

Summer is here and with it comes the Christmas, New Year and holiday season. Lots of opportunities for good times which can mean over indulging with food and being too busy to exercise.

The December 28 Day Weight Loss Challenge is full of healthy recipes and easy exercise plans to ensure you can get the healthy summer body you want without missing out on all the holiday fun.



# december challenge

## CHOCOLATE CRACKLE BREAKFAST PUDDING

**Prep Time: 130 mins**

This is best made the night before so it can set in the fridge and be ready to grab first thing in the morning.

### Ingredients (Makes 1 serve)

- 1/2 mashed banana (45 grams)
- 1 teaspoon cacao/cocoa powder (2 grams)
- 1 teaspoon honey (5 mls)
- 1 teaspoon vanilla extract (5 mls)
- 1/4 cup fresh or frozen raspberries (60 grams)
- 1/3 cup puffed rice (25 grams)
- 1 tablespoon reduced-fat Greek natural yoghurt (20 grams)

### Method

- Combine mashed banana, cacao/cocoa powder, honey and vanilla until smooth. Add raspberries (keep one raspberry per serve aside for garnishing) and puffed rice and combine everything together.
- To create a nice 'pudding' shape, line a small bowl or container with cling wrap (one per serve). Press mixture into the mould and chill in the fridge for several hours or until firm.
- Remove the pudding from the mould by pulling the cling wrap out of the container. Place pudding onto a serving plate and remove the cling wrap.
- To serve top with yoghurt and a raspberry as garnish.



Nutrition Per Serve: **Energy:** 1051kj / 251 cal  
**Protein:** 9g **Fibre:** 5g **Total Fat:** 3g  
**Carbohydrates:** 51g **Saturated Fat:** 1g  
**Total Sugar:** 18g

## Top Tips to Healthy Summer Eating

**MODERATION:** When planning your strategies to get through the festive summer season, 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 FRUIT & VEGGIES THE STARS:** Load your plate with heaps of veggies to instantly make your meals colourful, vibrant and far more satisfying without blowing out your

healthy eating plans. Just be sure to choose salads with lots of leafy greens and colourful vegetables and minimal additions like rich creamy dressings, meats and cheeses. Take advantage of the great selection of summer fruits available and add them to a sweet treat to add vitamins and nutrients and make dessert time more satisfying and nutritious.

**STAY HYDRATED:** Remember to drink plenty of water, this will help slow down your eating and reduce the chance of over eating, while also helping to keep you hydrated. Water jugs can make wonderful table decorations and by simply adding some colourful fruits you will be encouraged to drink more.

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## LUNCH



### HONEY MUSTARD CHICKEN WRAP

**Prep Time: 10 mins Cooking Time: 15 mins**

Mustard is a spice that is said to have metabolic advantages. Prepare the chicken in advance for a fast, easy lunch.

#### Ingredients (Makes 1 serve)

- 1 teaspoon wholegrain mustard (4 grams)
- 1 teaspoon honey (5 mls)
- 100 grams of chicken breast fillets
- cooking oil spray
- 2 teaspoons reduced-fat ricotta cheese (20 grams)
- 1/8 teaspoon dried chilli flakes (0.125 grams)
- 1 wholemeal tortilla (45 grams)
- 1 cup mixed lettuce leaves (30 grams)
- 1/2 grated carrot (55 grams)
- 1 tablespoon grated Parmesan (12 grams)

#### Method

- Combine mustard and honey in a bowl. Add chicken and turn to coat thoroughly.
- Spray a hot frying pan with oil, add chicken and cook for 3-5 minutes on each side or until cooked through. Set aside to cool, then slice.
- Combine ricotta and chilli in a bowl. Spread mixture over wrap. Top with lettuce, carrot, Parmesan cheese and chicken.
- Roll up to enclose filling and serve.

**Nutrition Per Serve: Energy:** 1416kj / 338 cal **Protein:** 34g **Fibre:** 1g  
**Total Fat:** 10.4g **Carbohydrates:** 24.5g **Saturated Fat:** 5.5g

### MINT, BEAN, FETA & ALMOND SALAD

**Prep Time: 7 mins Cooking Time: 7 mins**

A brilliant healthy salad with a fresh mint flavour and a yummy almond crunch.

#### Ingredients (Makes 1 serve)

- 1/2 cup frozen broad beans (40 grams)
- 1/2 cup frozen peas (80 grams)
- 1/2 teaspoon extra virgin olive oil (2.5 mls)
- 1/2 diced zucchini (55 grams)
- 1 teaspoon lemon juice (5 mls)
- 1 tablespoon flaked almonds (16 grams)
- 1 tablespoon reduced-fat feta (20 grams)
- 1 tablespoon chopped mint leaves (5 grams)
- 1 teaspoon lemon zest (4 grams)

#### Method

- Place peas and broad beans in a saucepan of boiling water for 3-4 minutes, until bright green and still firm. Remove from the heat, drain and rinse with cold water.
- Peel the broad beans and discard the skins.
- Heat a pan with the olive oil and cook diced zucchini over a medium heat until golden and just tender. Add peas and beans to the pan and toss together to warm. Add lemon juice and combine.
- Remove vegetables from the heat, place on a serving plate and scatter with almonds, crumbled feta, mint and lemon zest to serve.

**Nutrition Per Serve: Energy:** 1014kj / 243 cal **Protein:** 14g  
**Fibre:** 5g **Total Fat:** 3g **Carbohydrates:** 6g **Saturated Fat:** 3g  
**Total Sugar:** 4g

## LUNCH





## SNACK



### CHOC DIPPED CHERRIES

**Serves 2 Prep Time: 65 mins Cooking Time: 2 mins**

These chocolate dipped cherries are so easy to prepare and a delightful snack to grab on the run when you feel like something sweet.

#### Ingredients (Makes 2 serves)

- 3 squares dark chocolate (70%) (15 grams)
- 1 teaspoon coconut oil (5 mls)
- 10 fresh cherries (50 grams)
- 1 tablespoon desiccated coconut (15 grams)

#### Method

- In a microwave-safe bowl, melt the chocolate and coconut oil. Mix well to combine.
- Dip the cherries into the chocolate mixture, then into coconut and set on a plate.
- Refrigerate for 1 hour until chocolate is set before serving.

**Nutrition Per Serve: Energy: 473kj / 113 cal Protein: 1g Fibre: 2g Total Fat: 8g Carbohydrates: 10g Saturated Fat: 7g Total Sugar: 8g**

### GINGERBREAD STARS

**Prep Time: 30 mins Cooking Time: 7 mins**

Yummy biscuits with a fresh ginger flavour and no refined sugars.

#### Ingredients (Makes 5 serves)

- 1/2 cup plain wholemeal flour (60 grams)
- 1/2 cup rice flour (65 grams)
- 1 level teaspoon bi-carbonate soda (2.5 grams)
- 1/2 teaspoon ground ginger (0.5 grams)
- 1/4 teaspoon mixed spice (0.25 grams)
- 1 teaspoon orange zest (4 grams)
- 2 tablespoons fresh orange juice (40 mls)
- 1/3 cup honey (80 mls)
- 2 tablespoons reduced-fat milk of choice (40 mls)
- 30 grams of butter

#### Method

- Preheat oven to 160C and line a baking tray with baking paper.
- Combine plain flour, rice flour and bi-carbonate soda in a bowl. Add spices and orange zest.
- Place a saucepan over a low heat and add orange juice, honey, milk and butter. Stir until butter has dissolved. Set aside to cool.
- Combine liquid mixture with dry mixture and combine well (dough will be quite firm). Once it comes together, turn dough out onto a clean surface dusted with some flour. Divide the dough in half and shape into 2 balls. Wrap each ball in cling wrap and place in the fridge for 15 minutes.
- Remove from the fridge and roll out until 1cm thick. Using a small star-shaped cookie cutter, cut biscuits from dough and transfer to prepared baking tray (about 5cm apart). Combine leftover dough, roll out and cut out more biscuits until all dough is used. You should have enough dough for approximately 10 biscuits. Bake for 6-7 minutes until golden. Biscuits will still be soft, but will harden as they cool.
- Cool on tray for 5 minutes then transfer to a wire rack. Store in an airtight container.
- 2 biscuits makes 1 serve.

**Nutrition Per Serve: Energy: 466kj / 110 cal Protein: 2g Fibre: 1g Total Fat: 3g Carbohydrates: 20g Saturated Fat: 2g Total Sugar: 10g**

## SNACK





## DINNER



### PAN ROASTED CHICKEN PORTIONS

**Prep Time: 7 mins Cooking Time: 45 mins**

An easy to prepare and simple recipe perfect to share for a special occasion or family get-together.

#### Ingredients (Makes 1 serve)

- 180 grams of chicken drumsticks, skin removed
- 1 tablespoon plain wholemeal flour (10 grams)
- 1/2 teaspoon extra virgin olive oil (2.5 mls)
- 1/2 chopped red capsicum (50 grams)
- 1/2 chopped yellow capsicum (50 grams)
- 1/2 red onion (50 grams)
- 1 clove garlic (3 grams)
- 1 potato (120 grams)
- 1/2 cup liquid chicken stock, salt reduced (125 mls)
- 1 tablespoon rosemary leaves (4 grams)

#### Method

- Preheat oven to 200C. Cut onion into wedges. Peel and halve garlic. Cut potato into wedges, leaving skin on. In a plastic lunch bag add chicken and flour to lightly coat.
- Heat a frypan over a medium heat and add the oil. Add chicken and brown all over. Add red and yellow capsicums, onion and garlic and cook for 5 minutes.
- Transfer mixture to a roasting pan and add potato wedges, stock and rosemary. Place in pre-heated oven for 35 minutes or until chicken is cooked through and potatoes are tender.

**Nutrition Per Serve: Energy: 1545kj / 370 cal Protein: 37g Fibre: 6g Total Fat: 12g Carbohydrates: 26g Saturated Fat: 3g Total Sugar: 7g**

### BLUEBERRY SWIRL CHEESECAKE

**Prep Time: 15 mins Cooking Time: 120 mins**

Cheesecake without the guilt! A healthier option when you want to satisfy your sweet tooth. This recipe makes 8 serves so is a great recipe to make for a special celebration with family or friends.

#### Ingredients (Makes 8 serves)

- cooking oil spray
- 10 shredded wheatmeal biscuits (80 grams)
- 1 tablespoon LSA (linseed, sunflower & almond meal) (15 grams)
- 1 tablespoon water (20 mls)
- 2 tablespoons melted coconut oil (40 mls)
- 1/2 cup blueberries, fresh or frozen (120 grams)
- 125 grams of light cream cheese
- 250 grams of reduced-fat ricotta cheese
- 2 tablespoons lemon juice (40 mls)
- 1 tablespoon lemon zest (16 grams)
- 2 tablespoons Natvia (8 grams)
- 2 free-range eggs (100 grams)
- 1 tablespoon plain wholemeal flour (10 grams)
- 1 teaspoon vanilla extract (5 mls)

#### Method

- Grease a 22cm cake tin with cooking spray. Preheat oven to 140C.
- Add biscuits to a food processor and blitz to form crumbs. Add the LSA to combine and then water and coconut oil to blend together. Press mixture into the prepared tin in a thin, even layer. Refrigerate while preparing the filling.
- Place blueberries in a microwave-safe bowl. Cook on high until berries begin to collapse and juices release. Set aside.
- Clean the food processor and add cream cheese and ricotta, blend until smooth. Add lemon juice, zest and Natvia, mix until well combined. Add eggs, flour and vanilla, combine until smooth.
- Pour cream cheese mixture over the chilled biscuit base. Drizzle the blueberry mixture over the top and swirl lightly with a butter knife.
- Bake in the oven for 1 hour, turn off the oven and allow to set in the oven for a further hour. Refrigerate and serve cold.

## DESSERT



**Nutrition Per Serve: Energy: 558kj / 134 cal Protein: 8g Fibre: 1g Total Fat: 8g Carbohydrates: 11g Saturated Fat: 4g Total Sugar: 5g**



The 28 Day Challenge Exercise Program alternates between High Intensity Interval Training and Pilates with each session designed to be completed in just 30 minutes per day. Each workout has been designed to work different parts of your body to give you a well rounded program that increases your strength, tones your muscles, reduces body fat and improves your overall cardiovascular fitness levels.



# december challenge

## exercise sampler

### TRICEP DIP ON STEP

#### Starting Position

Sit on the floor in front of a step with feet hip width apart, knees bent and feet facing forward. Place hands onto the step behind you, fingers facing forward.

#### Execution

Exhale, bend your elbows and lift hips off the floor. Engage your core and push up through the hands to straighten elbows, keeping a slight bend in the joint. Ensure you keep your elbows as close to your body as possible, pushing backward instead of out to the side. Inhale and lower your body back down to gently touch the floor. Repeat exercise.

#### Benefits

Strengthens triceps, shoulders, core and legs.



### ELBOW PLANK SIDE WALK

#### Starting Position

Kneel on your mat and move forward to place elbows onto the floor. Exhale and lift your torso, then knees off the floor.

#### Execution

Keeping a flat back, exhale and step your feet to the right, one at a time. Then slowly step to the left, engaging your core to keep your torso in alignment. Continue with a slow and controlled motion as you repeat the exercise and continue alternating sides.

#### Benefits

Strengthens legs, glutes, core muscles, arms and shoulders



## 5 Easy Ways to Exercise During Summer

#### 1. Keep your routine:

Be it a gym class, your usual morning walk or workout, don't miss it! If an event clashes with your exercise plans be sure to reschedule the session and not skip it completely.

#### 2. Plan exercise sessions in the morning:

Get them done and dusted early in the day and avoid having a last minute event clash with your exercise plans.

#### 3. Make yourself accountable:

Plan to meet a friend at the gym or out for a walk so that you keep the commitment to your friend as well as yourself.

#### 4. Make the most of extra sunlight and warm weather:

With the sun up earlier and going to bed a little later you have extra hours of daylight to fit in a walk, run or outdoor exercise session. Make the most of the extra daylight and head out for a twilight game of tennis or bike ride.

#### 5. Don't let the kids have all the fun:

Opportunities for incidental exercise are in abundance during the holiday season, so get out there and play, swim, bike ride, slip 'n' slide. Finding ways to have fun while exercising is key to keeping motivation levels high.

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## MOUNTAIN CLIMBERS

### Starting Position

Start by lying on the floor on your stomach and pushing up into plank position with feet spread wide apart and arms directly underneath shoulders (elbows slightly bent). Keep your upper body strong and engage your core, while keeping your back straight.

### Execution

Exhale and bring your right knee up toward your chest, placing your toes on the floor. Placement of your right foot should be centred in between your hands as far forward as is comfortable. Ensure the gap behind your knees is closed and hold this position for one breath. Keep your left leg extended for balance. Repeat exercise by alternating legs. For higher intensity, try switching leg positions with greater speed.

### Benefits

Leg strengthening, core activation, shoulder strength.



## PILATES FIRE HYDRANT

### Starting Position

Begin on your hands and knees with hands underneath shoulders and knees beneath your hips.

### Execution

Keeping your head, neck and spine in alignment, exhale as you lift one leg out to the side. Inhale and lower your leg to starting position. Repeat.

### Benefits

Glutes, leg and core strength



## PILATES MERMAID WITH WAIST STRETCH

### Starting Position

Sit in a side seat with your feet to the left side and knees facing forward. Try to keep both sit bones on the mat.

### Execution

Exhale and place your left hand down on the floor beside your body as you swing your upper body to the left side into a side bend. Inhale and reach up. Place your right hand on a block beside your body and bring your left arm through to thread the eye of the needle. Inhale back up to centre. Alternate sides.

### Benefits

Obliques and upper body strengthening.



## EXERCISE SAFETY

- Dedicating a small amount of time each day to exercise is one of the best things you can do for yourself both mentally and physically. But it's important to follow a few simple guidelines to keep you feeling healthy and injury free.
- Always consult your doctor before starting any sort of exercise program.
- Consider your current physical condition and don't push your limits until you feel ready.
- Post Natal mums must take extra care not to undertake exercise that might slow down recovery. We have a 'Safe Postnatal Exercise Guide' in the Challenge Hub for more post-natal considerations.
- Drink water between exercises to prevent overheating your body. If you feel any pain during an exercise stop immediately and seek medical advice if the pain persists.
- When you increase the speed or intensity of an exercise your risk of injury increases so it's important to only progress when you feel 100% ready to do so.
- If you have a pre-existing or reoccurring injury make sure not to exaggerate the condition by performing a circuit that stresses the injury.
- Lastly, always wear comfortable workout shoes & clothes that are suitable for exercise.

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## Meal Plan Customiser - Week 1

1. Select the recipe below you'd like to swap, then click Swap and you will be taken to the tool to change meals. 2. If you only want to increase serve size on the recipe select the number of serves

**Swap** Select: **All None** **Instructions**



3. Finished? Click Save

**Reset All** **Save**

### Monday June 1

1485 cals

#### BREAKFAST



1 334 cals

\*Aussie\* Toast

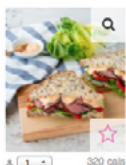
#### MORNING SNACK



4 169 cals

Basil Pesto With Veggie Sticks

#### LUNCH



1 320 cals

Chilli Roast Beef & Salad Sandwich

#### AFTERNOON SNACK



8 134 cals

Almond & Cacao Fudge

#### DINNER



1 376 cals

Pork, Pineapple & Coconut Stir Fry

#### EVENING SNACK



1 150 cals

Watermelon & Almonds Snack

Unlike most other plans on the market all our meal plans are **fully customisable**. PLUS you have access to over 1000 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 and video instructions.

## Week 1 Exercises

**Safe Postnatal Exercise Guide**

### Week 1

### Week 2

### Week 3

### Week 4

**Monday**  
August 03, 2015



Day 1 - Upper Body

**Tuesday**  
August 04, 2015



Day 2 - Core

**Wednesday**  
August 05, 2015



Day 3 - Mat Pilates

**Thursday**  
August 06, 2015



Day 4 - Lower Body

**Friday**  
August 07, 2015



Day 5 - Full Body

**Saturday**  
August 08, 2015



Day 6 - Standing Pilates

**Sunday**  
August 09, 2015



Day 7 - Active Recovery Day

**ALL THIS  
FOR JUST  
OVER \$1  
A DAY!**

# Our mums have lost over one million kgs!



**JACKIE  
LOST 22KG!**



"These days my life looks a bunch different to what it did 7 months ago. I am fit and healthy and most importantly.... happy! My confidence has soared!"  
**Jackie**



**RAE  
LOST 15KGS**



"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**

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



**KAT  
LOST 27KGS**



"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**



**LAUREN  
LOST 46KGS**



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