



# BELLY & BOOTY BLASTER

RECIPE &  
EXERCISE  
PACK



Welcome to The Healthy Mummy, we are so excited to have you join us!

Besides looking great in bikinis and skirts, the belly and booty are super important for body function and fitness. While working these areas will help you to tone and tighten, the belly and booty are also crucial for everything you do in daily life.

Strengthening the inner core (belly) and glutes (booty) will help you to perform your daily activities, improve posture and help to pull in your waist.

The belly and booty areas can often be a cause for concern for many mums, and not just immediately after giving birth. Our busy lives and the stress of being a mum can sometimes make it harder for us to focus on reducing fat from and strengthening these areas. Annoyingly belly fat in particular is harder to lose than any other area of fat. Patience is a virtue as losing weight from and toning these key areas takes time and effort and doesn't happen overnight.

This is where the 28 Day Weight Loss Challenge can help. It's loaded with delicious meals created by our fabulous team of nutritionists that are easy to prepare, family friendly and will fuel your body to blast that belly and boost your booty!

Plus we are so excited to be launching our NEW Belly & Booty Busting workout program! Led by our amazing fitness trainer Wendy Smith, the new workout program focuses specifically on the belly and booty areas to strengthen, tone and increase overall weight loss. Wendy has developed a fun, varied program that will help get faster results around the abs, butt and thigh areas.

We hope you love it and that it helps you get the results you want.

Love Rhian

and The Healthy Mummy team

# THE 28 DAY WEIGHT LOSS CHALLENGE

## BLAST BELLY FAT + BOOST YOUR BOOTY IN 28 DAYS!

Belly and booty fat is more than a nuisance that makes your clothes feel tight. Losing fat from these areas and building strength can be difficult, but there are several things you can do to get your belly and booty in tip top shape.

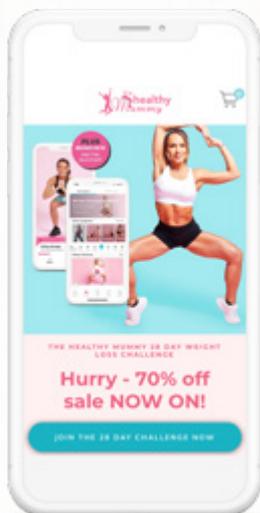
You can start blasting belly and booty fat today following the Healthy Mummy 28 Day Weight Loss Challenge which has been scientifically created by our expert team to give you results FAST!

PLUS try our NEW Belly & Booty Busting workout program that focuses specifically on the belly and booty areas to strengthen, tone and increase overall weight loss. Our expert fitness trainer, Wendy Smith, has developed a fun, varied program that will help you get faster results around the abs, butt and thigh areas.

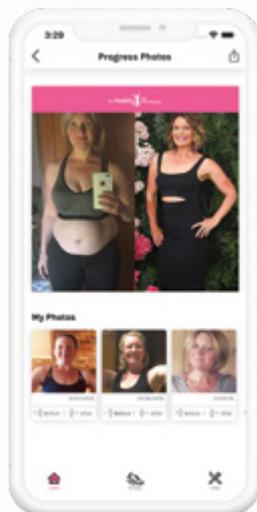
The 28 Day Weight Loss Challenge works as all meals provide the perfect balance of macros and nutrients to give a busy mum all she needs to lose weight in a healthy and balanced way.

### HERE'S HOW TO GET STARTED ...

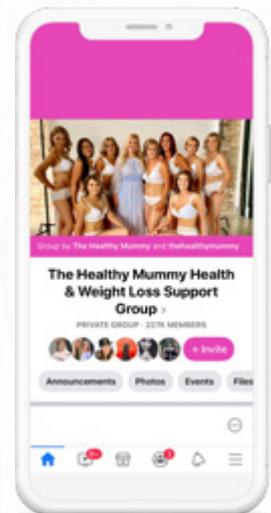
**1**  **Join the 28 Day Weight Loss Challenge [here](#)** and get started on your weight loss journey!



**2**  **Take your before photo.** This will help you stay on track and recognise your hard earned results!



**3**  **Follow the program & the tips provided in emails & the private support group** So you can stay on track and become body confident!



**4**  **Give yourself a tap on the back!** You have just taken the right steps towards a healthier you!

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

## TO BLAST YOUR BELLY FAT

**1 MAKE WATER YOUR NUMBER ONE DRINK OF CHOICE**

Many people don't realise they drink a lot of their calories; 2 x 600ml bottles of soft drink contain as many as 500 calories – this could be the difference between losing weight and hitting a plateau.

**2 DRINK MORE GREEN TEA**

The catechins in green tea – called Epigallocatechin gallate (EGCG), have a proven effect on metabolism and weight loss. Make a pot of green tea, sip, enjoy and reap the benefits.

**3 CHEW YOUR FOOD WELL**

Your stomach doesn't have teeth so chewing your food better will reduce the amount of air you swallow with the food (a cause of bloating). It also makes you eat slower, which is helpful in reducing food intake – therefore helping you to eat smaller portion sizes.

**4 EAT FERMENTED FOODS**

These foods have a probiotic effect on the gut, helping to produce more good bacteria. These good bacteria help keep our weight in check by preventing obesity. Some easy to make fermented foods include kombucha, kefir water and sauerkraut.

**5 AVOID FOODS HIGH IN FRUCTOSE**

Fructose is usually better tolerated in the presence of glucose. This means food containing at least as much glucose as fructose is often better tolerated by the body than just foods high in fructose. Fructose intolerance can lead to bloating immediately after eating. If you suspect you have an intolerance to fructose then seek medical advice or go to a nutritionist to confirm your suspicions.

**6 EAT HIGH FIBRE FOODS**

The best thing you can do for your body is to eat fibre. It helps prevent weight gain, by reducing appetite and helping to normalise bowel movements. There is some evidence that the weight loss effects of fibre target belly fat specifically. The best high fibre foods to eat include: chickpeas, apples, rolled oats, green beans, sweet potato and fresh berries.

**7 ENJOY MORE LEAFY GREENS**

Greens are high in fibre and phytonutrients. They are also a natural detox for the body, helping to alkalise and neutralise stomach acid. Kale, baby leaf spinach, wheat grass and barley grass all promote alkalinity therefore helping with conditions such as IBS (Irritable Bowel Syndrome). This can help reduce belly bloat.

**8 INCLUDE LEAN PROTEIN**

Protein is the macronutrient that helps keep us feeling fuller for longer. Proteins should be eaten at every meal and snack (if possible) alongside healthy carbohydrates and good fats. The best sources of protein include: boiled eggs, tinned tuna, nuts and seeds, low fat cheese, Greek yogurt, chicken breast and leg ham.

**9 SPICE THINGS UP**

Spicy foods contain an active component called capsaicin. By adding some chilli or bell peppers to your meals, you're helping boost your metabolism naturally, without any harsh accelerants. Capsaicin also turn the bad, unhealthy white fat into fat-burning brown fat through a process of creating heat from burning fat.

## TO BLAST YOUR BELLY FAT

## 10

## AVOID THESE FOODS

Key foods to avoid when wanting to blast away belly fat include simple carbohydrates like white bread, crisps, sweets, soft drinks, pre-made cakes, donuts etc.



These simple carbohydrates are digested faster by our bodies and therefore we don't feel satisfied for very long and need to eat more food more often. Many store-bought ice creams are high in saturated fats and sugars. Make your own sweet "ice cream" or ice lollies like those found in the 28 Day Weight Loss Challenge recipe hub.



**TRY THE**  
2 Ingredient  
Banana "Ice-Cream"  
from the  
Recipe Hub

Fairly obvious, but avoid fast foods when wanting to lose belly fat. Most of these foods are very high in salt which not only gets you addicted and wanting to come back for more, but also holds onto fluid in your body's cells, making you look and feel heavier.



**TRY THE**  
Belly Blasting  
Burger from the  
Recipe Hub

## WHY FOCUSING ON THE BELLY & BOOTY IS GOOD FOR WEIGHT LOSS

There are many great benefits to working the **belly and booty**, as these muscle areas help us to perform our daily activities like squatting down to pick up the kids, reaching up to hang washing on the line, even just sitting at a desk requires correct inner core strength, to help avoid back pain and improve posture.

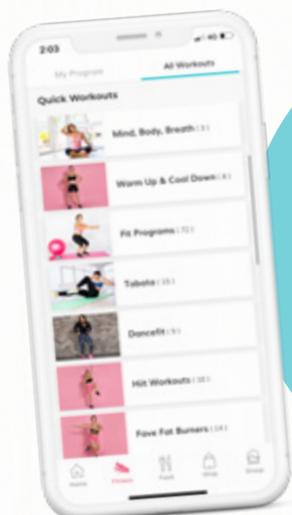
When the **belly and booty** are strengthened, the inner core helps to pull in your waist and give you good posture, and the glutes are able to balance and stabilise the hips, allowing the hip flexors to move with ease, reducing the risk of back pain and reducing the chance of injury.

The **belly and booty** areas can often be a cause for concern for many mums, and not just immediately after giving birth. Our busy lives and the stress of being a mum can sometimes make it harder for us to focus on reducing fat from and strengthening these areas. Annoyingly belly fat in particular is harder to lose than any other area of fat. Patience is a virtue as losing weight from and toning these key areas takes time and effort and doesn't happen overnight.

Many exercises work these important muscles, however squats, lunges, crunches and planks are often favourites among athletes and trainers, as they activate a variety of muscles in the the belly and booty while strengthening the entire core and lower body at the same time.

Not only do **belly and booty** exercises help to shape and tone the core and lower body, they also increase overall body strength and function to support daily movements such as bending, lifting, twisting and moving.

Making these exercises a part of your daily routine will help to move you toward your goals, while improving balance, strengthening your core, reducing the risk of back pain, knee injuries and/or ankle instabilities.

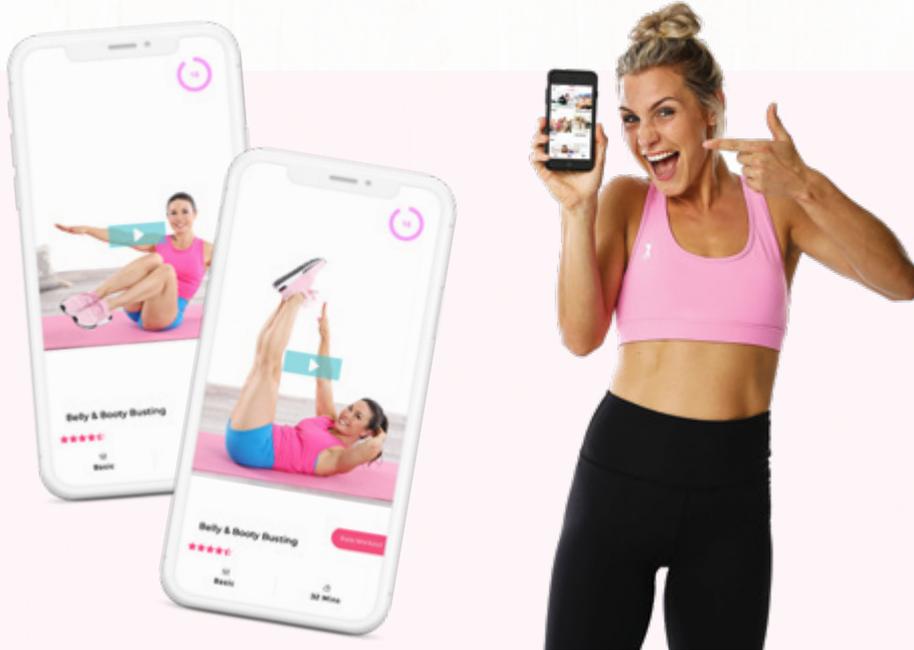


*The NEW Belly & Booty Busting workout program in the 28 Day Weight Loss Challenge is fun and filled with variety for all levels of fitness to get you results quicker around the abs, butt and thighs.*

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

## TRY A BELLY & BOOTY BUSTING WORKOUT FROM THE 28 DAY WEIGHT CHALLENGE FOR FREE!

The **28 DAY WEIGHT LOSS CHALLENGE** has over 350 exercise routines including full-length guided video workouts that can be completed at home or on the move - all available in our amazing Healthy Mummy App.



- **Over 350 workout programs**
- **30 minutes and fully instructed**
- **Do anywhere, anytime**
- **No equipment required!**
- **HIIT, Tabata, Boxing, Yoga, Dance Strong and many more available**
- **Low, medium and high impact levels available**

This month we release our **NEW BELLY & BOOTY BUSTING WORKOUT PROGRAM** that focuses specifically on the belly and booty areas to strengthen, tone and increase overall weight loss.

Led by our amazing fitness trainer, Wendy Smith, the new workout videos are approximately 15 minutes long, perfect for busy mums, and are tailored to cater for any level of fitness, getting more challenging as you work through the program.

Get faster weight loss results by following this new workout program to blast belly fat and boost your booty.

Try a **BELLY & BOOTY BUSTING WORKOUT** for free!



Just click on the **PLAY ICON** for your free workout!

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



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

## QUICK & HEALTHY PESTO PENNE

**Serves 1**

**Prep time 10 min**

**Cook time 8 min**

### Ingredients

- 50g wholemeal penne
- 1/2 clove garlic
- 3 tsp extra virgin olive oil
- 2 tbsp grated Parmesan
- 2 cups baby spinach
- 1 tbsp fresh basil leaves
- salt
- pepper

### Method

- Cook pasta (use a gluten free option if required) according to packet instructions until al dente.
- Whilst pasta is cooking, place garlic, extra virgin olive oil, almost all of the Parmesan (save a little to sprinkle on top when serving), spinach leaves, basil and a pinch of salt and cracked pepper in a food processor and blitz until well combined to make the pesto.
- When pasta is cooked, drain and reserve ½ cup of the cooking water. Place pasta into a pot back on the stove. Mix pesto through the pasta and add a bit of the pasta cooking water as needed to achieve desired sauce consistency (sauce should not be runny but more of a creamy consistency).
- Sprinkle over remaining Parmesan and serve. Optional - add some lemon juice if the pesto sauce isn't combining well with the pasta.

**Kjs 1740 kJ /414 cal**

**Protein 16g**

**Fibre 5.4g**

**Total Fat 24g**

**Carbs 31g**

**Sat Fat 7.7g**

**Total Sugar 0g**

**Free Sugar 0g\***



## MIXED BEAN NACHOS TRAY BAKE

**Serves 8**

**Prep time 10 min**

**Cook time 25 min**

### Ingredients

- 8 cups plain corn chips
- 400g tinned kidney beans, drained
- 400g tinned black beans, drained
- 2 tomatoes, diced
- 1 red capsicum, diced
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp sweet paprika
- 1/2 tsp chilli powder
- 1 cup reduced-fat cheddar cheese, grated
- 1 cup reduced-fat Greek natural yoghurt
- 1 medium avocado, diced
- 1 bunch fresh coriander, chopped

### Method

- Preheat oven to 190C. Spread corn chips over the base of a baking dish.
- Combine kidney beans, black beans, tomato, capsicum, garlic, and all the dried spices. Mix well, then spoon evenly over the corn chips.
- Sprinkle cheese over the top and then bake for 25 minutes, until heated through and cheese has melted.
- Serve dolloped with yoghurt and topped with avocado and coriander.

**Kjs 1577 kJ / 375 cal**

**Protein 22g**

**Fibre 11g**

**Total Fat 16g**

**Carbs 31g**

**Sat Fat 6.9g**

**Total Sugar 7.7g**

**Free Sugar 0g**



## SESAME SALMON AND RICE BOWL

**Serves 1**

**Prep time 10 min**

**Cook time 20 min**

### 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
- 1/2 medium carrot, grated
- 1/2 tomato, diced
- 1/8 medium avocado, diced
- 1 tsp black or white sesame seeds

### Method

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

**Kjs 1345 kJ / 320 cals**

**Protein 26g**

**Fibre 7g**

**Total Fat 16 g**

**Carbs 15g**

**Sat Fat 3.2g**

**Total Sugar 4.3g**

**Free sugar 0g**



## KOREAN BEEF NOODLES & KIMCHI

**Serves 4**

**Prep time 10 min**

**Cook time 10 min**

### Ingredients

- 600g lean beef, thinly sliced
- 1/3 cup tamari (gluten free soy sauce)
- 200g rice vermicelli noodles
- 2 tsp sesame oil
- cooking oil spray
- 1 cup white cabbage, finely shredded
- 2 medium carrots, grated
- 2 spring onions, sliced
- 1 tbsp hot chilli sauce, e.g. Tabasco or Sriracha
- 1 tbsp reduced fat mayonnaise
- 1/3 cup kimchi

### Method

- Combine the beef and tamari in a bowl and set aside for 5 minutes to marinate.
- Prepare noodles according to packet directions, drain and toss together with the sesame oil. Divide between four bowls.
- Heat a non stick frying pan 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.
- Combine cabbage, carrot and spring onion and place an even amount on top of the noodles in each of the serving bowls. Top with an even amount of tamari beef.
- Combine chilli sauce (adjust amount or omit to suit personal tastes) and mayonnaise and drizzle over the beef.
- Serve each bowl with a dollop of kimchi on top.

**Kjs 1278 kJ /304 cals**

**Protein 37g**

**Fibre 3g**

**Total Fat 11g**

**Carbs 14g**

**Sat Fat 3.3g**

**Total Sugar 4.1g**

**Free Sugar 0g**



## CRUMBED EGGPLANT STEAKS WITH TOMATO

**Serves 4**

**Prep time 10 min**

**Cook time 40 min**

### Ingredients

- 1 free-range egg
- 1 tbsp reduced-fat milk of choice
- 3/4 cup quinoa flakes
- 1/4 cup fresh parsley, very finely chopped
- 1/3 cup reduced-fat cheddar cheese, grated
- 1/4 cup sun-dried tomatoes, chopped
- 1 tsp butter
- 1 eggplant, sliced into 4 large rounds
- 1 tbsp extra virgin olive oil
- 2 punnets mixed colour cherry tomatoes
- 1 tsp dried Italian herbs
- salt
- pepper
- 1 cup fresh basil leaves
- 1 red onion, finely sliced
- 1 cup green beans, sliced into 2cm lengths

### Method

- Whisk together the egg and milk.
- Combine the quinoa flakes with the parsley, cheese, sun-dried tomatoes and butter.
- Preheat oven to 180C and line a baking tray with baking paper.
- Lay the eggplant slices on the prepared tray and brush the top with the egg wash and sprinkle evenly with the quinoa flake mix.
- Place the cherry tomatoes in a baking dish and combine with the olive oil, dried herbs and season with salt and pepper.
- Place the tray of eggplant in the oven and bake for 15-20 minutes, then add the dish of tomatoes to the oven and continue baking for a further 20-25 minutes or until the eggplant is tender, the quinoa crumbs are golden and the tomatoes are roasted.
- Remove the tomatoes from the oven and toss with the fresh basil, onion and green beans.
- Serve one crumbed eggplant steak with an equal portion of tomato salad per person.

**Kjs 1355 kJ /323 cals**

**Protein 13g**

**Fibre 8.9g**

**Total Fat 14g**

**Carbs 32g**

**Sat Fat 3.1g**

**Total Sugar 10g**

**Free sugar 0g**



## STRAWBERRY SUNDAE CUPCAKES

**Serves 12**

**Prep time 25 min Cook time 20 min**

### 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

- Preheat oven to 180C and lightly grease or line with cases, 12 holes of a cupcake tin.
- Combine flour, baking powder and Natvia together in a bowl.

- In a separate bowl whisk together egg, oil, vanilla extract, 1/4 cup of the yoghurt and all the milk.
- Add the wet ingredients to the dry and mix together until just combined.
- 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.
- Place the freeze dried strawberries into a food processor and process until a powder is formed. Set aside.
- 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.
- Pipe or spoon the butter icing onto the cooled cupcakes.
- 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.

**Kjs 647 kJ / 154 cal**

**Protein 3.2g**

**Fibre 2.3g**

**Total Fat 10g**

**Carbs 11g**

**Sat Fat 6.2g**

**Total Sugar 3.1g**

**Free Sugar 1.1g**



## VEGAN BANOFFEE PIE

Serves 25

Prep time 30 min, plus setting time

### Ingredients

- 1 cup rolled oats
- 1/3 cup sunflower seeds
- 1/2 cup shredded coconut
- 3/4 cup coconut oil
- 1 cup medjool dates, fresh, pitted
- 1/2 cup tahini
- 3 tsp vanilla extract
- salt
- 1/4 cup water
- 2 small bananas, thinly sliced
- 300g silken tofu, drained of excess liquid
- 2 tbsp lime juice
- 2 tbsp Natvia
- 1 & 1/2 tbsp long life reduced-fat coconut milk
- 2 tsp psyllium husks
- 1/2 tsp cacao/cocoa powder

### Method

- Line a square cake tin (approx 20cm x 20cm) with baking paper leaving excess over the edges so you can use it to remove the set pie.

- Make the base by combining oats, sunflower seeds, coconut and 1/4 cup of the coconut oil in a food processor and processing until it forms a rough crumb texture. Press into the prepared cake tin. Place into the fridge.
- Place the remaining coconut oil, dates, tahini, 1 & 1/2 teaspoons of vanilla extract, and a pinch of salt into food processor and blend until smooth. Add 1/4 cup water and blitz again to combine. The consistency should be thick and smooth, like a caramel sauce.
- Spoon this caramel filling over the base and smooth flat. Arrange the sliced bananas over the top and return to the fridge.
- Make the final layer by using electric beaters to whip the tofu, lime juice, Natvia and remaining 1 & 1/2 teaspoon of vanilla for 2 minutes. After 2 minutes, add the coconut milk and psyllium husks and whip for another 5 minutes.
- Spoon this “cream” layer over the bananas, and sprinkle the top with cacao/cocoa powder.
- Return the whole pie to the fridge to chill overnight. Once chilled and firm, slice into 25 pieces, (5 x 5 rows). One piece is one serve.
- Leftovers can be stored in an airtight container in the fridge.

Kjs 731 kJ / 174 cal

Protein 2.9g

Fibre 2.3g

Total Fat 13g

Carbs 9.7g

Sat Fat 5.8g

Total Sugar 6.2g

Free Sugar 0g

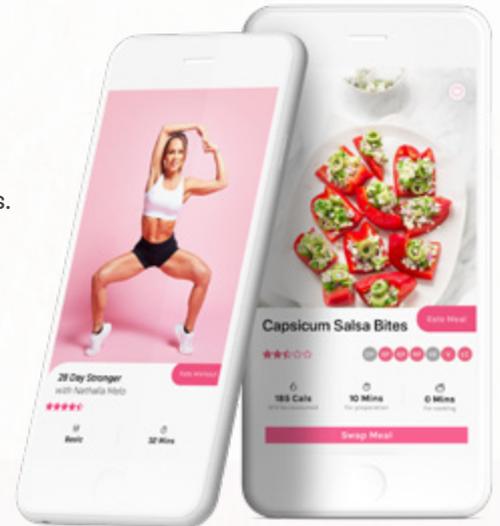
# The Healthy Mummy App

## Home to the 28 Day Weight Loss Challenge

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

The time-efficient, at-home exercise programs are busy-mum-friendly and take into account your fitness levels, supporting you as you reach your goals.

- ✓ **Weekly meal plans** which are fully customisable.
- ✓ **Instant access to more than 4000** budget- and family-friendly recipes.
- ✓ **Healthy Mummy Coach** to keep you motivated and on track!
- ✓ **Daily 30-minute** fully instructed fitness programs.
- ✓ **Achievable programs** made for busy mums.



### The Healthy Mummy Exercise Programs

**Fully instructed** 30-minute video exercise programs.

**Includes** strength training, cardio, full body and pilates.

**No equipment required** – work out from home!

**All levels available** from postnatal to advanced.

### The Healthy Mummy Coach

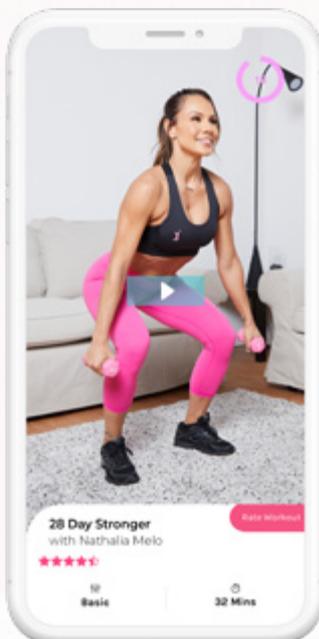
**A new empowering message** each day on your home screen!

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

Keeps you **motivated** and accountable.

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

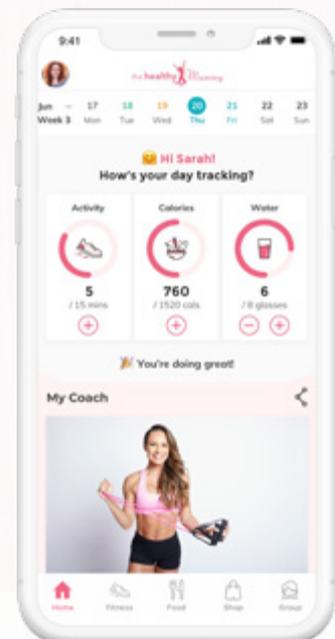
#### ✓ At-home fitness



#### ✓ Customisable meal plans



#### ✓ Daily motivation



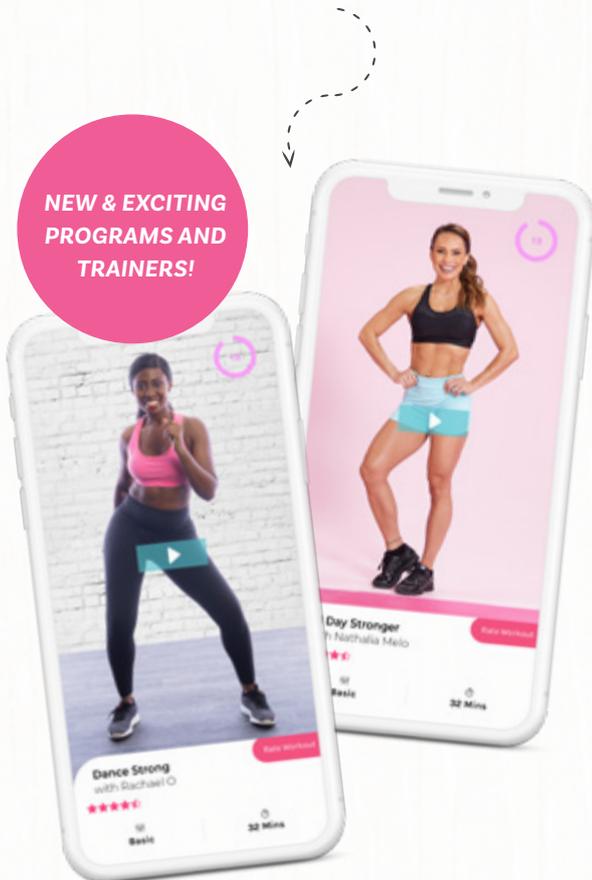
JOIN THE 28 DAY WEIGHT LOSS CHALLENGE [HERE](#)

# Exercise Programs

Available on the 28 Day Weight Loss Challenge

The **28 Day Weight Loss Challenge** has more than **350 exercise programs** plus full-length guided workouts that can be completed anywhere, anytime – all available in our amazing **Healthy Mummy App**. The programs have been designed by our team of expert personal trainers just for mums to do at home, even when the kids are around. The exercise sessions are no longer than 30 minutes and are available in a variety of levels: Postnatal, Beginner, Intermediate and Advanced.

We have **exciting new** fitness programs and trainers on the **28 Day Weight Loss Challenge... Plus** a major revamp of all our existing trainers, offering a variety of programs to suit any mum at any level! Here's what's new!



## ★ BRAND NEW 28 DAY STRONGER PROGRAM

Our Super Trainer and mum-of-two Nathalia Melo will guide you through a workout program designed to build strength!

## ★ BRAND NEW 28 DAY DANCE STRONG PROGRAM

Our amazing Rachael Okesola is a certified dance and aerobics fitness instructor, involved in the health and wellness industry for more than seven years. The workouts are fun, upbeat and a great combination of cardio and strength.

## ★ BRAND NEW 28 DAY POWER YOGA PROGRAM

Your own personal yoga trainer and mum-of-two Shauna Hawkes specialises in teaching a powerful vinyasa yoga. Her teaching is authentic and strong. Shauna's aim is to balance the mind, body and spirit in each practice.

## ★ BRAND NEW BELLY & BOOTY BUSTING PROGRAM

Led by our amazing fitness trainer, Wendy Smith, the new workout videos are approximately 15 minutes long, perfect for busy mums, and are tailored to cater for any level of fitness, getting more challenging as you work through the program. Get faster weight loss results by following this new workout program to blast belly fat and boost your booty.

## MEET OUR NEW TRAINERS...



**RACHAEL OKESOLA**



**SHAUNA HAWKES**

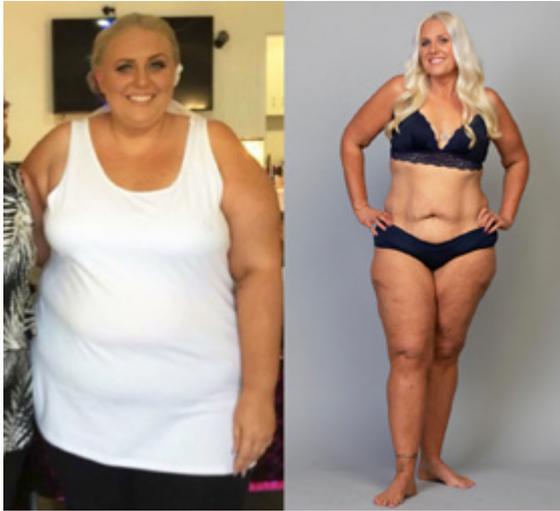


**NATHALIA MELO**

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

# Transformations

Some of our mums amazing transformations!



BEFORE

AFTER

## Nic LOST 60kg!

Nic believes she owes her life to The Healthy Mummy and has lost an AMAZING 60kgs! After a marriage breakdown and feeling like she couldn't look after her kids let alone herself, she found The Healthy Mummy and transformed her whole life! Her marriage is even back on track! She says: "The menu plans help keep me on track and the exercises at my fingertips are great for the days when I can't get out of the house. But it's also more than that. It's a community of support, motivation, inspiration and friendship. There's nothing out there like it. The Healthy Mummy is more than just a weight loss program, it's a lifestyle".

## Heidi LOST 70kg!

Heidi has halved her body weight with The Healthy Mummy and transformed her mental and physical health! Going from unhappy and hating herself to LOVING life! Heidi may have lost an INSPIRATIONAL 70kgs but what she has gained is so much more! She says "I really can't put into words how much The Healthy Mummy has helped me change the way I think about my body. I am confident and happy and people can see it. I'm loving everything about my body now. Thank you Healthy Mummy!"

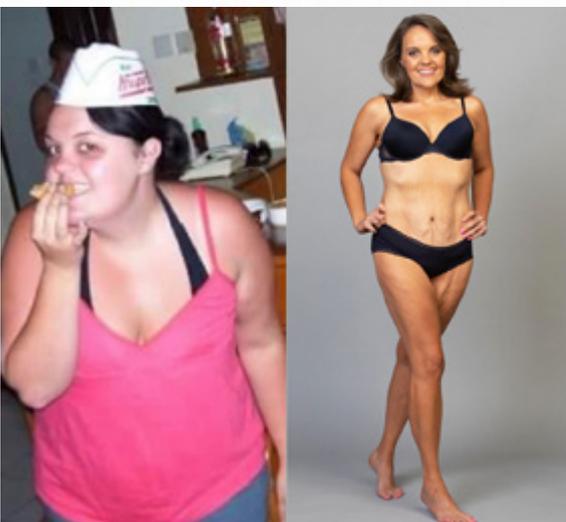


BEFORE

AFTER

## Bec LOST 50kg!

Mum of 5 Bec has lost 50kgs and is now on her way to becoming a Personal Trainer! Bec found The Healthy Mummy TEN years ago and credits the healthy lifestyle she has developed since for helping her not only stay healthy but also keep her family on track! Bec says: "The Healthy Mummy has made it so easy to keep the weight off and inspired me to live a healthy lifestyle not only for myself but also my family."



BEFORE

AFTER



### Megan LOST 30kg!

Megan has lost 30kgs and has some wise words! "If you keep putting it off till tomorrow you'll never see the results that you want to see." Megan hit rock bottom before finding The Healthy Mummy - "I no longer wanted my children to miss out on fun with their mum because she was too big to fit in a slide or run around the park." Since then she has not only transformed her body, but her mind and lifestyle too!

### Lauren LOST 18kg!

Lauren, despite an underactive thyroid, initially lost 18kg and has since maintained for 4 years! She says, "It's been the best five years of my life. I'm happier, healthier and such a better mum for it!" She has learnt so much about making healthier choices and says "I feel very very passionate about the entire concept. The way in which it helped me turn my life around, I will be forever grateful for. I'd dare say I am The Healthy Mummy's biggest fan!"



### Tanja LOST 40kg!

Mum Tanja's life has become a whole lot more EXCITING since losing 40kg in 18 months with The Healthy Mummy 28 Day Weight Loss Challenges! "I follow The Healthy Mummy Challenge meal plans and recipes as a matter of course, sticking to the recipes and embracing the meal planning App. My whole family of 5 joins in both with the exercise and the healthy eating." Tanja's life has changed dramatically - she has A LOT more energy!

### Fiona LOST 26kg!

At 47 years old, mum Fiona is living proof of what fueling your body with well balanced nutritious food can do for your health... "I knew I had to change something otherwise I might die!" After coming across The Healthy Mummy and seeing all the success of real mums losing real weight Fiona knew she had to give it a go! Now she says: "The Healthy Mummy has changed my health and my life and I am forever grateful".



# THE HEALTHY MUMMY SMOOTHIES



**FIBRE & DIGESTION**

With **2.4g<sup>+</sup>** of fibre per serve from six different sources, our smoothie will help to keep you feeling full for longer.



**OMEGA 3 & 6**

Flaxseed contains both omega-3 and omega-6 which are healthy fats and are important to your overall health.



**NUTRIENTS & AMINO ACIDS**

Quality ingredients including vitamins A, B & C, zinc, iron, calcium phosphorus, protein, omega-3 and omega-6 fatty acids and fibre.



**PROTEIN**

**21.7g<sup>+</sup>** of complete protein per serve from non-GM soy protein that helps build lean muscle.



**NO NASTIES**

No artificial sweeteners, preservatives or caffeine.



**STAY FULL FOR LONGER**

Soy protein, pumpkin seed meal and fibre help provide a feeling of fullness. They assist with weight loss\* and moving things along.

**NO ADDED SUGARS**



**Smoothie**

Nutritious meal replacement

- ✓ Contributes to weight loss\*
- ✓ 97% sugar-free\*\*
- ✓ Free from artificial sweeteners
- ✓ Free from fillers & caffeine\*
- ✓ Includes whole foods
- ✓ High in protein & a good source of fibre\*\*
- ✓ Wheat-free & dairy-free\*\*

**VANILLA**

20 SMOOTHIES PER TUB

\*When vanilla flavour is made up with skimmed milk as directed.  
 \*\*When used in conjunction with a diet reduced in energy and including regular exercise.  
 Serving suggestion shows smoothie made up of vanilla smoothie, skim milk and berries.

## 9/10 MUMS say they got better results when using the **SMOOTHIES** while completing the **28 DAY WEIGHT LOSS CHALLENGE**

The Healthy Mummy Smoothie is a meal replacement weight-loss smoothie. It has been formulated by leading nutritionists to be the perfect companion to a busy mum's life when trying to lose weight. Each flavour is an excellent source of essential vitamins, minerals, nutrients and important antioxidants.

- ✓ Healthy weight loss meal replacement
- ✓ Nutrient dense with 22 vitamins and minerals
- ✓ Free from fillers, caffeine and added sugar
- ✓ Plant based protein
- ✓ Created by a team of expert nutritionists
- ✓ High in protein and fibre
- ✓ Dairy free
- ✓ 20 Serves per tub

Available in

Chocolate • Strawberry • Vanilla and many more flavours!

[PURCHASE THE HEALTHY MUMMY SMOOTHIE HERE](#)