

IMMUNE BOOSTING SOUPS

RECIPE
PACK



IMMUNITY BOOSTING CHICKEN BROTH

Prep Time: 5 mins Cooking Time: 5 mins

A simple chicken soup like this one is ideal to boost your immunity. It contains garlic and ginger which are both known to help the body fight infections plus loads of hydrating stock to keep you feeling your best.

Ingredients (Makes 1 serve)

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

Method

- Cook noodles according to packet directions and place in a serving bowl.
- Place the chicken stock in a saucepan over a medium-high heat. Bring to the boil then reduce to a simmer and add sliced ginger, garlic and spring onion.
- Simmer for a minute or two, pour over noodles and garnish with fresh parsley to serve.

Nutrition Per Serve: Energy:1141kj / 272 cal
Protein:4.7g Fibre:5.9g Total Fat:4g
Carbohydrates:51.3g Saturated Fat:1.4g
Total Sugar:5.7g Free Sugar:0.0g



HOW TO BOOST YOUR IMMUNITY NATURALLY:

- ✓ **Include as many fresh fruit and vegetables in your daily diet.** Fruit and vegetables are loaded with vitamins, minerals, antioxidants, fibre and many other immunity boosting elements to keep us in our best health.
- ✓ **Exercise regularly.** Even if you are sick, try some light exercise such as a walk around the block or a mat routine like pilates or yoga. Keeping your body moving regularly is great to keep your bones and muscles strong and your body energized to help fight off colds and flus.
- ✓ **Stay hydrated.** Drink water regularly and if you want to add some flavours to your drinks try some herbal teas. Ginger, lemon or Echinacea are all great options to try when you're feeling a bit under the weather. Ensuring you are always hydrated will keep your cells working at their best and assist your body to flush out toxins and help to heal you from infection or germs.
- ✓ **Load up on immunity boosting ingredients** such as garlic, ginger, tomatoes, red capsicums, citrus fruits, yoghurt, almonds, green tea, turmeric and chicken. These ingredients contain many immunity boosting properties and the right vitamins and minerals to help you when you're unwell.
- ✓ **Rest up.** If you do get hit by the latest winter flu or bug, take some time out to rest. Don't push yourself, listen to your body. Having extra sleep or just a few quiet minutes on the couch is good for your body to recover and repair when you are unwell.

CREAMY SUPER GREENS SOUP

Prep Time: 10 mins Cooking Time: 20 mins

Leafy green vegetables like those found in this delicious soup have more nutrition per calorie than any other food. They are loaded with vitamins including A, C, E and B, are rich in fibre and minerals and are therefore vital in keeping your immunity at its best.

Ingredients (Makes 1 serve)

- 1/2 cup broccoli
- 20 grams of lean smoked ham
- 1 tsp extra virgin olive oil
- 1 clove diced garlic
- 1 cup chopped kale leaves
- 40 grams of Brussels sprouts
- 2 cups liquid vegetable stock, salt reduced
- 60 grams of tinned cannellini beans
- 1 tbsp reduced-fat Greek natural yoghurt
- 1 slice wholegrain or gluten-free bread of choice

Method

- Cut broccoli into florets. Slice ham.
- Heat a saucepan over medium-high heat and add olive oil. Add garlic and sauté for 30 seconds – 1 minute.
- Add sliced ham and brown. Then add broccoli, Brussels sprouts and kale. Season with salt and pepper. Sauté vegetables for 2 minutes to colour and soften slightly.
- Add the stock and bring to a boil. Then reduce to a simmer for 8-10 minutes until vegetables are tender. Add some more stock if liquid reduces a lot.
- Add drained beans and using a stick blender or bench top blender, blitz until smooth.
- Return soup to saucepan and heat through.
- Toast bread.
- Serve soup with a dollop of yoghurt and slice of toast.

Nutrition Per Serve: Energy:1187kj / 283 cal
Protein:17.9g Fibre:11.6g Total Fat:8.7g
Carbohydrates:26.2g Saturated Fat:1.6g
Total Sugar:5.9g Free Sugar:0.0g



LEMONGRASS & GINGER CHICKEN SOUL SOUP

Prep Time: 5 mins Cooking Time: 25 mins

It's called soup for the soul as enjoying a warm bowl of this nourishing dish will fill your body with nutrients, vitamins, infection fighting ingredients and hydrate you to make you feel fighting fit.

Ingredients (Makes 1 serve)

- 1 tsp extra virgin olive oil
- 1 tsp fresh ginger
- 1 clove garlic
- 1/4 stalk finely sliced fresh lemongrass
- 1/4 finely diced brown onion
- 100 grams of chicken drumsticks, skin removed
- 2 cups liquid chicken stock, salt reduced
- 1/2 cup chopped kale leaves
- 20 grams of wide rice noodles
- salt
- pepper

Method

- Heat a saucepan over medium-high heat and add olive oil. Add ginger, garlic, onion and lemongrass and sauté for 1 minute or until onion is translucent.
- Add chicken drumstick(s) and brown all over. Add the stock and bring to the boil.
- Reduce to a simmer for 20 – 25 minutes or until chicken is cooked through and tender. Add some extra stock if liquid reduces a lot.
- Remove drumstick(s) with tongs and cut off the meat. Return meat to the soup with kale and noodles. Simmer for a few more minutes until noodles are tender.
- Season with salt and pepper and serve.

Nutrition Per Serve: Energy:1385kj / 330 cal
Protein:33g Fibre:2.7g Total Fat:14g
Carbohydrates:17.2g Saturated Fat:3g
Total Sugar:1.9g Free Sugar:0.0g



ROSEMARY ROASTED PUMPKIN SOUP WITH GARLIC TURMERIC BREAD

Prep Time: 10 mins Cooking Time: 40 mins

Pumpkin soup is often a family favourite and teaming it with infection fighting garlic and anti-inflammatory turmeric bread will make it a great option to serve everyone when you want to boost immunity.

Ingredients (Makes 1 serve)

- 1 cup peeled and cubed pumpkin
- 1/2 cubed potato
- 2 cloves garlic
- 1/4 diced brown onion
- Cooking oil spray
- 1/2 tsp dried rosemary
- 2 cups liquid chicken stock, salt reduced
- salt
- pepper
- 1/2 tsp ground turmeric
- 2 tsp butter
- 1 wholegrain roll
- 1 tbsp reduced-fat Greek natural yoghurt

Method

- Preheat oven to 200C. Place pumpkin, potato and onion on a lined baking tray and lightly spray with cooking oil. Combine with dried rosemary and 1/2 of the garlic (minced). Bake in the oven for 30 minutes or until vegetables are tender and golden.
- Place baked vegetables in a blender or food processor and blitz with half the chicken stock until combined (it can still be chunky, doesn't have to be a smooth consistency).
- Pour the vegetable mix into a saucepan with the remaining chicken stock and bring to the boil, then reduce to a simmer for a minute or two until well combined and heated through. Season with salt and pepper.
- Dice the remaining garlic very finely and combine with the turmeric and butter.
- Halve the roll(s) and spread each half with the garlic butter mix. Wrap the rolls in foil and place in the oven for 5 minutes once you've removed the pumpkin and potato.
- Serve the heated soup with a dollop of yoghurt and a garlic butter roll on the side.

Nutrition Per Serve: Energy:1938kj / 462 cal
Protein:12.7g Fibre:11.6g Total Fat:15g
Carbohydrates:63.4g Saturated Fat:7.2g
Total Sugar:16g Free Sugar:0.0g



CHICKEN TACO SOUP

Prep Time: 10 mins Cooking Time: 10 mins

The whole family will love this delicious soup. More importantly it's loaded with tomatoes which will boost everyone's immunity. Tomatoes contain lycopene, which is a potent antioxidant that helps protect immune cells from damage and promotes proper immune function.

Ingredients (Makes 1 serve)

- 50 grams of chicken breast fillets
- 1/2 tsp extra virgin olive oil
- 1/8 diced red onion
- 1/2 clove diced garlic
- 1/4 tsp smoked paprika
- 1/4 tsp ground cumin
- 1/2 diced tomato
- 1/4 cup tomato passata
- 1/2 cup liquid chicken stock, salt reduced
- 40 grams of tinned red kidney beans
- 1 small wholemeal pita bread
- 1 tsp Parmesan cheese
- 1/4 cubed avocado
- 1/4 cup chopped fresh coriander

Method

- Slice chicken into strips. Heat a saucepan over medium-high heat and add the olive oil. Add the onion and garlic and sauté for 1-2 minutes.
- Add the paprika and cumin and stir to combine.
- Add tomato, passata, stock and drained kidney beans. Bring to the boil then reduce to a simmer and cook for 5 minutes.
- Add chicken and simmer for approximately 3 minutes or until chicken is cooked through.
- Toast the pita bread and slice into pieces.
- Serve soup sprinkled with Parmesan, avocado cubes and coriander with pita bread on the side.

Nutrition Per Serve: Energy:1592kj / 380 cal
Protein:19.9g Fibre:9.2g Total Fat:18.9g
Carbohydrates:27.8g Saturated Fat:4.6g
Total Sugar:9g Free Sugar:0.0g



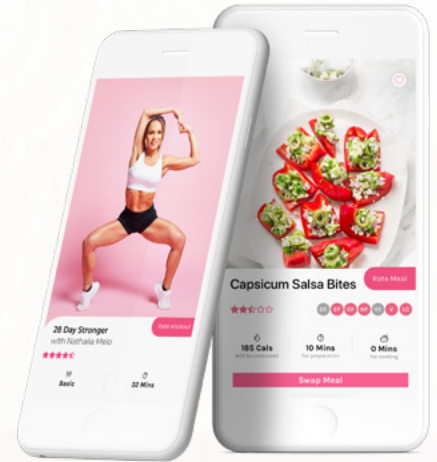
THE HEALTHY MUMMY APP

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

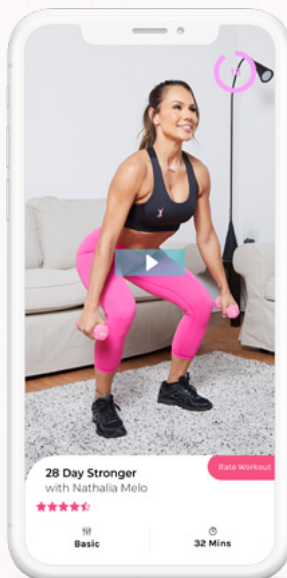
A new empowering message each day on your home screen!

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

Keeps you **motivated** and accountable.

Only available in The Healthy Mummy App.

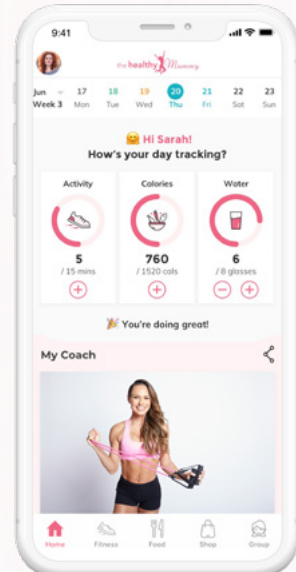
✓ At-home fitness



✓ Customisable meal plans



✓ Daily motivation



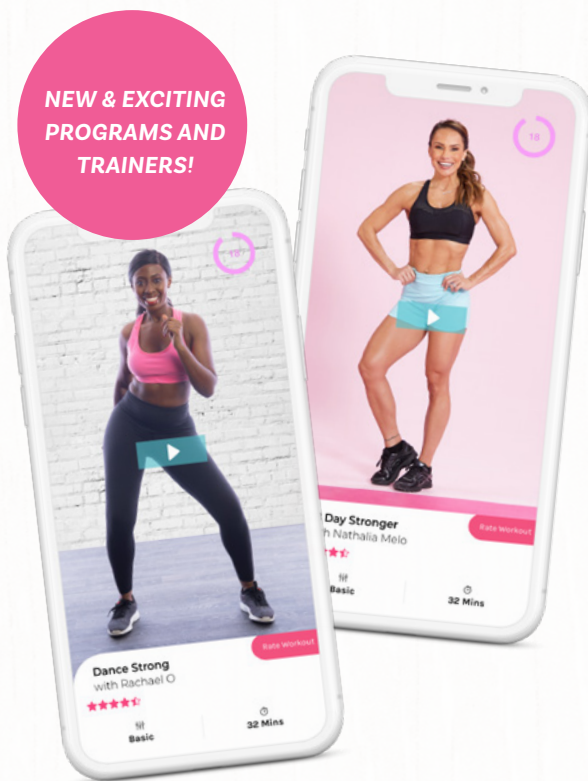
JOIN THE 28 DAY WEIGHT LOSS CHALLENGE [HERE](#)

HEALTHY MUMMY 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

FROM SOME MUMS ON THE 28 DAY WEIGHT LOSS CHALLENGE

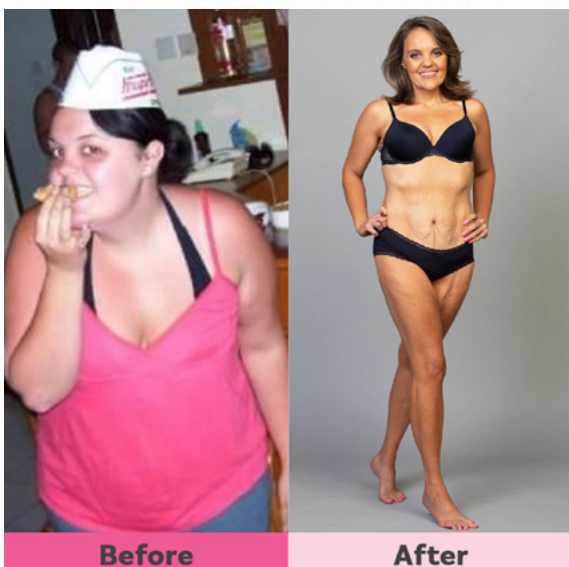


NIC LOST 60KG!

Nic believes she owes her life to 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, even the scary. 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 it 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 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 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⁺** 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⁺ 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



*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](#)