



Join the 28 Day Weight Loss Challenge and access

- ✓ 4000+ family friendly recipes
- ✓ 350+ exercise videos (HIIT, Yoga & more)
- ✓ Weekly, personalised meal plans
- ✓ Customisable easy to use App
- ✓ Track your weight loss progress
- ✓ 24/7 SUPPORT
- ✓ Community of 1000's of like minded mums



THE BELLY BLASTER

RECIPE + EXERCISE PACK



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Hi everyone...

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

The belly area is often a cause for concern with 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 this area.

Our fabulous team of chefs and nutritionists have created meal plans loaded with easy to prepare and delicious meals.

Keeping your gut and digestive health on track help your body work at its best, so it can burn calories to reach your goals, therefore; the meals are loaded with seasonal ingredients that are high in fibre, protein and nutrients to assist with great gut health.

We also have a BRAND NEW Belly Blaster workout category with easy to follow-along, long play workout videos, to increase your cardio and help you get some impressive weight loss results.

We've put together this little pack so you can get excited about blasting away your belly in the **28 Day Weight Loss Challenge**.

You can go [here](#) to join the 28 Day Weight Loss Challenge, and get ready to be healthier and fitter!

Love Rhian

and The Healthy Mummy team



UNDERSTANDING BODY FAT FOR HEALTH & WEIGHT LOSS

PURPOSE OF BODY FAT

Fat is an essential part of your diet. It provides energy, absorbs certain nutrients and maintains your core body temperature.

Here are a few major functions of body fats:

- Maintain body temperature
- Help with healthy skin and hair- without adequate fats we would have dry skin and hair and be more prone to dry rashes.
- They cushion our organs and tissues and act as shock absorbers for bones.
- We need fat to absorb some crucial vitamins. Known as the fat soluble vitamins, A, D, E and K need to be combined with a fat so we can absorb them.
- Energy storage and fuel source for other cells in the body.
- Production of some hormones occur in white adipose tissue.
- Stores toxins. Yep, you heard that right. If you are exposed to toxins and your body can not process them at that time (there is only so much your liver can deal with at one time), then your body stores it in your fat cells until it thinks it can cope. For a lot of women, they have constant exposure to environmental toxins such as phthalate through their makeup and perfume, so the body just keeps making more fat cells to store the toxins. Consuming foods with fats that have been exposed to toxins such as pesticides or BPA increases your toxic load as well.

THERE ARE TWO MAIN TYPES OF STOMACH FAT!

1. SUBCUTANEOUS FAT

For new mums, subcutaneous fat is the most noticeable type of fat on the stomach and lies just under the surface of the skin.

Women are most likely to accumulate this sort of fat around their abdomen, hips and buttocks. Subcutaneous fat is noticeable and can cause dimpling like cellulite.

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This fat serves as the body's energy storage system. If more calories are consumed than the body uses, extra calories are laid down as subcutaneous fat.

Conversely, when more calories are burned than consumed, subcutaneous fat is the first sort of fat to be burned off by the body to meet the increased demands for energy.

2. VISCERAL FAT (THE DANGEROUS ONE)

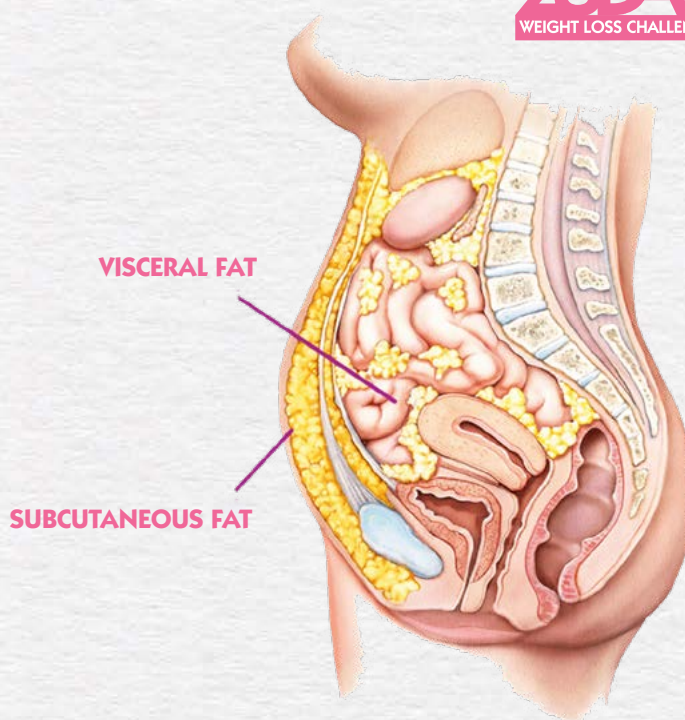
The second type of fat on the stomach area is visceral fat, also known as abdominal fat. This sort of fat differs from subcutaneous fat as it is less visible within the body.

Visceral fat forms within the body and around the organs. It cannot be seen from the outside and is far more dangerous than subcutaneous fat. Research is continuing into why some people seem to have greater amounts of visceral fat than others, but it is believed to have a lot to do with a poor diet.

Visceral fat is of great concern as it literally wraps itself around the major organs in the abdomen such as liver, kidneys, heart and lungs, as well as contributing to the clogging of arteries.

People with high levels of visceral fat are more prone to developing serious health issues such as heart disease. Visceral fat often accumulates around the liver and this leads the liver to become resistant to the body's insulin, which in turn greatly increases the risk of type 2 diabetes.

Visceral fat is often referred to by the medical profession as a ticking time bomb as many people are unaware that they have visceral fat and it cannot be seen accumulating as subcutaneous fat can.



HOW TO MEASURE BELLY FAT

There are two main ways to measure if you have too much belly fat, waist circumference and waist to hip ratio.

Measure your waist on your bare skin just above your hipbone. Breathe in and out, then take the measurement.

Do the same at your hips.

For a woman if your waist circumference is at 80cm or more, and for a man if you are 94cm or more, then this is a marker for health risks.

To work out your waist to hip ratio divide your waist measurement by your hip measurement (e.g. waist is 80cm and hip is 85cm, then $80/85 = 0.94$), the health risks are greater if your ratio is greater than 0.85 for women and for Men, greater than 0.9. One study of 44,000 women found that those with large waists, even if they were at a low BMI, had the greater risks of heart disease and cancer.



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DIFFERENT CAUSES OF EXCESS BELLY FAT IN WOMEN:

There are many reasons why women may have excess belly fat, the main one is an imbalance with calories in and calories out. Quite simply if we consume too much food, it is stored as fat. However, most of us know when we attempt to reverse the fat, that it might not be as simple as that!

Food choices: Sugar, in particular fructose, has been linked to abdominal obesity, especially when people drink soft drinks.

Alcohol intake: The excess calories from consumption of alcohol is stored as fat and slows down fat burning and metabolism. Daily intake of three or more drinks, or binge drinking on four or more drinks regularly had the biggest risks.

Consuming fats: The fat that everyone should avoid at all costs is TRANS FATS. These are fats that have been messed with by adding hydrogen to them which creates lots of inflammation in our bodies, and is linked to insulin resistance, and belly fat.

Exercise and activity: Activity helps get belly fat off, so little to no exercise or activity is a big factor in putting it on. People who watch more than 3 hours of TV per day double their risk of abdominal obesity than people who watch just one hour.

Modern convenience: These reduce our need to be active, so it elevates our risk for weight gain. To put it simply - take the stairs or ramp instead of the elevator.

Ageing: Even if they don't gain weight on the scales, many women notice an accumulation of belly fat as they age, particularly around menopausal age. This is due to hormonal shifts, when a decrease in oestrogen impacts our fat distribution, making it belly focused instead of hips and thighs.

Sleep: For those of us who sleep poorly, five hours or less a night is linked with weight gain. Sleep disordered breathing such as sleep apnoea, is linked with higher amounts of belly fat.

Stress: The body interprets any stress the same, whether it is physical stress such as smoking, or perceived stress such as driving in rush hour. The bottom line for stress in the body is the production of the hormone cortisol, and cortisol, unfortunately encourages the body to deposit more fat at our bellies.

Post pregnancy: The uterus drops and the abdominal muscles shift, so it takes awhile for the body to regain its muscular strength.

Gut bugs: If the balance of our gut flora is tipped to promote certain bad bacteria, they encourage us to gain weight and stimulate belly fat. The bacteria can send signals to our brains triggering cravings for carbohydrates and sugars.

Genes: Before we are born we can be set up for obesity. If your mum smoked during pregnancy or had a really poor diet, then you have a higher risk factor. Babies that are born with really low birth weights or really high birth weights have a greater chance of being overweight or obese later in life.

Women with PCOS have a higher amount of visceral fat than women who don't have the disorder. It is unclear whether the mechanism of PCOS is from hormones promoting weight gain or weight gain promoting hormone dysfunction.

As you can see, there are many many factors that can cause excess belly fat in women. Ultimately they boil down to a few choices, how much you exercise, what your food choices are, and how you manage stress. You can't change your genes, you can't slow down aging, but you can be in control of all the other factors that influence whether or not you are at greater risk for weight gain and belly fat.



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TRY A BELLY BLASTER WORKOUT FROM THE 28 DAY WEIGHT LOSS CHALLENGE FOR FREE!

The **28 Day Weight Loss Challenge** has over 350 exercise routines plus full-length guided video workouts that can be completed at home or on the move – all available in our amazing 28 Day Weight Loss Challenge App. Workouts focus on all areas of the body including the core, butt and thighs, lower and upper body, and there are options suitable for all types of Mums; postnatal or those with older children, as well as levels for beginners through to advanced.

This month we will have a brand new BELLY BLASTER workout category with long play workout videos. BELLY BLASTER workouts are high cardio and core focused, in particular around the tummy area. To get the best results you should combine these BRAND NEW Healthy Mummy workouts with low intensity cardio, like walking.

Here is one of our fantastic BELLY BLASTER video workouts for you to try for free!



JUST CLICK
ON THE PLAY ICON
FOR YOUR FREE
BELLY BLASTER
WORKOUT!

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Our team of nutritionists have put together easy to prepare and delicious meals that are perfect to help reduce belly bulge, bloating and assist in blasting belly fat!

BREAKFAST

DAIRY FREE CHOCOLATE OATS

Serves 1

Prep time: 5min

Some people can have an intolerance to dairy and this can make them bloated. Reducing your dairy intake can be a way to reduce bloating and belly bulge. There are so many dairy alternatives to milk, yogurts and cheeses available at the supermarket that it's not hard to try some different options and see how if it improves your health. Always seek medical advice though before removing a food group from your diet.

Ingredients

- 1/3 cup rolled oats (33 grams)
- 1/2 cup boiling water (125 ml)
- 1 tsp chia seeds (4 grams)
- 2 tbsp coconut yogurt (40 grams)
- 2 tsp cacao/cocoa powder (4 grams)
- 1 tbsp blueberries (15 grams)
- 1 sliced strawberry (15 grams)
- 1 tbsp raspberries (20 grams)

Method

- Place oats in a bowl. Top with boiling water, stir and set aside to soak for a minute or two.
- Defrost berries, if using frozen fruit.
- Add chia seeds, coconut yogurt and cacao/cocoa powder. Stir to combine well.
- Top with blueberries, strawberries and raspberries to serve.

Kjs 1174 / Cals 280

Protein 6

Total fat 10.1

Sat fat 6.4

Carbs 39.5

Total sugar 14

Free sugar 8.3*

Fibre 5.8



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.

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BREAKFAST

GLUTEN FREE PANCAKES WITH CINNAMON & STRAWBERRIES

Serves 2

Prep time: 5min

Cook Time 10min

Gluten found in wheat-based ingredients can cause discomfort and bloating in some people. It's important to always speak to a medical professional before removing a food from your diet. Trying gluten-free recipes like this one can help you to determine if you might have an intolerance to certain types of ingredients.

Ingredients

- 1 cup gluten free all purpose flour (120 grams)
- 1 cup milk of choice (250 ml)
- 1 egg
- 1/2 tsp Stevia (2 grams)
- 2 tsp butter (8 grams)
- 1/2 tsp cinnamon (0.5 grams)
- 1/3 cup sliced strawberries (50 grams)
- 2 tbsp reduced fat Greek yoghurt (40 grams)

Method

- In a mixing bowl, add flour, egg, milk and Stevia. Whisk until smooth.
- Melt 1/2 a teaspoon of the butter in a frying pan over medium-high heat. Pour in a 1/4 cup of the pancake batter. Cook for 1-2 minutes on each side or until bubbles form on the surface and pancakes are golden. Repeat with remaining butter and batter.
- Serve pancakes sprinkled with cinnamon and topped with strawberries and yoghurt.

Kjs 1321 / Cals 315

Protein 15

Total fat 4.8

Sat fat 1.7

Carbs 53

Total sugar 9.2

Free sugar 0.0*

Fibre 4.3



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LUNCH

BELLY BLASTING BURGER

Serves 1

Prep time: 10min

Cook time: 10min

Sourdough is made with a fermented dough. Fermented foods, like sourdough and the sauerkraut in this meal, are great to improve your gut health. A healthy gut improves your digestion and your ability to reduce belly fat.

Ingredients

- 120g lean beef mince
- salt
- pepper
- 1 tsp olive oil (5 ml)
- 1 slice reduced fat cheddar cheese (20 grams)
- 1 egg
- 1 slice sourdough (40 grams)
- 1/2 cup baby leaf spinach (15 grams)
- 1/4 sliced tomato (25 grams)
- 2 slices tinned beetroot (30 grams)
- 1 tbsp sauerkraut (20 grams)
- 1/4 tsp chilli flakes (0.25 grams)

Method

- Season the beef with salt and pepper and form into a burger patty.
- Heat the olive oil in a frying pan over medium-high heat. Cook the patty for 4-5 minutes each side or until cooked through. About a minute before the patty is ready, top with the slice of cheese and allow the cheese to melt over the top of the patty. Set aside to rest.
- Crack the egg into the hot frying pan and cook for 1-2 minutes or until cooked to your liking.
- Toast the sourdough and top with baby leaf spinach, burger patty, fried egg, tomato and beetroot.
- Top with sauerkraut and a sprinkle of chilli flakes to serve.

Kjs 1786/ Cals 425

Protein 43

Total fat 17

Sat fat 6.3

Carbs 21.7

Total sugar 4.7

Free sugar 0.0*

Fibre 3.8



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DINNER

MEDITERRANEAN CHICKEN & VEGETABLE PASTA

Serves 1

Prep Time 5min

Cook Time 15min

It's easy to improve your digestive health and in turn reduce belly bulge by just making some simple swaps with your cooking. Choosing wholemeal pasta instead of white will increase your fibre intake and improve your digestion.

Ingredients

- 40g wholemeal pasta, any shape
- 1 tsp olive oil (0.25 grams)
- 140g chicken breast
- salt
- pepper
- 1/4 diced brown onion (25 grams)
- 1/4 diced aubergine (100 grams)
- 1/2 diced courgette (55 grams)
- 1/4 cup tomato passata (62 ml)
- 1 tbsp fresh basil leaves, chopped (5 grams)

Method

- Prepare pasta according to packet directions until al dente.
- While pasta is cooking, heat the oil in a frying pan over medium-high heat. Season the chicken with salt and pepper and cook in the pan for 4-5 minutes on each side or until cooked through. Remove from the pan and set aside to rest.
- Add the onion, aubergine and courgette to the pan and cook for 4-5 minutes or until tender.
- Add the passata and basil to the pan and combine well with the vegetables. Season with salt and pepper.
- Slice the chicken and add to the vegetable sauce with the cooked pasta. Toss well to combine and serve.

KJs 1783/Cals 425

Protein 38

Total fat 13.7

Sat fat 3

Carbs 32

Total sugar 7.8

Free sugar 0.0

Fibre 8.9



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SNACK

HEMP CACAO FUDGE

Serves 10

Prep time: 125min

Hemp seeds can be found in most health food stores if you can't find them in your local supermarket. They are really good for you as they're low in carbohydrates and high in antioxidants. They are delicious in this snack that is a healthy way to enjoy a sweet treat while reducing belly bulge.

Ingredients

- 1/4 cup almond butter (60 grams)
- 1/4 cup cacao/cocoa powder (25 grams)
- 1/2 cup coconut oil, melted (125 ml)
- 2 tbsp butter, melted (32 grams)
- 2 tbsp Stevia (32 grams)
- 2 tbsp hemp seeds (32 grams)

Method

- Combine all ingredients together and then divide evenly between 30 holes of an ice cube tray(s).
- Place in the freezer for approximately 2 hours or until firm.
- Three squares of fudge is one serve. Store leftovers in the freezer for up to 2 months.

KJs 792/Cals 189

Protein 2.2

Total fat 19

Sat fat 13

Carbs 2.7

Total sugar 9

Free sugar 0.0*

Fibre 1.8



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Cicily has lost 8.4st - 'I was in denial'

Cicily Goodwin has said goodbye to a whopping 8.4st and managed to achieve this in just over a year!

The mum-of-two reveals she struggled with hypothyroidism and often didn't see the results of her hard-work. But that all changed when she signed up to the 28 Day Weight Loss Challenge!

"I used to blame my problems on others, now I realise I was just unhappy in myself but in too much denial to see it," says Cicily.



HOW CICILY OVERCAME OBSTACLES ON HER WEIGHT LOSS JOURNEY

Cicily says we're all human and it's normal to not be perfect.

"We can only do the best we can do and it's also best to set realistic goals," she says.

"I have aimed for 1.5lbs weight loss a week. That means if you go on holiday or have a bad week and get off track, you can make up for it the next week.

"It may not seem like much but 1.5lbs is over 5.9st in a year – that's a lot!"

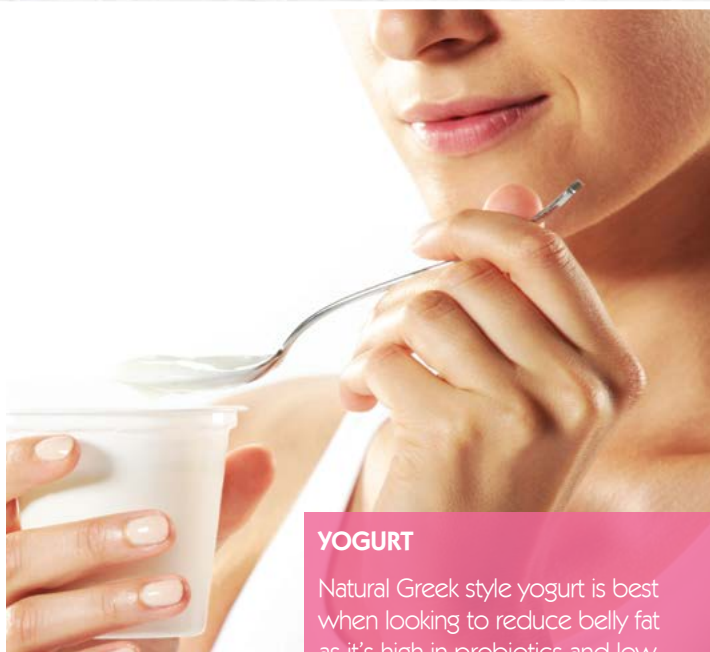
"I used to buy maternity clothes just because they were stretchy and forgiving. Now I can buy tight denim," she says. "I used to buy daggy underwear, now I buy whatever I want because it all comes in my size.

"I used to wear size 24 tights, now I can fit both of my legs in one leg hole."



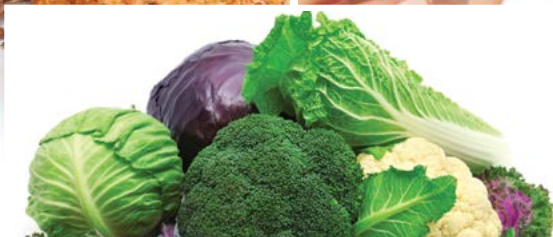
**BREAD**

Choose wholegrain breads as often as possible. Breads made with wholemeal flours, containing grains and seeds are high in fibre which will help keep your digestive system healthy and in turn reduce bloating. Sourdough bread options are also great as they're made with fermented ingredients that increase the healthy bacteria in your belly, so your gut health is in balance.

**YOGURT**

Natural Greek style yogurt is best when looking to reduce belly fat as it's high in probiotics and low in added sugar. Probiotics help improve your gut health, reducing belly bulge, bloating and improving your digestion.

Add some pureed fresh fruit to plain yogurt with a little cinnamon or a dash of honey for a healthy snack that will keep you feeling fuller for longer.

**FRUIT & VEGETABLES**

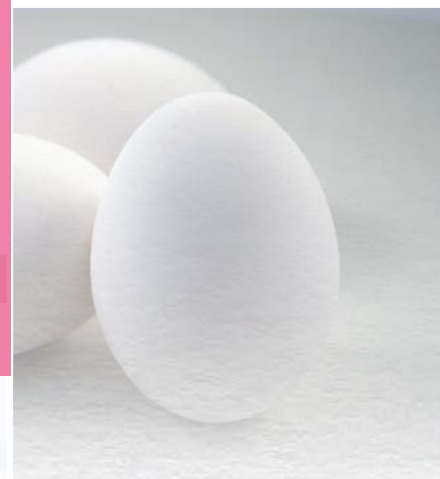
Including a wide variety of in season fruit and vegetables in your diet is key to reach your weight loss goals, as they provide you with the nutrients, fibre and healthy energy you need to get through the day.

You may find that some fruits and vegetables make you feel a little bloated or uncomfortable e.g. broccoli, cauliflower, apples, garlic, onions. Notice how you feel after eating your meals and if you are extra bloated, try to reduce the ingredients that you think are causing the issue to work out whether you have an intolerance.

**MILK**

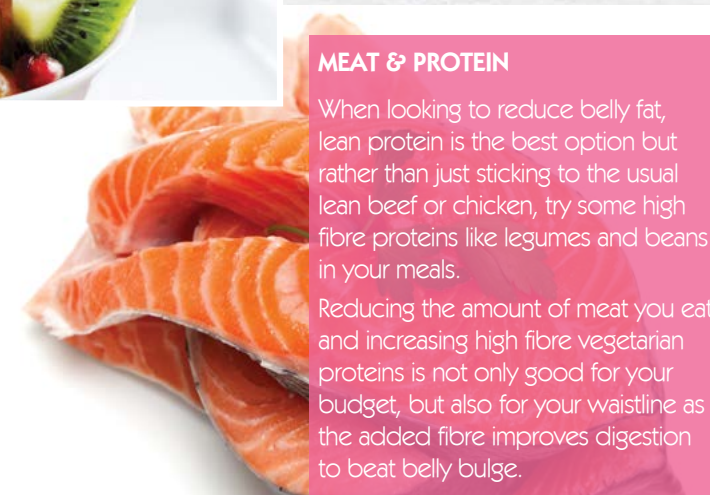
Dairy can cause bloating in many people. When looking to reduce belly fat it can be a good idea to try a few non-dairy milks in your eating. There are so many delicious nut and plant based milks available at the supermarket. You might find that switching to a non-dairy milk reduces belly bloating for you.

Always seek professional advice before removing a food completely from your diet though.

**MEAT & PROTEIN**

When looking to reduce belly fat, lean protein is the best option but rather than just sticking to the usual lean beef or chicken, try some high fibre proteins like legumes and beans in your meals.

Reducing the amount of meat you eat and increasing high fibre vegetarian proteins is not only good for your budget, but also for your waistline as the added fibre improves digestion to beat belly bulge.



Be inspired by these amazing mums

THESE AMAZING MUMS HAVE TRANSFORMED THEIR LIVES USING THE 28 DAY WEIGHT LOSS CHALLENGE.

SHANTELE VAN DER LEEUW



SHANTELE **LOST 5.2st** WITH THE 28 DAY WEIGHT LOSS CHALLENGE

Shantelle has gone through a huge transformation in the past 16 months, going from 17.3st to 11.8st in 16 months. That's a total loss of 5.2st on the 28 Day Weight Loss Challenge.

Meal prep is everything for Shantelle's family.

Shantelle doesn't cook at all during the week, leaving her meal prep to just once a week with her husband, which allows them both to alternate getting to the gym after work. Staying super organised by scheduling all their gym sessions allows them to both get to the gym 6 times a week!

SAMMY WOLFF



SAMMY **LOST 2.9st** WITH THE 28 DAY WEIGHT LOSS CHALLENGE

"I have learnt to love my body curves and all, I now feel confident enough to wear a crop top exercising and wear just my bikini to the beach.

"A lot of people ask me how I am so positive even with all the blows I've been dealt with my journey to conceive and I just say I have to be, there is no point me being upset and miserable all the time."

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SANDRA GEE



SANDRA **LOST 3.6st**
WITH THE
28 DAY WEIGHT LOSS
CHALLENGE

"I know I am feeling the best me, and I can see the significant changes in muscle tone – especially my arms and legs," she says. "If I've put on, it can only be muscle – and I'm okay with that....I'd rather fill my jeans with muscle than fat any day!"

"I have lost 3.6st and have never felt better! The Healthy Mummy became my foundation. I applied my research and changed my diet by tweaking the challenge meal plans to suit my needs."

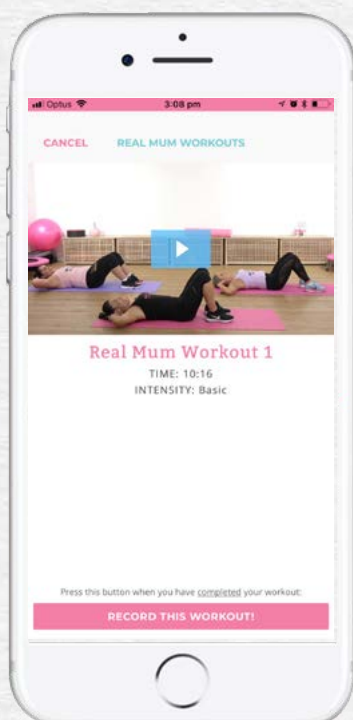
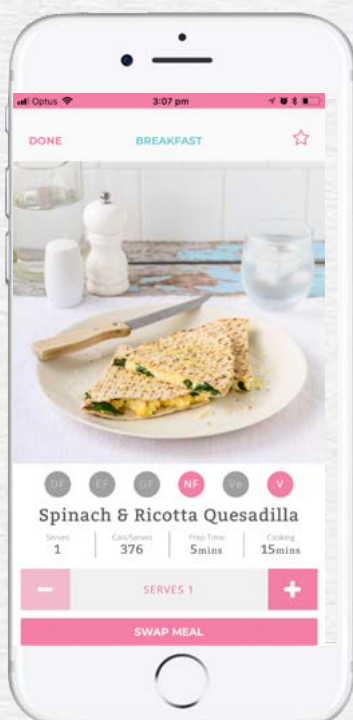
JINJAMARDA BLU



JINJAMARDA **LOST 1.8st**
WITH THE
28 DAY WEIGHT LOSS
CHALLENGE

"I am not focusing on what my body is losing but what I am gaining. My physical and mental strength is much more important to me than losing weight or cms. I never could've imagined I'd be happy to have a pic taken in my swimwear."

"I have fought my body and my mind for over 37 years, now I want to view my imperfections as perfections, I want to appreciate what my body has done for me. I want to have the confidence and self esteem that I portray to the outside world within me."



Thank you for reading through our Belly Blaster Recipe + Exercise Pack.

We would love for you to join us on the 28 Day Weight Loss Challenge

[JOIN HERE](#)

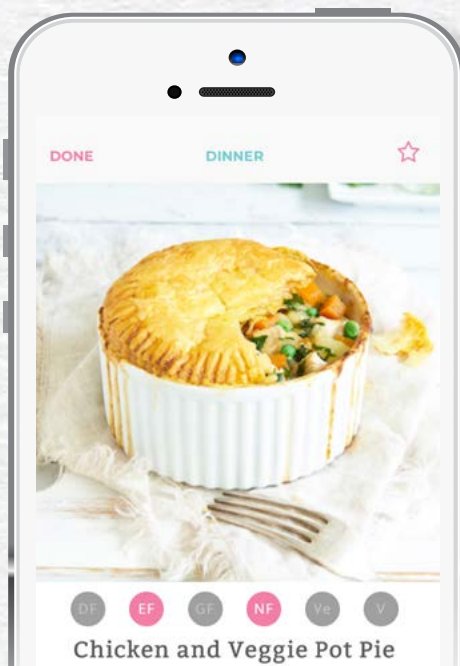
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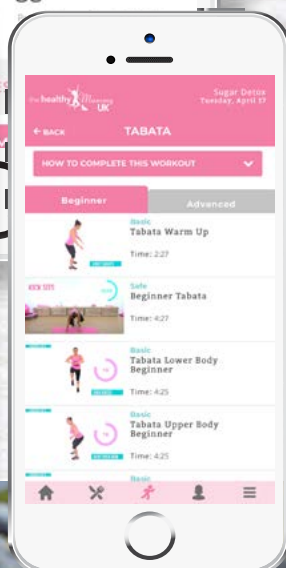
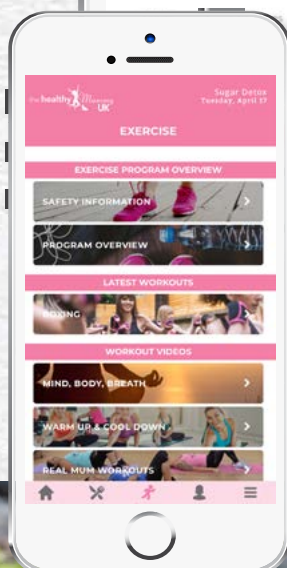
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Chicken and Veggie Pot Pie



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