



the healthy  Mummy

SUMMER **SHRED**

RECIPE + EXERCISE PACK



welcome!

Summer is such a great time of year! Everyone is in a good mood after the chill of winter, plus there are lots and lots of opportunities for spending quality time with the family at parties, barbecues and catch-ups with friends.

These social occasions can sometimes lead to overindulging in those foods that can wreak havoc with your healthy lifestyle goals. We have pulled together our top tips for summer, a selection of easy to prepare and most importantly healthy recipes plus some summer exercise ideas to get you sweating!

The fact you are already reading this means you are one step closer to achieving your goals and feeling good this summer!

Let's do this!

Love Rhian

and The Healthy Mummy team



Get summer ready!

Counting down the days until summer? We are as well! With the temperature getting warmer, and the days becoming longer it's time to kick-start some healthy eating habits and shed that pesky winter weight!

Being able to enjoy the summer months with family and friends at the beach or by the pool, or better yet getting active outside is a great thing in life. With clothing layers coming off now due to the weather heating up, it can be easy to feel self-conscious about how you look or feel.

It's also a good time to think about trying to cut back on sugar, caffeine and alcohol! There will be plenty of opportunities to indulge, so reducing your consumption in other areas now will help you get the perfect balance and encourage you to make healthier choices.

If you're focused on having a healthy lifestyle, eating well and including regular exercise in your days then you should feel proud that you're a great example of a healthy, happy mum. To keep you focused on your healthy eating goals and make you feel even more fabulous for the summer months, we have pulled together some fresh, easy to prepare recipe ideas and workouts to do in the comfort of your own home!





Mexican Bean and Coleslaw Soft Tacos

Serves 4

Prep time 5 min

Cook time 15 min

Not only are these tacos packed with flavour, they are also packed with nutrients to keep you going all day. They are loaded with protein from the cheese, yoghurt and beans, which provides a healthy energy boost.

Ingredients

- 200g tinned kidney beans
- 2 tsp ground cumin
- 1 cup tomato passata
- 4 cloves garlic, minced
- 4 tomatoes, diced
- 1/3 cup fresh coriander, chopped
- salt
- pepper
- 2 cups purple cabbage, shredded
- 1/2 red onion, finely diced
- 1/3 cup mint leaves, chopped

***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.

- 1/3 cup fresh parsley, chopped
- 1 cup reduced-fat Greek natural yoghurt
- 2 tbsp lime juice
- 8 mini tortilla wraps
- 1 cup reduced-fat cheddar cheese, grated

Method

- Combine the kidney beans, cumin, tomato passata, garlic, diced tomato and coriander in a saucepan over a medium heat. Season with salt and pepper and simmer for 10-15 minutes or until thickened slightly.
- Combine the cabbage, onion, fresh herbs, yoghurt and lime juice to form a coleslaw.
- Heat the tortillas according to packet directions and top each with some of the Mexican beans, some coleslaw and a sprinkle of grated cheese to serve. Two soft tacos is one serve.

Kjs 1699 kJ / 406 cals

Protein 22.8g

Total fat 15.1g

Sat fat 6.8g

Carbs 48g

Total sugar 10.7g

Free sugar* 0.0

Fibre 5.8g



Chicken and Cucumber Ribbon Salad

Serves 4

Prep time 70 min

Cook time 10 min

This chicken and cucumber salad has a wonderful zing to it thanks to the inclusion of lemon juice and zest. You can marinate the chicken ahead of time so it's ready when you want to cook the salad. Lemon helps to boost metabolism and helps the bowels work better. Cucumber is low in calories and is great for detoxing. It's also high in fibre and water which helps to improve constipation.

Ingredients

- 1 tsp dried rosemary
- 2 cloves garlic, crushed
- 1 tbsp extra virgin olive oil
- 2/3 cup lemon juice
- 2 tbsp lemon zest
- salt/pepper
- 400g chicken breast fillets
- 4 Lebanese cucumbers
- 2 tsp ground cumin
- 2 cups reduced-fat Greek natural yoghurt

***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.

Method

- In a bowl, combine the rosemary, garlic, olive oil with half the lemon juice and half the lemon zest. Season with salt and pepper.
- Cut the chicken into strips and add to the bowl with the marinade. Mix and coat well. Set aside in the fridge covered for an hour or more if you have time. When the chicken has been marinated for a while, heat a frying pan over medium-high. Add the chicken and the marinade and cook for 4-5 minutes each side or until chicken pieces are cooked through.
- Use a peeler or spiraliser to slice the cucumber into thin ribbons.
- Combine cucumber ribbons with yoghurt, cumin, remaining lemon juice and zest. Mix well to combine.
- Serve the cucumber ribbon salad topped with chicken pieces.

Kjs 1350 kJ / 321 cal

Protein 29g

Total fat 14g

Sat fat 5g

Carbs 12g

Total sugar 12g

Free sugar* 0.0

Fibre 4.7g



Chicken, Pumpkin and Sesame Rice Paper Rolls

Serves 4

Prep time 10 min

Cook time 20 min

For when you feel like takeaway but not the guilt, these rice paper rolls will help hit the spot. Prepare the chicken and pumpkin in advance and store in the fridge to make meal prep even faster when ready to serve.

Ingredients

- 320g chicken breast fillets
- 3 cups pumpkin, thinly sliced
- 1 tbsp extra virgin olive oil
- salt
- pepper
- 1 tbsp black or white sesame seeds
- 16 rice paper sheets
- 4 cups mixed lettuce leaves
- 1/3 cup mint leaves

***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.

Method

- Preheat oven to 200C. Line a baking tray with baking paper.
- Place chicken on prepared tray with pumpkin slices. Drizzle with olive oil and season with salt and pepper. Sprinkle with sesame seeds and bake for 20-25 minutes or until the chicken is cooked through and the pumpkin is golden. Remove tray from oven and allow chicken and pumpkin to cool. When cool, slice chicken.
- Prepare rice paper sheets according to packet directions and fill each with some mixed lettuce leaves, some mint and then some chicken and pumpkin.
- Roll as per packet directions and serve immediately. Four rolls is 1 serve.

Kjs 1432 kJ / 341 cals

Protein 21g

Total fat 9.2g

Sat fat 1.5g

Carbs 42g

Total sugar 5.6g

Free sugar* 0.0

Fibre 3g



Mango Bars

Serves 8

Prep time 190 min

Cook time 10 min

A delicious frozen snack made from mangoes and bananas.

Ingredients

- 3 mangoes, diced
- 2 small bananas, chopped
- 3 cups reduced-fat Greek natural yoghurt
- 2 tbsp honey
- 1 tsp cinnamon

Method

- Place the diced mango and chopped banana in a blender or food processor. Pulse to combine.
- Line a loaf tin with baking paper and pour in the fruit mixture.

***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.

Smooth with a spatula. Freeze for an hour or until firm.

- Combine the yogurt, honey and cinnamon and spread over the firm fruit mixture in the tin. Return to the freezer for another hour or two, or overnight.
- When firm, slice into 8 slices.
- 1 slice is one serve.
- Store leftovers in the freezer for up to 2 months.
- Remove a slice from the freezer and serve.

Kjs 832 kJ / 198 cal

Protein 8.8g

Total fat 2.4g

Sat fat 1.3g

Carbs 32.7g

Total sugar 30.5g

Free sugar* 5.6

Fibre 4.5g



Chocolate, Raspberry and Vanilla Pudding

Serves 2

Prep time 140 min

A simple to prepare sweet snack that will satisfy any sugar cravings without adding extra sugar. Making snacks like this that are low in (or contain no) added sugar will help your palate get used to enjoying meals that aren't too sweet. You could always add a small amount of coconut sugar or Natvia to the hot coconut milk mixture and reduce it each time you prepare this recipe, until you're used to the less sweet flavours.

Ingredients

- 2 tsp powdered gelatine
- 1 cup reduced-fat coconut milk
- 2 tsp cacao/cocoa powder
- 1/2 cup fresh or frozen raspberries
- 1 tsp vanilla extract

***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.

Method

- Defrost berries if using frozen ones. In a bowl combine gelatine with 1/4 of the coconut milk.
- Heat remaining coconut milk in the microwave or on the stove until hot but not boiling.
- Pour hot coconut milk into the cold coconut milk/gelatine mixture. Stir until gelatine powder has dissolved.
- Add the cacao/cocoa powder, 2/3 of the raspberries and vanilla extract. Stir to combine.
- Divide mixture evenly between two small serving glasses or silicone molds.
- Place in the fridge to set, around 30 minutes.
- Serve topped with remaining raspberries.

Kjs 540 kJ / 128 cals

Protein 5.5g

Total fat 9.4g

Sat fat 8.3g

Carbs 4.4g

Total sugar 3.6g

Free sugar* 0.0

Fibre 2.3g

The 28 Day Weight Loss Challenge is designed especially for mums!

The 28 Day Weight Loss Challenge is designed specifically for mums just like you! We offer customisable meal plans with over 4,000 recipes; interactive exercise plans with 350 exercise videos; and 24/7 support.

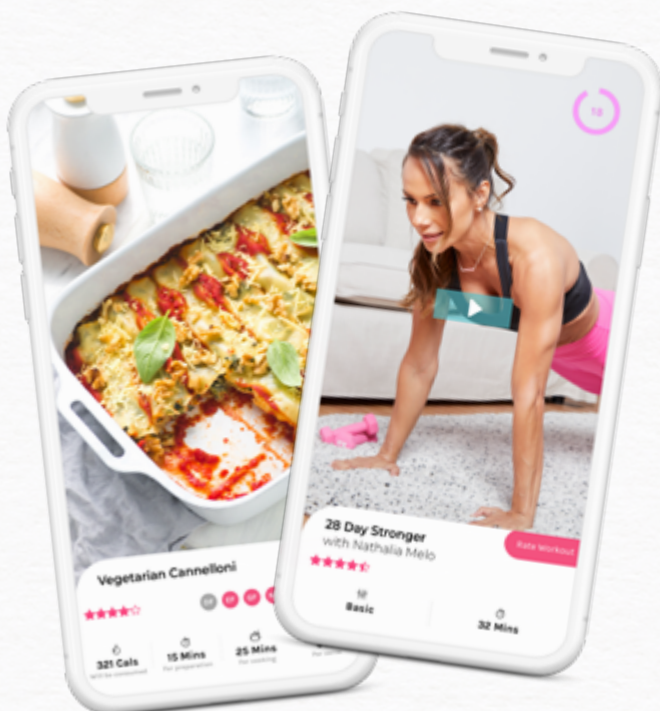
Our meals are budget-friendly and family-friendly, allowing you to customise your weekly meal plan based on your family needs and size. New meal plans are released each week plus you get a fully personalised shopping list!

All the exercises in **The 28 Day Weight Loss Challenge** can be done anywhere at anytime. You can do them at home with the kids, in the park or even at the gym. Short form and long form videos means it's easy to squeeze in a 10 minute workout. No gym membership required. Daily exercise videos will keep you motivated and on-track.

Join 100,000's of mums ready to support you! Our private support group keeps you motivated and on track with 24/7 support. You can join our private support group [here](#).

This recipe and exercise pack is all about summer - now more than ever you want to get summer ready! Therefore our nutritionists and personal trainers have curated specific recipes and fitness plans that suit the season and will get you one step closer to your goals.

We've got some no-fail tips for you to achieve your weight loss goals, stay motivated and feel more confident leading into summer. Our inspirational transformations from real mums, affordable and delicious recipes, and fitness plans that don't require a gym membership will give you the kick-start you need to feeling great as the weather heats up.



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

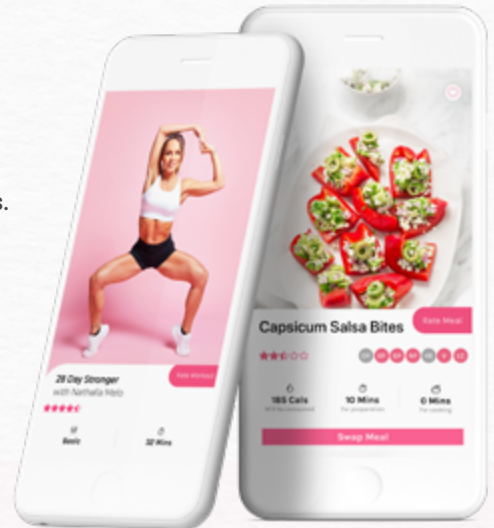
The Healthy Mummy App

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

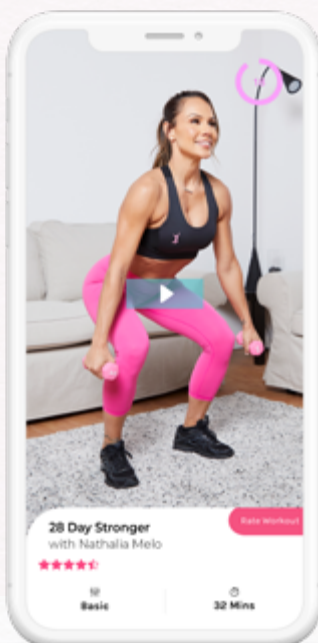
A new empowering message each day on your home screen!

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

Keeps you **motivated** and accountable.

Only available in The Healthy Mummy App.

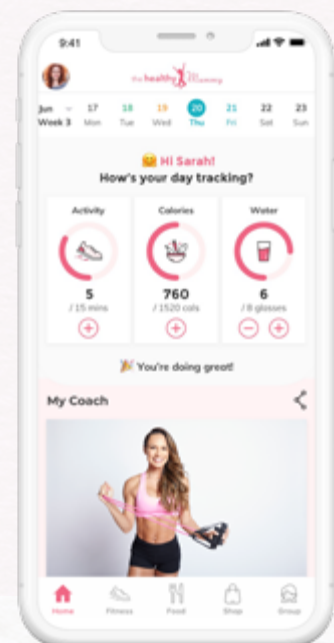
✓ At-home fitness



✓ Customisable meal plans



✓ Daily motivation



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

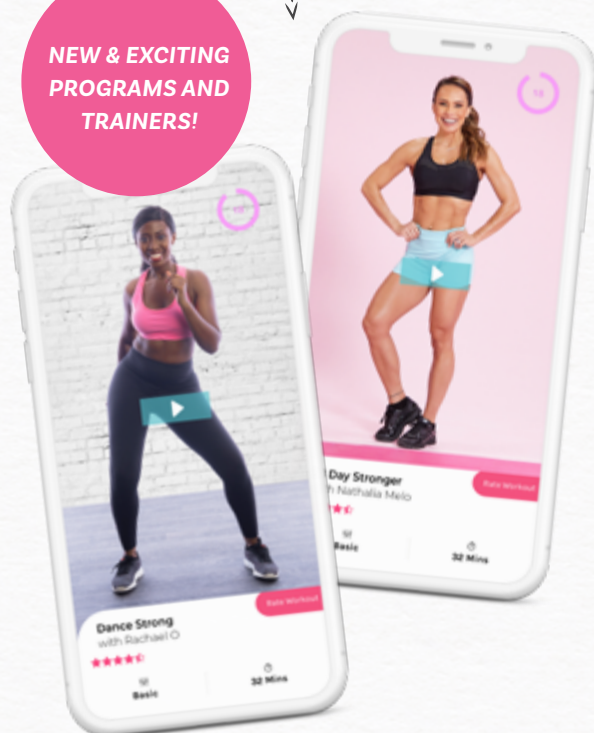
Exercise Programs

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!

**NEW & EXCITING
PROGRAMS AND
TRAINERS!**



★ **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.

MEET OUR NEW TRAINERS...



RACHAEL OKESOLA



SHAUNA HAWKES



NATHALIA MELO

Tips for keeping on track with your exercise during summer!

1 KEEP YOUR ROUTINE

Be it a gym class, your usual morning walk or workout, don't miss it! If an event clashes with your exercise plans be sure to reschedule the session instead of skipping it completely.

2 PLAN YOUR EXERCISE

Get them done and dusted early in the day and avoid having a last-minute event clash with your exercise plans.

Plan your workouts a week or two in advance, keeping in mind anything else happening that week. Make sure that your partner and kids are aware of your plans, and understand how important they are. This will help avoid conflicting schedules, keep you accountable and make it easier to plan 'make up' sessions if you do happen to miss a workout.

3 MAKE YOURSELF ACCOUNTABLE

The key to long-term success is accountability. Here are a few tips:

- Try turning summer catch ups with friends into a chance for a workout. For instance why not meet a pal for a morning bike ride instead of a coffee?
- Tell your trainer to expect you at the next session – you know if you don't keep your word your trainer will work you twice as hard or have a grueling punishment in store!

4 MAKE THE MOST OF THE WARMER WEATHER

Get outside and workout. Could be as simple as taking the kids to the park, taking the dog for a walk or even doing your squats while you hang up the washing. Any excuse to enjoy the outdoors and keep your body moving.

5 GET YOUR FAMILY INVOLVED

Getting kids involved and understanding the importance of a healthy lifestyle through regular exercise will not only motivate you to stay fit, but it's also a great way to spend time together! This can be done through getting them to do a workout with you in the lounge room, exercising in the backyard together or at your local park, walking the dog etc.



Real Stories. Real Mums. Real Results.



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



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!"



BEFORE

AFTER



BEFORE

AFTER

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".



BEFORE

AFTER

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](#)