



the healthy  Mummy

# budget friendly

..... recipe + exercise pack



# welcome!

Your whole world as you know it changes when you become a mum, and you're likely to notice many changes in your body. But while you may look or feel a little different, these are changes that should be celebrated. Your body has done something INCREDIBLE- it's grown a baby!

However, many mums are keen to get back to feeling like themselves again. Whether that's within six months or six years, we're here to help. I'm a mum of two, so I know how important it is to be healthy and have energy to run around with kids!

Many people think eating healthy food is expensive but it's actually quite easy to feed yourself and your family a wide range of healthy meals without breaking the bank. This recipe and exercise pack is a sneak peak at some of the budget friendly meals available on the Healthy Mummy's 28 Day Weight Loss Challenge.

The goal of The Healthy Mummy & our 28 Day Weight Loss Challenge is to help as many mums as possible be the best they can be, for themselves and also for their families.

Love Rhian

and The Healthy Mummy team

**You don't need to attend expensive exercise classes or add fancy ingredients to your meals to follow a healthy lifestyle. The 28 Day Weight Loss Challenge shows you how to stay on budget and reach your healthy goals at the same time.**

## How to eat healthy meals on a budget

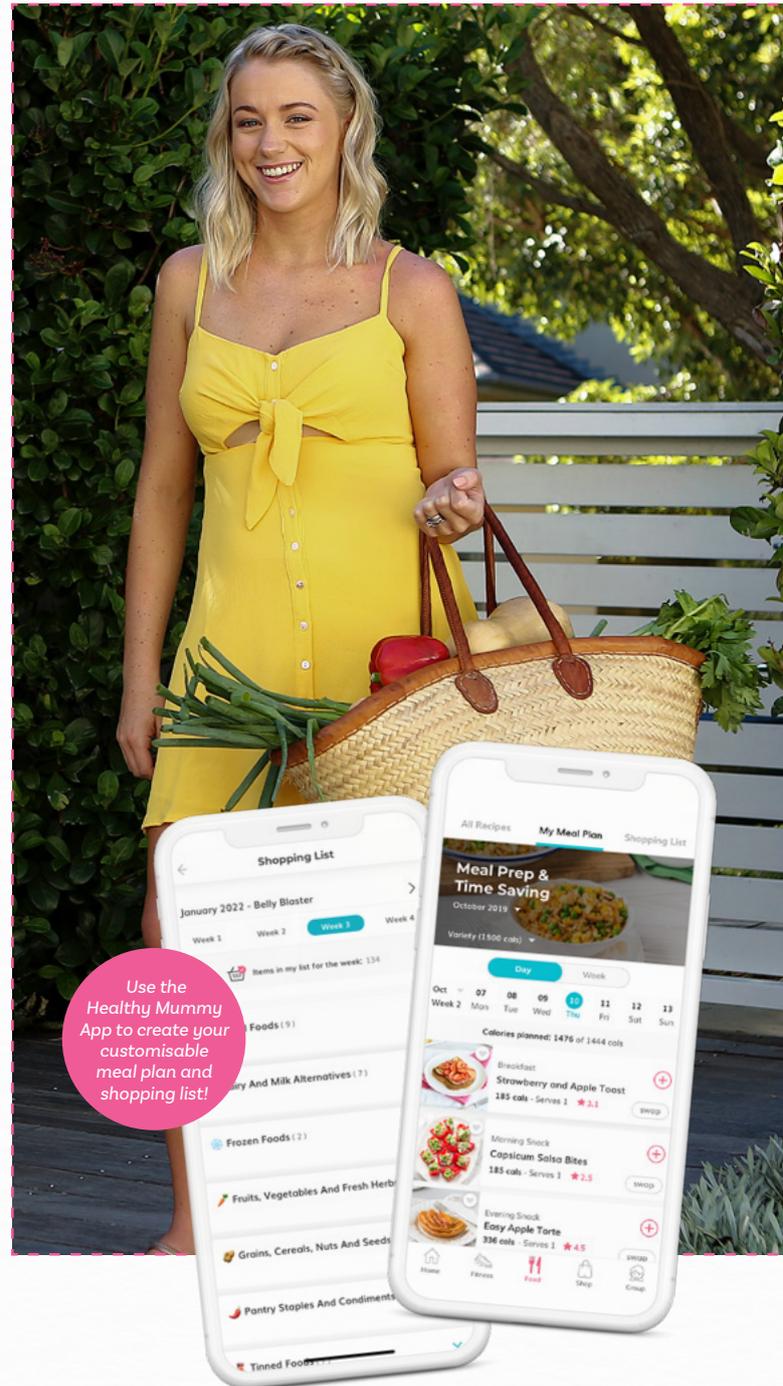
It is very easy to get caught up in the hype of healthy food being more expensive, and that can be true of pre-made meals and snacks, but being smart in the kitchen, can also mean having a healthier budget!

Here are some easy tips to follow to ensure you can enjoy budget friendly, healthy meals:

- 1** When you **plan your menu for the week**, to make it even healthier on your wallet, you don't have to pick a different menu item for each meal. Having the same breakfast during weekdays and then alternating on weekends can not only make your meal planning more affordable, but the preparation is also greatly reduced.
- 2** Same goes for lunches and dinners: **plan to make the same meals more than once** during the week so you can buy and cook in bulk.
- 3** Follow the **Timesaver & Budget Meal Plan** which provides a base plan with repeat meals and leftovers, for you to then customise.
- 4** **Plan your meals around your schedule!** If you work late on Mondays, this is not the night to make a double batch of lasagne!
- 5** **The meals in the 28 Day Weight Loss Challenge** are much cheaper to make at home rather than buying pre-made snacks or take away meals. For example healthy bliss balls cost anywhere from \$3-\$5 each at cafes, but you can make them at home for less than a dollar depending on the ingredients you use!
- 6** **Buy ingredients in bulk**, when they are in season or on special, as this can really help to stretch the budget. Keep an eye on the meat section and stock up on things like chicken breasts when they're on offer and freeze for later.
- 7** **Swap ingredients to suit your budget** or what you have available e.g. if a salad recipe says to use rocket leaves but you have some mixed lettuce leaves on hand, don't buy the rocket especially, you can easily swap it for the lettuce you already have.

**8** **Keep an organized fridge and pantry.** Leftovers are always great, but it totally defeats the purpose if they get lost in the back of the fridge. Label leftovers and keep your fridge organized to help minimize food waste.

**9** **Broaden your culinary horizons.** Cuisines like Mexican and Indian rely heavily on inexpensive ingredients, like beans and rice.



Use the Healthy Mummy App to create your customisable meal plan and shopping list!

**10** Another trick to making your food planning work for you is to **plan different meals using the same ingredients**. One night you can have roast chicken, and for lunch the next day chicken wraps.

Must have basics to...

# Keep in the pantry, fridge & freezer

**Budget meals don't have to be boring or lack in nutritional value; if you know what to buy:**

**Herbs & Spices:** They can sometimes be pricey to purchase, but they last for ages, add amazing flavour and have some great health benefits too. Start by choosing a few of your favourites and build your collection as the budget allows.

**Rolled Oats:** The humble oat ticks all the health boxes, is really versatile, and is about as budget friendly as you can get! Oats are a great example of the benefits of buying home brand products. There is often quite a few dollars difference between generic oats and the branded varieties, despite both products containing exactly the same thing.

**Popping Corn:** A bag of basic popping corn is super cheap, it keeps without spoiling pretty much forever and makes a quick, healthy snack.

**Tinned Beans:** Learning to love lentils, chickpeas and beans will not only give your nutrition a boost but are a much cheaper source of protein than meat. Keeping canned (no added salt) varieties of lentils, chickpeas and beans in the pantry can save a huge amount of time when preparing a healthy meal. Canned varieties are inexpensive while being convenient, but dried varieties are even cheaper.

**Tinned or Frozen Fruits & Vegetables:** They are just as good as fresh and often far cheaper. Keeping tinned or frozen fruits and vegetables on hand will help you get more fruit and veg into your day (just be sure to buy tinned vegetables with no added salt and tinned fruit in juice, not syrup) and, unlike fresh produce, won't go to waste if they don't get used during the week.

**UHT Milk:** You don't need to replace all the milk you consume with UHT, but keeping a few cartons in the pantry to use in baking or cooking (e.g. for creamy sauces or soups), is far more economical than using fresh milk.

**Cheap Meat Cuts:** Opting for cheaper cuts of meat such as casserole beef rather than ribeye will mean that you save your pennies as will trying out different types of meat; most of our recipes are interchangeable too so feel free to use beef mince instead of pork or lamb, depending on what is on offer that week.



# Meet our meal prep queens

**Meal prepping is fundamental when you're trying to stick to a budget!**

## The benefits of meal prep

- 1. No more cooking in the kitchen every single day.** By cooking in batches (for instance you might make a double batch of Bolognese, one to use this week and one to freeze for another family meal next week).
- 2. Save money** by buying your ingredients in bulk – it's often much cheaper if you buy 3kg\* of chicken breast instead of 500g. Same goes with ingredients like 2kg bags of potatoes, 1kg bags of rice etc. Every little bit of money saved is money in your pocket.
- 3.** You'll have **spare time** to hang with the kids in the witching hour (when they just want to snuggle up and read a book or play a game), instead of having emotional kids pulling at your legs while you try to cook dinner.
- 4. Avoid the temptation** to grab a takeaway when you're tired and hungry, knowing there is a healthy meal already made at home.
- 5.** You **use less electricity and water** as you don't need to cook as often. You'll have less washing up as you'll make one BIG mess instead of a mess EVERY DAY!

Here at Healthy Mummy HQ, we are mad about meal prep. And when you're on the 28 Day Weight Loss Challenge, it's a useful skill to have to help you save time and money!

Our Meal Prep Queens, Sascha Farley and Katie Pursell are the experts when it comes to meal prepping for a family on a BUDGET! You will no doubt see a lot of them on the 28 Day Weight Loss Challenge sharing all their favourite meal prep tips and tricks.



**Sascha Farley** (left) lost an incredible **34kg** following the 28 Day Weight Loss Challenge. Sascha says, "Knowing I am making the right choices, especially when it comes to 'treats' has been the biggest learning for me. I've always got 2-3 healthy treats ready for my sweet tooth hits. With education comes freedom and The Healthy Mummy program has given me that." ✓

**Katie Pursell** (right) lost **21kg** with the 28 Day Weight Loss Challenge and credits her weight loss to her new found love of healthy food. ✓

Katie says, "Being prepared and getting organised doesn't only save time and money, it also makes your life so much easier. The Healthy Mummy lifestyle was made for busy mums like myself."



# Don't know where to begin?

Here's some of their favourite tips to get you started.



## STEP 1

Decide what you would like to cook during your session. You can choose to meal prep just dinners (a great start!), or add in lunches too (why not just use dinner leftovers for lunch?), you might want to meal prep some snacks too.

Jump on the 28 Day Weight Loss Challenge app and type in an ingredient you want to use, (e.g. mince) and see what recipes pop up that you like the look of. You can customise your meal plan and then hit the 'shopping list' button.

## STEP 2

Make a shopping list (or use the one on the 28 Day Weight Loss Challenge) and go shopping. Check the cupboards to see if you have basics like oil, flour, pepper etc.

Many mums find it useful to use online shopping so that they can see what their total spend will be and make changes if needed to fit within their budget."

## STEP 3

Carve out some time (depending on what you're cooking and how many recipes you have) to spend in the kitchen cooking. Lots of our 28 Day Weight Loss Challenge members swear by the Sunday afternoon cook up, but do whatever works for you. Many mums do meal prep twice a week.



## STEP 4

Start chopping and getting the ingredients ready. The food processor can be helpful here to chop onions, carrots, cabbage, etc.

Why not try using the oven, stovetop and a slow cooker all at once so that you can prepare multiple meals?

## STEP 5

Start cooking! Get your apron on, throw on some tunes, and get into your meal prep session. It's normally best to get anything cooking first that will take a little longer, then work back from there. Think ahead of time about what you can make while another meal is baking in the oven for instance.

## STEP 6

Once the food has cooled it's time to package it up. You might choose to package your meals into single serve portions, or into family sized portions depending on your needs.

Allow the food to cool completely in the fridge overnight, then place in the freezer the next day. This avoids freezer burn. Label everything so that you can see at a glance what you have in the freezer.

# breakfast

## Cherry Ripe Porridge

**Serves 1**

**Prep time 5 min**

**Cook time 10 min**

Porridge has been a breakfast staple around the world partly thanks to how cost effective it can be. Porridge has three main ingredients; rolled oats, water and a milk of choice. Beyond that there's endless possible flavour combinations that can suit any budget.

### Ingredients

- ½ cup rolled oats (50 grams)
- ½ cup water (125 mls)
- ½ cup reduced-fat milk of choice (125 mls)
- ¼ cup frozen cherries, finely chopped (37.5 grams)
- 1 tsp cacao/cocoa powder (2 grams)
- ½ tsp honey (2.5 mls)
- 1 tsp desiccated coconut (2 grams)

### Method

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

**Kjs 1267 / Cals 302**

**Protein 11**

**Total fat 8.1**

**Sat fat 3.7**

**Carbs 44.3**

**Total sugar 13.9**

**Free sugar\* 2.9**

**Fibre 4.4**



**\$0.89**  
per 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 and come with the additional benefits of a range of other nutrients such as vitamins, minerals and fibre in substantial amounts.

# Lunch

## Chicken and Spinach Pasta

Serves 1

Prep time 10 min

Cook time 15 min

Herbs and spices like the dried thyme and paprika in this recipe are a cheap and easy way to add flavour to any meal. To reduce the cost of this meal even further you could swap the chicken breast for trimmed chicken thighs. Wholegrains, lean protein and vegetables also make for a metabolism boosting meal. You can make this meal gluten free by simply choosing a gluten free pasta.

### Ingredients

- 25 grams wholemeal pasta, any shape
- 1 tsp extra virgin olive oil (5 mls)
- ¼ red onion, diced (25 grams)
- 80 grams chicken breast fillets, thinly sliced
- 1 cloves garlic, diced (3 grams)
- ¼ tsp smoked paprika (0.25 grams)
- ½ tsp dried thyme leaves (0.5 grams)
- ¼ cup reduced-fat cottage cheese (65 grams)
- 1 cups baby spinach (30 grams)
- salt
- pepper

### Method

- Cook pasta according to packet directions. Drain and set aside some of the cooking water.
- While pasta is cooking, heat the oil in a frying pan over medium-high heat. Add the onion and sauté for a minute or two, until it's soft and translucent.
- Add the chicken pieces and the garlic and cook for another couple of minutes, to brown the chicken.
- Add paprika and thyme and stir through to coat the chicken.
- Add the cottage cheese and spinach, cooking for another few minutes, until the chicken is cooked through and the spinach has wilted.
- Add the pasta and toss to combine well. Add a little of the pasta cooking water if needed, to loosen the sauce and coat everything well.
- Season with salt and pepper and serve.

Kjs 1216 / Cals 289

Protein 31

Total fat 8.7

Sat fat 2.3

Carbs 19.7

Total sugar 4.1

Free sugar\* 0

Fibre 5.1



**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.

# dinner

## Satay Fried Rice with Egg

**Serves 1**

**Prep time 10 min**

**Cook time 35 min**

Peanut butter, surprisingly, has belly-blasting properties, as it's a good source of niacin, which helps prevent belly bloating. It also helps balance your hormones. Choose a natural butter with no salt or sugar, just 100 per cent peanuts. Rice makes such a good budget-friendly meal. Feel free to add meat if you like or mix and match the vegetables to use what you have on hand. Frozen vegetables are a great option in this dish.

### Ingredients

- 1/4 cup brown rice, uncooked (40 grams)
- cooking oil spray
- 1 tbsp water (20 mls)
- 1/2 tsp soy sauce, salt reduced (2.5 mls)
- 1/2 spring onion (7.5 grams)
- 1/2 medium carrot (35 grams)
- 1/4 cup frozen peas (40 grams)
- 1 tablespoon peanut butter (16 grams)
- 1/2 tsp sesame oil (2.5 mls)
- 1 free-range eggs (50 grams)
- 1 cup rocket lettuce (30 grams)

### Method

- Cook the rice according to packet instructions.
- Combine peanut butter, water and soy sauce, stir until smooth and set aside. Peel and dice carrots and slice spring onions.
- Heat a pan over medium heat and spray with cooking spray. Add carrots to pan with a splash of water per serve and stir-fry for 5 minutes until just tender.
- Add peas and spring onion and toss to combine. Add rice and stir-fry for a minute until warm. Add peanut butter mixture and stir to coat rice and veggies.
- Push rice mixture to one side of the pan and add sesame oil to the other side.
- Crack egg into oil and scramble lightly then fold through rice.
- Serve with rocket.

**Kjs 1615 / Cals 384**

**Protein 17**

**Total fat 17**

**Sat fat 3.2**

**Carbs 38**

**Total sugar 5.2**

**Free sugar\* 0**

**Fibre 6.8**



**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.

# dessert

## Strawberries and Cream Crepes

**Serves 2**

**Prep time 10 min**

**Cook time 15 min**

A great way to eat healthy options and save money is to make meals that contain non-perishable ingredients you can buy in bulk. Then all you need to do is buy a few fresh items to make a delicious and cost effective meal just like these strawberry and cream crepes.

### Ingredients

- ½ cup plain wholemeal flour (60 grams)
- 1/3 cup reduced-fat milk of choice (82.5 mls)
- 1 free-range eggs (50 grams)
- 1 tsp extra virgin olive oil (5 mls)
- 2 tbsp light cream cheese (40 grams)
- ½ tsp vanilla extract (2.5 mls)
- ¼ cup desiccated coconut (25 grams)
- ½ punnet strawberries, hulled and sliced (125 grams)

### Method

- In a mixing bowl, whisk together sifted flour, milk, and egg until your get a smooth batter.
- Heat half the oil in a small frying pan over a medium-high heat. Pour in half of the crepe batter and swirl around to form a thin layer over the bottom of the pan. Cook for 1-2 minutes on each side, until golden and set. Set aside to keep warm. Repeat with the remaining oil and batter so you have two crepes, one per serve. While the crepes are cooking, combine the cream cheese and vanilla.
- Spread the vanilla cream cheese over each crepe and sprinkle with an even amount of coconut.
- Place strawberry slices over the crepe filling and roll up to serve.
- Serve one filled crepe per person.

**Kjs 1254 / Cals 298**

**Protein 11.7**

**Total fat 15.4**

**Sat fat 9**

**Carbs 25.7**

**Total sugar 4.4**

**Free sugar\* 0**

**Fibre 6.2**



**\$1.74**  
per 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 and come with the additional benefits of a range of other nutrients such as vitamins, minerals and fibre in substantial amounts.

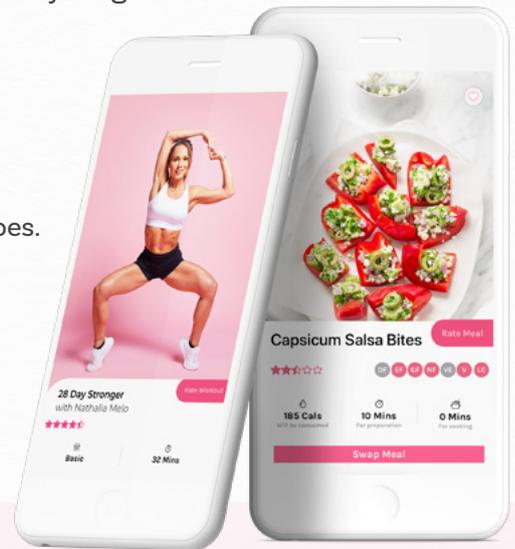
# The Healthy Mummy App

## 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 6000** 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.



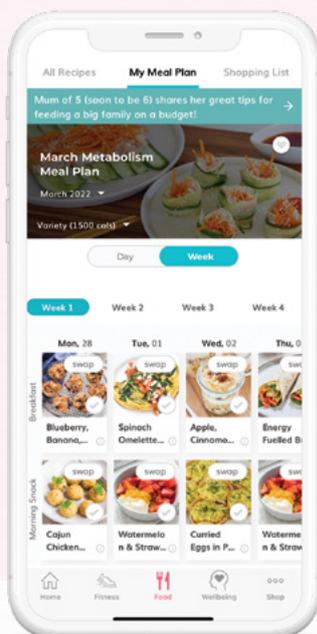
### The Healthy Mummy Exercise Programs

- ✓ **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.

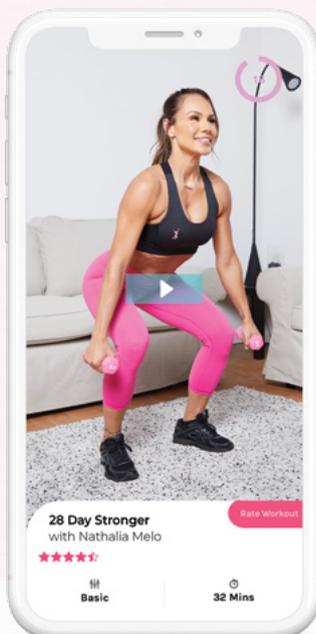
### The Healthy Mummy Coach

- ✓ **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.

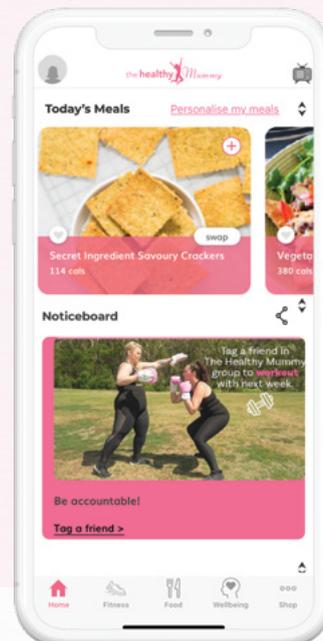
#### ✓ Customisable meal plans



#### ✓ At-home fitness



#### ✓ Daily motivation



4.6 rating  
7300+ reviews



4.7 rating  
6000+ reviews



4.7 rating  
15000+ reviews

# How single mum-of-two lost 15kg\* on a tight budget and busy schedule

**Single mum-of-two Lauren certainly proves women really can do it all! Despite raising two kiddies, working and running a household, she was determined to lose weight while sticking to a tight budget.**

Not only did Lauren succeed in accomplishing her weight loss goal, she has emerged as an incredible role model for other women, empowering others to reach their goal weight also.

This is a snippet of Lauren's story and how this single mum-of-two lost 15kg\* on a tight budget and busy schedule and is inspiring others to do the same.

Recently, Lauren became a single mum. There is no doubt the thought of raising two children on her own was a daunting one. However, what frightened her most of all was being an overweight, unhappy and unhealthy single mum.

## The big change

Lauren says "I knew I needed to change my lifestyle."

Lauren decided to join the Healthy Mummy's 28 Day Weight Loss Challenge. "I'd been following all the success stories for far too long," says Lauren, "...so I decided to have a crack for myself."

Hitting BEYOND her weight loss goal

When Lauren first joined the Challenges, she was hoping to lose 5 kilograms. She had no idea that she would triple her weight loss goal.

Lauren reveals, "I wasn't looking for my own 'story' as such to share. I simply wanted to shed a couple of kg. In fact, I was hoping for 5kg.

"Well, over the next 6 months (6 Challenges) I lost 15kg!"

Lauren admits being on a tight single-mum budget, didn't stop her from joining the Challenge and prevent her from making the delicious meals and meal plans.

Lauren even admits she is able to save money by using the 'customising' option within the 28 Day Weight Loss Challenge App to keep her meal plan within a tighter budget



## More than just weight loss

However, losing weight was only one of the benefits of joining the Healthy Mummy. Lauren reveals she's gained countless friends and had experiences she thought only dreams were made of.

Lauren also adds, "I'm so much more supportive of other women, in fact, I thrive on helping others change their life.

"There is so much more to this program than just losing weight.

"Not only have I regained my life, but I've pretty much created a brand new one! One that I love, that I'm proud of, that I love sharing with others. And I'm pretty sure it's a life that my children will thank me for.

"Even typing this out has left me welling with tears.

"Tears of happiness for how I've changed my life, but also tears of sadness from remembering how I used to feel."

Lauren's biggest hope is that every woman is aware of what she is capable of. If women want to change their lives, they can.

## Real Stories. Real Mums. Real Results.

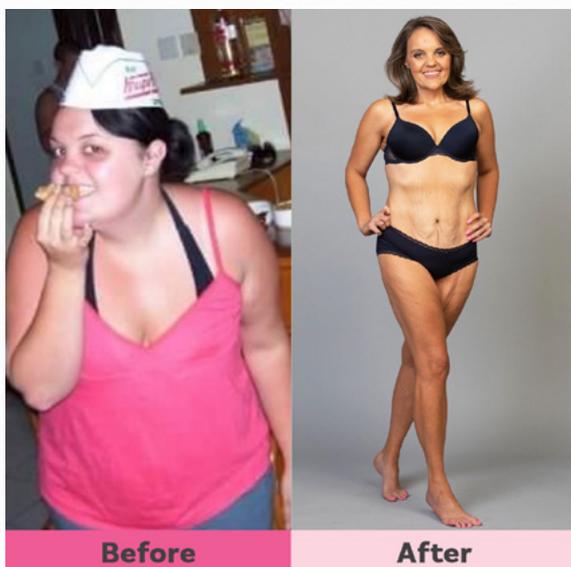


### Nic LOST 60kg!

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 in to 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!"



### 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."



**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!

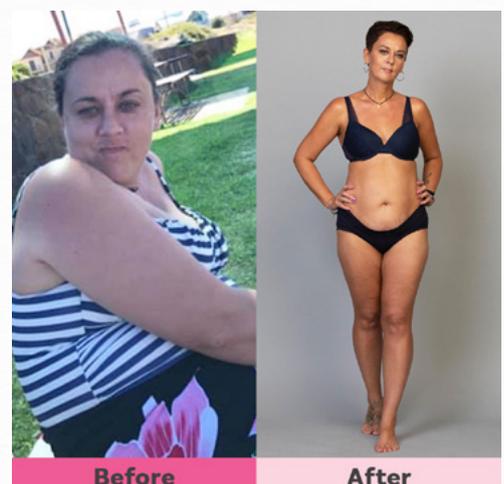


**Tanja LOST 40kg!**

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”.



# PREMIUM SMOOTHIES



More **vitamin A** than a fillet of salmon



More **iron** than a small steak



More **potassium** than 2.5 bananas



More **calcium** than a glass of milk



More **zinc** than 5 eggs



More **folate** than a 2 cups of spinach



More **vitamin B12** than a chicken breast

Designed by nutritionists, the Premium Meal Replacement Smoothies will provide you with the boost you need to revolutionise your health and weight loss<sup>^</sup>. Our premium protein blend is 80% whey protein, contains probiotics and is packed with 23 vitamins and minerals. This smoothie also is insanely creamy and packs a flavour punch!



Available in more flavours!

<sup>^</sup>when used in conjunction with a diet reduced in energy and an exercise plan

## What mums are saying about our Premium Smoothies



“ I am so excited that I can SHAKE and GO with the new Premium Smoothies! They are SUPER creamy and have an amazing flavour. *Cassy, SA* ”



“ Double chocolate! WOW. The new Premium Smoothie hits that chocoholic spot! It's the smoothest smoothie I have ever had. It is absolutely delicious. *Samara, NSW* ”