

# LOSE 4kg BY EASTER





Hi everyone...

It's such a wonderful time as the rush of the beginning of the year has died down a little and everyone is usually back into the swing of things a little more, without the pressure of Christmas, summer and back to school buzzing in our minds.

But Easter can also mean a time of over-indulgence with chocolates, sweet treats and lots of catch-ups with family and friends.

Rather than waiting until the over-indulgence has ended to make some healthy lifestyle goals, why not get a head start and set yourself the task of losing 4kg before Easter even begins!

It's really easy with The Healthy Mummy as we have loads of products to help you reach this goal before that Easter Bunny bounces down your street, with his basket of enticing treats.

To help you lose those 4kgs we have an amazing offer where you can sign up to our 28 Day Weight Loss Challenge from \$12 a month! [Sign up here.](#)

The 28 Day Weight Loss Challenge is made for busy mums, providing weekly meal plans that you can customise to suit your needs, plus access to over 4,000 meals and snacks that are family and budget friendly. Mums lose an average of 4-6kgs during the 4 weeks of a Challenge\*, so it's a great way to achieve your 4kg weight loss goal before Easter.

We've created this guide to help you create the best plan for how you can lose 4kg before Easter. Whether it be with the 28 Day Weight Loss Challenge, including The Healthy Mummy Smoothies into your days, increasing your exercise with our easy to complete workout videos, or getting a huge boost of motivation and support from our community of 100,000s of mums.

All you need to do is make a few healthy changes, commit to doing something great for yourself and you'll be amazed at how fantastic you feel when Easter rolls around, and you're on your way to being the healthiest and happiest you can be.

Love Rhian

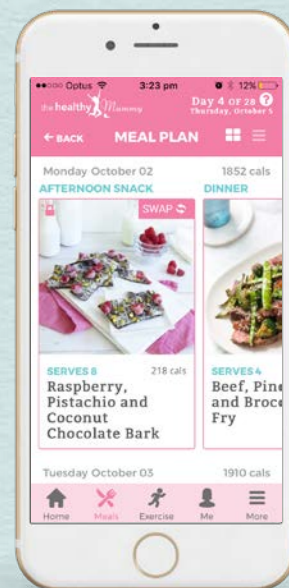
and The Healthy Mummy team

# HOW YOU CAN DO IT

## 1 SUPPORT



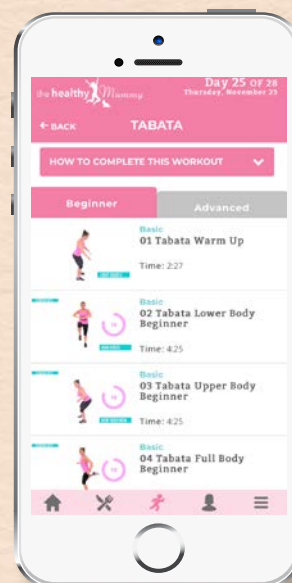
## 2 MEAL PLAN



## 3 PRODUCTS



## 4 EXERCISES

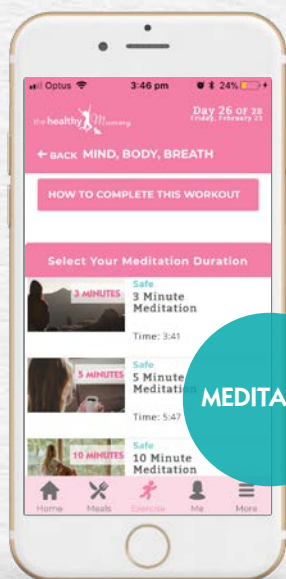
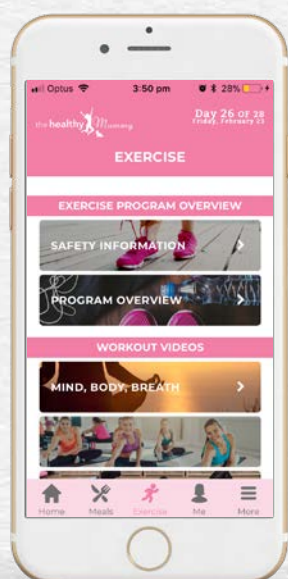


# OVER 4,000 AMAZING RECIPES



LOSE 4kg  
BY EASTER

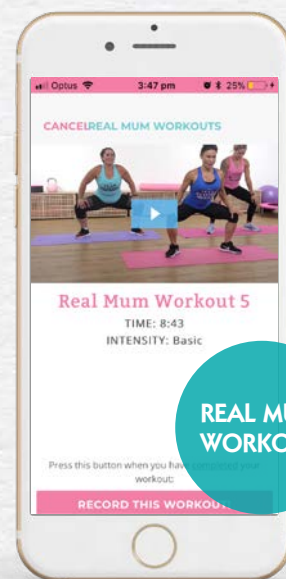
# 350+ EXERCISE VIDEOS



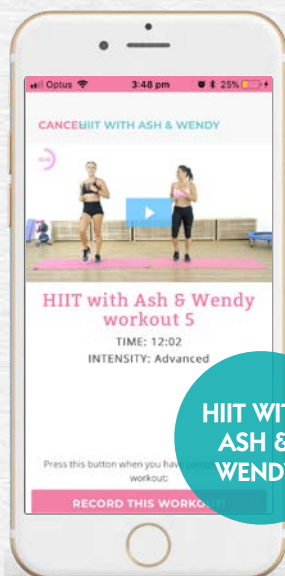
MEDITATION



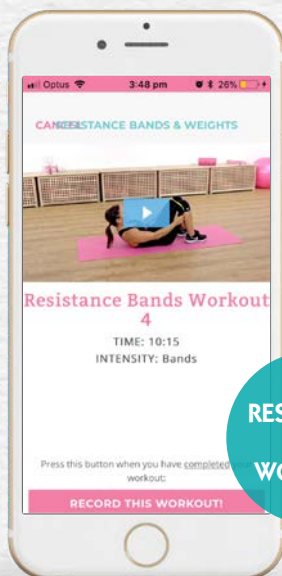
WARM UP  
& COOL  
DOWN



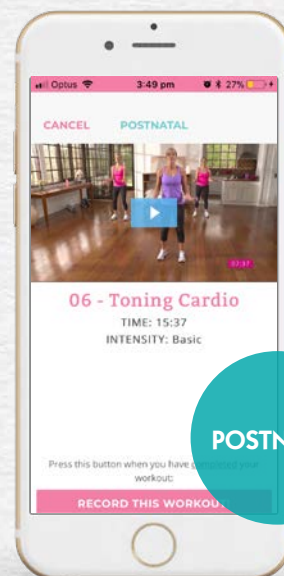
REAL MUMS  
WORKOUT



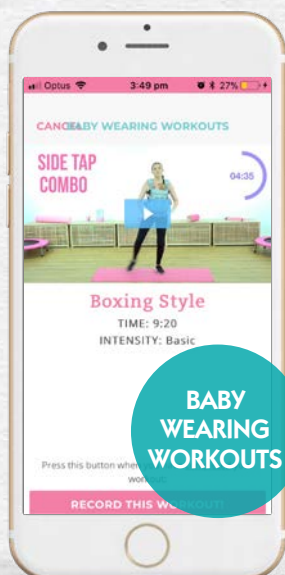
HIIT WITH  
ASH &  
WENDY



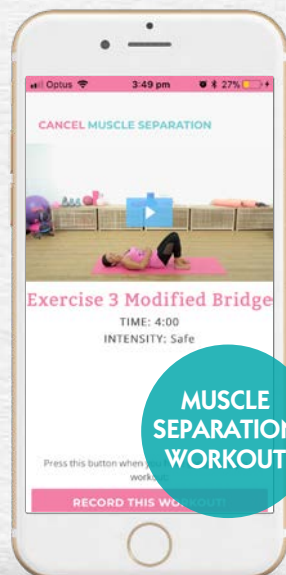
RESISTANCE  
BAND  
WORKOUT



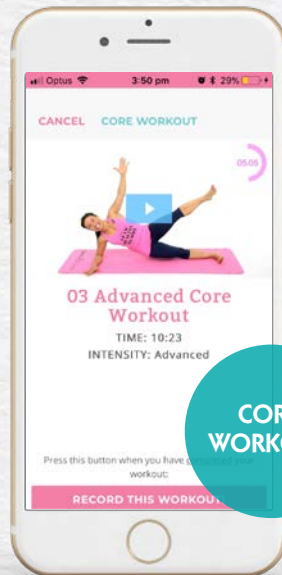
POSTNATAL



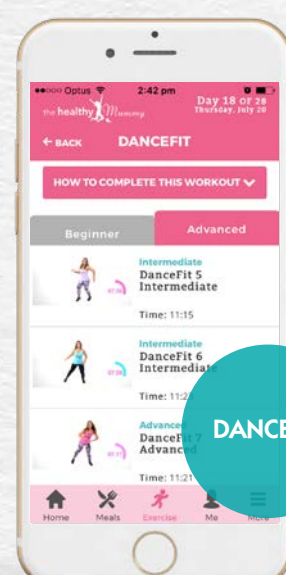
BABY  
WEARING  
WORKOUTS



MUSCLE  
SEPARATION  
WORKOUT



CORE  
WORKOUT



DANCEFIT

TAKE PART IN THE 28 DAY CHALLENGES FROM \$12 A MONTH [HERE](#)

# DELICIOUS EASTER TREATS

## Dark Chocolate Coconut Roughs

■ PREP TIME: 185 MINS ■ SERVES: 4 ■ CALORIES PER SERVE: 158 (664KJ)

### Ingredients

- 80g dark chocolate (70%)
- 1½ tbsp coconut oil
- ⅓ cup shredded coconut
- 1 tbsp dried cranberries

### Method

1. Place dark chocolate and coconut oil into a microwave-safe bowl and heat on high for 2 minutes (check every 30 seconds to ensure chocolate doesn't burn) or until chocolate has melted. Stir to combine.
2. Add shredded coconut and cranberries and stir through.
3. Line a tray with baking paper. Spoon teaspoon-sized mounds of mixture onto baking paper (about 16 small roughs).
4. Place tray into the fridge for 3 or more hours until set.
5. Once set, divide roughs into 4 serves.
6. Place roughs in gift boxes or bags to give to family or friends instead of store-bought chocolate eggs or lollies. Store in the fridge until ready to distribute.



## Vanilla Coconut Tarts

■ PREP TIME: 75 MINS ■ SERVES: 4 ■ CALORIES PER SERVE: 373 (1561KJ)

### Ingredients

- 1¼ cups rolled oats
- ⅓ cup peanut butter
- 1 tbsp water
- 1⅓ cups reduced-fat Greek natural yoghurt
- 2 tsp vanilla extract
- 1 tbsp maple syrup
- 1 tbsp shredded coconut

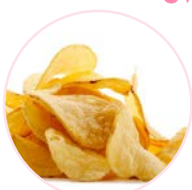
### Method

1. Combine rolled oats, peanut butter and water and mix well. Divide mixture between four lined muffin holes and press firmly into bases.
2. Combine yoghurt, vanilla and maple syrup and pour evenly over the bases. Sprinkle tops with coconut and place in the freezer for an hour or until firm.
3. Defrost for a few minutes before serving. 1 tart is 1 serve.
4. Place individual tarts in small plastic gift bags tied with some ribbon and store in the freezer until ready to give as gifts.

# FOOD SWAP

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! Try swapping:

## SWAP THIS FOR



Chips



Dried banana



Milk chocolate



Dark chocolate



Soft drinks



Pasta



Spiralised vegetables

## SWAP THIS FOR



White bread



Brown bread



White rice



Brown rice



Couscous



Quinoa



Ice cream

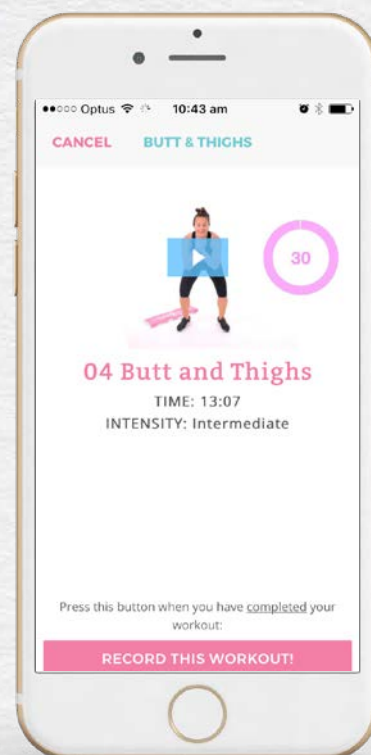
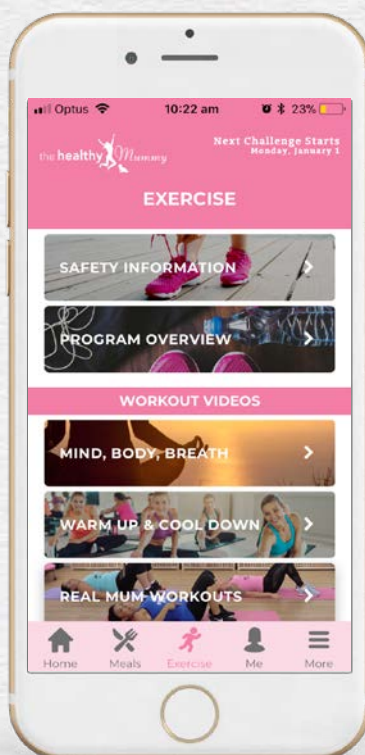
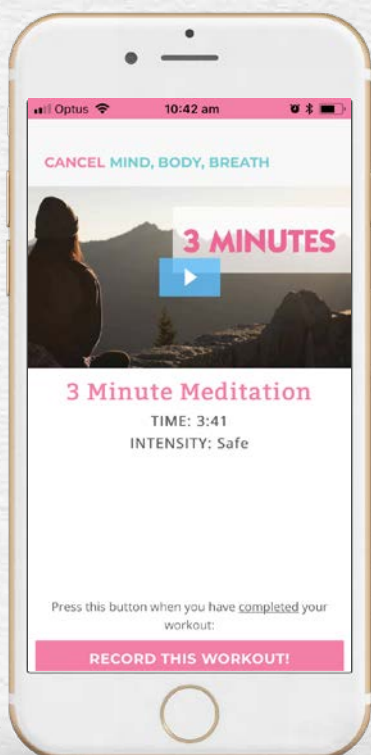
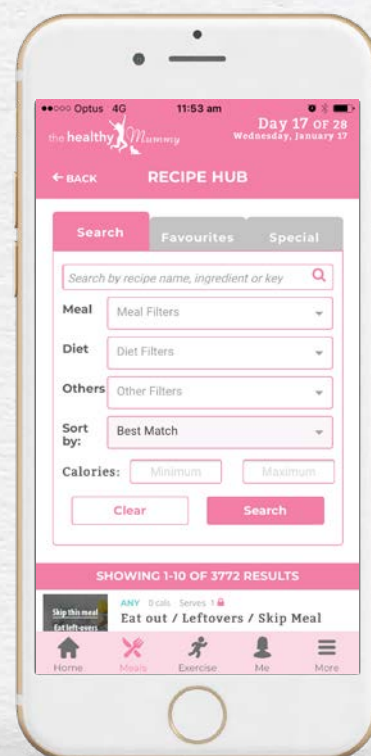
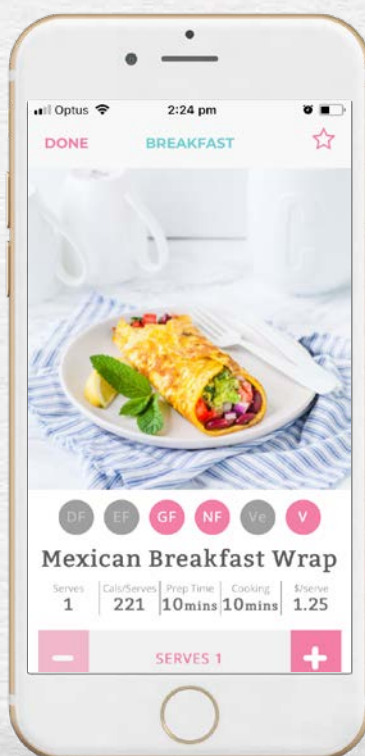
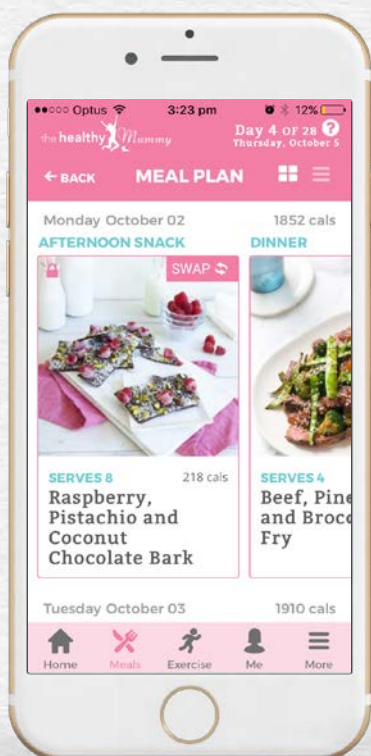


Greek yoghurt

# DAILY MOTIVATION



# OUR 28 DAY WEIGHT LOSS CHALLENGE APP



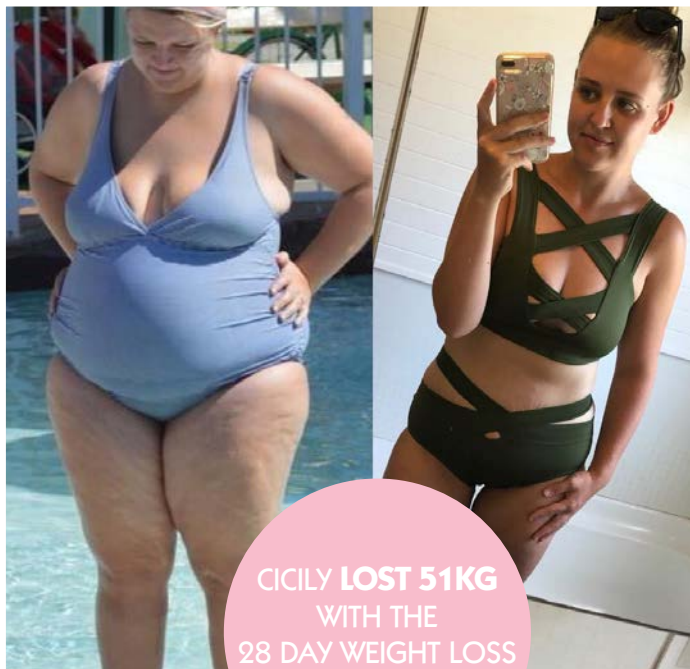
# AMAZING RESULTS FROM SOME OF OUR MUMS



SASCHA **LOST 33KG**  
WITH THE  
28 DAY WEIGHT LOSS  
CHALLENGE



NIKOLA OATS  
**LOST 46KG** WITH  
THE 28 DAY WEIGHT  
LOSS  
CHALLENGE



CICILY **LOST 51KG**  
WITH THE  
28 DAY WEIGHT LOSS  
CHALLENGE



AMY **LOST 55KG**  
WITH THE  
28 DAY WEIGHT LOSS  
CHALLENGE

# OUR GIFT TO YOU



USE CODE  
**GREENSFEB**

the healthy Mummy

\$20



USE CODE  
**SMOOTHIEFEB**

the healthy Mummy

\$20



USE CODE  
**KIDSFEB**

the healthy Mummy

\$20



USE CODE  
**PROTEINFEB**

the healthy Mummy

\$20



USE CODE  
**METFEB**

the healthy Mummy

\$20

# SPECIAL EASTER RECIPES



## Roast Beef with Pesto & Veggies

■ PREP TIME: 10 MINS ■ COOKING TIME: 25 MINS ■ SERVES: 4  
■ CALORIES PER SERVE: 493 (2063KJ)

### Ingredients

- 600g of beef rolled roast
- 2 tbsp basil pesto, store-bought or homemade
- 1 tbsp extra virgin olive oil
- 2 cups green beans, trimmed
- 4 cups broccoli florets
- salt

### Method

1. Preheat oven to 180°C. Rub the beef with the pesto.
2. Place the beef in a baking dish and roast for 20-30 minutes or until cooked to your liking.
3. While beef is roasting, toss the broccoli florets and the green beans with the oil and a pinch of salt.
4. Add broccoli to the tray with the beef 10 minutes before it is finished cooking. Add beans in the final 5 minutes.
5. When the beef is ready, rest for a few minutes and then slice and serve with the veggies.



## Dukkah-Crusted Salmon with Smashed Potatoes

■ PREP TIME: 5 MINS ■ COOKING TIME: 30 MINS ■ SERVES: 4  
■ CALORIES PER SERVE: 386 (1613KJ)

### Ingredients

- 4 potatoes
- 4 cloves garlic, crushed
- 1 tbsp extra virgin olive oil
- 1/3 cup dukkah (a Middle Eastern seed & spice mix)
- 4 x 100g salmon fillets, skinless
- cooking oil spray
- 4 cups baby spinach

### Method

1. Preheat oven to 200°C.
2. Chop potatoes into chunks (no need to peel) and steam on the stovetop in a steaming basket until just tender (around 10 minutes). Or use a microwave steamer and steam on high for 8-10 minutes depending on microwave power.
3. Transfer potatoes to a roasting pan. Use the back of a spoon to lightly crush the potatoes (just enough to break the skin and flatten slightly). Combine garlic and olive oil and spoon over crushed potatoes. Bake potatoes for 20-30 minutes or until golden and crisp.
4. Meanwhile, place the dukkah on a plate. Add the salmon fillets and press firmly to coat on both sides.
5. Heat a non-stick frying pan over medium heat. Lightly spray with cooking oil. Add the salmon and cook for 2-3 minutes each side or until cooked to your liking. Transfer to a plate and cover with foil to keep warm.
6. Add the spinach to the pan and cook for 1 minute or until the spinach just wilts.
7. Serve salmon with potatoes and spinach.



# SPECIAL EASTER RECIPES



## Hot Cross Bliss Balls

■ PREP TIME: 10 MINS ■ SERVES: 8 ■ CALORIES PER SERVE: 131 (550KJ)

### Ingredients

- 1/3 cup orange juice
- 1/2 cup pitted, fresh medjool dates
- 1 cup rolled oats
- 1/2 cup sunflower seeds
- 1 tsp mixed spice
- 2 tsp orange zest
- 1 tbsp cacao/cocoa powder
- 2 tsp honey
- 2 tsp almond butter
- 1 tbsp butter, melted

### Method

1. Heat orange juice in microwave or a small saucepan, add dates and set aside to soak and cool.
2. Place oats and seeds in a food processor on high until finely chopped. Add spice, zest, dates and soaking juice. Process on high until ingredients are well combined and begin to come together. If the mixture is too dry, add extra orange juice.
3. Roll bite-sized balls of the mixture and arrange on a plate (16 balls in total). Once all mixture is rolled, place in the fridge while you prepare the chocolate crosses.
4. In a small mixing bowl combine cocoa, honey, almond butter and melted butter. Place mixture into a piping bag or a snap lock lunch bag and cut a small corner off one side so you can pipe crosses onto the balls.
5. Remove balls from the fridge and pipe a small cross onto each ball. Freeze any leftover cross mixture to use another time. Return balls to the fridge and chill until ready to serve. 2 balls is 1 serve.
6. Package up in small coloured gift boxes to give to friends and family instead of store-bought chocolate eggs. Ensure that you store in the fridge before giving as gifts to prevent the crosses from melting.



## White Chocolate & Goji Fudge

■ PREP TIME: 75 MINS ■ COOKING TIME: 2 MINS ■ SERVES: 12  
■ CALORIES PER SERVE: 171 (717KJ)

### Ingredients

- 1/3 cup instant milk powder
- 1/4 cup almond meal
- 1/4 cup coconut flour
- 2 1/2 tbsp coconut oil, melted
- 1 1/2 tbsp rice malt syrup
- 2 1/2 tbsp goji berries
- 3 tsp water
- 1 tsp vanilla extract

### Method

1. Line a small rectangular dish or container (approximately 10cm x 20cm) with baking paper.
2. Combine all ingredients and mix well.
3. Press into base of the container and smooth the top. Refrigerate to set (at least 30 minutes).
4. Cut into 6 slices to serve. 1 slice is 1 serve.
5. Store leftovers in an airtight container in the fridge.
6. Wrap in baking paper and tie with coloured ribbon to give as a healthy Easter gift.

# SPECIAL EASTER RECIPES



## Frozen Cheesecake Bites

■ PREP TIME: 190 MINS ■ SERVES: 4 ■ CALORIES PER SERVE: 137 (572KJ)

### Ingredients

- 1 cup bran cereal
- 1 banana
- 2 cups mixed berries (fresh or frozen)
- 1 cup reduced-fat Greek natural yoghurt

### Method

1. Place bran cereal in a food processor and blitz until fine crumbs are formed.
2. In a mixing bowl, mash the banana until smooth, mix in the bran crumbs. Mixture should stick together when pressed.
3. Line 4 muffin tray holes with patty pans and press bran and banana mix into the bottom of each patty pan.
4. Place berries in a food processor with yoghurt and puree until smooth. Spoon mixture on top of base in patty pans.
5. Place in freezer for approximately three hours or until set and then serve. 1 cheesecake bite is 1 serve.



## Chocolate Fruit & Nut Bites

■ PREP TIME: 10 MINS ■ COOKING TIME: 5 MINS ■ SERVES: 15  
■ CALORIES PER SERVE: 135 (565KJ)

### Ingredients

- 75g dark chocolate
- 4 tsp coconut oil
- 2 cups mixed dried fruit, nuts and seeds

### Method

1. Line a large baking tray with greaseproof paper. Add chocolate and coconut oil to a non-stick saucepan and stir over a low heat until melted. Add fruit and nuts, and stir until well combined.
2. Spoon into the lined baking tray, lightly press down to flatten and refrigerate until set, then slice.

