the healthy Mummy

WEIGHT LOSS CHALLENGE FOR BUSY MUMS



Some say that each year from Melbourne Cup to

Some say that each year from Melbourne Cup to Australia Day is the true festive season. The weather is great, there are loads of events and special days happening and the social part of our diaries becomes loaded with invitations to barbecues, family catch-ups, work parties, drinks with friends and more.

How are you supposed to survive all these fun activities and gatherings if you have weight loss and healthy lifestyle goals to reach? Parties and social events are usually loaded with food and drinks that aren't always the best choice so how should you attack this party season when it hits you?

We've put together some tips to help you get through this year's silly season plus a selection of easy to prepare, delicious but most importantly healthy recipes that are ideal to make if you're hosting a party or special event. These recipe ideas are also great to make and take to your next social outing, ensuring you'll definitely have something to eat and won't be left filling up on potato chips, lollies and party pies.

At The Healthy Mummy we believe that balance and preparation are some of the keys to reaching your weight loss goals. There's no need to avoid parties and barbecues or miss out on any of the festive season fun, just plan ahead a little, be prepared with healthy food choices and stick to your regular healthy lifestyle routines as much as possible.



STUFFED BULLHORN CHILLIES

Prep Time: 5 mins Cooking Time: 20 mins

A fun and easy to prepare snack that is great to make up when asked to 'bring a plate' to a friend's barbecue. The chilli used in this recipe is a great metabolism booster.

Ingredients (Makes 4 serves)

- 1 cup light cream cheese
- 2/3 cup grated reduced-fat cheddar cheese
- 1/3 cup corn kernels, fresh or tinned
- 2 tsp Dijon mustard
- 1 tbsp chopped fresh coriander
- salt

pepper

• 4 bullhorn chillies

Method

- Preheat oven to 200C.
- Mix the cream cheese, tasty cheese, corn, mustard, and coriander together.
- Season with salt and pepper.
- Slice the chillies in half lengthways and remove the seeds.
- Divide the cheese mix evenly into each chilli half and place halves onto a lined baking tray.
- Bake for 15 20 minutes and serve warm.

Nutritional Information Per Serve:

Energy 625kj / 149 cal Protein 7.7g Fibre 1.3g Total Fat 10.5g Carbohydrates 5.6g Saturated Fat 6.7g Total Sugar 3.5g Free Sugar 0.0g

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.



ROASTED ZUCCHINI DIP

Prep Time: 5 mins Cooking Time: 15 mins

Dip platters are pretty much at every party, barbecue and canapé style event. They can seem pretty harmless but many store bought dips can be loaded with unhealthy fats, sugar, preservatives and artificial flavours. It's easy to make your own dips using ingredients like natural yoghurt, vegetables or tinned beans as the bases. Be sure to serve with lots of fresh veggie sticks for added fibre and nutrients.

Ingredients (Makes 4 serves)

- 2 zucchinis
- 4 cloves garlic
- 1 tbsp extra virgin olive oil
- 1/3 cup reduced-fat feta
- salt
- pepper
- 4 carrots

Method

- Preheat oven to 200C. Chop the zucchinis and drizzle with some oil. Place on a lined baking tray. Add peeled garlic cloves to the tray with the zucchini and roast for 10-15 minutes until tender.
- Place roasted zucchini, garlic and feta in a blender and blitz until smooth. Season with salt and pepper.
- Peel carrots and cut into batons. Serve dip with carrot sticks.

Nutritional Information Per Serve: Energy 620kj / 140 cal Protein 7.2g Fibre 6.7g Total Fat 8g Carbohydrates 8.4g Saturated Fat 2.2g Total Sugar 8.2g Free Sugar 0.0g





SWEET POTATO & CREAM CHEESE BITES

Prep Time: 5 mins Cooking Time: 30 mins Canapé and party snacks don't need to be really involved and require lots of preparation. These bites are so easy to put together and they not only taste great but look great on a serving platter. You could easily use some different roasted vegetables for some added colour such as capsicum, zucchini or tomatoes.

Ingredients (Makes 4 servs)

- 2 sweet potatoes
- 1/3 cup light cream cheese
- 8 wholegrain crackers

Method

- Preheat oven to 200C.
- Peel and dice the sweet potato finely and place on a lined baking tray. Lightly spray with cooking oil spray and roast in the oven for 20-30 minutes until tender and golden.
- Spread cream cheese onto each cracker and top with roasted sweet potato to serve.

Nutritional Information Per Serve: Energy 614kj / 146 cal Protein 4.1g Fibre 2.8g Total Fat 5.3g Carbohydrates 19.2g Saturated Fat 3.3g Total Sugar 4.5g Free Sugar 0.0g





CUCUMBER S'MORES WITH MANGO, CRAB & CORIANDER Prep Time: 5 mins

Using slices of cucumber as the base for these tasty canapés is a great way to add extra fibre, nutrients and avoid too many starchy carbohydrates when preparing finger food for a party.

Ingredients (Makes 4 serves)

- 2 Lebanese cucumbers
- 4 finely diced cheeks of mango
- 320g of tinned crabmeat, drained weight
- 1/3 cup chopped fresh coriander

Method

- Cut the cucumbers into 1cm rounds and arrange on a serving plate.
- Combine the mango and crab and top each cucumber round with a small mound of the mix.
- Garnish with some chopped coriander to serve.

Nutritional Information Per Serve: Energy 517kj / 124 cal Protein 13.6g Fibre 2.8g Total Fat 0.8g Carbohydrates 13.8g Saturated Fat 0.0g Total Sugar 13.1g Free Sugar 0.0g





HIDDEN VEGGIE SAUSAGE ROLLS

Prep Time: 15 mins Cooking Time: 30 mins

Everyone loves a sausage roll or party pie at a celebration. Make your own healthy versions of these party favourites that contain hidden veggies for added fibre and nutrients.

Ingredients (Makes 6 serves)

- 250 grams of lean beef mince
- 1/2 chopped brown onion
- 1 grated carrot
- 1 grated zucchini
- 1 & 1/2 tablespoons tomato passata
- 40 grams of reduced-fat cheddar cheese
- 6 sheets filo pastry
- cooking oil spray

Method

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

Makes 24 sausage rolls, 4 rolls is 1 serve.

Nutritional Information Per Serve: Energy 520kj / 124 cal Protein 12g Fibre 2g Total Fat 4g Carbohydrates 10g Saturated Fat 2g Total Sugar 2g Free Sugar 2g



FRUIT NIGIRI

Prep Time: 10 mins Cooking Time: 20 mins An impressive looking snack that is ideal to make

for a sweet treat at the end of a party. Use a variety of fruits as toppings such as blueberries, banana or even passionfruit

Ingredients (Makes 4 serves)

- 1/2 cup brown rice, uncooked
- 1 teaspoon vanilla extract
- 1/3 cup reduced-fat coconut milk
- 1 Kiwi fruit
- 100 grams of strawberries

Method

- Cook rice as per packet directions.
- Once rice is cooked, but still hot, add vanilla and coconut milk and stir with a large metal spoon until rice is very sticky and cool to the touch.
- Divide rice into 12 portions, about 1 tablespoon for each piece, and squeeze gently to form into bite size pieces.
- Thinly slice kiwi and strawberries and layer over coconut rice. Place pieces on a serving platter to serve.
- You could use other types of soft fruit slices such as mango or banana for this recipe if you like. Store leftovers in an airtight container in the fridge for 1-2 days.

Nutritional Information Per Serve: Energy 854kj / 204 cal Protein 3.5g Fibre 3.4g Total Fat 3.2g Carbohydrates 37g Saturated Fat 2.6g Total Sugar 6.2g Free Sugar 0.0g





MINT SLICE BITES

Prep Time: 150 mins

Make a plate of these yummy bites for an after party treat and you are sure to be named the "hostess with the mostest!"

Ingredients (Makes 10 serves)

- 1/2 cup cashew nuts, unsalted
- 1/4 cup rolled oats
- 2 tbsp tahini
- 2 tbsp chopped mint leaves
- 1 tbsp maple syrup
- 1/2 tsp peppermint extract
- 100 grams of dark chocolate (70%)
- 1 tsp coconut oil

Method

- Soak the cashews in some boiling water for 2 hours, then drain.
- In a blender blitz together the rolled oats, cashews, tahini, mint leaves, maple syrup and peppermint extract.
- Roll mixture into 10 balls and place into the fridge to chill.
- In a metal bowl over some simmering water, break up the dark chocolate and place it in the bowl with the coconut oil. Let it melt while stirring consistently.
- Remove balls from fridge and dip into melted chocolate. Place onto a lined tray and return to the fridge to allow the chocolate to set.
- 1 ball is 1 serve. Store leftovers in an airtight container in the fridge or freezer.

Nutritional Information Per Serve Energy 559kj / 133 cal Protein 2.7g Fibre 1.1g Total Fat 9.9g Carbohydrates 8.5g Saturated Fat 3.8g Total Sugar 4.8g Free Sugar 4g





TOP TIPS TO SURVIVING THE ENTERTAINING SEASON

PLAN AHEAD. Find out when all the festive season parties, barbecues and celebrations are, jot them down in your diary and prepare yourself for each event. Consider what types of foods will be available, how much control you will have over what you eat and figure out how you are going to tackle this – you might like to:

- Fill up before you go.
- Sit furthest away from the buffet so you don't snack too much.
- Serve yourself on a small serving plate.
- Focus on eating slowly and enjoy the company and atmosphere.
- Bring your own healthy options if appropriate.

MODERATION. When planning your strategies to get through the party and festive season without ruining your healthy lifestyle goals, eating in moderation should be a top priority. It is perfectly fine to enjoy your favourite foods, and in fact this can be a preferable strategy rather than completely avoiding foods, which can lead to binge eating and a negative relationship with food. Just keep in mind your portion sizes; serves of meat should be smaller than your palm and serves of discretionary food should be about the size of your thumb.

MAKE VEGGIES THE STARS. Balance out the unhealthier options at barbecues and catch-ups with friends and family by loading your plate with veggies and salads. You will fill yourself up with foods that will keep you feeling satisfied for longer. Choose salads with lots of leafy greens and colourful vegetables and minimal additions like rich creamy dressing, meats and cheeses.

KEEP YOUR ROUTINE. When it comes to keeping on track with your weight loss and healthy lifestyle goals, it's important to stick to your routine as much as possible. So if you schedule in a gym class or exercise session a few times a week, then stick to it, even if you have extra social activities to go to. Try and plan to do some exercise every morning so that you don't have the excuse of needing to go out later in the day and avoid exercising all together.





healthy WEIGHT LOSS CHALLENGE Summer drink guide

Enjoying an alcoholic drink over the festive season isn't something you should feel guilty about. Remember these tips when celebrating with family and friends to help you make healthier choices when it comes to alcohol:

BE MINDFUL OF THE CALORIES.

Some drinks can contain as many calories as a small meal. Choose non-creamy cocktails or white wine spritzers that are mixed with soda water to reduce the alcohol per serve.

THINK WHILE YOU DRINK.

Enjoying a few extra drinks at a party or dinner can loosen your eating inhibitions and have you heading for the chips and dips twice as much as you would otherwise.

CHOOSE WISELY. Choose smaller glasses, dilute wine or spirits with ice and mineral water and choose low alcoholic options rather than full strength as often as possible.

KEEP HYDRATED. Drink a glass of water or mineral water between each alcoholic drink and avoid drinking on an empty stomach to help keep you hydrated and avoid the after effects of having one too many.



WATERMELON MARGARITA

Prep time: 5 mins Serves: 1 Calories per serve: 111 cal (467 KJ)

- 1/2 cup watermelon
- 30 mls of orange liqueur e.g. Triple Sec
- 2 teaspoons lime juice
- 1/2 cup soda water
- Place watermelon in blender on high until smooth.
- Combine watermelon puree with orange liqueur, lime juice and soda water and serve.



PASSIONFRUIT-PINEAPPLE MOCKTAIL

Prep time: 5 mins Serves: 1 Calories per serve: 76 cal (319 KJ)

- 1/4 cup orange & passionfruit juice, no added sugar
- 1/4 cup pineapple juice, unsweetened
- 2 teaspoons lime juice
- 1 tablespoon reduced-fat coconut milk
 - 1/2 cup ice cubes
- Combine juices with coconut milk and pour over ice in a glass to serve.



MOJITO SLUSHY COCKTAIL Prep time: 5 mins Serves: 1 Calories per serve: 67 (282 KJ)

- 1 tbsp mint leaves, chopped
- 1/2 cup soda water
- 2 tsp lime juice
- 30ml vodka
- 1/2 cup ice cubes
- Place all ingredients in a blender until ice is crushed.
- Pour in a glass and serve.



CHEERFUL MOCKTAIL Prep time: 5 mins Serves: 1 Calories per serve: 55 (233 KJ)

- 1/4 cup cranberry juice, no added sugar
- 1/4 cup orange juice, freshly squeezed
- ¼ cup soda water
- № cup ice cubes
- 1 sliced orange
- Combine cranberry juice, orange juice, and soda water.
- Pour over ice and garnish the serving glass with an orange slice.



how our meal plans work

Eating a well balanced diet is really important when wanting to work towards weight loss goals. Often as busy mums we find it stressful to ensure we and our families are eating nutritious meals, we have so much on, who wants to think about what's for dinner at the end of a busy day? The Meal Plans from the 28 Day Weight Loss Challenge make eating well and reaching your healthy lifestyle goals so easy!

1 A NEW PLAN IS RELEASED EVERY WEEK OF THE CHALLENGE.

There are always new breakfast, lunch, dinner and snack ideas. Over 100 new recipes are added to the Challenge each month meaning the Meal Plans never get boring.



Strawberry & Ricotta Bagels

2 YOUR WHOLE WEEK IS PLANNED FOR YOU!

Recipes are developed by a qualified nutritionist ensuring you are getting the nutrients you need and include full nutritional details including calories per meal.

- QUICK AND EASY TO PREPARE
- SIMPLE SUPERMARKET INGREDIENTS
- FAMILY AND FREEZER FRIENDLY

4 GENERATE YOUR SHOPPING LIST.

A shopping list and Meal Plan overview is generated to suit the Meal Plan you've saved, so you are fully prepared with all the tools you need to reach your weight loss and healthy lifestyle goals.

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3 MEAL PLANS ARE FULLY CUSTOMISABLE TO SUIT YOU AND YOUR FAMILY.

You can change serve sizes, change recipes to suit your tastes or food requirements, search from over 2500 recipes or save your favourite recipes to make meal planning super easy.

 IT'S EASY - JUST SWAP AND SAVE!



why we love the 28 day weight loss challenge



"It still blows my mind how far I have come since I first found Lose Baby Weight and the 28 Day Challenges. It's not just about losing weight but also about gaining fitness, strength and confidence. I am so much healthier and happier now." **Tawhai**



"I love the structure of the challenges and knowing that thousands of other Mums are participating alongside me makes me feel empowered and so very motivated." **Rae**

ALL THIS

"The recipes are delicious and easy to prepare, the exercises are very challenging and non repetitive and the support you receive is invaluable!" Kat

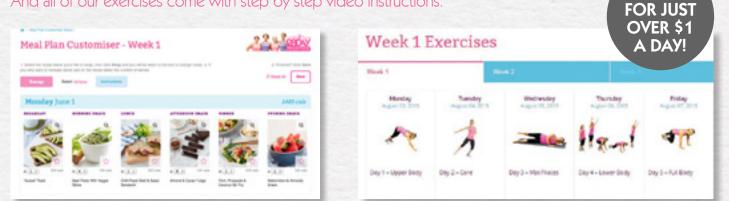


"Lose Baby Weight helps you understand HOW to lose weight, the SAFE way to do it, and WHY it happens a particular way. I could not recommend a program more. It has improved every aspect of my life." Lauren



Unlike most other plans on the market, the 28 Day Weight Loss Challenge meal plans are **fully customisable!** PLUS you have access to over 2000 recipes that are both family and budget friendly.

ALSO there are 28 days of **at home exercise routines** in our easy to follow weekly plan. And all of our exercises come with step by step video instructions.



about the healthy mummy smoothies

Smoothies are an optional extra.

Use in conjunction with the 28 Day Challenge meal plans, on their own as a healthy, easy to prep meal or not at all. The Healthy Mummy plans are totally flexible to suit your needs and budget.

QUICK, EASY AND DELICIOUS - THE PERFECT MEAL REPLACEMENT FOR BUSY MUMS

THE HEALTHY MUMMY SMOOTHIE IS A DELICIOUS AND NUTRITIOUS MEAL REPLACEMENT PRODUCT, DESIGNED ESPECIALLY FOR MUMS.

Unlike other shakes or smoothie products, which can contain artificial ingredients and fillers or just be a protein powder, The Healthy Mummy Smoothie is packed with a **potent combination of 24 vitamins and minerals, protein, carbohydrates, fibre and healthy fats,** providing a nutrient hit for busy mums. The smoothie is also breastfeeding friendly and contains fenugreek.





100% FRUCTOSE FREE HIGH IN FIBRE NO ARTIFICIAL INGREDIENTS BREASTFEEDING FRIENDLY



WHAT BREASTFEEDING MUMS SAY ABOUT THE SMOOTHIES

"After finding The Healthy Mummy when my baby was three weeks old, I started on The Healthy Mummy Smoothies and they were my saviour! I went from only eating dinner to finally having filling and nutritious breakfasts and lunches that I could have on the go and with my hands full. The smoothies also made a fantastic difference to my supply, which was a massive help when bub was feeding continually. With the help of The Healthy Mummy program and smoothies, I was able to lose 30kg in 12 months, while feeding my bub."

ANDREA DIXON

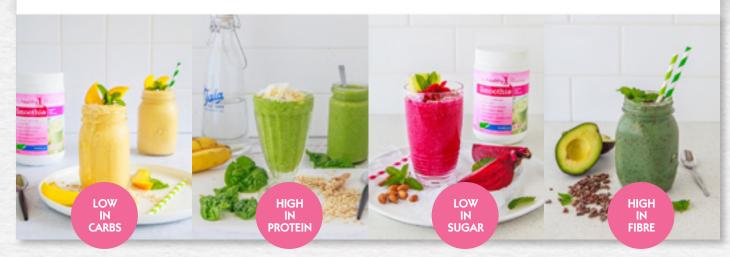
"The Healthy Mummy Smoothies have been a complete lifesaver for me. With a toddler and a newborn, it's so hard to look after yourself, even to make yourself breakfast in the morning. The smoothies are delicious and keep me full for ages. I've lost 8.5kg in the last seven months!"

ALISHA LYMAR

"I can't imagine how I would have survived when my third baby was born without my Healthy Mummy Smoothies. They boosted my milk supply, making breastfeeding easier. I never missed a meal because I always found a quick minute to whip up my smoothie. They were a total lifesaver!" MEGAN VANDERWAAL



PER 100G	THE HEALTHY MUMMY	SLIM RIGHT	OPTIFAST	TONY FERGUSON	FAT BLASTER	RAPID LOSS	BIGGEST LOSER	HERBALIFE	CELEBRITY SLIM
Energy (kj)	1450	1470	1566	1538	1566	1504	1583	1511	1672
Protein (g)	54.9	16	30	34	19.3	19	36	32	48
Carbs (g)	9.3	57	39	43	58	51	44	53.5	27.5
Sugar (g)	1.6	46	32	32	52.8	46	40	32	22.5
Fibre (g)	26.7	16	not listed	7	9	7	4	8.2	6.2
Fat (g)	6.9	2	5.5	4	5.3	5	4	3.5	9.1
No of vitamins & minerals	24	16	24	24	25	24	25	19	25
Sodium (mg)	711	245	480	360	468	382	382	428	342
Cost per serve (based on RRP in Jan 2016	\$2.74	\$1.52	\$3.49	\$3.49	\$1.38	\$2.21	\$3.66	\$3.48	\$2.99
Serving size	25g	35g	54g	55g	33g	41g	55g	28g	40g
Sugar (per serve)	0.4g	16g	18g	18g	17g	19g	22g	9g	13g
Sodium (per serve)	177.7mg	86mg	220mg	200mg	155mg	160mg	210mg	120mg	160mg



WHAT BREASTFEEDING MUMS SAY ABOUT THE SMOOTHIES



"I struggled with my milk supply with my first baby and only managed a week or two of breastfeeding.

I started using The Healthy Mummy plans when she was about eight months old. By the time I had my second baby, I had been using The Healthy Mummy Smoothies for a few years, along with the meal plans. I successfully and exclusively breastfed him for seven months before returning to work.

I know my breastfeeding success was due to using the smoothies to maintain my supply. They were full and nutritious meals I could make in under five minutes, ensuring I was eating enough of the good stuff to meet bub's needs.

Having a meal you can make in five minutes

and one-handed makes life with a newborn so much easier. I have lost more than 30kgs safely using The Healthy Mummy Smoothies and meal plans."

CAT CHRIST

"After struggling to meet the feeding demands of my firstborn, I was ecstatic to be able to feed our second child to 19 months, while losing weight with The Healthy Mummy Smoothies.

I'm now feeding our third baby, and six months in, I have lost almost 20kg and I have never felt so confident with my supply thanks to my daily Healthy Mummy Smoothies."

BELINDA BELLIS





EMPOWERING MUMS TO LIVE A HEALTHIER LIFE

who are we?

The Healthy Mummy is Australia's biggest healthy eating and weight loss company, created exclusively for mums.

The Healthy Mummy was established in 2010 by mum of two, Rhian Allen. Rhian was passionate about providing a solution and a support network to help mums lose weight in a healthy and sustainable way, with no fad methods and safe for breastfeeding.

what we offer

The team understands what it's like to be a mum because we are mums, too. We offer a supportive community from pregnancy to birth, early motherhood and beyond.

pregnancy

Recommended by midwives and obstetricians, The Healthy Mummy Pregnancy Smoothie and The Healthy Pregnancy Eating & Exercise Plan are tailor-made for a healthy pregnancy.





weight loss

28 Day Weight-loss Challenge and Healthy Smoothies. For best healthy weight-loss results we recommend you combine to the two. Designed for busy mums!

recipes and meal planning

We have over 2000 recipes in the 28 Day Weight Loss Challenge library, as well as over 20 cookbooks to support you on your journey. Available to purchase in print copy or download as eBooks, new titles are released every month.

www.healthymummy.com. - click here to join today!

healthy Mus

EIGHT LOSS CHALLEN

merchandise

We offer a wide range of complementary merchandise, including hats, water bottles, jackets, beach towels, tote bags and even car bumper stickers.

national support network

With multiple social pages and community groups there are over 500,000 like-minded mums who can offer daily support to Healthy Mummy members. All groups are moderated regularly by Healthy Mummy staff to ensure a safe and non-judgemental environment.

local support via consultants

With a growing team of over 100 local consultants, members can access one-on-one support and make direct purchases in their local area.

healthy mummy fitness trainers

We have a growing team of national fitness trainers who offer qualified Healthy Mummy exercise classes designed specifically for mums.

daily content on our website

We post informative articles daily on www.healthymummy. com, covering a wide range of topics from pregnancy, healthy weight loss, fitness, general health, top parenting tips, plus thousands of healthy recipes.

n the healthy

Our main focus is customer service; listening to our customers and providing them with what they want

We are a 100% Australian-owned company focused on mums

Our professional team of mums and experts provide constant support

- We focus on quality and deliver the highest standards on everything we produce
- We have a supportive and non-judgemental Healthy Mummy community











