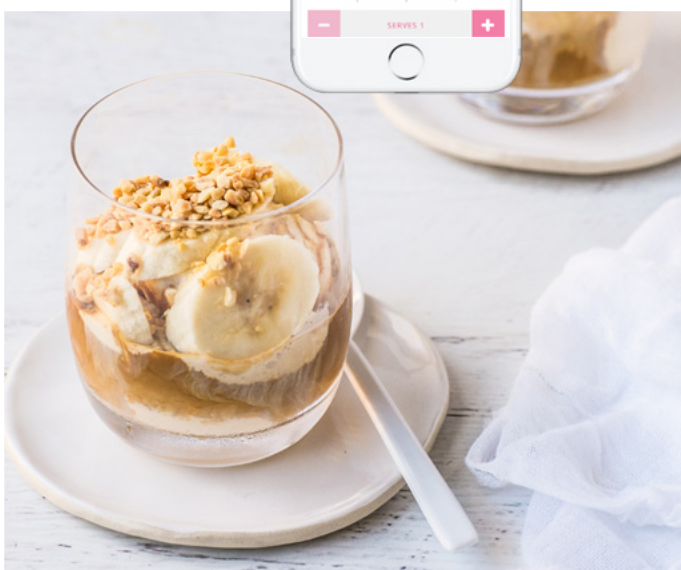


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5 & under main ingredients recipe pack



Whether you're just starting out on your weight loss journey or wanting to maintain your healthy lifestyle, making things as simple as possible is one of the keys to success.

You need healthy meal plans that are simple to prepare with easy to access ingredients. You need guidance on what is the best exercise to include regularly into your busy schedule and you need easy



to access support to help you reach your goals. The July 28 Day Weight Loss Challenge is about simplicity when it comes to reaching your weight loss goals. The meal plans are loaded with healthy recipes that contain 5 or less key ingredients to make them really easy to prepare and the exercise routines can be completed in 20-30 minutes, making them a breeze to schedule into everyday.

BREAKFAST

CAULIFLOWER CHEESE TOASTIE

Prep Time: 5 mins Cooking Time: 25 mins

A delicious way to get a good serve of veggies to start the day. Roast the cauliflower ahead of time or use leftovers to make this healthy breakfast even faster to prepare.

Ingredients (Makes 1 serve)

- 1/2 cup cauliflower
- cooking oil spray
- salt
- pepper
- 2 slices wholegrain or gluten-free bread of choice
- 1/8 finely sliced red onion
- 1/2 cup baby leaf spinach
- 1 slice reduced-fat cheddar cheese

Method

- If not using leftover roasted cauliflower then preheat oven to 180C. Cut cauliflower into florets, season with salt and pepper and lightly spray with cooking oil. Spread over a lined baking tray and roast for 20-25 minutes or until golden and tender.
- When cauliflower is ready preheat a sandwich press.
- Top one slice of bread per serve with roasted cauliflower, onion slices, baby leaf spinach and cheese. Top with remaining bread slice and place in sandwich press to cook until bread is golden and cheese has melted. Slice in half and serve immediately.

NOTE: If you don't have a sandwich press you can cook the sandwich in a frying pan. Press sandwich down with a heavy saucepan and cook on one side until golden. Then turn over and cook on the other side until cheese has melted.

Nutrition Per Serve: 1212kj / 288 cal **Protein:** 18.3g
Fibre: 6.5g **Total Fat:** 4.1g **Carbohydrates:** 40.9g
Saturated Fat: 1.2g **Total Sugar:** 3.9g **Free Sugar:** 0.0g



**288 CALS
PER SERVE**

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LUNCH

COURGETTE AND PARMESAN FRITTERS

Prep Time: 10 mins Cooking Time: 10 mins

With only a few key ingredients you can prepare these delicious fritters in no time. Make ahead of time and just reheat when ready to serve for a super healthy lunch.

Ingredients (Makes 2 serves)

- 1 courgette
- salt
- 1/4 cup ground almonds
- 1/4 cup grated Parmesan
- 1 beaten free-range egg
- pepper
- 2 tsp extra virgin olive oil
- 1/2 cup baby spinach
- 2 tbsp reduced-fat Greek natural yogurt

Method

- Grate courgette and sprinkle with salt. Place in a clean tea towel and squeeze out as much liquid as possible.
- Combine courgette with ground almond, grated Parmesan and egg. Season with pepper and combine well.
- Heat oil in a frying pan over medium-high. Once pan is hot, add tablespoons of the courgette mix to the pan and fry for 1-2 minutes on each side or until golden and cooked through. Repeat with remaining courgette mix.
- Place courgette fritters on some paper towel to soak up any excess oil from cooking.
- Divide fritters evenly between two plates, serving on a bed of spinach, dolloped with a little yogurt.

Nutrition Per Serve: 1146kj / 272 cal **Protein:** 14.7g
Fibre: 2.2g **Total Fat:** 22g **Carbohydrates:** 3.5g
Saturated Fat: 6.5g **Total Sugar:** 3.5g **Free Sugar:** 0.0g



**272 CALS
PER SERVE**

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DINNER

CREAMY MUSHROOM AND BACON RAVIOLI

Prep Time: 5 mins Cooking Time: 15 mins

Pasta doesn't have to be off the menu when wanting to follow a healthy lifestyle. Just watch your portion size and use reduced-fat, high protein ingredients to keep you feeling fuller for longer.

Ingredients (Makes 1 serve)

- 125 grams of fresh beef ravioli
- 1 tsp extra virgin olive oil
- 1 diced bacon rasher, lean & trimmed
- 1/2 cup sliced mushrooms
- pepper
- 50 mls of reduced fat cream
- 2 tsp grated Parmesan
- 2 tsp chopped fresh chives

Method

- Prepare ravioli according to packet directions. Drain and set aside.
- Heat oil in a frying pan over medium-high heat. Add bacon pieces and cook for 2-3 minutes or until golden. Add mushrooms and cook for a further 2-3 minutes until tender. Season with pepper.
- Add cream and cook for 2-3 minutes to heat through and combine with other ingredients. Sprinkle over grated Parmesan and stir to combine and melt into sauce.
- Add prepared ravioli to the pan and toss to combine with sauce. Add a little hot water or liquid chicken stock if needed, to loosen sauce and cover ravioli.
- Serve ravioli and sauce in a bowl and sprinkle with fresh chives.

Nutrition Per Serve: 1378kj / 328 cal **Protein:** 13.2g
Fibre: 2.9g **Total Fat:** 14g **Carbohydrates:** 36g
Saturated Fat: 7.9g **Total Sugar:** 2.6g **Free Sugar:** 0.0g

328 CALS
PER SERVE



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DESSERT

BANANA COFFEE SUNDAE

Prep Time: 5 mins

A simple and satisfying sweet treat. With only four key ingredients you can have this ready to enjoy in no time. Use decaf coffee if you prefer.

Ingredients (Makes 1 serve)

- 1/3 cup frozen vanilla yogurt
- 1/4 cup cooled espresso coffee
- 1/2 sliced banana
- 1 tbsp crushed peanuts

Method

- Scoop frozen yogurt into a serving dish.
- Pour over cooled espresso and top with banana slices and crushed peanuts to serve.

Nutrition Per Serve: 1139kj / 271 cal **Protein:** 8.4g
Fibre: 1.9g **Total Fat:** 11.2g **Carbohydrates:** 34.8g
Saturated Fat: 4.5g **Total Sugar:** 33g **Free Sugar:** 1.2g



271 CALS
PER SERVE

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TOP TIPS TO...

MAKING HEALTHY FOOD PREP EASY

When looking at whipping up a healthy meal without slaving in the kitchen for hours, it's a good idea to think of your plate divided into three sections:

1. PROTEIN

You want to fill one quarter of your plate with protein; so choose beef, pork, veal, chicken, fish, prawns, tempeh, tofu, eggs or another vegetarian protein like lentils or chickpeas.

2. STARCHY CARBOHYDRATES

In another quarter add starchy carbohydrates e.g. grains like quinoa, brown rice or the heavier veggies such as sweet potato, potato, peas or corn. You can also use legumes like lentils, kidney beans, chickpeas etc, to fill in this portion of your plate.

3. LOW GI VEGETABLES

The rest of the plate i.e. a whole half of your plate, should be filled with delicious low GI, low starch veggies. So think green beans, courgette, squash, eggplant, carrot, spinach and kale.

SIMPLE FLAVOUR:

Flavour the ingredients you've chosen for your plate with some simple flavours: fresh herbs or dry spices, some lemon or lime juice, a drizzle of olive oil, freshly ground salt and pepper etc, and you'll have a delicious fresh, healthy meal in no time.

5
INGREDIENTS
& UNDER



All recipes from the
28 Day Weight Loss Challenge

TOP TIP: TO HELP WITH THOSE DAYS WHEN YOU ARE REALLY TIME POOR, GET ORGANISED WHEN YOU DO HAVE SOME EXTRA MINUTES. PREPARE DOUBLE LOTS OF VEGGIES AT A TIME AND KEEP THE SECOND LOT IN AN AIRTIGHT CONTAINER IN THE FRIDGE, CUT UP AND READY TO GO FOR THE NEXT DAY. OR USE FROZEN VEGGIES IF YOU NEED AS THEY ARE ALREADY CHOPPED AND READY TO COOK. FROZEN VEGETABLES ARE VERY VERSATILE; YOU CAN STEAM, BOIL, STIR FRY OR ADD THEM TO STEWS, PASTAS AND CURRIES ETC, JUST THE SAME AS YOU WOULD FRESH VEG (THEY JUST TAKE A LITTLE LONGER TO COOK).

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The 28 Day Challenge Exercise Program alternates between High Intensity Interval Training and Pilates, with each session designed to be completed in just 30 minutes per day. The 28 Day Weight Loss Challenge focuses on the whole body to give you a well rounded program to increase strength, tone, reduce body fat and improve overall cardiovascular fitness levels. Each workout can be done at home with no or minimal equipment, so you can get fit in your own time, around your family commitments, without an expensive gym membership.



5 & under main ingredients challenge

EXERCISE PACK

PARALLEL SQUAT PUMPS

Starting Position

Stand in a neutral position, hips shoulder width apart. Arms are by your side and toes are pointing forward.

Execution

Slowly extend your arms out in front of you, exhale and push your hips backward (imagine you are sitting down on a chair) into a squat position. Keep your back flat, head up and knees in line with toes. Lower your body until your thighs are parallel to the ground. Hold the squat position for 1-2 seconds, then tighten your glutes and slightly straighten your legs to create a pumping motion. Breathe continuously through the movement. Exhale as you engage your core and push off your heels to standing.

Benefits

Strengthen legs, glutes and core



SCISSOR JUMPS

Starting Position

Stand tall with your feet hip width apart and arms by your sides.

Execution

Extend left arm in front of you and right arm behind you, as you jump and take your left foot in front of you and right foot behind. Push up through your feet and jump off the floor, alternating your arms and legs in the air. Land with a slow and controlled motion as you sink down into your scissor jumps. Breathe steadily and repeat the exercise.

Benefits

Strengthens lower and upper legs, glutes, core and arms.



STANDING BICYCLE CRUNCH

Starting Position

Stand with your feet together with hands gently resting behind your head and elbows open.

Execution

Exhale, lift your left knee up and across the body toward your right chest. Simultaneously twist your torso and touch your left knee to right elbow. Release slowly to starting position and repeat the exercise by alternating sides.

Benefits

Core and leg strengthening.



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PILATES FIRE HYDRANT

Starting Position

Begin on your hands and knees with hands underneath shoulders and knees beneath your hips.

Execution

Keeping your head, neck and spine in alignment, exhale as you lift one leg out to the side. Inhale and lower your leg to starting position. Repeat.

Benefits

Glutes, leg and core strength



PILATES KNEE STAND WITH ARM AND LEG LIFT

Starting Position

Stand on your left knee and straighten your right leg to the right side of your body. Place your left hand on a block (large book) beside you so that your upper body bends to the left side. Keep your elbow slightly bent. Push your hips forward so that your whole body is in alignment.

Execution

Inhale and lift your right leg up off the mat and at the same time lift your right arm up over side overhead. Bring them back down and exhale.

Benefits

Core, upper body and leg strengthening.



HOW TO FIT IN EXERCISE EVEN WITH ONLY 5 MINUTES TO SPARE:

No excuses: All of us, no matter how busy our days are, can schedule in just 5 minutes of exercise. Not only is this good for us to get into the habit of regularly moving our bodies it also helps to relieve stress and less stress means better weight loss results.

LESS CAN BE BEST: Instead of longer exercise periods, shorter bursts of high intensity exercises are becoming highly favourable among trainers and athletes alike. In numerous scientific studies, shorter and higher intensity workouts are showing a marked increase in not only the number of calories but are also showing improved blood flow, circulation, metabolism, sleep patterns and mood.

HIIT IT HARD: Fat burning HIIT workouts, like those in the July 28 Day Weight Loss Challenge are extremely popular and scientific studies have shown that just 10-15 minutes of interval training per day can blast belly fat and skyrocket metabolism.

AFTER BURN: Generally speaking, a workout is finished once you have completed your circuits but studies have shown that with HIIT workouts this may not be the case. The HIIT reward is not limited to an increase in cardiovascular health or a positive release of endorphins. There may also be a residual increase in the body's resting metabolic rate, which can cause calories to continue to burn up to 48 hours following a workout. Yes, even while performing other more sedentary activities in daily life!

TOTAL WEEKLY EXERCISE TIME IS WHAT COUNTS:

Some very interesting insights have come out of studies and research conducted by Dr. Lynn Kravitz at the University of New Mexico. Dr Kravitz suggests that the total number of exercise hours in a week is really what is most important for continuous improvement in metabolic processes rather than when or for how long the exercises are actually performed.

So, according to Dr Kravitz, the results of cardiovascular exercise may be more about how many increments of exercise are performed each week, rather than the number of continuous minutes performed at any one time. To reap the rewards from this particular workout style, it is suggested the intensity of the workouts should be high, which is why HIIT workouts are recommended.

JUST GET STARTED: Adopting a "something is better than nothing" attitude and performing HIIT workouts for shorter periods throughout your day will not only get your heart rate up and have you feeling great. You will also be able to fuel your metabolism and burn calories long after your workout is complete.



**FROM CHALLENGE
FITNESS EXPERT
MARISSA NIEVES**

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the healthy Mummy
28 DAY
WEIGHT LOSS CHALLENGE

MUMS LOSE 8-13lbs EVERY MONTH ON THE 28 DAY WEIGHT LOSS CHALLENGE



Cicily's transformation is incredible and so inspiring! Cicily just doesn't quit, and says 2018 is her year!!

"NOW I'M FEELING SO HAPPY IN MYSELF, **FULL OF ENERGY**, MY CONFIDENCE IS BACK AND EXCELLING. I FEEL LIKE I CAN FINALLY BE MYSELF."

CICILY
LOST
8 STONE

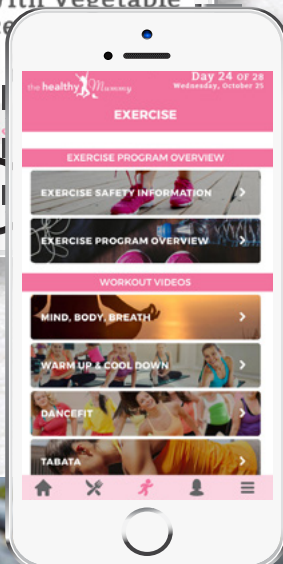
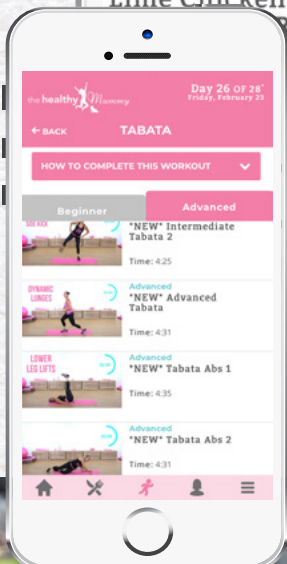
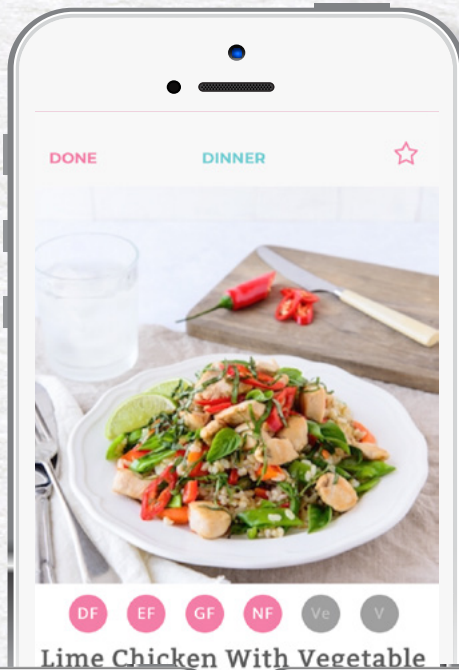
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