflower seeds, oil and lemon juice together to form a salad.

Serve turkey patties with salad on the side.



### IMMUNITY TIP:

The probiotics found in miso paste help to strengthen your gut flora, boosting immunity and reducing the growth of harmful bacteria.

Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
338cal/ 1418KJ	22g	23g	5g	7g	11g	5.5g	0.0g

# dinners



# Chicken Fajitas



■ Serves 1 ■ Prep time 70 mins ■ Cook time 10 mins

## Ingredients

- 100g chicken breast fillets
- 1 tsp lemon juice
- 1/4 tsp dried oregano
- 1 tsp extra virgin olive oil
- cooking oil spray
- 1/4 red capsicum, sliced
- 1/4 green capsicum, sliced
- 1 spring onion, sliced
- 1 wholemeal tortilla
- 1 tbsp reduced-fat Greek natural yoghurt
- 1/4 medium avocado, mashed
- 1/2 tomato, chopped

## Method

Slice chicken into strips. Whisk together lemon juice, oregano and extra virgin olive oil. Place in a zip-lock bag with chicken strips and refrigerate for 1 hour.

Lightly spray a non-stick frypan with cooking oil over a medium heat. Add chicken and cook for about 3-4 minutes before adding red and green capsicum and spring onion. Cook until vegetables are soft and chicken is cooked through.

Serve tortilla topped with chicken and veggie mix, a dollop of yoghurt, a dollop of mashed avocado and tomato pieces. Wrap and enjoy.

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



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
399cal/ 1671KJ	32g	18g	3.8g	4g	25g	5.5g	0.0g

# Lentil Bolognese



■ Serves 1 ■ Prep time 7 mins ■ Cook time 25 mins

## Ingredients

- 1/8 brown onion
- 1 stalk celery
- 1 medium carrot
- 1/4 tsp extra virgin olive oil
- 1/2 clove garlic, crushed
- 100g tinned brown lentils, rinsed and drained
- 100g tinned tomatoes
- 1/4 tsp dried oregano
- 1/2 cup liquid vegetable stock, salt reduced
- 1 cup baby spinach
- 50g wholemeal spaghetti
- 1 tsp grated parmesan

## Method

In a food processor, process onion, celery and carrot on high until finely chopped. In a frypan over a medium heat, add oil, onion, carrot and celery. Cook until vegetables start to soften.

Add garlic, lentils, tomatoes, oregano and stock. Cover and simmer for 15 minutes. Add spinach in the last 2 minutes of cooking and allow to wilt. While bolognese sauce is simmering, cook spaghetti per packet instructions.

Serve sauce on top of spaghetti with a sprinkle of parmesan.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
379cal/ 1656KJ	19.6g	5.5g	1.5g	16.8g	56.5g	9.1g	0.0g

# Mushroom, Kale & Pine Nut Pasta



■ Serves 1 ■ Prep time 8 mins ■ Cook time 15 mins

## Ingredients

- 50g wholemeal pasta, any shape
- 1 tsp butter
- 1/8 brown onion, diced
- 1 clove garlic, crushed
- 1 cup mushrooms, sliced
- salt
- pepper
- 1 cup kale leaves, chopped
- 1/2 tomato, chopped
- 1/4 cup liquid vegetable stock, salt-reduced
- 1 tbsp pine nuts

## Method

Cook pasta according to packet directions.

Heat a frypan over medium-high heat and melt butter. Add onion, garlic and mushrooms and stir to combine, cooking for 2-3 minutes, until onion is translucent and mushrooms are soft. Season with salt and pepper.

Add kale, tomato and stock. Stir to combine and cook for another 1-2 minutes, until kale has wilted.

Stir prepared pasta through sauce and top with pine nuts to serve.



**IMMUNITY TIP:**  
Mushrooms are high in immune-boosting vitamins and minerals, as well as antioxidants, which help to fight free radical damage.

Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
366cal/ 1536KJ	16g	16g	3.5g	14g	33g	4.5g	0.0g

# Lamb Burger with Minted Yoghurt



■ Serves 1 ■ Prep time 10 mins ■ Cook time 10 mins

## Ingredients

- 100g lean lamb mince
- 1/2 tsp extra virgin olive oil
- salt
- 1 tbsp fresh parsley, chopped
- 1/4 brown onion, diced
- 1/2 tsp dried rosemary
- cooking oil spray
- 1 tbsp mint leaves, chopped
- 2 tbsp reduced-fat Greek natural yoghurt
- 1 tsp lemon juice
- pepper
- 1/2 tomato
- 1/2 cup rocket lettuce
- 1 wholegrain roll

## Method

In a bowl, combine mince, olive oil, a pinch of salt, chopped parsley leaves, diced onion and dried rosemary. Form into one patty per serve and set aside to rest for a few minutes.

Heat a non-stick frypan over medium-high heat and spray with oil. Cook patty for 4-5 minutes each side, until cooked through. Chop mint leaves and combine with yoghurt, lemon juice and cracked pepper.

Halve roll and top with lamb patty, sliced tomato, rocket leaves and a drizzle of yoghurt dressing to serve.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
360cal/ 1510KJ	29g	12g	4g	5g	30g	7g	0.0g

# Ginger Poached Chicken



■ Serves 1 ■ Prep time 5 mins ■ Cook time 10 mins

## Ingredients

- 1 cup liquid chicken stock, salt-reduced
- 1/2 tsp fresh ginger, thinly sliced
- 100g chicken breast fillets
- 1/4 head bok choy
- 1/4 tsp dried chilli flakes
- 100g soba noodles
- 1 tsp hoisin sauce
- 1 tbsp fresh coriander, chopped

## Method

In a saucepan, combine stock with ginger. Place over medium heat and bring to the boil.

Reduce heat to a simmer and add chicken breast. Gently poach, flipping halfway, for 8 minutes, until cooked through. Using a slotted spoon, remove chicken from stock and set aside.

Add bok choy and chilli flakes to stock. Cook until almost tender, around 1 minute. Add noodles and cook for 1-2 minutes.

Use slotted spoon to remove noodles and bok choy from stock and place in a serving bowl. Slice chicken and place on top of noodles. Drizzle with hoisin sauce and sprinkle over coriander to serve.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
272cal/ 1137KJ	30g	3.5g	0.8g	7.2g	25.7g	1.1g	0.2g

# Lemongrass, Chilli & Ginger Chicken



■ Serves 1 ■ Prep time 35 mins ■ Cook time 20 mins

## Ingredients

- 180g chicken thigh fillets
- 1/2 brown onion
- 1 tsp fresh lemongrass, diced
- 1/2 small red chilli
- 1 tsp fresh ginger, minced
- 1 clove garlic
- cooking oil spray
- 1/4 cup quinoa, uncooked
- 1 tbsp reduced-fat Greek natural yoghurt
- 1 tsp mint leaves, finely chopped
- salt
- pepper
- 1 cup rocket lettuce
- 1/4 red capsicum, sliced
- 1 tsp lemon juice

## Method

Cut chicken into cubes. In a food processor, blitz onion, lemongrass, chilli, ginger and garlic until a paste is formed.

Coat chicken pieces in paste and cover. Allow to marinate for 30 minutes.

Preheat oven to 200°C. On a lined baking tray, spread marinated chicken into a single layer and spray with cooking oil. Bake for 20 minutes until golden and cooked through, turning once.

While chicken is cooking, rinse quinoa and prepare according to packet directions. Combine yoghurt with mint and season with salt and pepper.

When quinoa is ready, toss with rocket, capsicum and lemon juice. Top with chicken pieces and mint yoghurt to serve.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
374cal/ 1571KJ	41.5g	15g	4.5g	3g	17.5g	5g	0.0g

# Almond, Lamb & Pumpkin Couscous



■ Serves 1 ■ Prep time 10 mins ■ Cook time 15 mins

## Ingredients

- 1 cup pumpkin, chopped
- 1 tomato
- 1/4 tsp ground coriander
- 1/4 tsp ground cumin
- 2 tbsp couscous, uncooked
- 2 tbsp liquid chicken stock, salt-reduced
- 2 tsp flaked almonds
- 3 tbsp fresh parsley, chopped
- 1 tbsp sultanas
- salt
- pepper
- cooking oil spray
- 100g lean lamb steak
- 2 tbsp reduced-fat Greek natural yoghurt

## Method

Peel and chop pumpkin, then steam until tender. Dice tomato.

Stir ground coriander and cumin through couscous. Bring chicken stock to the boil and pour over spiced couscous. Cover and stand for 5 minutes.

Remove cover, then fluff with a fork to separate grains.

Add steamed pumpkin, tomato, almonds, parsley and sultanas to couscous. Toss well to combine and season with salt and pepper.

Spray a grill plate with oil and heat. Grill lamb for 2-3 minutes each side, or to your liking. Rest for 5 minutes before slicing diagonally.

To serve, top couscous with lamb and yoghurt.



**IMMUNITY TIP:**  
Nuts, like the almonds used in this recipe, are full nutrients such as the mineral zinc, which really helps the immune system.

Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
445cal/ 1871KJ	39g	13g	4g	5g	41g	17g	0.0g

# Stir-Fried Black Pepper Beef with Bok Choy & Capsicum



■ Serves 1 ■ Prep time 30 mins ■ Cook time 30 mins

## Ingredients

- 150g lean beef pepper
- 1/4 cup brown rice, uncooked
- 1 tsp extra virgin olive oil
- 1/2 red capsicum, sliced
- 1/4 brown onion, sliced
- 1 small head of bok choy, sliced
- 1/4 cup liquid beef stock, salt-reduced

## Method

Thinly slice beef and season well with pepper. Leave to marinate for 30 minutes.

Prepare rice according to packet directions.

Heat oil in a frypan or wok over medium-high heat. Add beef strips and stir-fry for 1-2 minutes until meat is browned. Add capsicum and onion, cook for a few minutes to soften, then add bok choy.

Add stock and stir-fry for a minute or two until bok choy is soft.

Serve on top of prepared rice.



**IMMUNITY TIP:**  
Vitamin C, folate and potassium are often found in red, orange and yellow fruits and vegetables like capsicums.

Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
468cal/ 1967KJ	38.5g	13g	4g	4g	45.5g	6g	0.0g

# Slow-Roasted Lamb, Grape & Couscous Salad



■ Serves 6 ■ Prep time 10 mins ■ Cook time 240 mins

## Ingredients

1 tbsp extra virgin olive oil  
1 tbsp red wine vinegar  
1kg lamb shoulder, trimmed  
1 clove garlic, thinly sliced  
1 red onion  
2 cups red grapes, seedless  
1 cup couscous, uncooked  
4 cups rocket lettuce

## Method

Preheat oven to 140°C.

In a bowl, combine oil and vinegar. Use a small sharp knife to make cuts all over lamb. Place 1 sliver of garlic in each cut.

In a deep roasting pan, drizzle lamb with half the vinegar mixture. Cook in oven for 3½-4 hours, until meat is very tender and you can pull it apart with two forks. In the last 20 minutes of cooking, slice onion into thin wedges and add to pan with half the grapes.

When cooked, transfer lamb to a plate and cover with foil. Set aside for 10 minutes to rest. Use forks to shred lamb.

Meanwhile, prepare couscous per packet directions.

Slice the remaining grapes in half and place in a bowl. Add couscous, rocket, lamb and cooked onion/grape mixture. Stir to combine.

Drizzle with remaining vinegar and oil mixture and toss to coat. Divide evenly among 6 bowls to serve.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
415cal/ 1735KJ	34.5g	18.4g	6.5g	2.8g	26.1g	5g	0.0g

# Vietnamese Beef Pho



■ Serves 1 ■ Prep time 10 mins ■ Cook time 20 mins

## Ingredients

- 60g wide rice noodles
- 2 cups liquid beef stock, salt-reduced
- 1 tsp star anise
- 1 tsp fresh ginger, sliced
- 1 tbsp pineapple, fresh or tinned, chopped
- 1/2 brown onion, peeled
- 1 whole clove
- 1 stalk fresh lemongrass, pounded
- 1 clove garlic, peeled
- 1 tbsp goji berries
- pepper
- 1 tsp fish sauce
- 100g beef fillet
- 1/4 head bok choy, chopped
- 1/2 cup bean sprouts
- 1 spring onion, thinly sliced
- 1 tbsp fresh coriander
- 1 tbsp mint leaves
- 1 tsp small red chilli, sliced

## Method

Soak noodles in boiling water per pack instructions, then drain and set aside.

In a pot, bring stock, star anise, ginger, pineapple, onion, clove, lemongrass, garlic, goji berries and a pinch of pepper to the boil. Simmer covered for 20 minutes.

Remove from heat, stir through fish sauce, strain stock and discard aromatics. Bring stock back to a simmer.

Thinly slice beef and add to stock, removing from heat.

In a soup bowl, top noodles with bok choy, sprouts, spring onion, coriander, mint and chilli. Pour over hot stock and beef to serve.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
392cal/ 1646KJ	40.1g	8.6g	2.9g	5.4g	38.7g	59.9g	0.0g

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# smoothies



## Berry & Seed Smoothie



■ Serves 1 ■ Prep time 5 mins

### Ingredients

**2 tbsp Healthy Mummy Strawberry Smoothie Mix**

1/4 cup mixed berries, fresh or frozen

1/2 small banana

2 tsp chia seeds

2 tsp flaxseeds

1/2 cup coconut water

1/2 cup water

### Method

In a blender, process all ingredients until smooth.

Pour into a glass and enjoy.

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



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
203cal/ 854KJ	11.5g	6.9g	0.8g	9.9g	23.4g	15.5g	0.0g

# Mango Lassi Smoothie



■ Serves 1 ■ Prep time 5 mins

## Ingredients

**2 tbsp Healthy Mummy Vanilla Smoothie Mix**

1 cup reduced-fat Greek natural yoghurt

½ cup mango, fresh or frozen

2 tbsp freshly squeezed orange juice

½ tsp fresh ginger, grated

## Method

In a blender, process all ingredients until smooth.

Pour into a glass and enjoy.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
317cal/ 1331KJ	31g	2.5g	0.2g	9.8g	36.3g	34g	0.4g

# Turmeric Smoothie



■ Serves 1 ■ Prep time 5 mins

## Ingredients

- 2 tbsp Healthy Mummy Vanilla Smoothie Mix
- 1 tsp ground turmeric
- ¼ tsp pepper
- 2 tsp honey
- ½ tsp cinnamon
- 1 cup reduced-fat milk of choice

## Method

In a blender, process all ingredients until smooth.

Pour into a glass and enjoy.



Energy	Protein	Fat	Sat Fat	Fibre	Carbs	Sugar	Free Sugar
260 cal/ 1094KJ	23.9g	5.3g	2.3g	7.2g	28.9g	25.9g	11.7g



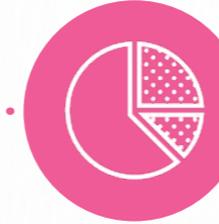
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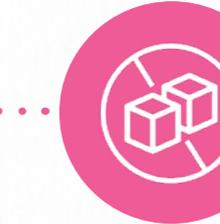
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