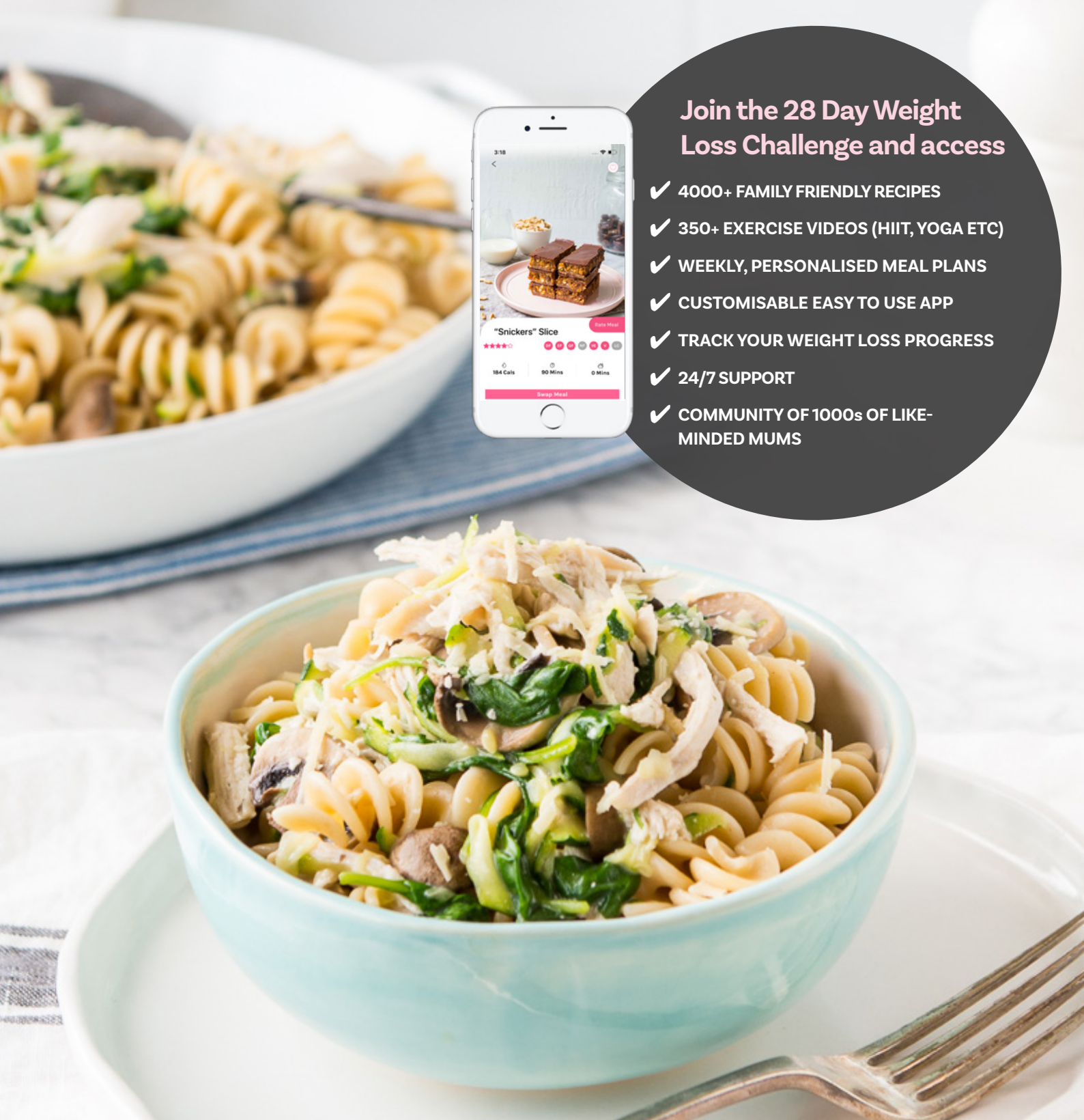




Join the 28 Day Weight Loss Challenge and access

- ✓ 4000+ FAMILY FRIENDLY RECIPES
- ✓ 350+ EXERCISE VIDEOS (HIIT, YOGA ETC)
- ✓ WEEKLY, PERSONALISED MEAL PLANS
- ✓ CUSTOMISABLE EASY TO USE APP
- ✓ TRACK YOUR WEIGHT LOSS PROGRESS
- ✓ 24/7 SUPPORT
- ✓ COMMUNITY OF 1000s OF LIKE-MINDED MUMS

the healthy  Mummy

15 MINUTE MEALS

28 DAY WEIGHT LOSS CHALLENGE



Welcome to The Healthy Mummy!

Like you, we're busy mums who want to feed our families healthy meals, but are often too tired to spend ages in the kitchen at the end of each day, or simply don't have the time to spare.

This selection of healthy, family- and budget-friendly recipes has something for everyone, with meals to suit all tastes. They can all be prepared in under 15 minutes* and are easy to whip up when the family starts their impatient chorus of dinner demands.

Breakfast, lunches, dinners, snacks and healthy desserts are all covered in the **28 Day Weight Loss Challenge** – plus we've included plenty of tips to make meal-time preparation even faster.

We hope you love the speedy recipes we've created for you as much as we love them ourselves.

Let's do this!

Love Rhian

and The Healthy Mummy team

TO ASSIST YOU IN CUTTING DOWN MEAL PREP TIME

1 STEP 1

Get everything you will need out and ready to go first. This includes all ingredients, as well as cooking utensils.



2 STEP 2

Get into the habit of never cooking single family-sized portions of foods. Always make double and freeze half to defrost on those busy nights.

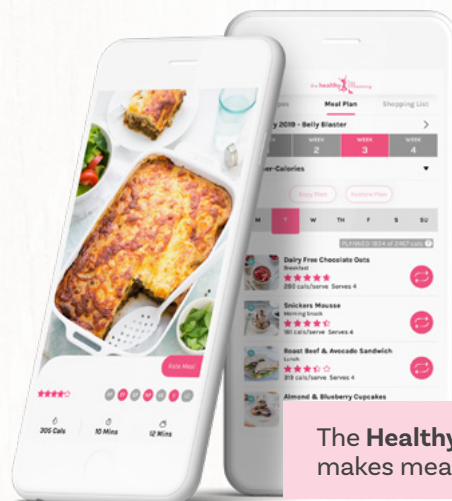


3 STEP 3

Get yourself some good quality containers to use for storing chopped up veggies or prepared meals ready to heat.

4 STEP 4

Use the **28 Day Weight Loss Challenge** meal plans which are made to be fast to prepare instead of trying out loads of new recipes.



The **Healthy Mummy App** makes meal planning so simple

5 STEP 5

Make a week's worth of lunches on Sunday, making life easier by having a couple of options for your lunch ready to go.



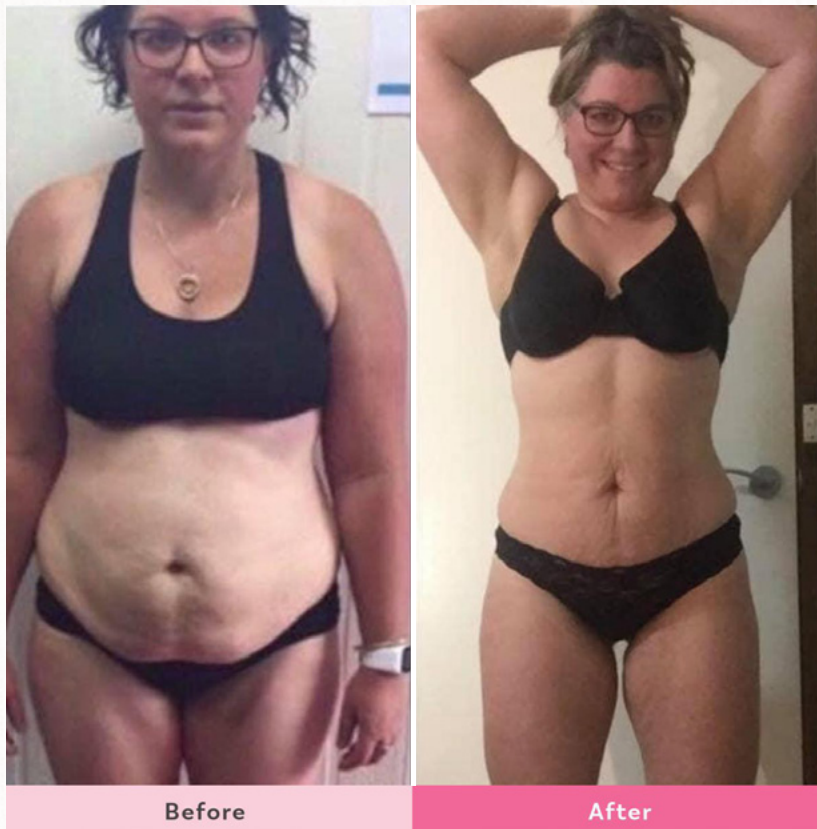
ON CREATING QUICK & DELICIOUS MEALS

NIKOLA'S TOP TIPS

- ✓ Buy in bulk and freeze what you can so you always have ingredients on hand.
- ✓ Meal prep for the week so some dishes are already good to go.
- ✓ Use up whatever is in your fridge and pantry. **The Healthy Mummy App** will help with this. You can search for a particular ingredient and it will give you a variety of recipe options.



NIKOLA'S FAVOURITE QUICK MEAL
from the 28 Day Weight Loss Challenge



Nikola has lost **2.9st**

"It can seem overwhelming in the beginning but I promise you it's not. It just takes practice and some patience. It will become second nature to you soon enough. The Facebook group has amazing support so if you are ever unsure of anything, never feel that your question is too silly to ask. With 10,000s of mums, there is always someone there to help."

ON CREATING QUICK & DELICIOUS MEALS

MELISSA'S TOP TIPS

- ✓ Make sure you always have frozen vegetables, such as carrots and sweetcorn available. They are great for quick stir-fries and soups.
- ✓ Pre-prepare ingredients – chop and peel etc ahead of time.
- ✓ Use the **Healthy Mummy App** to plan your meals ahead. This will save a lot of time during the week.



MELISSA'S FAVOURITE QUICK MEAL
from the 28 Day Weight Loss Challenge



Melissa has lost **5.7st**

Mum-of-two Melissa has lost 5.7st with the help of Healthy Mummy Smoothies and regular exercise. She recently started The Healthy Mummy 28 Day Weight Loss Challenges and says she is enjoying learning to cook meals from scratch and that, to her surprise, they are not only healthy but yummy, too!

WHEN PREPARING EVERY MEAL

Follow these tips to save time whether you're preparing breakfast, lunch, dinner or snacks.

BREAKFAST TIPS

- ✓ **Soak oats or chia seeds** overnight in milk, fresh juice and/or grated fruits to create Bircher-style muesli or puddings that you can just take out of the fridge, top with some fresh fruit and yogurt and eat on the go.
- ✓ **Scrambled eggs** take no time to cook at all. Use a non-stick frypan and scramble in about 2 minutes. Add to a wholegrain wrap with some baby leaf spinach, avocado, salt and pepper, and wrap up for a savoury breakfast burrito.
- ✓ **Make your own muesli** by combining oats, chopped nuts, dried fruits and seeds, and store in an airtight container in the pantry. Serve with milk, yogurt and sliced fresh fruit and you have a healthy homemade version of packaged cereal.
- ✓ **Enjoy a Healthy Mummy Smoothie.** If you pre-prepare your ingredients the night before it can take less than 5 minutes to whiz up a delicious and filling breakfast. The Healthy Mummy Smoothies are a healthy meal replacement that contain all the vitamins and minerals a mum needs.



LUNCH TIPS

- ✓ **Making lunch the night before** will save you loads of time in the morning if you have to go to work, or in the middle of the day when you're busy.
- ✓ **Use a lunchbox with different compartments** that you can add a variety of healthy food to, like veggie sticks, fruit, wholegrain crackers, cheese slices, cooked chicken and salad.
- ✓ **Make salad the night before** and enjoy for lunch with some pre-cooked chicken, tinned tuna or salmon. Make a dressing of lemon juice, extra virgin olive oil, salt and pepper, and place in a little container so you can just pour over when ready to eat.
- ✓ **Sandwiches and wraps can often go soggy** if made too far ahead of time, so place all the components in your lunchbox the night before and store in the fridge so you can just quickly assemble when ready to serve..

WHEN PREPARING EVERY MEAL



DINNER TIPS

- ✓ The main tip that we can't emphasise enough is **prepare, prepare, prepare!**
- ✓ If you know what you are going to eat, have the **ingredients ready to go** and have even started part of the preparation process by pre-cooking some ingredients, your time in the kitchen at dinner will be minimal.
- ✓ **Leftovers are your best friend** after a busy day, so don't be afraid to double the amount of food you make in one kitchen session.

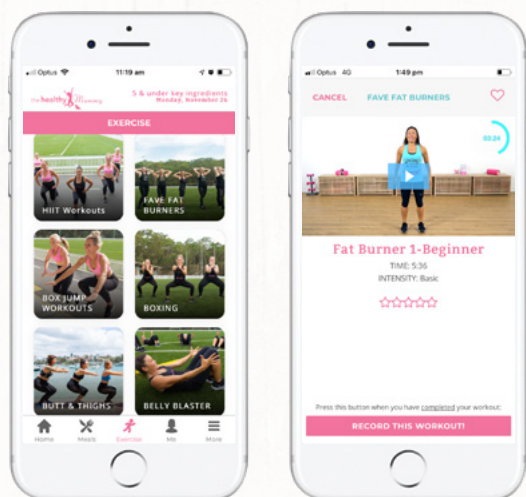
SNACK TIPS

- ✓ Have loads of **healthy snack options** available in the pantry and fridge for easy access.
- ✓ **Make larger batches** of healthy dips, bliss balls, slices and muffins so you can freeze or refrigerate, to cover you for a whole week of snacks.
- ✓ **Freeze fruits** like bananas, mango and berries and blitz together in the blender for a delicious and quick, healthy soft serve "ice cream". Great for a sweet treat after dinner.



BURN FAT FASTER WITH OUR FAVE FAT BURNER EXERCISES

The 28 Day Weight Loss Challenge has over 350 exercise routines including full-length guided video workouts that can be completed at home or on the move – all available in our amazing Healthy Mummy App.

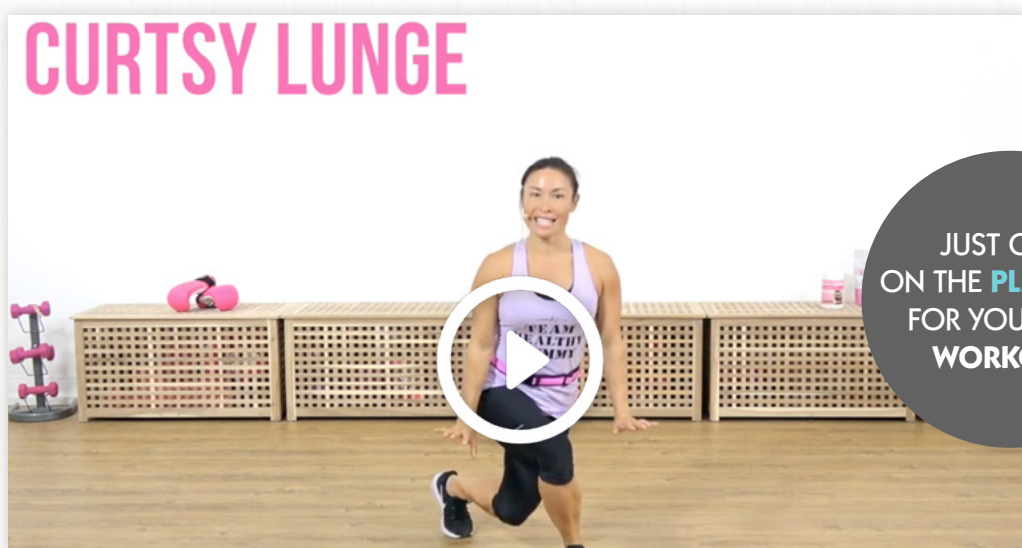


- **350 workouts**
- **Do anywhere, anytime**
- **No gym memberships!**
- **HIIT, Tabata, Boxing, Belly Blaster and many more available**
- **Low, medium and high impact available**

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.

Today we are showcasing our **Fave Fat Burner workouts**, as we know that fat burning is often the number one priority for mums on the **28 Day Weight Loss Challenge**.

The Healthy Mummy **Fave Fat Burner workouts** are a compilation of six fat burning routines plus a selection of our favourite cardio workouts from the **Healthy Mummy App**. Each workout will help you to torch calories and get your heart pumping. These short routines can be completed **at home, in the park, or at the gym** – there is no excuse not to complete one or two of these routines each week.



JUST CLICK
ON THE **PLAY ICON**
FOR YOUR **FREE**
WORKOUT!

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



GLUTEN FREE PANCAKES WITH CINNAMON & STRAWBERRIES

Serves 2

Prep time 5 min

Cook time 10 min

Gluten found in wheat-based ingredients can cause discomfort and bloating in some people. Trying gluten free recipes like this one can help you to determine if you might have an intolerance to certain ingredients.

Ingredients

- 1 cup gluten free all purpose flour (120 grams)
- 1 cups reduced-fat milk of choice (240 mls)
- 1 free-range eggs (50 grams)
- 1 tsp vanilla extract (5 mls)
- 1/2 tsp Natvia (available from Tesco) (2 grams)
- 2 tsp butter (8 grams)
- 1/2 tsp cinnamon (0.5 grams)
- 1/3 cup strawberries, sliced (50 grams)
- 2 tbsp reduced-fat Greek natural yogurt (30 grams)

***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 mixing bowl, add flour, egg, milk, vanilla and Natvia. 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 kJ / 315 cals

Protein 15g

Fibre 4.3g

Total Fat 4.8g

Carbs 53g

Sat Fat 1.7g

Total Sugar 9.2g

Free Sugar 0g*



CREAMY CHICKEN & MUSHROOM PASTA

Serves 4

Prep time 5 min

Cook time 10 min

The creaminess of this dish makes it a family favourite. Easy to prepare and delicious. Have this on the table in 15 minutes.

Ingredients

- 300 grams wholemeal pasta, any shape
- 200 grams chicken breast fillets
- 2 tsp extra virgin olive oil (10 mls)
- 1 clove garlic, crushed (3 grams)
- 1 cup mushrooms, chopped (75 grams)
- 1 small zucchini, grated (110 grams)
- 3/4 cup reduced-fat milk of choice (187.5 mls)
- 2 tsp plain wholemeal flour (5 grams)
- 1/4 cup grated Parmesan (36 grams)
- 1 cup baby spinach (30 grams)

Method

- Cook pasta according to packet directions. Slice the chicken.
- Heat oil in a large frying pan over medium heat. Add the garlic, chicken and mushrooms and cook for 2 minutes. Add the zucchini and cook a further 2 minutes.
- Whisk flour into milk and gradually pour into the pan, stirring well. Add Parmesan and simmer for 3-4 minutes until sauce has thickened.
- Add spinach and cook for another minute until spinach has wilted. Add drained pasta to sauce and toss to combine.
- Divide between four bowls to serve.

Kjs 1698 kJ / 406 cals

Protein 27.5g

Fibre 8.3g

Total Fat 8.5g

Carbs 49.6g

Sat Fat 3.1g

Total Sugar 3g

Free Sugar 0g



BEEF KORMA WITH COURGETTE NOODLES

Serves 1

Prep time 5 min

Cook time 10 min

Creating noodles from vegetables like courgette is a great way to get your vitamins and nutrients without too many carbs. If you can't find a korma sauce at the supermarket, you could use a couple of teaspoons of korma paste mixed with 1/4 cup of coconut milk (per serve) instead.

Ingredients

- 100 grams lean sirloin steak
- 1 tsp extra virgin olive oil (5 mls)
- 1/2 medium carrot, sliced (35 grams)
- 1/4 cup korma sauce, store-bought (60 mls)
- 1 courgette (110 grams)
- 2 tsp fresh coriander, chopped (2.5 grams)

Method

- Thinly slice beef.
- Heat oil in a fry pan over medium-high heat and add carrots and cook for 5 minutes. Add beef to pan and cook a further 1 minute to brown.
- Add korma sauce, reduce heat to low and simmer for 3-4 minutes until beef is cooked through.
- While beef is simmering, slice courgette into noodles using a spiraliser or peeler and plunge into a saucepan of boiling water for 1 minute until tender.
- Serve beef korma with courgette noodles on the side and a sprinkle of coriander over the top.

Kjs 1536 kJ / 366cals

Protein 27g

Fibre 7.1g

Total Fat 22g

Carbs 12g

SatFat 8g

Total Sugar 8.4g

Free Sugar 3g



CHOCOLATE COCONUT MOUSSE

Serves 3

Prep time 2 min

There's no need to buy pre-made chocolate mousse type desserts from the supermarket when you can whip up this delicious and healthy version at home in under 5 minutes.

Ingredients

- 1 medium avocado, diced (120 grams)
- 1/4 cups cacao/cocoa powder (24 grams)
- 3 tbsp maple syrup (45 mls)
- 1/3 cup coconut cream (80 grams)
- 1 tsp vanilla extract (5 mls)
- 1/2 cup fresh or frozen raspberries (120 grams)

Method

- Process all ingredients together (excluding the raspberries) in a blender for 10 seconds or until smooth, scrape down sides and blend again for 10 seconds.
- Divide between 3 serving bowls and top with raspberries to serve.
- If you'd like, place in the fridge to chill before serving.

Kjs 583 kJ / 139 cals

Protein 1.9g

Fibre 5.2g

Total Fat 10.3g

Carbs 13.1g

Sat Fat 4.5g

Total Sugar 10.9g

Free Sugar 5.9g

SARAH OVERCAME ENDOMETRIOSIS, LOST 8.9 STONE AND GAINED BODY LOVE & SELF-CONFIDENCE

Mum of two, Sarah Maynard, who also suffers from endometriosis has managed to overcome her struggles by staying positive. Today she has lost a **MASSIVE 8.9 stone** with The Healthy Mummy and it all started with a photo.

What should have been an uplifting time for Sarah (receiving family photos taken when her son was 6 months old) turned into sadness and shame. She says "I started my journey in full force after we had our son's 6 months photo shoot. I didn't like or love the person I saw in the mirror or even the photo."

Upset at how she looked, Sarah was inspired to make a BIG change.

After reading about other real mums in The Healthy Mummy online **community** who had lost weight and gained body love, Sarah decided to go full force ahead.

Following The Healthy Mummy recipes, she began cooking all her meals from scratch using fresh ingredients and becoming more active in her day to day life. She realised that she would still keep her family happy by preparing their favourite meals and snacks – just making healthier versions of them.

She says "The Healthy Mummy has changed the way I think and look at food and exercise."

Sarah is determined to be a good role model for her daughter and inspire her and her entire family to live a healthy, happy life.

Confident, happy and healthy, Sarah now encourages women to love their body.



SARAH
LOST OVER
8.9st



"I want to show women to love yourself how you are. Love your body. I also want to show my daughter and family how to be so confident."

Sarah Maynard

CHECK OUT OUR AMAZING WEIGHT LOSS MUMS OF THE YEAR!

**BEC JACKSON HAS LOST 4.25 STONE AND HALVED HER BODY FAT PERCENTAGE!**

Bec Jackson is a psychologist, a coach and a mum of four so she is one busy mumma! After each of her pregnancies, she struggled with losing the baby weight but she has now lost 4.25 stone and more than halved her percentage of body fat to become one of our 2018 Weight Loss Mums of the Year.

"At almost 40 years old, I've smashed goals I never even dreamed of. In 13 x 28 Day Weight Loss Challenges, I've seen what The Healthy Mummy and consistency and dedication can do. I live The Healthy Mummy and love The Healthy Mummy and will always be one now!"

JENNI WRIGHT HAS LOST 5.5 STONE AND FOUND A NEW LOVE FOR HERSELF

After leaving a domestic violence relationship that she was in for 18 years, Jenni was very unhappy and very overweight – she had forgotten who she was.

"I stumbled across the amazing Healthy Mummy Rae Willingham on Facebook! This beautiful soul gave me that glimpse of hope I needed that I could lose this weight. So I bit the bullet and started the smoothies and exercise."

"I've lost 5.5 stone on my Healthy Mummy journey and I really cannot thank you all enough. It really has changed my life."

**CHLOE COX HAS LOST 6.3 STONE IN JUST 15 MONTHS OF FOLLOWING THE HEALTHY MUMMY**

As a mum of two kids under two, Chloe wanted to find something that would completely cater for time-poor, budget conscious mums. "As a young family on a single income things were tight. We were spending \$250-\$300 a week on groceries for three. Now we spend \$150 for four, two of which are in nappies. The 28 Day Weight Loss Challenge well and truly paid for itself week after week."

"I lost 6.3 stone* in the 15 months as I breastfed my son. Never in my wildest dreams did I think losing such a large amount of weight, while feeding my bub and exercising, would be possible. I believe I owe it all to The Healthy Mummy Smoothies."



SALLY STEPNIEWSKI HAS LOST 6.45 STONE AND HAS OVERCOME MANY HURDLES TO GET THERE!

This working mum of three young kids has also managed to lose an amazing 6.45 stone and be named one of our 2018 Weight Loss Mums of the Year.

“As a mum who works full-time and has young kids, so many think that they can’t lose weight or exercise – I’m here to show it can be done for women from all walks of life with great success. I am so passionate about everything Healthy Mummy”.

ZENA MASON HAS LOST 3.14 STONE WHILST ALSO OVERCOMING GRIEF AND LOSS

Zena Mason is one resilient and inspiring mum, over the past few years, she has faced many hardships and tragedies – including the loss of her gorgeous little girl.

Zena has since lost an amazing 3.14 stone with the help of The Healthy Mummy 28 Day Weight Loss Challenges and Healthy Mummy Smoothies.

“I joined The Healthy Mummy in July 2017. I was 15.74 stone, about to return to work and my 7-month-old son got diagnosed with cows milk protein intolerance, finding The Healthy Mummy was literally such a huge relief it took the thought process out of everything!”



STEPHANIE MARRIOTT HAS LOST NEARLY 3 STONE OVER 10 MONTHS

This mum says she decided to change her lifestyle habits three days after her daughter was born because she felt overweight, uncomfortable and embarrassed.

“I started my Healthy Mummy journey when my third baby was only 1 week old. I had 3 children under 4. I was just over 12 stone”.

“I had a friend who had amazing results using the Healthy Mummy 28 Day Weight Loss Challenges and using The Healthy Mummy Smoothies. I took the leap and signed up for 3 months. I was eating over 2200 calories a day, breastfeeding and in my first 10 weeks, I had lost an astonishing 1.6 stone”.



THE 28 DAY WEIGHT LOSS CHALLENGE APP

The **28 Day Weight Loss Challenge app** is your Challenge companion. It's EASY to download with the Challenge and gives you 24/7 access to everything you LOVE about the Challenge.

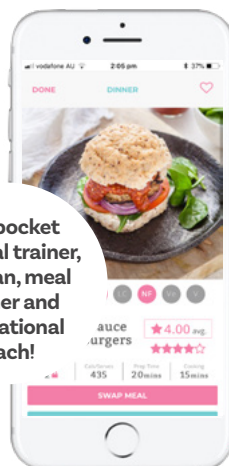
Customise your meal plans, access shopping lists, update your measurements, see your progress, get daily exercises and more.

Our time efficient, at home workouts are totally busy-mum friendly with a great variety including **PLYO, HIIT and Pilates**.

28 Day Weight Loss Challenge App Benefits:

- ✓ Track your daily calories, activity minutes & water consumption in one spot!
- ✓ Choose from over **4,000 recipes** to suit your needs and dietary requirements
- ✓ Set up your profile to select your default meal serve size requirements and dietary restrictions, and work out your daily calorie needs depending on your weight loss goals
- ✓ View the easy-to-follow daily exercise workouts that can be completed in under 30 minutes in the comfort of your own home!
- ✓ Integrate the App with your Fitbit to track your step count and activity minutes

Your pocket personal trainer, dietitian, meal planner and motivational coach!

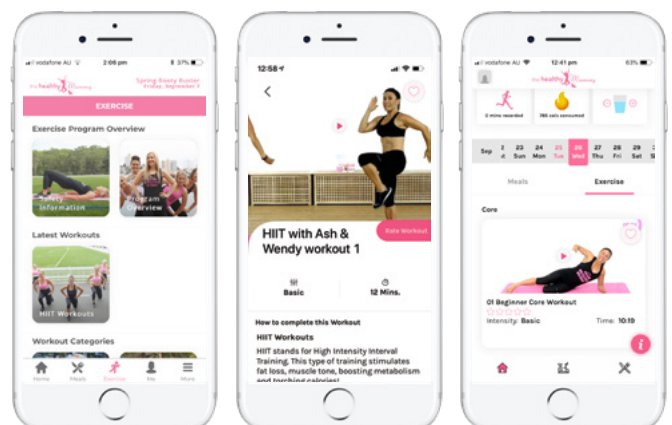


PLUS, the App:

- ✓ Gives you push notifications
- ✓ Allows you to bulk swap meal choices to suit your weight loss journey
- ✓ Ability to track your water intake
- ✓ Ability to track your water intake and calories
- ✓ Gives you access to all the latest workouts
- ✓ And **EVEN MORE** new items to be launched in the APP in upcoming Challenges!

JOIN 100,000s OF MUMS JUST LIKE YOU AND REACH YOUR GOALS.*

*results may vary by person



GET YOUR HEALTHY MUMMY POCKET COACH AND MAKE YOUR GOALS MORE ACHIEVABLE

Go to www.healthymummy.co.uk

JOIN THE 28 DAY WEIGHT LOSS CHALLENGE **HERE**

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.

21.7g⁺ of complete protein per serve from non-GM soy protein that helps build lean muscle.


PROTEIN


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 & minerals
- ✓ Free from fillers, caffeine and added sugar
- ✓ Plant based protein
- ✓ Created by a team of expert nutritionists
- ✓ High in protein & fibre
- ✓ 20 Serves per tub

Available in

Chocolate • Strawberry • Vanilla

PURCHASE THE HEALTHY MUMMY SMOOTHIES [HERE](#)