

Top 50 Family Friendly Recipes

from around the World

Our community's **TOP 50** family-friendly healthy meals
PLUS TIPS for sustainable weight loss & healthy living

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LASAGNA
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Disclaimer: This material is for information only and not intended to replace the advice of a medical professional. Please consult with your doctor before starting any weight-loss program. We do not recommend any dieting whilst pregnant unless under your doctor's supervision. The information detailed in this book is accurate at the time of publication.



HIDDEN VEGGIE
SAUSAGE ROLLS
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LOADED SWEET
POTATO FRIES
P30

Welcome



In 2010 I was pregnant with my first baby and I discovered there was nothing available for mums to get healthy after having children. It seemed there was a real lack of understanding about how life and priorities drastically change once you have kids.

So, after lots of research and 12 years in a corporate role, I quit my job, sold my house and invested everything I had to create a healthy, sustainable program – designed especially for busy mums.

Now The Healthy Mummy is the biggest mums-only healthy living program that exists across the globe – and we pride ourselves on offering a non-judgemental, affordable, realistic and supportive system to help all mums achieve their health and weight-loss goals.

I'm excited you've joined The Healthy Mummy community and know you'll benefit hugely from the support, motivation and plans we have available. This eBook includes some of my and our community's favourite recipes across the globe, from The Healthy Mummy app and is a great example of our budget, family-friendly and delicious recipes.

Everything that we do at The Healthy Mummy is to help our customers reach their healthy lifestyle goals so that you can be your best – not just for family and friends, but most importantly for yourself.

Rhian

and The Healthy Mummy team



Meat

Looking for healthy meals the whole family will enjoy can be a task. Our mums have given these delicious, easy-to-prepare recipes a big tick of approval.





Chicken Pasta CAESAR SALAD



PREP 10 MINS



COOK 10 MINS



SERVES 2

INGREDIENTS

- 80g wholemeal pasta, any shape
- 100g chicken breast fillets
- salt
- pepper
- cooking oil spray
- 2 free-range eggs (100g)
- 2 cups baby gem lettuce, chopped (60g)
- 1 stalk celery, diced (40g)
- 2 slices lean smoked ham, chopped (40g)
- 1 slice wholegrain bread of choice (40g)
- 3 tbsp reduced-fat Greek natural yogurt (45g)
- 1 tsp Dijon mustard (4g)
- 3 tbsp lemon juice (45ml)
- 3 tbsp grated Parmesan (27g)

METHOD

1. Cook pasta according to packet directions. Allow to cool.
2. Heat a frypan over medium-high heat and lightly spray with cooking oil. Season chicken with salt and pepper, and cook for 4-5 minutes on each side, until cooked through.
3. Hard-boil egg using your preferred method. Allow to cool, peel and slice.
4. In a serving bowl, combine baby gem lettuce and celery. Toss through cooked pasta. Slice prepared chicken and add to top of salad with ham pieces and egg slices.
5. Toast bread and cut into cubes. Add to salad.
6. To form a dressing, combine yogurt, Dijon and lemon juice. Drizzle dressing over salad and sprinkle with parmesan.
7. Divide between 2 bowls to serve.

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.

£1.30 PER SERVE

PER SERVE /

Energy 1867kJ/444cal / Protein 37g / Fibre 8.9g / Fat 12g

Sat Fat 4.3g / Carbs 43g / Sugar 4.6g / Free Sugar 0g



Healthy Chicken NUGGETS

 **PREP 10 MINS**  **COOK 15 MINS**  **SERVES 4**

INGREDIENTS

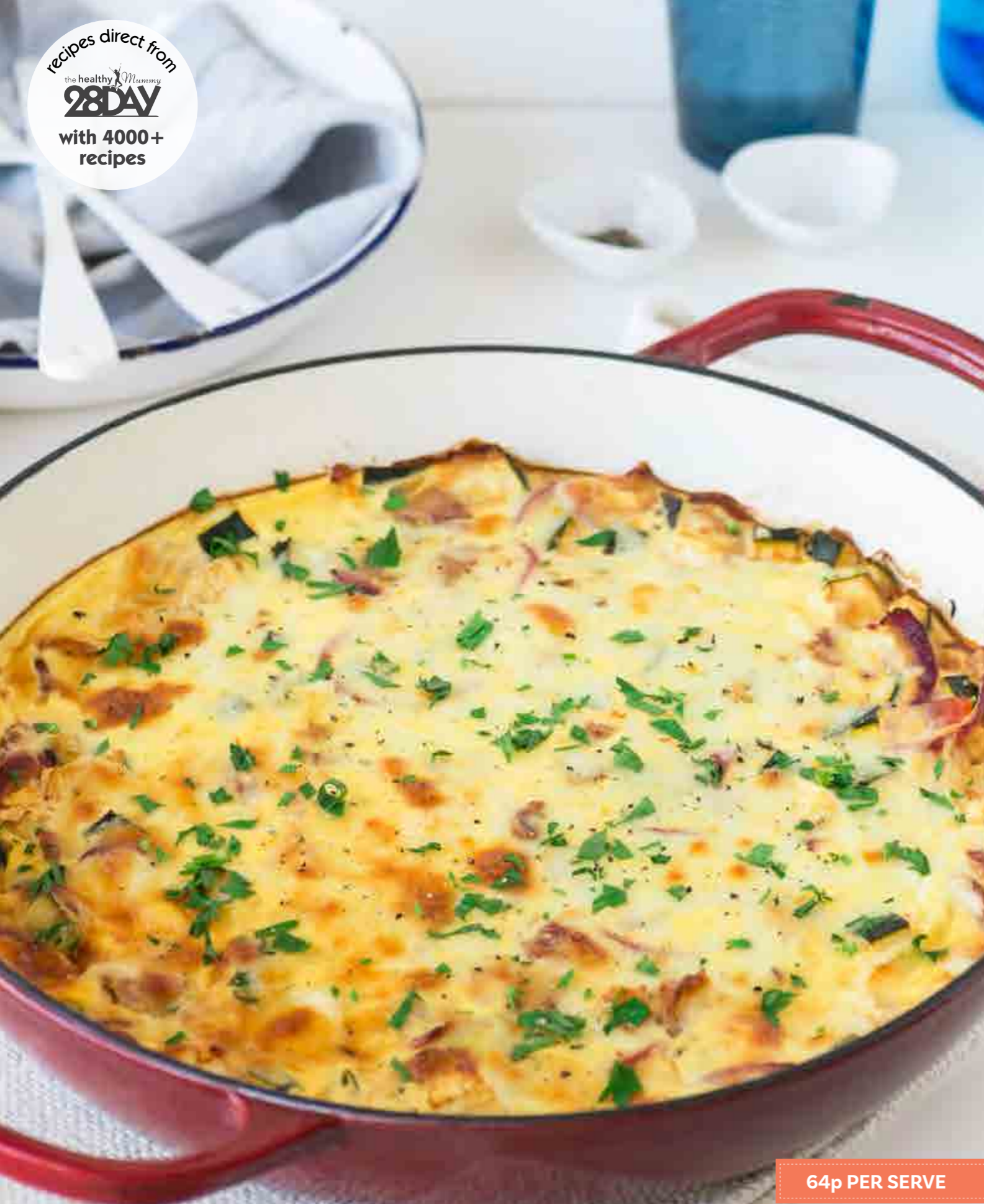
- 400g chicken breast fillets
- 1 1/2 cups wholemeal breadcrumbs (90g)
- 3/4 cup grated Parmesan (108g)
- 2 free-range eggs, beaten (100g)
- cooking oil spray

METHOD

1. Preheat oven to 200C / gas mark 6. Cut chicken into 2cm chunks.
2. Combine breadcrumbs and parmesan.
3. Dip chicken into beaten egg, then into breadcrumb mixture.
4. On a lined baking tray, spray chicken with oil. Bake for 10-15 minutes, until cooked through. Turn halfway through cooking and spray lightly with cooking oil again.
5. Divide chicken nuggets evenly between plates and serve with tomato sauce for dipping.

95p PER SERVE

PER SERVE /
Energy 1389kJ/331cal / **Protein** 34.5g / **Fibre** 1g / **Fat** 15g
Sat Fat 6g / **Carbs** 15g / **Sugar** 1g / **Free Sugar** 0g



Bacon & Veggie FRITTATA



PREP 10 MINS COOK 40 MINS SERVES 4

INGREDIENTS

- 4 free-range eggs (200g)
- 1 cup reduced-fat Greek natural yogurt (260g)
- 4 bacon rasher, lean & trimmed (108g)
- 1 courgette (110g)
- pepper
- 1/2 tsp smoked paprika (0.5g)
- 2 tomatoes (200g)
- 1 red onion (100g)
- 1/3 cup reduced-fat cheddar cheese (80g)

METHOD

1. Preheat oven to 160C / gas mark 3.
2. Beat eggs with yogurt and set aside.
3. Slice bacon. In a frypan, cook over a medium-high heat to your liking. Remove bacon and drain on paper towel, keeping cooking juices in the pan.
4. Dice courgette, then add to pan. Sauté with pepper and paprika for 3-4 minutes, until tender.
5. Finely slice tomatoes and onion.
6. In an ovenproof baking dish, layer bacon pieces, courgette, tomato and onion. Pour egg and yogurt mixture over the top and sprinkle with grated cheese. Bake for 30-35 minutes, until egg is set and cheese is golden.
7. Slice into 4 pieces.

64p PER SERVE

PER SERVE /

Energy 1334kJ/317cal / Protein 19.8g / Fibre 1.2g / Fat 22.7g

Sat Fat 10.5g / Carbs 8.6g / Sugar 8.1g / Free Sugar 0g

Beef & Sweet Potato LASAGNE

  
PREP 10 MINS COOK 50 MINS SERVES 4

INGREDIENTS

- 2 small sweet potatoes (320g)
- 300g lean beef mince
- 1 cup tomato passata (250ml)
- 1 tsp dried basil (1g)
- 1 tsp dried oregano (1g)
- salt
- pepper
- 2/3 cup grated Parmesan (96g)
- 250g reduced-fat ricotta cheese
- 2 free-range eggs (100g)
- 1/3 cup reduced-fat Greek natural yogurt (80g)
- 2 cups baby gem lettuce (60g)
- 1 tsp lemon juice (5ml)

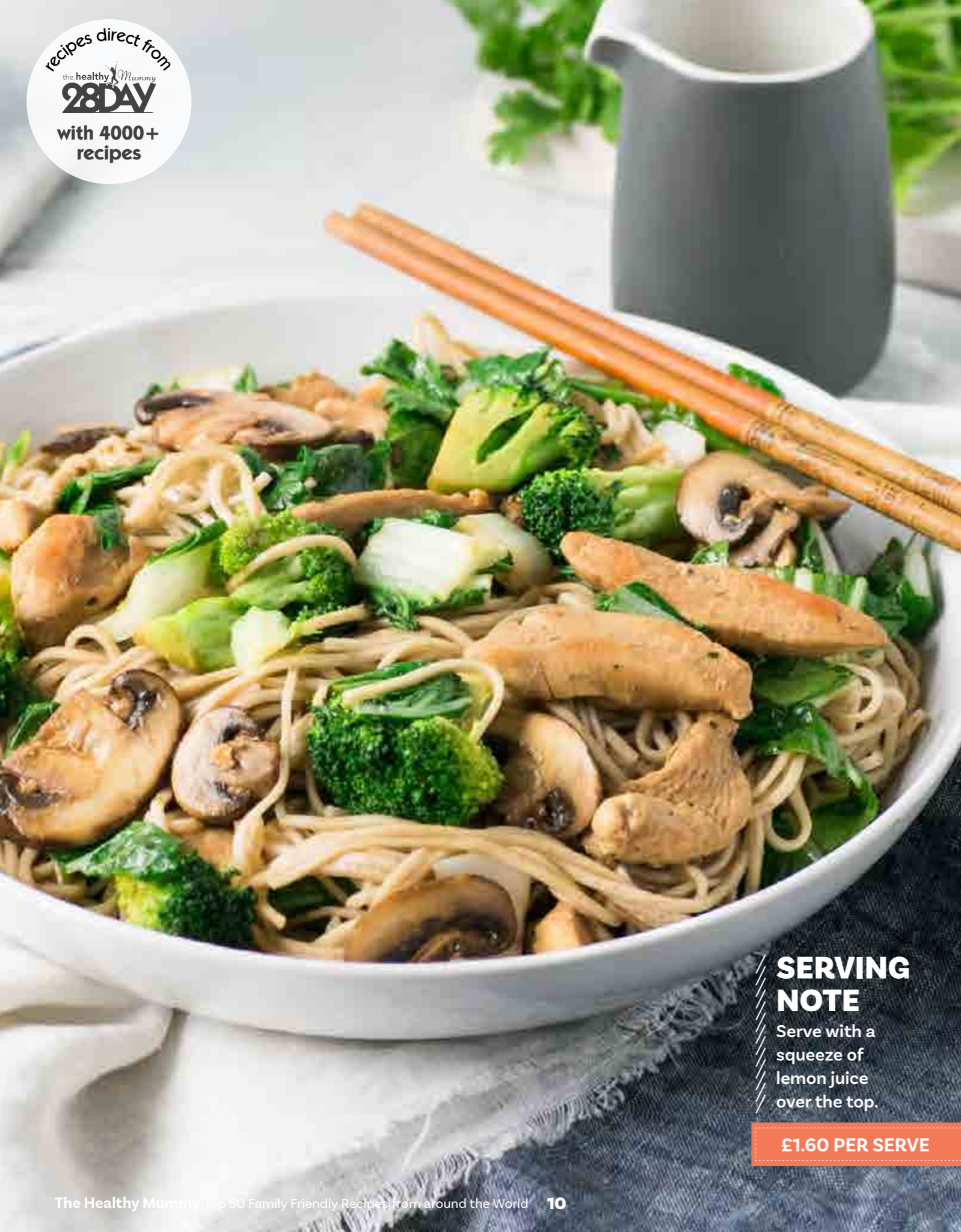
METHOD

1. Preheat oven to 180C / gas mark 4. Peel sweet potato and thinly slice lengthwise.
2. In a bowl, combine parmesan, ricotta, egg and yogurt. Set aside.
3. In a saucepan, brown mince over medium heat. Add passata and dried herbs, seasoning with salt and pepper. Simmer gently for 5 minutes.
4. Spread a spoonful of meat sauce over the base of an ovenproof baking dish. Layer a third of the sweet potato slices, a third of the remaining meat sauce and a third of the ricotta mixture. Repeat layers two more times, ending with the ricotta mixture, then sprinkle with a few extra dried herbs.
5. Bake for approximately 40 minutes, until sweet potato is tender and cheese topping is golden.
6. Allow lasagne to cool slightly then divide between 4 plates. Serve with a baby gem lettuce side salad, dressed with lemon juice.

PER SERVE /
Energy 1346 kJ 320 cals / **Protein** 33g / **Fibre** 4.2g / **Fat** 11g
Sat Fat 5.5g / **Carbs** 18g / **Sugar** 11g / **Free Sugar** 0g



£1.44 PER SERVE



Chicken Noodle STIR-FRY

 **PREP 5 MINS**  **COOK 10 MINS**  **SERVES 1**

INGREDIENTS

- 25g soba noodles
- 1 tsp coconut oil (5ml)
- 80g chicken breast fillets, sliced
- 1 tsp fresh ginger, minced (4g)
- 1 cup broccoli (100g)
- 1/2 head bok choy, chopped (100g)
- 1/2 cup mushrooms, sliced (37g)
- 2 tsp soy sauce, salt reduced (10ml)
- 1 tsp lemon juice (5ml)

METHOD

1. Prepare soba noodles according to packet directions. Drain and set aside.
2. Heat a wok or frypan over medium-high heat. Add coconut oil and melt.
3. Add chicken and ginger to pan. Cook for 1-2 minutes, until chicken is brown all over.
4. Cut broccoli into florets and stir-fry for 1-2 minutes. Add bok choy and mushrooms. Stir-fry for another minute then add soy sauce, tossing to combine.
5. Add noodles to pan, tossing to combine.

SERVING NOTE

Serve with a squeeze of lemon juice over the top.

£1.60 PER SERVE

PER SERVE /
Energy 1163kJ/277cal / Protein 29g / Fibre 8.3g / Fat 7.4g
Sat Fat 3.2g / Carbs 19g / Sugar 2g / Free Sugar 0g



Chorizo Spanish RICE

 **PREP 10 MINS**  **COOK 15 MINS**  **SERVES 1**

INGREDIENTS

- ¼ cup brown rice, uncooked
- ½ chorizo sausage, chopped
- ¼ brown onion, diced
- 1 tomato, diced
- ¼ cup frozen peas
- ¼ cup corn kernels, fresh or tinned
- ¼ red capsicum, diced
- ¼ tsp smoked paprika
- 1 tsp fresh parsley
- 1 lime

METHOD

1. Cook brown rice according to packet instructions.
2. In a non-stick frypan over medium heat, cook chorizo slices on both sides for 3 minutes, until edges are crisp. Transfer to a plate and set aside.
3. Add onion to pan. Cook for 2 minutes, until it starts to turn golden.
4. Add tomato, vegetables and paprika. Toss to combine and cook for 3 minutes, until vegetables are lightly tender.
5. Add cooked rice and return chorizo to pan.
6. Toss together and garnish with parsley. Arrange on serving plate with a wedge of lime.

\$1.93 PER SERVE

PER SERVE /

Energy 1869kJ/445cal / **Protein** 23g / **Fibre** 7.5g / **Fat** 18g

Sat Fat 6.2g / **Carbs** 43g / **Sugar** 8.8g / **Free Sugar** 0g



Beef BURGERS

 **PREP 10 MINS**  **COOK 10 MINS**  **SERVES 1**

INGREDIENTS

- 75g lean beef mince
- salt
- pepper
- 1/3 medium carrot, grated
- 1/8 brown onion, diced
- 1/2 tsp dried Italian herbs
- cooking oil spray
- 1 wholegrain roll
- 1/2 cup mixed lettuce leaves
- 1/3 tomato, sliced
- 1 tsp Dijon mustard
- 1 tsp tomato chutney

METHOD

1. Season mince with salt and pepper. Combine with grated carrot, diced onion and dried herbs. Form into a burger patty.
2. Lightly spray a non-stick frypan with cooking oil over medium-high heat. Cook patty on both sides for 5-10 minutes in total, to your liking.
3. Halve bread roll and lightly toast under griller.
4. Place lettuce and sliced tomato on one half of the roll. Top with cooked burger patty, mustard, chutney and other half of bun.

\$2.00 PER SERVE

PER SERVE /
Energy 1384kJ/330cal / Protein 27g / Fibre 6.3g / Fat 6.3g
Sat Fat 2g / Carbs 37g / Sugar 5.3g / Free Sugar 1g

Mexican-Style CHILLI CON CARNE

 **PREP 5 MINS**  **COOK 10 MINS**  **SERVES 1**

INGREDIENTS

- 1 tsp extra virgin olive oil
- ¼ brown onion, chopped
- ½ clove garlic, crushed
- ½ tsp ground cumin
- ¼ tsp chilli powder
- 150g lean beef mince
- 100g tinned tomatoes
- 2 tsp tomato paste
- ½ tsp dried oregano
- ½ tsp dried thyme leaves
- 100ml liquid beef stock, salt-reduced
- 60g tinned kidney beans
- 1 tbsp reduced-fat cheddar cheese, grated
- 1 tbsp reduced-fat Greek natural yoghurt
- 1 tbsp fresh coriander, finely chopped

METHOD

1. In a saucepan, heat oil over medium heat. Add onion, cooking until browned.
2. Add garlic, cumin, chilli and mince. Cook, stirring, for 5 minutes.
3. Add tomato, tomato paste, oregano, thyme, beef stock and beans, stirring to combine.
4. Reduce heat to low and cook, stirring occasionally for 8-10 minutes until sauce is rich and thick.
5. Place in a bowl, top with a sprinkle of grated cheese, a dollop of yoghurt and fresh coriander to serve.

PER SERVE /
Energy 1686kJ/401cal / **Protein** 47g / **Fibre** 7.2g / **Fat** 15g
Sat Fat 5.8g / **Carbs** 15g / **Sugar** 7.7g / **Free Sugar** 0g



\$2.14 PER SERVE



SERVING NOTE

Serve with a dollop of yoghurt and some fresh coriander leaves.

\$2.08 PER SERVE

Beef & Sweet Potato CURRY

 **PREP 5 MINS**  **COOK 90 MINS**  **SERVES 4**

INGREDIENTS

- 480g stewing steak, eg. lean chuck steak
- 2 tbsp coconut oil
- 2 brown onions, peeled and chopped
- 1 tsp dried basil
- 1 tsp ground turmeric
- 2 tsp ground cumin
- 1 tsp curry powder
- 2 small sweet potatoes, peeled & chopped
- 400g tinned tomatoes
- salt
- pepper
- 1 cup frozen peas
- 1/3 cup reduced-fat Greek natural yoghurt
- 2 tbsp fresh coriander

METHOD

1. Preheat oven to 160°C. Dice meat into pieces.
2. In a heavy based, ovenproof saucepan or casserole dish, melt oil over a medium high heat. Add onion, sautéing for 1-2 minutes.
3. Add steak, cooking for 1-2 minutes to brown.
4. Add basil, turmeric, cumin and curry powder, stirring well.
5. Add sweet potato and tinned tomatoes, season with salt and pepper, and stir to combine.
6. Bring to the boil, then reduce to a simmer and place in the oven for 70-90 minutes, until meat is very tender. Add some beef stock or water partway through cooking if the curry looks like it's drying out.
7. About 5 minutes before ready to serve, remove curry from oven and return to stovetop over a medium heat. Add peas, cooking for 3-4 minutes, until they're cooked through.

PER SERVE /
Energy 1545kJ/367cal / **Protein** 32.6g / **Fibre** 5.9g / **Fat** 16.2g
Sat Fat 11.2g / **Carbs** 20g / **Sugar** 12.5g / **Free Sugar** 1g



BBQ Pork with Potato & APPLE SALSA




 PREP 15 MINS COOK 40 MINS SERVES 1

INGREDIENTS

- 1 medium potato
- 1 small apple
- 1 tsp extra virgin olive oil
- salt
- pepper
- 100g lean pork tenderloins
- 1 tbsp BBQ sauce, no added sugar
- ¼ cup water
- ½ tsp honey
- cinnamon
- cooking oil spray
- ½ cup green beans

METHOD

1. Preheat oven to 180°C. Peel and chop potato into thin wedges. Peel and roughly chop apple.
2. On a baking tray, combine potato with olive oil, and season with salt and pepper. Mix to combine flavours. Cook for 20-30 minutes, until golden and roasted.
3. While potatoes are cooking, marinate pork with half the BBQ sauce. Set aside for 10 minutes.
4. In a small saucepan, place apple with water and stew/simmer until very tender. When ready, place in a bowl. Using the back of a fork, “mash” apple to create a chunky apple sauce. Combine with honey and a dash of cinnamon.
5. Heat a non-stick frypan over medium-high heat and spray with cooking oil. Cook pork fillet on both sides until cooked through and BBQ sauce marinade starts to caramelize.
6. Steam green beans until just tender and serve on the side. Top pork remaining BBQ sauce, potatoes and chunky apple sauce.

SERVING NOTE

Serve with a side of steamed green beans.

\$2.63 PER SERVE

PER SERVE /
Energy 1113kJ/265cal / **Protein** 23g / **Fibre** 5.3g / **Fat** 5.4g
Sat Fat 2.5g / **Carbs** 29g / **Sugar** 15g / **Free Sugar** 2.1g

Seafood

A selection of some of our most popular seafood-based recipes for good health and less time in the kitchen.





Tuna & Pumpkin MAC & CHEESE



PREP 10 MINS



COOK 30 MINS



SERVES 1

INGREDIENTS

- $\frac{1}{4}$ cup macaroni, uncooked
- 1 cup pumpkin, peeled & diced
- salt
- pepper
- 90g tinned tuna in water, drained
- 1 clove garlic, minced
- $\frac{1}{4}$ tomato, sliced
- $\frac{1}{8}$ cup reduced-fat cheddar cheese, grated

METHOD

1. Preheat oven to 190°C. Cook macaroni according to packet directions.
2. In microwave or on stovetop, steam pumpkin for 10 minutes, until very tender. Use a stick or benchtop blender to blitz until smooth. Season with salt and pepper.
3. Combine macaroni, pumpkin, tuna and garlic. Place in an ovenproof dish.
4. Top with tomato slices and sprinkle with grated cheese.
5. Bake for 20 minutes, until cheese is golden and bubbling.
6. Allow to cool slightly before serving.

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.

\$1.20 PER SERVE

PER SERVE /

Energy 1408kJ/335cal / Protein 34g / Fibre 5.8g / Fat 7.2g

Sat Fat 3.6g / Carbs 30.3g / Sugar 5.6g / Free Sugar 0g



Spaghetti Prawn MARINARA

 **PREP 10 MINS**  **COOK 30 MINS**  **SERVES 1**

INGREDIENTS

- 50g wholemeal spaghetti
- 2 tsp extra virgin olive oil
- ½ clove garlic, minced
- 2 tbsp liquid chicken stock, salt-reduced
- 2 tsp tomato paste
- 120g tinned tomatoes
- salt
- pepper
- 100g prawns, raw, shelled
- 1 tbsp fresh parsley, chopped

METHOD

1. Cook spaghetti according to packet directions.
2. Meanwhile, in a frypan heat oil over medium heat. Add garlic and stock, simmering for 2 minutes.
3. Add tomato paste and tinned tomatoes, season with salt and pepper, and simmer for 15–20 minutes, stirring occasionally.
4. Add prawns to sauce. Cover and cook for 3–4 minutes, until pink and cooked through.
5. Stir through parsley and spaghetti and serve.

\$3.45 PER SERVE

PER SERVE /
Energy 1874kJ/446cal / **Protein** 33g / **Fibre** 8.6g / **Fat** 13.5g
Sat Fat 2.2g / **Carbs** 37g / **Sugar** 5.2g / **Free Sugar** 0g



Creamy Salmon PASTA



PREP 10 MINS



COOK 30 MINS



SERVES 1

INGREDIENTS

- 50g wholemeal pasta, any shape
- 1 tsp cornflour
- ½ cup reduced-fat milk of choice
- cooking oil spray
- 80g salmon steak (or firm fish of choice)
- ½ cup broccoli
- 1 tbsp water
- ½ small zucchini, grated
- 1 cup baby spinach
- 1 tbsp grated parmesan
- ½ tbsp fresh parsley, chopped
- pepper

METHOD

1. Cook pasta according to packet instructions. In a jug, whisk cornflour and milk together. Set aside.
2. While pasta is cooking, lightly spray a non-stick frypan with cooking oil. Over medium heat, sear salmon on both sides until just cooked through. Set on a plate to cool slightly.
3. To the same pan, add broccoli and water. Cover and cook for 1 minute, until bright green. Add zucchini and spinach, cooking for 1 minute, until spinach starts to wilt.
4. Stir milk mixture to re-incorporate flour and pour over vegetables. Stir for a few minutes until sauce thickens.
5. Add pasta, parmesan and parsley to pan, flake in cooked salmon and fold gently to combine. Season with pepper and serve immediately.

\$3.32 PER SERVE

PER SERVE /

Energy 2080kJ/497cal / **Protein** 40g / **Fibre** 2.9g / **Fat** 16.6g

Sat Fat 6.3g / **Carbs** 44g / **Sugar** 9g / **Free Sugar** 0g



Tuna Pasta BAKE



PREP 10 MINS



COOK 25 MINS



SERVES 1

INGREDIENTS

- ½ cup wholemeal pasta, any shape
- 90g tinned tuna in water
- ½ medium carrot, diced
- ¼ red capsicum, diced
- ½ cup frozen peas
- ½ cup tomato passata
- ¼ cup water
- 1 tbsp fresh basil leaves, chopped
- salt
- pepper
- 2 tbsp reduced-fat cheddar cheese, grated
- ¼ tsp dried Italian herbs

METHOD

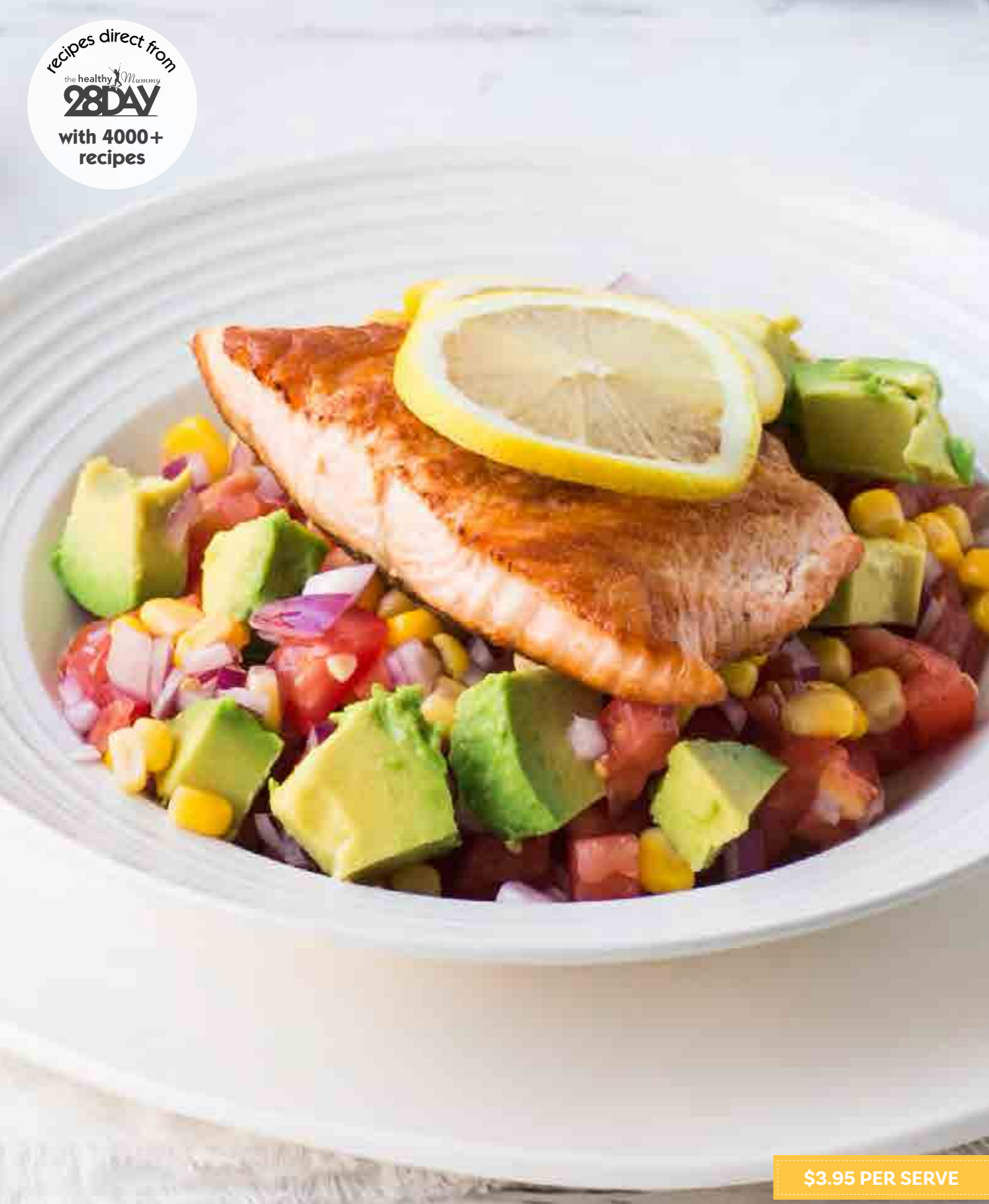
1. Preheat oven to 180°C.
2. Par-cook pasta for half the time instructed on the packet (it will finish cooking in the oven) and drain well.
3. In a baking dish, combine drained pasta with drained tuna, carrot, capsicum, peas, passata, water and basil. Season with salt and pepper.
4. Top with grated cheese and dried herbs. Bake for 20-25 minutes until golden and bubbly.
5. Allow to cool for 1-2 minutes before serving.

\$2.50 PER SERVE

PER SERVE /

Energy 1880kJ/448cal / **Protein** 42g / **Fibre** 9.9g / **Fat** 8.5g

Sat Fat 4.1g / **Carbs** 43g / **Sugar** 11g / **Free Sugar** 0g



Salmon With SALSA

 **PREP 5 MINS**  **COOK 10 MINS**  **SERVES 1**

INGREDIENTS

- 2 tsp extra virgin olive oil
- 100g salmon steak (or firm fish of choice)
- 1/4 cup corn kernels, fresh or tinned
- 1/2 medium avocado, diced
- 1/2 tomato, chopped
- 1/8 red onion, finely diced
- salt
- pepper

METHOD

1. In a frypan, heat half the oil over medium-high heat. Cook salmon for 4 minutes each side, until cooked through.
2. In a serving bowl, place corn, avocado, tomato and onion. Stir through remaining olive oil. Season with salt and pepper.
3. Top salad with salmon fillet to serve.

\$3.95 PER SERVE

PER SERVE /
Energy 1710kJ/407cal / **Protein** 23.2g / **Fibre** 3g / **Fat** 30g
Sat Fat 5.8g / **Carbs** 15g / **Sugar** 3.8g / **Free Sugar** 0g

Fish

BURGERS



PREP 5 MINS



COOK 10 MINS



SERVES 1

INGREDIENTS

- 1 tsp extra virgin olive oil
- 80g white fish fillet of choice
- 1 tbsp plain wholemeal flour
- 1 wholegrain roll
- ½ cup iceberg lettuce, shredded
- ¼ tomato, sliced
- 1 tsp tartare sauce
- ½ tsp sweet chilli sauce

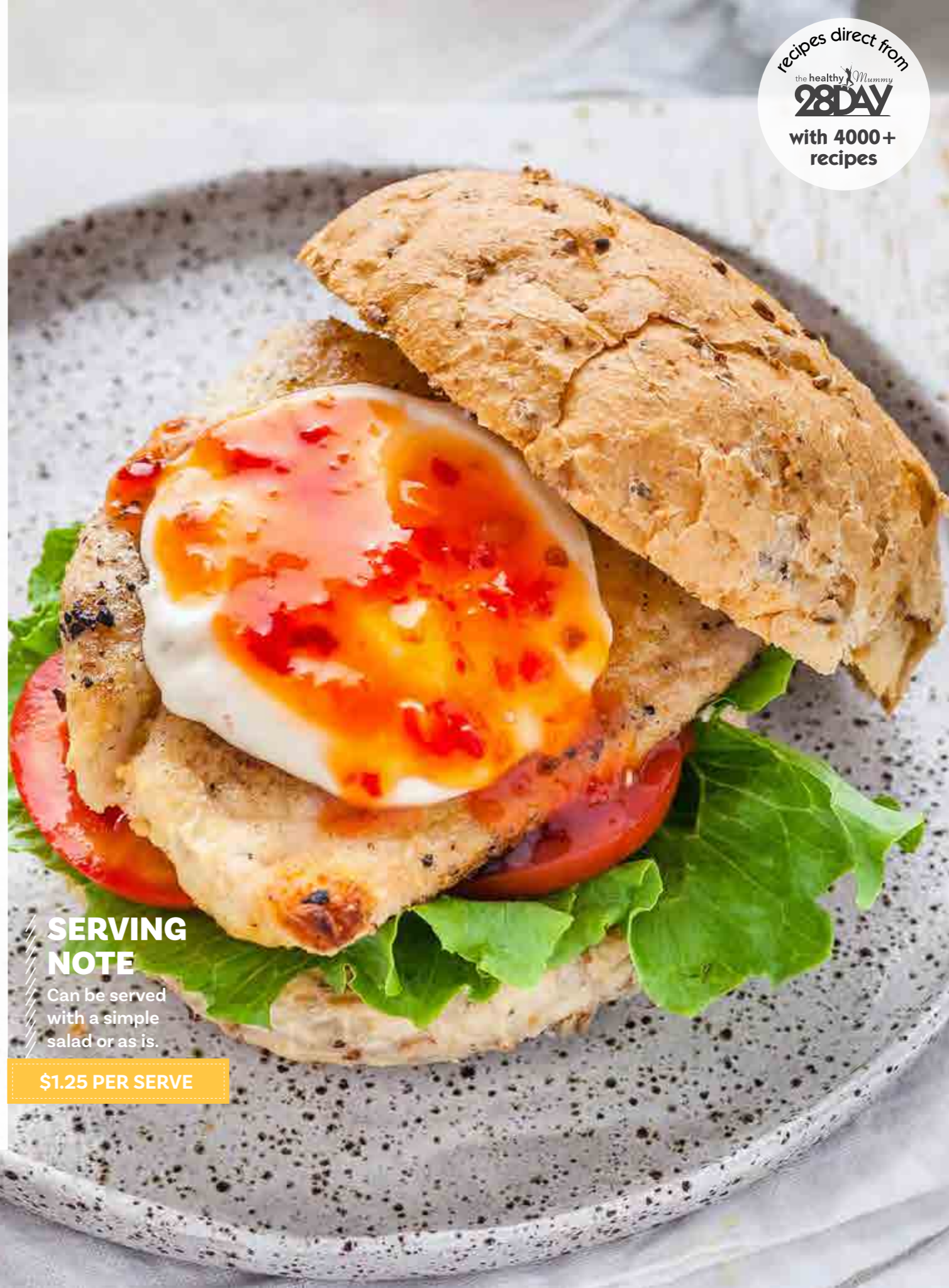
METHOD

1. In a frypan, heat oil over a high heat.
2. Dust fish with flour. Cook for 2-3 mins each side, until cooked through. Transfer to a plate lined with baking paper.
3. Preheat griller. Slice open roll and toast lightly.
4. Top one roll half with some lettuce and tomato. Top with fish, tartare and sweet chilli sauce plus remaining roll half to serve.

PER SERVE /

Energy 1633kJ/389cal / Protein 27g / Fibre 11g / Fat 11g

Sat Fat 2g / Carbs 43g / Sugar 4.5g / Free Sugar 2g



SERVING NOTE

Can be served with a simple salad or as is.

\$1.25 PER SERVE



Olive & Parmesan CRUMBED FISH

PREP 10 MINS COOK 25 MINS SERVES 1

INGREDIENTS

- 1/4 cup brown rice, uncooked
- 1 tbsp wholemeal breadcrumbs
- 2 tsp grated parmesan
- 1/8 cup green olives, finely diced
- 200g white fish fillet of choice
- cooking oil spray
- 1 cup rocket lettuce
- 1/8 red onion, sliced
- 1/2 tomato, diced
- 1 tsp extra virgin olive oil
- 1 tbsp lemon juice

METHOD

1. Cook brown rice according to packet directions. Preheat oven to 200°C and line a baking tray with paper.
2. Combine breadcrumbs with parmesan and olives. Spread over one side of the fish, pressing down so topping sticks.
3. Heat a non-stick frypan over medium-high heat. Lightly spray with cooking oil. Add fish, with crumb mix facing up, cooking for 3 minutes.
4. Place fish on prepared tray and bake for 5-10 minutes, until cooked through and breadcrumb mix is crisp and golden.
5. Combine rocket, onion, tomato, olive oil and lemon juice. Toss together well. Serve fish on top of rice with salad on the side.

SERVING NOTE

Serve with a salad to the side of the fish and rice.

\$2.48 PER SERVE

PER SERVE /
Energy 1669kJ/397cal / Protein 48g / Fibre 3.4g / Fat 13g
Sat Fat 3.4g / Carbs 21g / Sugar 2.4g / Free Sugar 0g



BBQ Seafood Platter WITH CHIPS

 **PREP 30 MINS**
 **COOK 10 MINS**
 **SERVES 1**

INGREDIENTS

- 1 medium potato
- 2 tsp extra virgin olive oil
- salt
- pepper
- 1 cup rocket lettuce
- ½ tomato
- ¼ Lebanese cucumber
- 2 tsp lemon juice
- 40g raw prawns, shelled
- 40g white fish fillet of choice
- 30g calamari, fresh or frozen
- cooking oil spray
- 1 tbsp tartare sauce

METHOD

1. Preheat oven to 220°C.
2. Slice potato into long chip-sized pieces. Place chips onto a lined baking tray, combine with half olive oil, and season with salt and pepper. Cook in oven for 20-25 minutes, until crisp and golden.
3. While chips are cooking, prepare salad by combining rocket, diced tomato and diced cucumber. Toss with half lemon juice and remaining oil. Season with salt and pepper.
4. Heat a barbecue and lightly spray all seafood with cooking oil. Barbecue prawns, fish and calamari on both sides until cooked through and to your liking - they won't need long. Ensure fish is cooked on the flat plate whereas the prawns and calamari can be cooked on the grill section.
5. Drizzle cooked seafood with remaining lemon juice.

**SERVING
 NOTE**

Serve with a salad, chips and tartare on the side.

\$2.90 PER SERVE

PER SERVE /
Energy 1595kJ/380cal / **Protein** 26g / **Fibre** 4.4g / **Fat** 21g
Sat Fat 3g / **Carbs** 21g / **Sugar** 6g / **Free Sugar** 2.9g

Fish & Slaw BURRITOS



PREP 10 MINS COOK 10 MINS SERVES 1

INGREDIENTS

- 120g white fish fillet of choice
- 1/2 cup wholemeal breadcrumbs
- 1/4 tsp chilli powder
- 1/2 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/4 tsp garlic powder
- 1/2 tsp ground turmeric
- 1/4 cup purple cabbage, shredded
- 1 tbsp fresh coriander, roughly chopped
- 1 medium carrot, grated
- 1 tbsp lime juice
- 2 tsp reduced-fat mayonnaise
- 1 tsp apple cider vinegar
- salt
- pepper
- 2 small corn tortillas

METHOD

1. Cut fish into bite-size cubes.
2. Preheat oven to 180°C and line a baking tray with paper.
3. In a bowl, combine breadcrumbs and all ground spices to make a crumb mix.
4. Coat fish pieces in crumb mix and arrange on prepared baking tray. Cook for 10 minutes, until fish is cooked through, turning halfway through cooking time.
5. While fish is cooking, combine cabbage, coriander, carrot, lime juice, mayonnaise and apple cider vinegar. Season with salt and pepper and set aside.
6. When fish is cooked, remove from oven. Assemble burritos by topping tortillas with cabbage salad and some fish. Wrap to enclose filling and serve.

PER SERVE /

Energy 1706kJ/406cal / Protein 32g / Fibre 7.8g / Fat 8.7g
Sat Fat 1.4g / Carbs 46g / Sugar 8g / Free Sugar 0g



\$2.27 PER SERVE



15-Minute Prawn CURRY



PREP 5 MINS



COOK 10 MINS



SERVES 4

INGREDIENTS

- 1 tbsp coconut oil
- 2 tbsp massaman curry paste
- 400g tinned tomatoes, diced
- 1½ cups reduced-fat coconut milk
- 500g raw prawns, shelled
- 3 medium potatoes, chopped into small pieces
- ¼ cup roasted peanuts
- 4 cups baby spinach
- 1 cup fresh basil leaves, chopped
- 1 cup fresh coriander, chopped
- 1 lime, quartered

METHOD

1. In a frypan, heat oil over medium-high heat. Add curry paste, cooking for 2 minutes, until fragrant.
2. Add tinned tomato and coconut milk, and bring to the boil. Just as sauce starts to boil, add prawns, potatoes, and peanuts. Reduce heat to simmer for 8 minutes.
3. Stir through baby spinach, basil and coriander, simmering until spinach has wilted and potatoes are tender.
4. Divide between 4 bowls .

SERVING NOTE

Serve with
a wedge of
lime to
squeeze over.

\$4.47 PER SERVE

PER SERVE /

Energy 1582kJ/377cal / **Protein** 32g / **Fibre** 5.2g / **Fat** 18g

Sat Fat 12g / **Carbs** 19g / **Sugar** 6g / **Free Sugar** 2.9g

Vegetarian

Our global community of mums have chosen the following recipes as some of their favourite vego options. Give them a whirl to improve your health and save money!





Garlic & Parmesan Roast Veggie SALAD



PREP 5 MINS



COOK 25 MINS



SERVES 1

INGREDIENTS

- $\frac{1}{2}$ small zucchini, chopped
- $\frac{1}{4}$ red capsicum, chopped
- $\frac{1}{2}$ cup pumpkin, peeled and cubed
- $\frac{1}{8}$ red onion, diced
- 2 tsp extra virgin olive oil
- $\frac{1}{2}$ cup grated parmesan
- 1 clove garlic

METHOD

1. Preheat oven to 180°C. Line a baking tray with paper.
2. Spread vegetables, excluding garlic, over tray and combine with oil. Roast for 20-25 minutes, until vegetables are tender.
3. Crush garlic and toss through roasted vegetables with parmesan to serve.

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.

PER SERVE /

Energy 1289kJ/307cal / Protein 18.5g / Fibre 2.5g / Total Fat 23g
Sat Fat 10g / Carbs 5g / Sugar 4.5g / Free Sugar 0g

\$1.26 PER SERVE



Tortellini & Vegetable SOUP



PREP 10 MINS



COOK 60 MINS



SERVES 7

INGREDIENTS

- 2 tbsp extra virgin olive oil
- 1 brown onion, diced
- 1 cup pumpkin, peeled and diced
- 2 medium carrots, diced
- 2 stalks celery, diced
- 1 tbsp tomato paste
- 3 cloves garlic, minced
- 2L liquid vegetable stock, salt-reduced
- 400g tinned tomatoes
- 1 cup green beans, chopped
- 2 tsp dried Italian herbs
- 1 tbsp fresh parsley, chopped
- salt
- pepper
- 400g tinned cannellini beans
- 400g tinned kidney beans
- 2 small zucchinis, diced
- 400g fresh spinach & ricotta tortellini
- 2 cups baby spinach
- ¼ cup grated parmesan

METHOD

1. In a large saucepan, heat olive oil over medium-high heat. Add onion, pumpkin, carrots and celery, sautéing for 4-5 minutes, until onion is transparent.
2. Add tomato paste and garlic, cooking for 1 minute before adding stock, tinned tomatoes and green beans.
3. Add dried herbs and parsley, and season with salt and pepper to taste. Bring to the boil, cover with a lid and reduce to a simmer for 20 minutes, stirring occasionally.
4. Add tinned cannellini, kidney beans, zucchini and tortellini. Cover again and simmer for a further 25 minutes, until pasta is tender.
5. Add spinach and allow to wilt. Add extra water if soup becomes too thick once tortellini is cooked through.
6. Divide evenly between bowls.

SERVING NOTE

Top with some
grated cheese.

\$2.24 PER SERVE

PER SERVE /

Energy 1316kJ/313cal / Protein 12g / Fibre 8g / Total Fat 11g

Sat Fat 3.2g / Carbs 37g / Sugar 11g / Free Sugar 0.2g

Loaded Sweet Potato FRIES

 **PREP 5 MINS**  **COOK 30 MINS**  **SERVES 1**

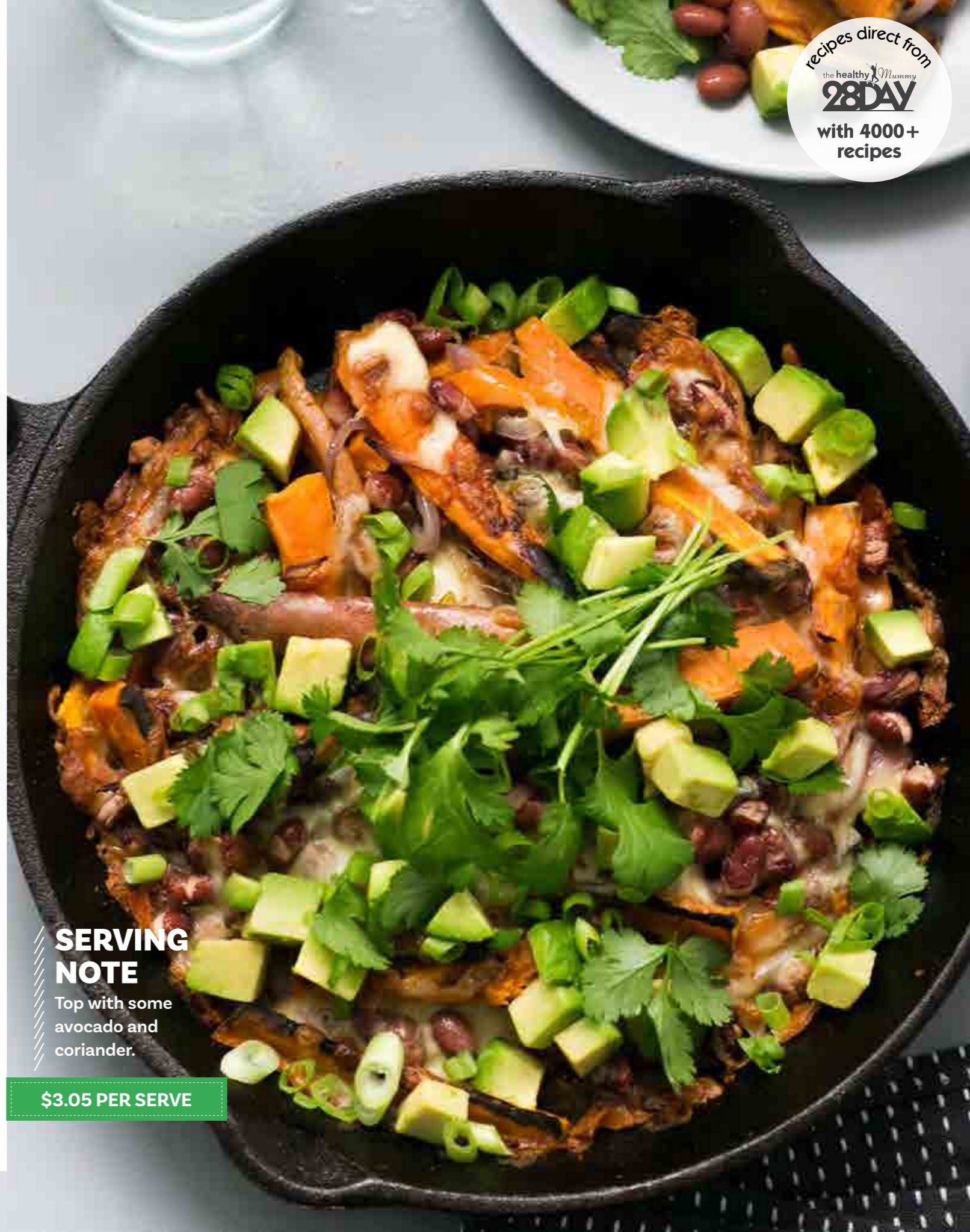
INGREDIENTS

- 1 small sweet potato
- 2 tsp extra virgin olive oil
- 50g tinned kidney beans
- ¼ red onion, diced
- 1 tbsp reduced-fat cheddar cheese, grated
- ½ medium avocado, diced
- 1 tbsp fresh coriander, chopped

METHOD

1. Preheat oven to 180°C. Line a baking tray with paper.
2. Cut sweet potato into wide chip shapes. Coat with half the olive oil and spread over prepared tray. Bake for 25–30 minutes, until roasted and tender, turning half way through cooking.
3. While sweet potato is cooking, rinse and drain kidney beans. In a frypan, heat remaining oil over medium high heat. Add beans and red onion, cooking for 2–3 minutes, until onion is tender.
4. When sweet potato is ready, remove from oven and place in an ovenproof serving bowl. Top with bean mix and grated cheese. Return to oven for 4–5 minutes, until cheese has completely melted.

PER SERVE /
Energy 1670kJ/397cal / **Protein** 16.5g / **Fibre** 7.5g / **Total Fat** 22.7g
Sat Fat 5g / **Carbs** 29g / **Sugar** 10.5g / **Free Sugar** 0g



**SERVING
NOTE**
Top with some
avocado and
coriander.

\$3.05 PER SERVE

Pesto Spinach & Ricotta ROLLS

 **PREP 15 MINS**  **COOK 30 MINS**  **SERVES 8**

INGREDIENTS

- 1 cup reduced-fat ricotta cheese
- 3 tbsp basil pesto, store-bought
- 1 cup baby spinach, chopped
- 2 sheets reduced-fat puff pastry, thawed
- 2 tbsp reduced-fat milk of choice

METHOD

1. Heat oven to 180°C and line a baking tray with paper.
2. In a bowl, combine ricotta, pesto and spinach.
3. Cut each of the pastry sheets in half.
4. Divide ricotta mix between each of the 4 pastry halves and spread down the centre line of each piece.
5. Brush milk down one side of each pastry rectangle. Roll the other side of the pastry over to join up, pinching together.
6. Cut each rectangle in half again to make 2 smaller rolls, and place on prepared tray.
7. Brush rolls with milk and bake for 20–30 minutes, until golden.

PER SERVE /

Energy 717kJ/171cal / **Protein** 5.9g / **Fibre** 1g / **Total Fat** 7.8g
Sat Fat 3.1g / **Carbs** 19g / **Sugar** 1.4g / **Free Sugar** 0g



\$0.46 PER SERVE



Satay & Egg FRIED RICE

 **PREP 10 MINS**  **COOK 35 MINS**  **SERVES 1**

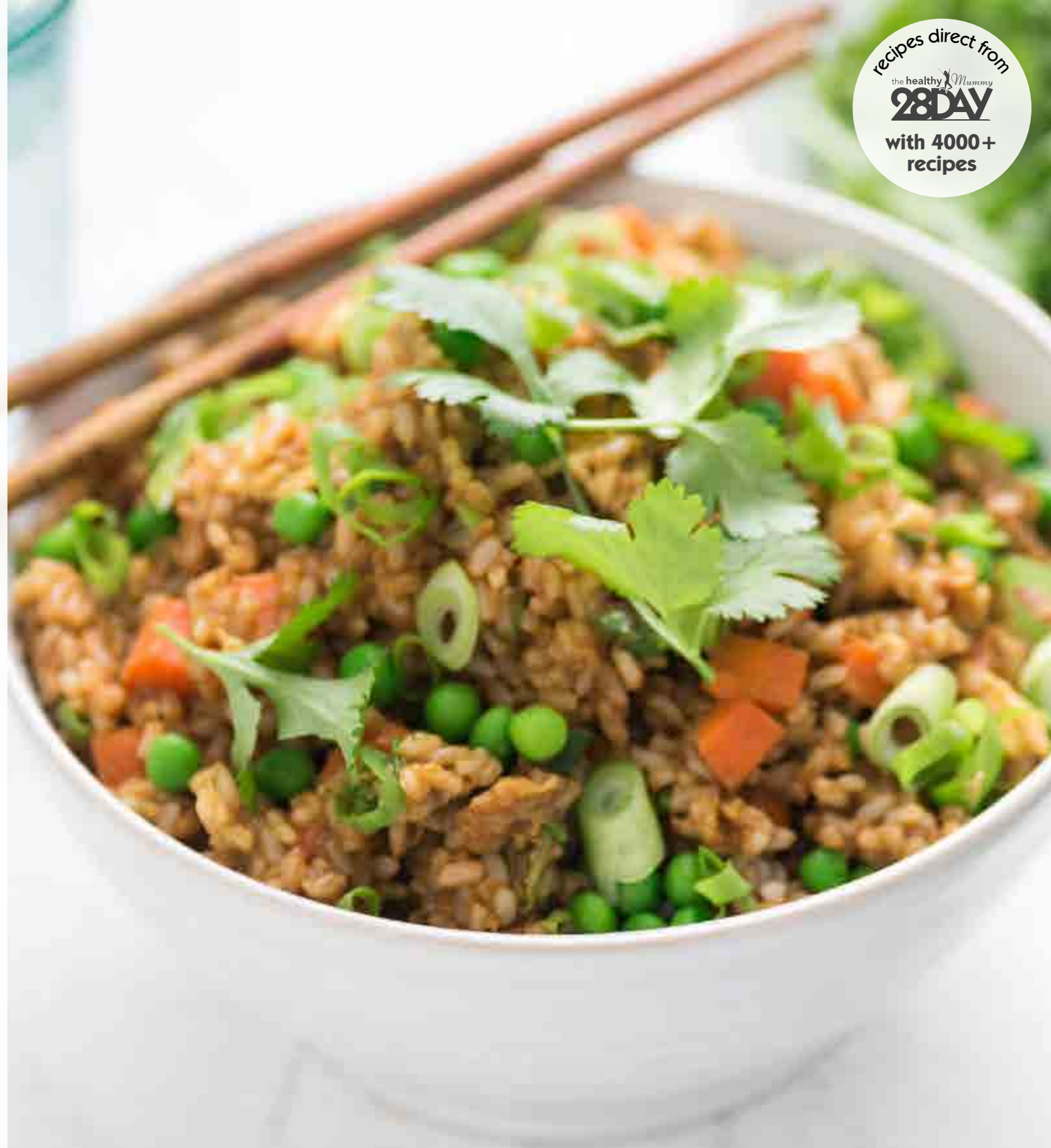
INGREDIENTS

- ¼ cup brown rice, uncooked
- 1 tbsp peanut butter
- 1 tbsp water
- ½ tsp soy sauce, salt-reduced
- ½ medium carrot
- ½ spring onion
- cooking oil spray
- ¼ cup frozen peas
- ½ tsp sesame oil
- 1 free-range egg
- 1 cup rocket lettuce

METHOD

1. Cook rice according to packet instructions.
2. Combine peanut butter, water and soy sauce, stirring until smooth. Peel and dice carrot, and slice spring onion.
3. Heat a pan over medium heat and spray with cooking oil. Add carrots to pan with a splash of water. Stir-fry for 5 minutes, until just tender.
4. Add peas and spring onion, tossing to combine. Add rice and stir-fry for 1 minute, until warm. Add peanut butter mixture, stirring to coat rice and veggies.
5. Push rice mixture to one side of the pan and add sesame oil to the other side. Crack egg into oil and scramble lightly. Fold through rice.

PER SERVE /
Energy 1615kJ/384cal / **Protein** 17g / **Fibre** 6.8g / **Total Fat** 17g
Sat Fat 3.2g / **Carbs** 38g / **Sugar** 5.2g / **Free Sugar** 0g



\$1.30 PER SERVE



Green Mac & CHEESE

 **PREP 5 MINS**  **COOK 25 MINS**  **SERVES 1**

INGREDIENTS

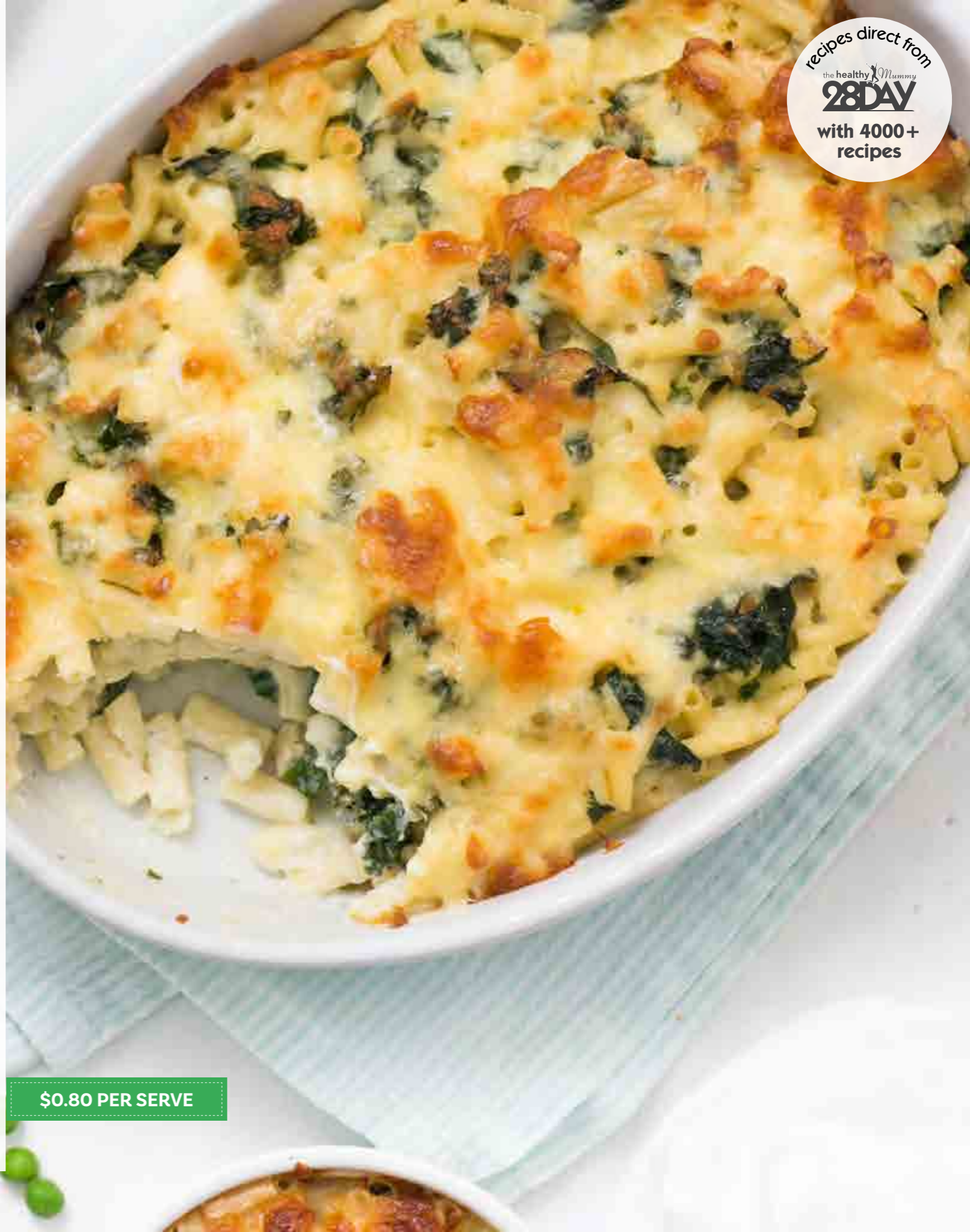
- ¼ cup macaroni, uncooked
- ½ cup reduced-fat milk of choice
- 1 tsp cornflour
- 1 tbsp water
- ¼ cup reduced-fat cheddar cheese, grated
- 1 cup kale, shredded
- salt
- pepper

METHOD

1. Cook macaroni according to packet directions. Preheat oven to 180°C.
2. In a saucepan, gently heat milk. Mix cornflour with water and stir into milk when it is just under boiling point. Keep stirring until thick. Stir cheese and kale through milk mix, then stir through drained macaroni.
3. Season with salt and pepper.
4. Place in an ovenproof dish and bake for 15 minutes, until top is golden and everything is heated through.
5. Allow to cool for a couple of minutes before serving.

PER SERVE /
Energy 1345kJ/320cal / **Protein** 22g / **Fibre** 1.1g / **Total Fat** 11g
Sat Fat 7.1g / **Carbs** 33g / **Sugar** 8.6g / **Free Sugar** 0g

\$0.80 PER SERVE





Cheesy Taco PASTA



PREP 5 MINS



COOK 25 MINS



SERVES 4

INGREDIENTS

- 1 tbsp extra virgin olive oil
- 1 red onion, diced
- 1 red capsicum, finely diced
- 2 cloves garlic, crushed
- 400g tinned brown lentils
- 1 small red chilli, sliced
- 3 tbsp taco seasoning, salt-reduced
- 2 cups water
- 400g tinned tomatoes, diced
- 100g wholemeal pasta, any shape
- 1 cup reduced-fat cheddar cheese, grated
- 1 cup plain corn chips, crushed
- ¼ cup reduced-fat Greek natural yoghurt
- 2 tbsp fresh coriander, chopped

METHOD

1. In a saucepan, heat olive oil over a medium-high heat. Add onion and capsicum, cooking for 3–4 minutes, until soft.
2. Add garlic, lentils, chilli and taco seasoning. Stir to combine and cook for 2 minutes.
3. Add water, tinned tomato and pasta. Bring to the boil then reduce to a simmer, cover and cook for 15 minutes, until pasta is tender.
4. Stir through grated cheese, until melted.
5. Divide taco pasta between 4 bowls and top each with some crushed corn chips, a dollop of yoghurt and a sprinkle of coriander to serve.

PER SERVE /

Energy 1444kJ/345cal / Protein 20g / Fibre 10g / Total Fat 12g
Sat Fat 4.7g / Carbs 34g / Sugar 7.8g / Free Sugar 0g

\$1.24 PER SERVE

recipes direct from
the healthy Mummy
28DAY
with 4000+
recipes

Ratatouille LASAGNE

 **PREP 10 MINS**  **COOK 75 MINS**  **SERVES 8**

INGREDIENTS

- cooking oil spray
- 1 tbsp extra virgin olive oil
- 2 cloves garlic, diced
- 1 brown onion, diced
- 1 small zucchini, diced
- 2 red capsicums, diced
- ½ eggplant, diced
- 8 tomatoes, diced
- 2 tbsp tomato paste
- 2 cups water
- 10 fresh lasagne sheets
- 400g reduced-fat ricotta cheese
- 1 cup reduced-fat cheddar cheese, grated

METHOD

1. Preheat oven to 200°C and lightly spray a baking dish with cooking oil.
2. In a saucepan, heat olive oil over medium-high heat. Add garlic and onion, sautéing for 1-2 minutes, until onion is translucent.
3. Add zucchini, capsicum, eggplant and tomatoes, stirring to combine.
4. Add tomato paste and water, combining well. Bring mixture to the boil then reduce to a simmer for 30 minutes, until vegetables are very tender and sauce has thickened.
5. Spread a third of the sauce on the bottom of prepared baking dish. Layer with some lasagne sheets, spread with a third of the ricotta and sprinkle with a third of the grated cheese.
6. Repeat with remaining sauce, lasagne sheets, ricotta and grated cheese until you have three layers, with grated cheese as the top layer.
7. Cover the dish with foil and place in oven for 30 minutes. Remove foil and cook for another 15 minutes, until cheese is bubbling and golden on top.
8. Allow lasagne to sit for a few minutes before slicing into 8 pieces.

SERVING NOTE

Can be served
with a simple
salad or as is.

\$1.78 PER SERVE

PER SERVE /

Energy 1370kJ/326cal / **Protein** 8g / **Fibre** 5.8g / **Total Fat** 7g
Sat Fat 3.9g / **Carbs** 43g / **Sugar** 8.4g / **Free Sugar** 0g



Lentil SHEPHERD'S PIE

 **PREP 5 MINS**  **COOK 35 MINS**  **SERVES 1**

INGREDIENTS

- 200g tinned brown lentils
- ½ medium carrot, diced
- ¼ cup frozen peas
- ½ cup tomato passata
- salt
- pepper
- ½ small sweet potato, diced
- 2 tsp reduced-fat cheddar cheese, grated

METHOD

1. Preheat oven to 190°C.
2. Rinse and drain lentils. In a saucepan over medium heat, combine with carrot, peas and tomato passata. Season with salt and pepper.
3. Bring to the boil then reduce to a simmer for 20 minutes. Add a little water if mix thickens too much.
4. Meanwhile, in a saucepan, boil sweet potato until tender. Drain and mash.
5. Place lentil mix in an ovenproof dish and top with mashed sweet potato. Sprinkle over grated cheese and bake for 15 minutes, until cheese has melted and is golden.

\$1.75 PER SERVE

PER SERVE /
Energy 1534kJ/365cal / Protein 27g / Fibre 17g / Total Fat 3.4g
Sat Fat 1.4g / Carbs 47.5g / Sugar 18.5g / Free Sugar 0g



Baked Tortilla STACK



PREP 15 MINS



COOK 60 MINS



SERVES 4

INGREDIENTS

- 1 cup pumpkin, peeled & thinly sliced
- 1 small zucchini, thinly sliced
- 1 red capsicum, thinly sliced
- cooking oil spray
- 400g tinned red kidney beans
- 4 wholemeal tortillas
- 1 cup tomato passata
- 1 cup reduced-fat cheddar cheese, grated

METHOD

1. Preheat oven to 180°C. Line a baking tray with paper. Lightly spray pumpkin, zucchini and capsicum slices with cooking oil and spread on tray. Roast for 30 minutes, until golden and tender.
2. Rinse and drain kidney beans. Mash with a fork.
3. Lightly spray a baking dish with cooking oil. Add a tortilla to the base of the dish. Spread a quarter of the passata over tortilla and top with pumpkin slices.
4. Top with another tortilla and another quarter of the passata, and layer with roasted zucchini slices. Sprinkle over half grated cheese.
5. Add another tortilla on top. Spread with mashed beans and layer roasted capsicum over beans.
6. Top with the remaining tortilla and spread over remaining passata. Sprinkle over remaining grated cheese. Place in oven for 25 minutes, until cheese is melted and golden.
7. Slice into 4 pieces.

\$1.23 PER SERVE

PER SERVE /

Energy 1164kJ/277cal / Protein 19g / Fibre 8g / Total Fat 6g
Sat Fat 2g / Carbs 33g / Sugar 10g / Free Sugar 0g

Sweet Snacks

Healthy eating is all about balance, not denying yourself a few treats. These sweet snacks are yummy, healthy and have top ratings from The Healthy Mummy community.





Wholemeal Choc-Chip MUFFINS

 **PREP 5 MINS**  **COOK 20 MINS**  **SERVES 12**

INGREDIENTS

- cooking oil spray
- 2 cups wholemeal self-raising flour
- ½ cup dark chocolate chips
- 2 free-range eggs
- 1 cup reduced-fat milk of choice
- ¼ cup extra virgin olive oil
- ¼ cup honey
- 1 tsp vanilla extract

METHOD

1. Preheat oven to 170°C and lightly spray 12 holes of a muffin tin tray with cooking oil.
2. Into a large mixing bowl, sift flour and combine with chocolate chips.
3. Whisk eggs and combine with milk, olive oil, honey and vanilla.
4. Make a well in flour mix and add all liquids, stirring to combine well.
5. Divide batter between each muffin tin hole and bake for 15–20 minutes, until a skewer comes out clean when inserted in the centre.

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.

\$0.19 PER SERVE

PER SERVE /

Energy 771kJ/183cal / **Protein** 3.8g / **Fibre** 2.5g / **Fat** 8g

Sat Fat 2.7g / **Carbs** 22.9g / **Sugar** 10.3g / **Free Sugar** 9.9g



“Snickers” SLICE

 **PREP 90 MINS**  **SERVES 24**

INGREDIENTS

- 250g cashew nuts, unsalted
- 200g pitted, dried dates
- 1 cup almond meal
- 1/3 cup cacao/cocoa powder
- 2 tsp vanilla extract
- 1/4 cup maple syrup
- 1/3 cup coconut oil, melted
- 1 cup roasted peanuts, chopped

METHOD

1. Line a 20x20cm square baking dish with paper.
2. Separately soak cashews and dates in boiling water for 20 minutes. Rinse and drain.
3. In a food processor, pulse cashews until smooth. Divide cashew mixture in half.
4. Add one half of the cashew mixture to almond meal, 1 tbsp of cacao/cocoa powder, half the vanilla extract and 1 tbsp of maple syrup, mixing well. Press into lined dish evenly and flatten.
5. In a food processor, pulse remaining cashews, soaked dates, remaining vanilla, 1 tbsp of maple syrup and 1 tbsp of coconut oil until smooth.
6. Stir through chopped peanuts. Smooth mixture over base and place in refrigerator for 30 minutes to set a little.
7. In a small saucepan, stir remaining coconut oil, remaining cacao/cocoa powder and remaining maple syrup over low heat until melted. Pour over slice and return to the fridge for 20-30 minutes to set.
8. When set, use a sharp knife to gently cut into 24 small rectangles.

\$0.62 PER SERVE

PER SERVE /
Energy 773kJ/184cal / **Protein** 5g / **Fibre** 2.7g / **Fat** 12.5g
Sat Fat 4.4g / **Carbs** 8g / **Sugar** 5.7g / **Free Sugar** 2g



Cherry-Choc SLICE

 
PREP 260 MINS SERVES 10

INGREDIENTS

- 150g fresh cherries
- 45ml coconut oil
- ½ cup shredded coconut
- 2 tbsp chia seeds
- 60g dark chocolate (70%)
- 1 tbsp coconut flour

METHOD

1. If using frozen cherries, allow them to defrost and drain off any excess moisture. Pit cherries before use.
2. Place all ingredients except chocolate and coconut flour into a food processor, blitzing until well combined. Some small lumps of cherry are fine, adding texture.
3. Line a loaf pan with baking paper and spoon mixture in, smoothing it with a spatula or back of a spoon. Put the pan in the fridge while you melt chocolate.
4. Break chocolate into small pieces. In a small bowl or jug, melt over a saucepan of boiling water, stirring occasionally.
5. Once completely melted, pour chocolate over cherry mixture, tilting pan to get a thin, even coat of chocolate. Return pan to fridge for at least 4 hours.
6. When ready, dust a chopping board liberally with coconut flour. Place slice onto board for a slightly cakey base.
7. Using a hot knife, cut slice into 10 equal pieces.

\$0.38 PER SERVE

PER SERVE /
Energy 551kJ/131cal / Protein 1.7g / Fibre 2.7g / Fat 12g
Sat Fat 7.3g / Carbs 4.2g / Sugar 3.7g / Free Sugar 1g



Choc-Chip BANANA BREAD

  
PREP 10 MINS COOK 50 MINS SERVES 16

INGREDIENTS

- 2 ripe small bananas
- 100g butter
- 2 cups wholemeal self-raising flour
- 1½ tsp baking powder
- ½ cup coconut sugar
- 2 free-range eggs
- 1 cup dark chocolate chips

METHOD

1. Preheat oven to 180°C. Line a loaf tin with baking paper. Mash bananas and melt butter.
2. In a large bowl, place mashed bananas, flour, baking powder and coconut sugar. Mix together until combined.
3. Add eggs and melted butter, stirring until combined into a batter.
4. Add three quarters of the chocolate bits to batter, folding through gently.
5. Pour batter into prepared tin and sprinkle remaining chocolate bits over.
6. Bake for 40-50 minutes, until a skewer comes out clean when inserted.
7. Slice into 16 pieces.

\$0.29 PER SERVE

PER SERVE /
Energy 754kJ/179cal / Protein 3.8g / Fibre 1.9g / Fat 9.3g
Sat Fat 5.5g / Carbs 19g / Sugar 8.9g / Free Sugar 6g



\$0.47 PER SERVE

Healthy Chocolate COCONUT BROWNIES

  
PREP 10 MINS COOK 20 MINS SERVES 12

INGREDIENTS

- 150g dark chocolate (70%)
- ½ cup coconut oil
- 2 free-range eggs
- ¾ cup wholemeal self-raising flour
- ½ cup coconut sugar
- 1 tsp vanilla extract
- 2 tbsp cacao/cocoa powder
- ¼ cup desiccated coconut

METHOD

1. Preheat oven to 200°C, and line a square baking tin with paper.
2. Break up chocolate and add to a saucepan with coconut oil. Heat slowly for 5 minutes, to melt and mix until smooth. Remove from heat and allow to cool a little.
3. In a mixing bowl, beat eggs, then add melted chocolate and stir through. Add flour, sugar, vanilla extract, cacao/cocoa powder and coconut, stirring until combined.
4. Pour mixture into prepared tin and bake for 15 minutes, until top is firm.
5. Remove from oven and cool in the tin completely. Remove from tin and slice into 12 pieces.

PER SERVE /

Energy 1010kJ/240cal / Protein 2.8g / Fibre 1.7g / Fat 17g
Sat Fat 14g / Carbs 20.5g / Sugar 15.5g / Free Sugar 12g



SERVING NOTE

Sprinkle with
chocolate bits
and some
desiccated
coconut.

\$1.67 PER SERVE

Homemade Chocolate “ICE CREAM”

 **PREP 250 MINS**  **COOK 2 MINS**  **SERVES 1**

INGREDIENTS

- 1 tbsp Natvia
- 1 tbsp cacao/cocoa powder
- ½ cup reduced-fat milk of choice
- ½ small banana
- 1 tbsp reduced fat cream
- ¼ tsp vanilla extract
- salt
- 2 tsp dark chocolate chips
- ½ tsp desiccated coconut

METHOD

1. In a saucepan, combine Natvia, cacao/cocoa powder and a quarter of the milk over medium heat, stirring constantly until Natvia and cacao/cocoa are dissolved. Remove from heat.
2. In a blender, combine banana with remaining milk, cream, vanilla and a pinch of salt. Slowly pour in warm cacao/cocoa mixture, and blend until smooth. Place “ice cream” mixture into a freezerproof container and freeze for 4–6 hours, until firm.
3. Allow to soften on benchtop for 20 minutes before serving with a sprinkle of chocolate bits and some desiccated coconut.

PER SERVE /
Energy 1001kJ/238cal / **Protein** 7.6g / **Fibre** 1.9g / **Fat** 14.2g
Sat Fat 9.3g / **Carbs** 20.2g / **Sugar** 15.6g / **Free Sugar** 1g



Choc-Top Banana SOFT SERVE

 
PREP 5 MINS SERVES 1

INGREDIENTS

- 1 frozen banana, diced
- 2 tbsp reduced-fat Greek natural yoghurt
- 1½ tbsp dark chocolate chips

METHOD

1. In a blender, blitz banana and yoghurt until well combined.
2. Place chocolate bits in a microwave-safe dish and cook in 20-second batches until melted.
3. Serve immediately as a soft serve type “ice-cream”, topped with melted chocolate.

\$0.81 PER SERVE

PER SERVE /
Energy 846kJ/201cal / Protein 5.1g / Fibre 3g / Fat 5.7g
Sat Fat 4.9g / Carbs 31g / Sugar 23g / Free Sugar 8.4g



Strawberry Cheesecake ICE BLOCKS



PREP 310 MINS



SERVES 4

INGREDIENTS

- 1 cup frozen strawberries
- 1/2 cup light cream cheese
- 1 cup vanilla yoghurt, eg. Jalna or 5AM
- 1/3 cup reduced-fat milk of choice
- 1/4 cup rolled oats
- 1 tbsp desiccated coconut
- 2 tsp butter, melted

METHOD

1. In a bowl, microwave strawberries for 1 minute, until they begin to break down.
2. Transfer to a food processor and process until smooth.
3. Remove a third of the strawberry mixture and set aside.
4. Add cream cheese, yoghurt and milk to remaining strawberry mixture and process until smooth.
5. Pour reserved strawberry mixture evenly among between 4 ice block moulds.
6. Pour cream cheese mixture evenly into moulds on top of strawberry mixture.
7. In a bowl, combine oats and coconut. Pour over butter and mix together to resemble crumbs. Spoon over each ice block.
8. Gently press to smooth. Insert ice block sticks. Place in the freezer for 6 hours, until firm.

\$1.27 PER SERVE

PER SERVE /

Energy 868kJ/207cal / Protein 7.9g / Fibre 2.7g / Fat 13.6g
Sat Fat 8.8g / Carbs 11.1g / Sugar 6.3g / Free Sugar 0g



Hot Banana CARMEL CREAMS

 **PREP 10 MINS**  **COOK 2 MINS**  **SERVES 1**

INGREDIENTS

- 1 tsp maple syrup
- 5 tbsp reduced-fat Greek natural yoghurt
- 1 small banana
- 1 tsp coconut oil
- 1 tsp Natvia

METHOD

1. Preheat grill to medium high.
2. In a mixing bowl, combine Greek yoghurt and maple syrup. Halve banana and mash one half of it, then add to yoghurt mix and stir in well.
3. Spoon yoghurt mixture into a small heatproof ramekin and level out the top (the mix should come almost to the top of the dish).
4. Thinly slice remaining banana and arrange on top of yoghurt mixture.
5. In the microwave, melt coconut oil for 10 seconds on medium. Brush melted oil over banana slices and sprinkle Natvia on top.
6. Place dish under grill so the top is about 3cm from the heat. Grill for 1-2 minutes, until sugar spread is melted.
7. Eat immediately, or leave for a few minutes so Natvia topping hardens into a firm caramel.

\$1.02 PER SERVE

PER SERVE /
Energy 798kJ/190cal / **Protein** 8g / **Fibre** 1.8g / **Fat** 4g
Sat Fat 4g / **Carbs** 28g / **Sugar** 25g / **Free Sugar** 4g



Baked Coffee CHEESECAKE



PREP 140 MINS



COOK 30 MINS



SERVES 10

INGREDIENTS

- 1 cup light cream cheese
- ¼ cup macadamias, unsalted
- ¼ cup almonds
- ¼ cup desiccated coconut
- 1 tbsp coconut oil
- ½ tsp instant decaffeinated coffee granules
- 1½ tbsp coconut cream
- 1 free-range egg
- ¼ cup Natvia
- 1 tsp vanilla extract

METHOD

1. Remove cream cheese from the fridge so it's at room temperature when preparing this recipe.
2. Preheat oven to 160°C and line a 20cm baking tin with paper.
3. In a food processor, blitz macadamias and almonds until a fine meal is formed.
4. Add coconut and coconut oil to nut mix and blitz again at medium speed.
5. Transfer mixture to prepared tin and, using the back of a metal spoon, press down evenly. Bake for 8-10 minutes until just starting to brown. Remove from oven and allow to cool.
6. Increase oven temperature to 175°C.
7. To make filling, in a food processor, combine cream cheese, coffee, coconut cream, egg, Natvia and vanilla until smooth.
8. Pour filling over cooled base and smooth evenly.
9. Return to oven and bake for approximately 20 minutes, until a little wobbly in the centre.
10. Allow to cool, then cover and place in the refrigerator for at least 2 hours, until firm and set.
11. Slice into 10 pieces.

\$0.51 PER SERVE

PER SERVE /

Energy 581KJ/138cal / Protein 0.9g / Fibre 2.7g / Fat 13g
Sat Fat 5.1g / Carbs 1.5g / Sugar 1.5g / Free Sugar 0g

Savoury Snacks

A selection of some of our A+ savoury snack recipes that are ideal for mid-morning munchies, lunchbox fillers and to beat that 3pm slump.





\$1.18 PER SERVE

Mexican Layer DIP

 **PREP 10 MINS**  **SERVES 4**

INGREDIENTS

- 240g tinned red kidney beans
- 2 tbsp water
- salt
- pepper
- 2 spring onions, thinly sliced
- 1 medium avocado, chopped
- 1 tsp dried chilli flakes
- 1 tbsp lime juice
- 1/3 cup reduced-fat Greek natural yoghurt
- 2 tomatoes, chopped
- 1 tbsp reduced-fat cheddar cheese
- 4 hard taco shells

METHOD

1. Drain and rinse beans and place in a bowl. Using a fork, lightly mash beans then mix with water to loosen. Season with salt and pepper, and stir through spring onion.
2. In a separate bowl, place avocado with chilli flakes and lime juice. Mash until smooth and well combined.
3. Divide bean mix between 4 small dishes. Top with yoghurt, avocado, diced tomato and grated cheese.
4. Heat taco shells according to packet directions. One serve is a bowl of dip and a taco shell broken into chips for dipping.

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.

PER SERVE /
Energy 873kJ/208cal / **Protein** 10.9g / **Fibre** 6.4g / **Fat** 9.4g
Sat Fat 3.2g / **Carbs** 17.5g / **Sugar** 4.9g / **Free Sugar** 0g



\$0.71 PER SERVE

Hidden Veggie SAUSAGE ROLLS

 **PREP 15 MINS**  **COOK 30 MINS**  **SERVES 6**

INGREDIENTS

- 1 small zucchini, grated
- cooking oil spray
- 1/2 brown onion, chopped
- 250g lean beef mince
- 1 medium carrot, grated
- 1 1/2 tbsp tomato passata
- 1/3 cup reduced-fat cheddar cheese, grated
- 6 sheets filo pastry

METHOD

1. Preheat oven to 200°C and line 2 baking trays with paper.
2. Squeeze out any excess liquid from the zucchini.
3. Heat a non-stick frypan over medium heat and lightly spray with cooking oil. Add onion, cooking for 3-4 minutes until translucent. Remove from heat and allow to cool.
4. When onion has cooled, place in a bowl and combine with mince, grated carrot, zucchini, passata and grated cheese. Using your hands, combine well.
5. Take one sheet of filo, spray with cooking oil and place another sheet of filo on top. Repeat this process until you have 3 double sheets.
6. Carefully cut each double sheet of filo to form 4 even rectangles per double sheet. You should end up with 12 long rectangles of pastry.
7. Place some meat filling at the end of each pastry rectangle and roll up to enclose. Spray each roll lightly with cooking oil to help seal. Cut each rolls in half to form 24 rolls in total.
8. Place sausage rolls on prepared baking trays and cook for 20-25 minutes, until golden. Some liquid may come out of the rolls during cooking. If required, turn rolls over and bake for a further 5-10 minutes to crisp up the bottoms.

PER SERVE /
Energy 520kJ/124cal / **Protein** 2g / **Fibre** 6.4g / **Fat** 4g
Sat Fat 2g / **Carbs** 10g / **Sugar** 2g / **Free Sugar** 2g



Cheesy Broccoli BITES



PREP 5 MINS



COOK 15 MINS



SERVES 4

INGREDIENTS

- 2 cups broccoli florets
- 2 free-range eggs
- ½ cup wholemeal breadcrumbs
- ½ cup grated parmesan
- 2 tbsp coconut oil

METHOD

1. On the stovetop, steam broccoli for 3 minutes, until bright green. Cool slightly.
2. In a food processor, blitz steamed broccoli into fine crumbs.
3. Tip broccoli crumbs into a medium bowl with eggs, breadcrumbs and parmesan. Stir well.
4. Using a metal spoon, form mixture into 16 balls.
5. In a frypan, heat half the oil over medium heat. Add half the bites to the pan, gently pressing tops to flatten a little. Cook for 2-3 minutes per side, until golden. Move to a paper towel and repeat with remaining oil and bites.

\$0.95 PER SERVE

PER SERVE /

Energy 645kJ/154cal / Protein 14g / Fibre 2.1g / Fat 19g

Sat Fat 9.9g / Carbs 4.7g / Sugar 0.5g / Free Sugar 0g



Pizza SCROLLS



PREP 20 MINS



COOK 20 MINS



SERVES 10

INGREDIENTS

- 1 cup wholemeal self-raising flour
- 1 cup reduced-fat Greek natural yoghurt
- salt
- pepper
- ¼ cup tomato passata
- 1 cup baby spinach, chopped
- ½ cup fresh basil leaves, chopped
- 100g lean smoked ham, diced
- 1 red capsicum, finely diced
- ½ cup reduced-fat mozzarella cheese, grated

METHOD

1. Preheat oven to 180°C. Line 2 baking trays with paper.
2. In a bowl, use your hands to mix flour, yoghurt, and some salt and pepper until well combined. You may need to add up to another cup of flour to get the consistency right. Add a little at a time, ensuring it's well combined before adding more if still too wet.
3. Use a rolling pin to roll the dough on a piece of baking paper, so it's about 1 cm thick.
4. Spread dough with tomato passata and top with spinach, basil, ham, capsicum and finally mozzarella.
5. Roll dough up into a log and slice into 10 pieces.
6. Place 5 pieces onto each prepared tray and bake for 15-20 minutes, until golden and dough is cooked through.

\$0.62 PER SERVE

PER SERVE /

Energy 431kJ/103cal / Protein 8.1g / Fibre 0.9g / Fat 2.3g

Sat Fat 1.3g / Carbs 12.4g / Sugar 2g / Free Sugar 0g



Asian Pork & Veggie RICE BALLS

 **PREP 10 MINS**  **COOK 30 MINS**  **SERVES 4**

INGREDIENTS

- ½ cup basmati rice, uncooked
- 1 spring onion, thinly sliced
- 1 stalk celery, finely diced
- 1 medium carrot, grated
- 1 egg white, lightly beaten
- 1 tbsp black or white sesame seeds
- 2 tsp tamari (gluten free soy sauce)
- 150g lean pork mince
- cooking oil spray

METHOD

1. Cook rice according to packet instructions and allow to cool. Preheat oven to 180°C and line a baking tray with paper.
2. Combine cooled rice with all other ingredients, excluding cooking oil spray. Use your hands to mix together well.
3. Shape mixture into 12 balls and place on prepared baking tray. Lightly spray balls with cooking oil and bake for 20 minutes, until golden and crispy.

\$0.71 PER SERVE

PER SERVE /
Energy 735kJ/175cal / **Protein** 11g / **Fibre** 1.3g / **Fat** 6.4g
Sat Fat 1.8g / **Carbs** 18g / **Sugar** 1.2g / **Free Sugar** 0g

recipes direct from
the healthy *Mummy*
28DAY
with 4000+
recipes



Spinach BALLS

 **PREP 10 MINS**  **COOK 25 MINS**  **SERVES 4**

INGREDIENTS

- 1 brown onion
- 1 tbsp coconut oil
- 2½ cups frozen spinach
- 1²/₃ cups wholemeal breadcrumbs
- 2¹/₂ tsp dried Italian herbs
- 3 free-range eggs
- 2 tbsp grated Parmesan
- salt
- pepper

METHOD

1. Preheat oven to 180C. Defrost the spinach then drain of excess water and chop.
2. Finely dice onion and sauté with the coconut oil in a small frying pan until softened.
3. Place onion and all other ingredients in a bowl and mix until well combined. Season with salt and pepper.
4. Roll mixture into approximately 20 bite-sized balls. Place on a lined baking tray and bake for 20 minutes.
5. Serve with a wedge of lemon, if desired. (Each serve is 5 balls.) Store leftovers in the fridge or freezer and defrost or reheat as required.

SERVING NOTE

Serve with a wedge of lemon, if desired.

\$0.59 PER SERVE

PER SERVE /
Energy 1073kJ/255cal / Protein 13g / Fibre 5g / Fat 16g
Sat Fat 6.5g / Carbs 13g / Sugar 2.3g / Free Sugar 0g



Asparagus & Chicken MUFFIN QUICHES

 **PREP 10 MINS**  **COOK 15 MINS**  **SERVES 4**

INGREDIENTS

- cooking oil spray
- 200g chicken breast fillets
- salt
- pepper
- 2 wholemeal Mountain Bread wraps
- 1 clove garlic, minced
- 8 free-range eggs
- 4 spears fresh asparagus, diced

METHOD

1. Lightly spray a frypan with cooking oil. Season chicken with salt and pepper, and add to pan. Cook for 2-3 minutes each side, until cooked through. Set aside to cool, then shred.
2. Preheat oven to 180°C and generously spray 8 holes of a muffin tin with cooking oil.
3. Cut wraps into quarters. Line prepared muffin tin holes with each square of wrap to form a base for quiches.
4. In a bowl, combine chicken, garlic, eggs and diced asparagus. Season with salt and pepper. Pour an even amount of egg and chicken mix into each prepared quiche base.
5. Place in oven and bake for 8-10 minutes, until egg has set.

\$1.90 PER SERVE

PER SERVE /
Energy 924kJ/220cal / **Protein** 25.5g / **Fibre** 0.8g / **Fat** 9.5g
Sat Fat 2.6g / **Carbs** 7.7g / **Sugar** 0.8g / **Free Sugar** 0g

Mini Ham, Spinach & FETA MUFFINS



PREP 15 MINS



COOK 35 MINS



SERVES 3

INGREDIENTS

- 2 cups baby spinach
- 2 slices lean smoked ham, diced
- 2 free-range eggs
- ½ cup reduced-fat feta, crumbled
- 2 tsp sun-dried tomatoes, diced

METHOD

1. Preheat oven to 180°C. Line or lightly grease 12 holes of a mini muffin tin.
2. Heat a frypan over medium-high heat and add 1 tbsp water. Add baby spinach and stir for 2 minutes to wilt. Remove from pan, squeeze out any excess water and chop.
3. Combine spinach with ham, eggs, feta and sun-dried tomatoes.
4. Divide batter evenly between prepared holes of muffin tray. Bake for 20 minutes, until golden, egg is firm and a skewer inserted in the centre comes out clean.
5. Cool in tin for 5 minutes before turning out.

\$1.16 PER SERVE

PER SERVE /

Energy 806kJ/193cal / Protein 21g / Fibre 0g / Fat 11.3g

Sat Fat 6.1g / Carbs 1.5g / Sugar 1.2g / Free Sugar 0g



Potato & Cheese NESTS



PREP 10 MINS



COOK 35 MINS



SERVES 2

INGREDIENTS

- cooking oil spray
- 1 medium potato, grated
- $\frac{1}{4}$ tsp Cajun spice mix
- 1 free-range egg, whisked
- $\frac{1}{3}$ cup reduced-fat mozzarella cheese, grated
- $\frac{1}{4}$ spring onion, finely diced
- salt
- pepper
- 1 tbsp light cream cheese

METHOD

1. Preheat oven to 190°C and lightly spray 4 holes of a muffin tin tray with cooking oil.
2. Combine potato with Cajun spice, egg, mozzarella and spring onion. Season with salt and pepper.
3. Divide evenly between muffin tin holes and press an indent into the centre of each, to make a nest shape.
4. Add a little dollop of cream cheese in each indent.
5. Bake for 25–30 minutes, until golden brown and egg is firm.

\$0.65 PER SERVE

PER SERVE /

Energy 714kJ/170cal / Protein 13g / Fibre 1.1g / Fat 9.2g

Sat Fat 5.1g / Carbs 8g / Sugar 0.6g / Free Sugar 0g



Crab, Corn & Dill WONTON BITES

 **PREP 10 MINS**  **COOK 15 MINS**  **SERVES 10**

INGREDIENTS

- cooking oil spray
- 170g tinned crabmeat, drained weight
- ½ cup light cream cheese
- 1 cup creamed corn
- 1 tbsp extra virgin olive oil
- 1 tbsp fresh dill, chopped
- ½ tsp dried chilli flakes
- 1 packet wonton wrappers

METHOD

1. Preheat oven to 180°C and lightly spray 40 holes of 2 mini muffin trays with cooking oil.
2. Combine crabmeat with cream cheese, creamed corn, olive oil, dill and chilli flakes.
3. Place a wonton wrapper in each prepared mini muffin hole to make a bowl shape. Bake for 5 minutes until wonton bowls are crisp. Remove from oven.
4. Spoon an even amount of crab filling into each wonton bowl and bake for a further 5-10 minutes, until filling is heated through.

\$0.95 PER SERVE

PER SERVE /
Energy 588kJ/140cal / **Protein** 6.2g / **Fibre** 0.4g / **Fat** 4.7g
Sat Fat 2g / **Carbs** 17.9g / **Sugar** 2.7g / **Free Sugar** 0g

THE HEALTHY MUMMY SMOOTHIES



**NUTRIENTS
& AMINO
ACIDS**

Quality ingredients including vitamins A, B & C, zinc, iron, calcium phosphorus, protein, omega-3 and omega-6 fatty acids and fibre.



**FIBRE &
DIGESTION**

With **2.4g⁺** of fibre per serve from six different sources, our smoothie will help to keep you feeling full for longer.

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.

*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. The serving suggestion shows the smoothie made up of vanilla smoothie, skim milk and berries.



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.



**OMEGA
3 & 6**

Flaxseed contains both omega-3 and omega-6 which are healthy fats and are important to your overall health.



Available flavours

- Vanilla • Chocolate
- Strawberry and more!

Purchase the Healthy Mummy Smoothie [HERE](#)

Smoothie Recipes

Fast, nutritious and so easy to prepare. Try these smoothie recipes, voted as some of the best by our global community.





Red Super SMOOTHIE



PREP 5 MINS



SERVES 1

INGREDIENTS

- 2 tbsp *Healthy Mummy Vanilla Smoothie mix* (25g)
- 1 kiwifruit
- 3 slices beetroot
- 250ml milk of choice

METHOD

1. In a blender, blitz all ingredients until well combined.
2. Pour into a glass and enjoy.

PER SERVE / Energy 1234kJ/295cal



This recipe contains the **Healthy Mummy Vanilla Smoothie Powder** which is high in protein, a good source of fibre and approximately 96 per cent sugar-free. The Healthy Mummy smoothies help you feel fuller longer and may assist with weight loss.



Mango Melon SMOOTHIE



PREP 5 MINS



SERVES 1

INGREDIENTS

- 2 tbsp Healthy Mummy Vanilla Smoothie mix (25g)
- 1/3 cup cantaloupe (33g)
- 1/3 cup mango (35g)
- 5 ice cubes
- 250ml milk of choice

METHOD

1. In a blender, blitz all ingredients until well combined.
2. Pour into a glass and enjoy.

PER SERVE / Energy 1192kJ/285cal



This recipe contains the **Healthy Mummy Vanilla Smoothie Powder** which is high in protein, a good source of fibre and approximately 96 per cent sugar-free. The Healthy Mummy smoothies help you feel fuller longer and may assist with weight loss.



Chocolate Power SMOOTHIE



PREP 5 MINS



SERVES 1

INGREDIENTS

- 2 tbsp Healthy Mummy Chocolate Smoothie mix (25g)
- 2 cups fresh or frozen spinach (60g)
- 1 tbsp rolled oats (8g)
- 10 fresh mint leaves
- 5 ice cubes
- 250ml milk of choice

METHOD

1. In a blender, blitz all ingredients until well combined.
2. Pour into a glass and enjoy.

PER SERVE / Energy 1268kJ/303cal



This recipe contains the **Healthy Mummy Chocolate Smoothie Powder** which is high in protein, a good source of fibre and approximately 96 per cent sugar-free. The Healthy Mummy smoothies help you feel fuller longer and may assist with weight loss.



Coconut Choc SMOOTHIE



PREP 5 MINS



SERVES 1

INGREDIENTS

- 2 tbsp Healthy Mummy Chocolate Smoothie Mix (25g)
- 2 tbsp desiccated coconut (15g)
- 1/2 banana (45g)
- 250ml milk of choice

METHOD

1. In a blender, blitz all ingredients until well combined.
2. Pour into a glass and enjoy.

PER SERVE / Energy 1632kJ/390cal



This recipe contains the **Healthy Mummy Chocolate Smoothie Powder** which is high in protein, a good source of fibre and approximately 96 per cent sugar-free. The Healthy Mummy smoothies help you feel fuller longer and may assist with weight loss.



Raspberry Oat SMOOTHIE



PREP 5 MINS



SERVES 1

INGREDIENTS

- 2 tbsp Healthy Mummy Strawberry Smoothie Mix (25g)
- 1 tbsp chia seeds (12g)
- 1/4 cup strawberries (38g)
- 1/4 cup raspberries (60g)
- 250ml milk of choice

METHOD

1. In a blender, blitz all ingredients until well combined.
2. Pour into a glass and enjoy.

PER SERVE / Energy 933kJ/223cal



This recipe contains the **Healthy Mummy Strawberry Smoothie Powder** which is high in protein, a good source of fibre and approximately 96 per cent sugar-free. The Healthy Mummy smoothies help you feel fuller longer and may assist with weight loss.

Our smoothie range.



The Healthy Mummy Smoothie is a meal replacement weight-loss smoothie. The Healthy Mummy Smoothie 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.

Some benefits include:

- No added fructose
- A good source of fibre
- No accelerants
- No caffeine
- No artificial ingredients
- Breastfeeding-friendly
- Wheat-free
- Approx 96% sugar-free
- High in protein
- May assist in weight loss

NEW



**VANILLA
CHOCOLATE,
STRAWBERRY
& CARAMEL
FLAVOURS**



40% off smoothies voucher

USE CODE: UK40OFF

Meet some of **our mums.**



MELANIE ARNOLD-STEMM

Melanie
has lost
138lbs



Melanie's weight loss journey has not been plain sailing but she's done it and her courageous attitude is an inspiration to us all! Since losing the weight and becoming mentally and physically stronger, Melanie is tackling each obstacle like a true warrior.

Melanie started her Weight Loss journey at The Healthy Mummy shortly after her difficult marriage ended. At the time she weighed 297 pounds and was suffering several severe health issues including one that made her lose consciousness up to 10 times per day! Since losing half her body weight she now loses consciousness once every couple of months, Melanie says that this change is huge for her.

In addition, she has been caring for her Mum who was diagnosed with terminal lung cancer. Living on a super tight budget Melanie would do a 3 hour round trip most week days to visit her Mum with healthy and nutritious meals from The Healthy Mummy App. Her Mum has since been downgrade from terminal to incurable cancer meaning that the life expectancy is years rather than months.

Not only has Melanie inspired many other Mums with their own weight loss journeys she says "I have made beautiful life-long friendships, which is the biggest win for me. I was always feeling like the odd one out, the black sheep of the family, and my confidence to be myself around others was shot. I've now got 'ME' back!"

NICOLE MARNELL



Nicole found The Healthy Mummy at her darkest time and she felt she couldn't look after herself, let alone her three kids. She says "One day it hit me and I just knew I needed to something for my kids but most of all for me. The day I found The Healthy Mummy was the first day of the rest of my life." I've lost 60kg but it's more than that for me. I've found me, I've found my passion, I've found a zest for life and I've found some amazing friends."

Since finding The Healthy Mummy Nicole has started running and says never in her wildest dreams did she think that one day she would be calling herself a "runner". In addition to massive weight loss, Nicole used to suffer migraines on a weekly basis but since losing the weight she hasn't had a single one!

"The Healthy Mummy is more than just a weight loss program, it's a lifestyle but it's more than just food and exercise. My mental health is fantastic, my marriage is back on track and better than ever and I have a real smile now. My kids are also happy and best of all we are happy together, being active and healthy. I owe The Healthy Mummy my life. Thank you."

FIONA MORTIMER



Fiona knew she had to do something when she was taken to the hospital via ambulance due to heart issues associated with her weight. At the hospital she was terrified by the fear she saw in her teenage children's eyes and knew she had to change both for herself and for her kids. Since joining The Healthy Mummy in 2018, Fiona has lost 57 pounds and a massive 116cm from her hips, thighs, waist, chest and arms. She has massively improved her heart issues and feels happier and healthier.

"My heart issues are gone and I recently visited my doctor who was so impressed with my results. He has given me the all clear on all my blood results. I've even managed to improve my low iron and vitamin D to normal range. The Healthy Mummy has changed my health and my life, for that I will be forever grateful."

HEIDI REYNOLDS



Heidi
has lost
154lbs

When Heidi found The Healthy Mummy she weighed 297 pounds, she hated herself and in turn hated the world. Heidi was inspired to join The Healthy Mummy when she saw and read that everyday Mums were having incredible results, she decided she needed to do something to save herself.

“I started with the smoothies for breakfast and lunch and then used all the free recipes for snacks and dinners, I also started walking twice a day. In the first week I lost 13 pounds and I was feeling absolutely amazing, after that I joined the 28 Day Challenge and found a love for healthy food that I had never eaten before. Over the next year I lost just over 143 pounds and completely changed my life from a life I didn't want to be in to a life I LOVE being in.” Over the last year and a half Heidi has lost a further 5Kg and maintained her Weight Loss with The Healthy Mummy.

MEGAN CARTER



Megan
has lost
66lbs

For 10 years Megan let all kinds of excuses stop her from looking after her body, her health and her fitness. Megan says, “I hit rock bottom 9 years ago with the suicide of my husband and becoming a solo parent to two young children. Eventually one day it clicked and I realised I needed to change, I needed to get off my fat butt (and yes I said the “f” word, because sometimes we need to be straight forward and practice tough love), I needed to start moving my body and learning how to feed myself correctly. Not just for my two children but for myself because I was sick of catching glimpses of myself in mirrors, hating what I saw and spending way too much time crying over what I had allowed myself to become. Improving my health and fitness hasn't been a walk in the park for me, regardless of how it may look from the outside, it has taken becoming vulnerable, opening myself up to change, battling negativity and demons in my own head, lack of sleep and energy, self-doubt and injuries.

I give 100% each and every day because I deserve to feel amazing, I deserve to have body confidence, I deserve to love myself and I deserve to live a long, active, healthy and happy life.

Sure there have and will continue to be days where I'm in tears because humans are our worst enemy sometimes and those pesky inner voices will do their best to sabotage my journey but I am stronger than they will ever be again.”

CINDY SIEGEMUND



Cindy
has lost
55lbs

37-year-old mom Cindy has lost a significant amount of weight (twice!) with the Healthy Mummy 28 Day Weight Loss Challenges. Initially, she lost the weight after her first baby was born and again following the birth of her second baby. She is down from 235 lbs to 180 lbs.

She says “The Healthy Mummy has been a huge inspiration to me to live a healthy lifestyle and provides healthy recipes for my family that are easy and delicious.

Maintaining a Healthy Mummy lifestyle has not only restored my confidence but has created a foundation of healthy eating for my children.”

Cindy credits the support from the Mums on The Healthy Mummy Private Facebook Support Group for inspiring her to get back on track whenever she has hit road bumps in her weight loss journey.

She says “I now live a life where food is not the enemy and exercise is fun. My blood pressure levels have dropped from high to normal without the need for drugs.”

CHRISTINE MAZANY



Christine
has lost
38lbs

Christine has lost 38 pounds in less than a year. Prior to joining The Healthy Mummy Christine always felt tired and didn't want to exercise. Christine says “Not only have I lost 38 pounds but I have gained self confidence and energy levels that I never thought would be possible in my late 40s. The Healthy Mummy has helped me to see that losing weight isn't a diet, it's not just about food, it's about a lifestyle change and enjoying healthy well proportioned food.”

“I am now the fittest I have ever been, I'm the weight I was when I was 21 but I'm much fitter and healthier too. In addition, my adult daughter has also lost 31 pound and makes such great food and exercise choices now which makes The Healthy Mummy such a win in my books. I have never felt better in my entire life. I have learnt to make healthy choices through the use of The Healthy Mummy app and other resources. I have used everything from the menu plans, to the exercise plan and the support from the community”

Download the Healthy Mummy App

Home of the 28 Day Weight Loss Challenge

The **28 Day Weight Loss Challenge** is a realistic program, tailor-made for busy mums!

We've been there: we're time-poor, budget-conscious and need to feed the family. That's why we've designed a realistic and achievable program to create LIFELONG CHANGE for you and your family.

- 👉 **Delicious recipes for all your family**
4000+ family-friendly recipes, nutritionist-designed for all your dietary needs.
- 👉 **Work out from home**
100s of easy workout videos, designed by a personal trainer for mums to do at home.
- 👉 **Save money and time**
Mums have saved more than \$200 a month with our budget-friendly, customisable meal plans.
- 👉 **Real mums supporting real mums**
Our private support group will motivate and inspire you every step of the way.
- 👉 **It works!**
Mums that stick to the plan have lost 8-10 lbs in just 28 days!

GET A
SUPER
LOW RATE
HERE

£1 for 28 DAYS

GET OFFER HERE

✓ Customisable meal plans



✓ At-home fitness



✓ Daily motivation



It's easy and affordable, with real results!

Real mums. Real results.

We've proudly helped mums lose more than **6 million pounds**. Mums just like you are completely transforming their health and bodies.

You can do it, too (and it's easy!)



Heidi Reynolds
Lost 11 stone

Bec Ashforth
Lost 8 stone

Nicole Marnell
Lost 9 stone

Unsure how to get started?
Don't worry - we have you covered!

- ✓ When you sign up we'll send you a **Starter Guide** on how to begin, what to prepare and how to ease your way into the program.
- ✓ We recommend you **download our amazing app**.
- ✓ **Join our private support group** at www.facebook.com/groups/losebabyweight where there are so many tips and videos from real mums completing the challenge.

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Visit www.healthymummy.co.uk

The Healthy Mummy App

Home to the 28 Day Weight Loss Challenge



CREATED BY
FITNESS AND
NUTRITION
EXPERTS



- ✓ **WEEKLY MEAL PLANS** which are fully customisable.
- ✓ **MORE THAN 4000** budget- and family-friendly recipes.
- ✓ **NEW HEALTHY MUMMY COACH** to keep you motivated and on track!
- ✓ **ACHIEVABLE EXERCISE PROGRAMS** with postnatal, beginner and intermediate.

OUR MUMS HAVE LOST MORE THAN
6 MILLION LBS

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

*results may vary by person



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Where to start.



GOALS

To get you started on your weight-loss journey, you need to set some realistic goals and make a plan on how you're going to achieve them.

Keep things simple: choose 2-3 achievable goals with a time frame to reach them. Ask yourself what has held you back from achieving these goals in the past. What will you do differently this time?

MOTIVATION

Make your goals visual by creating a motivation board of images, to help you stay focused. Visualise yourself at your goal weight and add images to represent how you will feel when you reach your goals, who you are doing this for and why. What will your life be like when you achieve them?

Having a visual representation of your goals, and what it will mean to you when they're accomplished, helps to keep you motivated and on track if you feel like giving up.



DIET & NUTRITION

The easiest way to reach your weight-loss goals is to keep things really simple with your dietary choices. Eating a balanced diet that includes a variety of fruit, vegetables, whole grains, lean protein and dairy (or dairy alternatives) is a simple way to ensure you're giving your body the nutrients it needs for optimum health.

You don't need to deny yourself anything – just make healthy choices most of the time, prepare weekly meal plans and do some meal preparation to make it easier to have the best options available when it's time to refuel.



FITNESS & EXERCISE

The main goal with fitness and exercise is to become more active, more regularly. You don't need to schedule in hours at the gym each week, just commit to something small and build up from there.

You could start with scheduling in a 20-minute walk or jog every day, then increase that time when you can. Add in a few short workout sessions from the Healthy Mummy app and start moving around more; every little bit of activity adds up to help you reach your goals.



THE HEALTHY MUMMY APP

This is your go-to tool for reaching those weight-loss goals. When first starting a 28 Day Weight Loss Challenge, take some time to look around the app. Get yourself used to the different menu options and features.

The app is complete with meal plans, recipes, support and full-length workout videos. It's your personal trainer, dietitian, meal planner and motivational coach in your pocket.



RECIPES

All the recipes in the 28 Day Weight Loss Challenge are easy to prepare, budget- and family-friendly, and perfect for busy mums who want to eat well and encourage their tribe to do the same. The recipes are often healthy versions of family favourites like pasta, burgers, pizza, curries and stir-fries, making it easy to get the whole family following a healthier lifestyle.



Setting **SMART** goals.



SETTING SMART GOALS

One of the first things you need to do when you want to focus on improving your health, losing weight and increasing your fitness is to set yourself some goals. What do you actually want to achieve?

Try setting some **SMART** goals that are:

Specific
Measurable
Attainable
Relevant
Time-Bound

SPECIFIC

Your goals need to spell out, in no uncertain terms, what you hope to achieve. For example, “I am going to enter a 5 mile running event in August this year.” Or “I want to get back to my pre-baby weight of 11 stone.” It could even be as simple as “I would like to lose 10 pounds by June.”

MEASURABLE

This helps us to see how we are tracking. You need to be able to measure where you are now, and also measure at the end to find out if you have succeeded (or how close you got).

This is why a general goal like “get more sleep” won’t work. By setting a goal such as “I will be in bed by 10pm each night,” you can measure your success by noting how many times in the past week you achieved that bedtime. Another measurable goal might be “I will eat two pieces of fruit each day.”

ATTAINABLE

It’s great to aim high, but you don’t want to set yourself up for failure from the outset. If you’re saying something like “I want to lose 3 stone by next Thursday,” you aren’t setting yourself an achievement that is attainable.

Deciding to “work out every day” might be doable for the first week, but it’s not likely to be something you can realistically commit to. Instead, you could say, “I am going to exercise for at least 25 minutes a day.”

If you feel as though your goal is too big and might be a little overwhelming – such as “I want to lose 5 stone in the next 12 months” – you could consider breaking it down into more manageable chunks. For instance, you might set weekly or monthly goals instead, which will see you celebrate mini-victories along the way.

RELEVANT

If you're feeling as though your weight is an issue and you acknowledge that a sweet tooth is your biggest challenge, you could set a goal such as "I will have dessert no more than twice per week." Vowing "I will never eat chocolate again" won't sit well with you and will most likely be broken.

TIME-BOUND

If you have no timing around when you want to achieve your goals, it makes it far too easy to put things off for another day (or another year). A time-based goal could be along the lines of "I want to fit back into my yellow swimsuit by July 10, when we go on our beach holiday."

Choosing a specific date, such as a family or school reunion, a wedding, a holiday or just an arbitrary date in the future (like "six months from now") helps you take the steps you will need to reach your chosen goal as you see the days counting down.

Each month, write down your goals and remember to make them **SMART**.

Once you've worked out your goals, make sure you plan a reward for achieving them. If your goals are big and will take some time to reach, reward yourself for small victories along the way. For example, with every mini-goal reached, you might buy your favourite magazine or have a little pampering session at the local salon.

Don't make rewards about food but choose things that are going to keep you on track with your healthy lifestyle like a new pair of exercise leggings, a manicure, a magazine subscription or a massage. Little things, especially for you.



Keeping your motivation.



We all know the feeling. You start out on your weight-loss journey full of excitement and good intentions. You're going to look and feel amazing! No biscuit will be too delicious to decline! But that level of enthusiasm is difficult to maintain and you will no doubt have times where your motivation is lacking.

If you're feeling discouraged, it might be time to look at your goals. Are they actually realistic? Remember the **SMART** guidelines for goal-setting. It's also worth remembering that successful people rely less on motivation and more on habit to achieve their goals. It's hard to muster up motivation when your alarm goes off at 5.30am, but if waking up at dawn to work out is part of your regular routine, it becomes an automatic response that you don't have to talk yourself into on a daily basis. Be sure to join our community [here](#) and get motivated by the amazing stories from mums just like you.

WAYS TO BOOST YOUR MOTIVATION

1. **Switch your focus.** Instead of dwelling on the extra weight you have yet to shift, look at the muscles growing underneath. Feel how much stronger you are and focus on how much easier it is to move. Congratulate yourself on your hard work so far and tell yourself that to give up now would be to lose everything you've gained.
2. **Create a motivation board.** A visual reminder of why you're doing this can be a potent tool in maintaining your focus. Have fun with it; use photos of yourself (good or bad), photos of your children, inspirational quotes, reasons for losing weight or a pic of the dress you want to fit in.
3. **Reward yourself for every triumph.** If you're waiting till the finish line to give yourself a pat on the back, you'll be easily discouraged. Instead, congratulate yourself for every sweaty workout, every healthy meal, and every time you determinedly walk past the chocolate aisle.
4. **Look at why you might be slipping up.** Do you have a stash of treats in the cupboard "for the kids"? Or a partner who's bringing home chocolate biscuits? Your willpower might be strong, but you're not superhuman. Remove the temptation and you'll find saying "no" a lot easier.
5. **Don't be discouraged by temporary setbacks.** Women's bodies are complicated and our weight naturally fluctuates during the month. Plateaus are also totally normal, as your body puts the brakes on weight loss to protect itself. Keep doing what you're doing and the effects will show over the longer term.
6. **Shake things up.** If boredom is your problem, see it as an opportunity! Switch your regular workout for a dance class or a paddle-boarding session. Experiment with fresh produce you've never tried before, or a cuisine you've never cooked.
7. **See every moment as a fresh start.** So you didn't get up for your workout. So you had a naughty dinner out. So what? Every day, every meal, every moment is an opportunity to start afresh. Don't dwell on the past, instead focus on your next healthy choice.
8. **Join one of our support groups.** Join our private support groups for daily motivation and inspiration from other mums who are on the same journey as you are – just head to www.healthymummy.com/community to find the support group for you, or join [here](#).

Your diet and nutrition.



The best way to get on track with healthy eating is to cook simple meals that use lots of fresh, seasonal fruits and vegetables that are cost effective. Always ensure you have a plan each week with the meals you are preparing and a shopping list of ingredients required.

KEY THINGS TO REMEMBER

Simplicity is the key when it comes to improving your eating and ensuring you create healthy habits the whole family can get on board with.

Healthy eating doesn't need to be difficult, most of the time it's just about:

- Making some **healthy food swaps**
- Watching your **portion sizes**
- Increasing your intake of **fresh fruit and veggies**
- **Reducing processed foods** that are high in added sugars, salts, preservatives etc
- Staying **hydrated** with water
- Remembering to **listen** to your body.

TIME

Many busy mums say they don't have the time to prepare healthy meals, that takeaway is faster and they can't be bothered planning ahead. Yes, we all have lots of things to do but if you really want to get serious about improving your health and happiness, you need to make some time each week to plan and prepare healthy meals.

The Healthy Mummy app does all the healthy meal planning for you. You can set aside 15 minutes each week to customise the meal plans to suit you, then your shopping lists are prepared and you're ready to go!

BUDGET

There are plenty of ways you can make healthy eating work within your budget. The recipes in the 28 Day Weight Loss Challenge are prepared using easy-to-find ingredients from a large supermarket, and you can customise the meal plans by making swaps to suit both your tastes and your budget.

- Choose meals that use **less expensive cuts of meats** like mince, chicken thigh and stewing steak to prepare curries, pasta sauces, casseroles and soups.
- **Prepare meals in batches** so you can purchase ingredients in bulk and save money.
- Swap fresh herbs for **dried herbs**.
- Swap fresh fruit and veggies for **frozen fruit and veggies**, especially when they're not in season.
- Stock up on key pantry **staples when they're on special**, eg. rice, pasta, tinned beans and tinned tomatoes.
- Avoid food waste which costs you money – freeze overripe bananas rather than throwing them out, reheat leftover dinners for lunch the next day, save your bread crusts and turn them into breadcrumbs. There are many ways you can **reduce food waste** and in turn save yourself money.



TOO HARD

When first starting out with a new healthy eating plan, things may sometimes feel too hard to continue with. This is when you need to draw on your motivational images, remembering your goals and how great you'll feel when you start achieving them.

Rely on as much help as possible. Get the kids and/or your partner involved with planning meals and preparing food. The more the whole family is on board, the more interest they'll take in regularly enjoying healthier food choices.

Don't try to be a superwoman, making a thousand different things when you first start out. Choose a few meals to try, see what you and the family really like, and repeat them until you're ready to add a few more options to your repertoire.

A simple way to make healthy eating a regular habit but not give up your favourite meals is to try a healthy food swap. Making small changes is the easiest and most achievable way to lose weight. In fact, choosing healthy foods is WAY easier than you could even imagine!

SWAP THIS...

FOR THIS!

Potato crisps → Dried banana chips

Milk chocolate → Dark chocolate

Soft drinks → Water

White pasta → Wholemeal pasta

White bread → Brown bread

White rice → Brown rice

Couscous → Quinoa

Ice cream → Natural yogurt

Use the **Healthy Mummy app** as your key tool to keep you on track with choosing healthy food options, getting organised with meal planning and preparation, and tracking your progress. Try a few of **The Healthy Mummy products**, such as the smoothies – they're loaded with nutrients to keep you energised and satisfied.



We hope you've enjoyed reading and using our Top 50 Family Friendly Recipes from around the World Cookbook.

If you would like to purchase any of our products and plans, or want access to more health information and recipes, please visit our website, www.healthymummy.co.uk

If you have any questions regarding anything in this book or any of our plans you can email us at support@thehealthymummy.com and we'll do our best to answer your query.

Good luck on your healthy lifestyle journey!

Love Rhian
and The Healthy Mummy team
XXX