

Thinking about a detox from sugar can be daunting – where is it hiding? Can you still enjoy sweet treats? How will you deal with the 3pm slump without your sugar hit?

The 28 Day Sugar Detox Challenge isn't about being extreme and totally removing a food category from your lifestyle, it's about arming you with the facts about sugar so you can make the right decisions and make healthy eating part of your everyday life.

the healthy  Mummy  
**28 DAY**  
**WEIGHT LOSS CHALLENGE**  
**FOR BUSY MUMS**

# sugar detox challenge

one day sampler

## BREAKFAST

### STRAWBERRY MOUSSE WITH OATS & ALMONDS

**Prep Time: 5 mins**

A delicious breakfast, that's super easy to prepare. A delicious combination of almonds and strawberries.

#### Ingredients (Makes 1 serve)

- 1/2 cup reduced-fat ricotta cheese (130 grams)
- 1/4 cup reduced-fat coconut milk (62.5 mls)
- 1/2 punnet strawberries (125 grams)
- 1 teaspoon LSA (linseed, sunflower & almond meal) (4 grams)
- 1/4 cup rolled oats (25 grams)
- 2 teaspoons flaked almonds (8 grams)

#### Method

- In a food processor combine ricotta, coconut milk, strawberries and LSA. Process until well combined and smooth.
- Sprinkle with oats and almond flakes to serve.

**Nutrition Per Serve:** Energy 1493kj / 357 cal

**Protein:** 21g **Fibre:** 5g **Total Fat:** 19.7g

**Carbohydrates:** 20.9g **Saturated Fat:** 9.6g

**Total Sugar:** 5.6g **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.



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## LUNCH

### SALMON & POTATO FRITTATA

**Prep Time: 5 mins Cooking Time: 20 mins**

A tasty gluten free recipe that can easily be increased to serve more than one or so you have leftovers to enjoy for another meal. Great with a side salad too.

#### Ingredients (Makes 1 serve)

- cooking oil spray
- 1/2 thinly sliced potato (60 grams)
- 2 free-range eggs (100 grams)
- 1 thinly sliced spring onion (15 grams)
- 1/4 finely diced red capsicum (25 grams)
- 95 grams of tinned salmon (drained weight)
- 1 cup baby spinach (30 grams)
- 1 tablespoon grated Parmesan (12 grams)
- 2 teaspoons chopped fresh parsley (2.5 grams)

#### Method

- Preheat oven to 180C and prepare a shallow baking dish by spraying with cooking oil spray.
- Arrange the sliced potato over the bottom of the dish.
- In a bowl whisk the egg until pale and creamy.
- Add the capsicum, spring onion, salmon, spinach and whisk together. Pour egg mixture over the potato slices and sprinkle Parmesan over the top.
- Place in the pre-heated oven for 20 minutes or until the egg is set and potato is tender.
- Garnish with parsley and serve.

**Nutrition Per Serve:** Energy 1795kj / 429 cal

**Protein:** 40.7g **Fibre:** 2g **Total Fat:** 24.3g

**Carbohydrates:** 9.3g **Saturated Fat:** 8.5g

**Total Sugar:** 2.1g **Free Sugar:** 0.0g





## SNACK

### TIRAMISU CUPCAKES

**Prep Time: 10 mins Cooking Time: 20 mins**

Delicious, healthy cupcakes flavoured with coffee and chocolate. Store leftovers in an airtight container in the fridge for 3-4 days.

#### Ingredients (Makes 6 serves)

- 2 teaspoons instant decaffeinated coffee (8 grams)
- 1.5 teaspoons cacao/cocoa powder (3 grams)
- 1/3 cup reduced-fat milk of choice (85 mls)
- 2 tablespoons water (40 mls)
- 2 tablespoons butter (32 grams)
- 1/4 teaspoon salt (0.25 grams)
- 1 teaspoon vanilla extract (4 mls)
- 1/2 cup finely chopped pitted, dried dates (85 grams)
- 2 free-range eggs (100 grams)
- 1 cup wholemeal self-raising flour (120 grams)
- 1 tablespoon maple syrup (20 mls)
- 1/3 cup reduced-fat ricotta cheese (80 grams)

#### Method

- Preheat oven to 160C and line or lightly grease 6 holes of a muffin tray.
- In a blender or food processor pulse ricotta and maple syrup until smooth and thick.
- Refrigerate until needed.
- In a small saucepan over a medium heat place the coffee, 1 teaspoon of the cacao/cocoa, milk, water and dates. Stir well, bring to a simmer and then remove from heat immediately. Add butter and vanilla. Stir until the butter melts, then set aside for 10 minutes until dates have softened and mixture has cooled slightly.
- In a large bowl, whisk the eggs for a minute until pale, slowly pour in date mixture, whisking constantly. Sift over flour and salt and stir batter until well combined.
- Divide batter into prepared tin and bake for 18 – 20 minutes or until a skewer comes out clean when inserted into the centre.
- Remove from the tin and cool completely on a rack. Spread with ricotta and maple frosting and dust with with remaining cacao/cocoa to serve.
- 1 cupcake is 1 serve. Store leftovers in an airtight container in the fridge for 3-4 days.

**Nutrition Per Serve:** Energy 853.2kJ / 204cal

**Protein:** 6.6g **Fibre:** 0.6g **Total Fat:** 5.8g

**Carbohydrates:** 30g **Saturated Fat:** 3.6g

**Total Sugar:** 9.6g **Free Sugar:** 1.4g\*





## SNACK

### KIDNEY BEAN BROWNIES

**Prep Time: 5 mins Cooking Time: 30 mins**

This recipe provides the nutrients and fibre from tinned beans which also makes the brownies dense without the need for lots of sugar. Use a 400g tin of kidney beans that you've drained and rinsed.

#### Ingredients (Makes 5 serves)

- 400 grams of tinned kidney beans
- 2/3 cup pitted medjool dates, fresh (120 grams)
- 2 free-range eggs (100 grams)
- 2 tablespoons cacao/cocoa powder (16 grams)
- 1/2 teaspoon baking powder (1.25 grams)
- 2 teaspoons vegetable oil (10 mls)
- 1 tablespoon reduced-fat milk of choice (20 mls)

#### Method

- Preheat oven to 180C and line a 20cm square cake tin with baking paper. Drain and rinse kidney beans.
- Place all ingredients in a food processor or blender and blend on high until smooth.
- Pour into prepared tin and cook for 30 minutes or until firm to touch. Leave to cool for 5 minutes before removing from tray.
- Slice into 10 pieces. 2 pieces is 1 serve.
- Store leftovers in an airtight container in the fridge for up to a week.

**Nutrition Per Serve:** Energy 866kj / 206 cal

**Protein:** 9.2g **Fibre:** 8.6g **Total Fat:** 4.4g

**Carbohydrates:** 28.6g **Saturated Fat:** 1.3g

**Total Sugar:** 18g **Free Sugar:** 0.0g\*



the healthy Mummy  
**28 DAY**  
WEIGHT LOSS CHALLENGE

## SUGAR FAST FACTS

- Stop adding sugar to your foods and drinks. If you need to sweeten your tea or coffee than use stevia or similar as they will not affect your blood sugars.
- Give up soft drinks. But do not replace them with artificially sweetened versions. Instead choose sparkling mineral water and flavour with lemon or lime wedges or slices of fruit.
- Instead of a pastry or cake for snack time, select something fresh and savoury like hummus with carrot sticks. If you must have something sweet, make your own healthier versions, freeze in small portions and take them with you.
- Set yourself a limit everyday and stick to it. If you normally add 3 teaspoons of sugar to your tea, reduce it to 2 for a week, then reduce it to one, then 1/2, until you can enjoy your tea naturally.
- Eat fresh, unprocessed food as often as possible. If you can eat foods as close as possible to their natural state you will avoid un-necessary sugars, flavours and preservatives.
- When a food is in its WHOLE and NATURAL form, like a piece of fruit, or full fat milk, then the other elements in the food balance out the sugar and our bodies can cope with it.
- Look for varieties of sauces and condiments that have less than 5g of sugar per 100g (5%) or start to make your own.
- Switch to nut butters that have no added sugar – ideally choosing one that is close to 100% nuts.
- Buy rolled oats and a variety of seeds and nuts to create your own muesli, rather than purchasing cereals with added sugar and top it with seasonal fresh fruit.
- If you are used to buying sweetened yoghurts you can gradually change your pallet over to natural/plain yoghurt by adding small amounts to your usual yoghurt, gradually increasing this amount until you are used to the taste and no longer eating the sweetened varieties.
- Reduce the sugar used in baking to 1/3 cup, or replace it completely with fruits such as bananas and dates. These add plenty of sweetness with the added benefit of vitamins, minerals and fibre.

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## DINNER

### BEEF RISSOLES WITH VEGGIES

**Prep Time: 10 mins Cooking Time: 40 mins**

This recipe makes 4 serves as it's sure to be a crowd pleaser. You can prepare the rissoles ahead of time and cook when ready or freeze leftovers to cook another day.

#### Ingredients (Makes 4 serves)

- 2 zucchini (220 grams)
- 2 carrot (140 grams)
- 320 grams of lean beef mince
- 2 crushed cloves garlic (6 grams)
- 1/3 cup rolled oats (33 grams)
- 2 free-range eggs (100 grams)
- 2 sweet potato (320 grams)
- 1/3 cup reduced-fat milk of choice (85 mls)
- 2 cups cauliflower (200 grams)
- 2 cups corn kernels, fresh or tinned (320 grams)
- 2 cups green beans (240 grams)

#### Method

- Preheat oven to 160C and line a tray with baking paper.
- Grate zucchini and carrot and in a bowl, combine with mince, oats, garlic and lightly beaten eggs.
- Shape mixture into desired rissole sizes so there is an even number per serve.
- Arrange rissoles on prepared tray and bake for 35 minutes until brown and cooked through.
- Meanwhile, peel and dice sweet potato and steam until tender. Add milk and mash until smooth.
- Cut cauliflower into florets and trim beans. Steam with corn kernels until lightly tender.
- Divide rissoles between 4 plates and serve with sweet potato mash and steamed vegetables on the side.

**Nutrition Per Serve:** Energy 1674.33kj / 400.6 cal

**Protein:** 33g **Fibre:** 9.8g **Total Fat:** 11.3g

**Carbohydrates:** 36.3g **Saturated Fat:** 4g

**Total Sugar:** 12.6g **Free Sugar:** 0.0g\*





## DESSERT

### RAW CHOCOLATE MINI CAKES

**Prep time: 10 minutes**

An indulgent snack or dessert using healthy ingredients. For the coconut cream, Ayam or Trident brands work well. Use the thick layer of cream that settles at the top of the tin.

This recipe makes 4 mini chocolate cakes so share with the whole family or store leftovers in the fridge to keep chilled to enjoy another day.

#### Ingredients (Serves 4)

- 1/3 cup almond butter (64g)
- 1 & 1/2 tbsp cacao/cocoa powder (12g)
- 2 & 1/4 tbsp maple syrup (45ml)
- 2 tsp vanilla extract (10ml)
- 1 & 1/2 tbsp coconut flour (24g)
- 2 tbsp coconut cream, chilled (40g)

#### Method

- Combine almond butter, 1 tablespoon of cacao/cocoa, 2 tablespoons of maple syrup, 1 teaspoon of vanilla extract and coconut flour and mix well.
- Divide cake mix into 4 silicone muffin moulds and press into the bases. If you don't have silicone moulds then line 4 muffin tin holes with baking paper or patty cases. Place the cakes in the refrigerator for 30 minutes or until chilled.
- Prepare the frosting by combining the remaining cacao/cocoa, maple syrup and vanilla extract with the chilled coconut cream.
- When ready to serve remove the cakes from the muffin moulds and pipe or spoon the frosting on top.

Nutrition Per Serve: **Energy:** 751kj / 179cals **Fat:** 11.9g **Saturated Fat:** 2.3g **Carbohydrates:** 17.4g **Protein:** 5.3g **Fibre:** 4g **Sugar:** 10.2g





## DESSERT

### DATE & COCONUT BANOFFEE PIES

**Prep Time: 15 mins Cooking Time: 20 mins**

Enjoy this sweet snack or dessert with a healthy twist. This recipe makes 8 serves so prepare for the whole family or save leftovers in the fridge to enjoy throughout the week.

#### Ingredients (Makes 8 serves)

- 1/3 cup almond meal (37.5 grams)
- 1/2 cup rolled oats (50 grams)
- 1/2 teaspoon cinnamon (0.5 grams)
- 1/3 cup hot water (85 mls)
- 3/4 cup pitted, dried dates (127.5 grams)
- 1 & 1/2 tablespoons almond butter (24 grams)
- 1/2 teaspoon vanilla extract (2.5 mls)
- 1/4 cup chilled coconut cream (62.5 grams)
- 1/4 cup reduced-fat ricotta cheese (65 grams)
- 1 & 1/2 sliced banana (135 grams)
- 1/4 teaspoon cacao/cocoa powder (0.5 grams)

#### Method

- Preheat the oven to 180C and prepare a muffin tray lined with 8 muffin cases.
- Place dates in 1/4 cup of the hot water and soak for several minutes until soft.
- Puree dates with the soaking water in a food processor until smooth.
- In a bowl combine oats, almond meal and cinnamon. Add 2 tablespoons of the date puree and remaining tablespoon of water and mash with a fork until well mixed.
- Divide oat mix into 8 portions and use fingertips to press approximately 1 tablespoon into each muffin case in an even layer. Bake in pre-heated oven for 8-10 minutes or until lightly golden. Remove from oven and allow to cool.
- Meanwhile, combine the remaining pureed dates with almond butter and vanilla until smooth.
- When the pie crusts have cooled, divide the date and almond butter mix and carefully spread over the base of each crust. Place a couple of slices of banana on top of each pie, pressing down lightly.
- Blend the chilled coconut cream and ricotta in a blender or food processor until smooth.
- Divide the coconut cream mix evenly and spread over the banana slices in each pie, in an even layer. Top the pies with the remaining banana slices and dust with cacao/cocoa to serve.
- 1 pie is 1 serve.
- Store leftovers in an airtight container in the fridge for 3-4 days.

**Nutrition Per Serve:** Energy 518kj / 123.9 cal

**Protein:** 3.3g **Fibre:** 2.3g **Total Fat:** 5.4g

**Carbohydrates:** 14.7g **Saturated Fat:** 0.9g

**Total Sugar:** 9.8g **Free Sugar:** 0.0g\*

the healthy Mummy  
**28 DAY**  
WEIGHT LOSS CHALLENGE





## SUGAR FAST FACTS

- The 28 Day Sugar Detox Challenge focuses on reducing 'added sugars' or 'free sugars' from our diet to promote good health. Naturally occurring sugars can be enjoyed within a well-balanced diet that promotes good health.
- 'Free sugars'\* 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.
- It is important to be clear that honey, maple syrup, agave nectar etc. are still considered 'free sugars' even though they are 'naturally occurring' as they are not foods typically eaten on their own but rather added to foods we are preparing.
- Try to stick to 6 teaspoons or less of added sugar per day.
- 4g is around 1 teaspoon of sugar so if a packaged food says it has 20g of sugar per 100g then this is 20% sugar and approximately 5 teaspoons per 100g.
- Remember that there are natural sugars in many foods but it's the added ones you should be looking out for. If a recipe has 20g sugar in it but is made with fresh fruit, vegetables, proteins and dairy then the sugar is ok.
- Don't worry yourself silly counting every teaspoon of sugar you eat but be conscious of the added sugars in your day e.g. if you have a glass of fruit juice you have possibly consumed most of your daily added sugar allowance for the day, so stick to natural, non processed foods, fruits and vegetables for the rest of the day.



## THE LOW DOWN ON THE SWEET STUFF:

- 1 Processed foods are often loaded with hidden sugars so that manufacturers can sell as much of their product as possible. They add flavours, enhancers and sugars to make things taste better.
- 2 Don't believe what's written on the front of food packaging without reading the nutritional label on the back e.g. "low fat" may also mean "added sugar" to make the product taste better.
- 3 Processed foods that have lots of sugar in them include tomato sauce, BBQ sauce, muesli bars, biscuits, breakfast cereals, some chips, yoghurt, even olives!
- 4 Learn to read the ingredients list – sugar won't always be written as obviously as "sugar" anything ending in "OSE" is a sugar e.g. glucose, fructose, maltose etc.
- 5 It's all about balance – you can still enjoy sweet foods, treats, fruit etc. Just be mindful about which foods you eat each day that may have sugar in them and see if you can reduce your intake of these.
- 6 Sugars that have a lower GI e.g. coconut sugar, maple syrup, honey and stevia are better options as they provide a slower energy release into the bloodstream instead of a big spike followed by a crash.

## HOW A DETOX FROM SUGAR CAN MAKE YOU FEEL

- Depending on your usual sugar intake and how much you reduce it will determine the types of side effects you may experience.
- Everyone is different but if you have been overdoing it with the sugary stuff for a while and then reduce it quite obviously you may experience headaches, skin breakouts, or bowel changes (excess sugar for some people can be a laxative, so reducing this may clog you up until your body can regulate itself again).
- Reduce your sugar intake slowly. If you make changes too quickly, the withdrawals can make you easily give into cravings as you think they'll make you feel better.
- Eat small portions of protein throughout the day to help curb your sugar cravings. A few nuts or seeds are a great option as these will also help to keep your blood sugar levels stable.
- Every lifestyle change you decide to make for the benefit of your health should be slow, steady and long lasting.

The 28 Day Sugar Detox Challenge includes recipes for meals that are often loaded with sugar BUT shows you how to enjoy them in a healthier way.

Breakfast cereals, lunch box snacks, afternoon tea treats and desserts are often all loaded with un-necessary sugars. Learn how to make these meals yourself with our easy to follow and quick to prepare healthy, low sugar versions.



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 focuses on different parts of your body to give you a well rounded program to increase strength, tone, reduce body fat and improve overall cardiovascular fitness levels. Each workout can be done at home with no or minimal equipment, so you can get fit in your own time, without an expensive gym membership.



# sugar detox challenge

## exercise sampler

### LUNGE WITH TWIST

#### Starting Position

Stand with your feet together and hands on your hips.

#### Execution

Keeping your upper body tall, take a long step forward with your left foot and bend both knees lowering your body into a comfortable lunge position. Keep your left knee directly above your left foot. Rotate your upper body to the right then twist back to a comfortable lunge position. Push off your front foot to a standing position. Alternate legs and repeat the exercise.

**BENEFITS: STRENGTHENS LEGS AND GLUTES**



### ARM CIRCLES

#### Starting Position

Stand with your feet parallel and hip width apart. Hold your arms out to the sides at shoulder height, palms facing down.

#### Execution

Start by making small circular motions with both arms. Perform 20 circles forward and then 20 circles backward. Breathe in and out as you perform the motion.

**BENEFITS: SHOULDER AND ARM WARM UP**



### CROSS FLY SIDE STEP

#### Starting Position

Stand with your feet together and your knees slightly bent. Hold your arms by your sides, with palms facing inward.

#### Execution

Exhale, as you step out to your left side, bend the left knee and extend your arms out and back until your arms are in line with your shoulders. Your right leg remains straight. Keep a slight bend in the elbows. Inhale as you return to starting position, crossing your right arm over your left in front of you. Repeat on the other side, bending your right knee, extending your left knee and crossing your left arm over your right. Continue to repeat exercise.

**BENEFITS: STRENGTHENS SHOULDERS, UPPER BACK AND LEGS**



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## PILATES BRIDGE PUMPS

### Starting Position

Lie on your back with your knees bent, arms by your sides and feet hip width apart. Place a small ball in between your knees.

### Execution

Exhale as you engage your core, tilt your pelvis and roll up into bridge pose. Squeeze your thighs together and breathe continuously as you pump the pelvis up and down in quick motions. Exhale as you roll down.

**BENEFITS: GLUTES, LEG AND CORE STRENGTHENING**



## PILATES ROLL DOWN TWIST

### Starting Position

Begin by sitting up straight on your sit bones with your knees bent and feet flat on the floor. Place your arms out in front of you, to the outside of your knees.

### Execution

Keeping your arms straight out in front of you, exhale and roll down, tilting your pelvis and pulling your lower abdominals in deeply. Simultaneously, twist your upper body and extend your arm to the side to touch the floor. Inhale, engage your lower abdominals and move back up to starting position.

**BENEFITS: CORE AND OBLIQUE STRENGTHENING**



## HOW EXERCISE CAN HELP WITH A SUGAR DETOX

**Exercise is great for detoxification because it makes your heart pump and body sweat. Toxins are released from the body through exhalation (breathing), urination and sweating so fitness is a great way to encourage toxins to leave your body. Choose exercises that make you breathe, sweat and stretch to boost your detox. Try these 5 Fitness Steps to help your body detox when reducing sugar in your eating plans:**

**AEROBIC EXERCISE** encourages an increase of oxygen delivery and aids elimination of toxins through the lungs. As we jump, jog and spring in our step, the bodily tissues are prompted to compress and squeeze out toxins from the cells into lymph fluid.

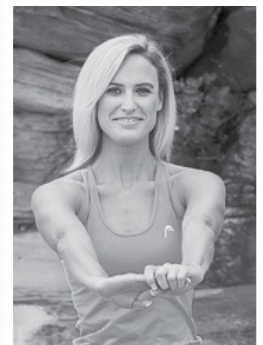
**REBOUND EXERCISE** is one of the very best lymphatic exercises. As toxins are removed from cells, they are transported from tissues through the lymphatic system and eliminated from the body. Rebound exercise is a brilliant detoxifier and can quickly boost the immune system.

**PILATES** is a wonderful form of exercise for detoxifying certain organs such as the liver and kidneys as well as removing toxins through deep breathing. Pilates is highly focused on twisting, contraction and stretching which support the lymphatic system and aid the removal of waste products

such as Co2 and lactic acid that reside deep within the muscles' tissue.

**BODY FAT LOSS** is another way exercise helps to detoxify the body by reducing the body's subcutaneous fatty tissue. Toxins are readily stored in the fatty tissue of the body and when body fat is reduced through exercise, the toxins are eliminated and can be cleansed through the body's organs. So if you are working out for weight loss, you are also supporting the removal of unwanted toxins from your body.

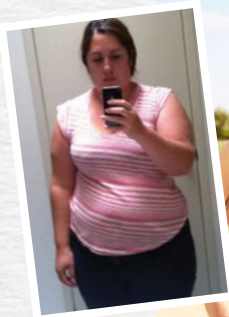
**OUTDOOR TRAINING.** While outdoor training may increase sweat and eliminate toxins, detoxing from sugar is not just about bodily toxins. Nervous tension in the body or emotional stress can also build up after consuming too many sweet treats or being set back in your fitness regime. Reduce your chance of feeling stressed by detoxifying your body and mind at the same time. Turn off your gadgets, head outside and enjoy all the benefits of a simple outdoor training session.



**FROM CHALLENGE FITNESS  
EXPERT MARISSA NIEVES**



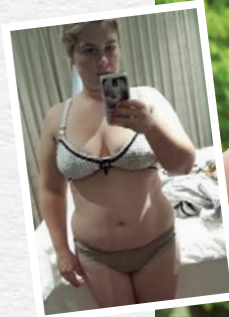
# why we love the 28 day weight loss challenge



**TAWHAI  
LOST 50KG!**



"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**



**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**



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 and video instructions.

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

Meal Plan Customiser - Week 1

1. Select the recipe below you'd like to create, then click Swap and you will be taken to the tool to change meals. 2. If you only want to increase some size on the recipe select the number of servings. 3. Finished? Click Save

Swap Select All None Instructions C'ancel All Save

**Monday June 1** 1465 cals

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
 "Avocado" toast 354 cals	 Greek Yogurt With Veggie Shave 189 cals	 Chili Roast Beef & Bacon Sandwich 520 cals	 Almond & Cacao Fudge 134 cals	 Pork, Pineapple & Coconut Stir Fry 379 cals	 Watermelon & Almonds 150 cals

## Week 1 Exercises

Week 1	Week 2	Week 3
<p><b>Monday</b> August 03, 2015</p> Day 1 - Upper Body	<p><b>Tuesday</b> August 04, 2015</p> Day 2 - Core	<p><b>Wednesday</b> August 05, 2015</p> Day 3 - Mat Pilates
	<p><b>Thursday</b> August 06, 2015</p> Day 4 - Lower Body	<p><b>Friday</b> August 07, 2015</p> Day 5 - Full Body

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## HEALTHY WEIGHT LOSS FOR MUMS

**“We are the biggest **mums only** healthy living & weight loss community”**

The Healthy Mummy brand was created by mum of two Rhian Allen in 2010 after Rhian was pregnant and wanted to create a healthy solution for mums to regain health, energy and body confidence after having children.

5 years later, The Healthy Mummy business is used by 100,000s of mums and is a trusted approach to safe and healthy weight loss and healthy living. Collectively our mums have lost over 2 million kilos!\*



### WHAT DO WE OFFER?

**THE HEALTHY MUMMY SMOOTHIES** A healthy meal replacement without any nasties and ideal for busy mums if there is no time to cook! Plus they are breastfeeding friendly and contain 24 vitamins and minerals.

**THE 28 DAY WEIGHT LOSS CHALLENGE** An interactive monthly weight loss challenge with 100 brand new recipes each month, fully customizable menus, shopping lists AND it's family friendly. Also includes full exercise plans – all made for **BUSY MUMS**.

#### THE 28 DAY WEIGHT LOSS CHALLENGE APP

Exclusively for Challenge Members! Available on Android & Apple.

#### THE POST PREGNANCY EXERCISE DVD

The No 1 post natal exercise DVD with leading Australian Physiotherapist Lisa Westlake.

#### OVER 22 FAMILY FRIENDLY RECIPE BOOKS

Including The Chocolate Cookbook, Healthy Kids Cookbook, Under 15 Minute Meals and Vegetarian Cookbook.

**HUGE SUPPORT GROUP OF MUMS** Private Facebook group with over 50,000 like-minded mums for daily support encouragement and inspiration. See our private support group at [www.facebook.com/groups/losebabyweight](http://www.facebook.com/groups/losebabyweight)

**YOU CAN DO  
ONE OR ALL.  
THE CHOICE IS  
YOURS!**



**TASHEENA HAS  
LOST 44KG**



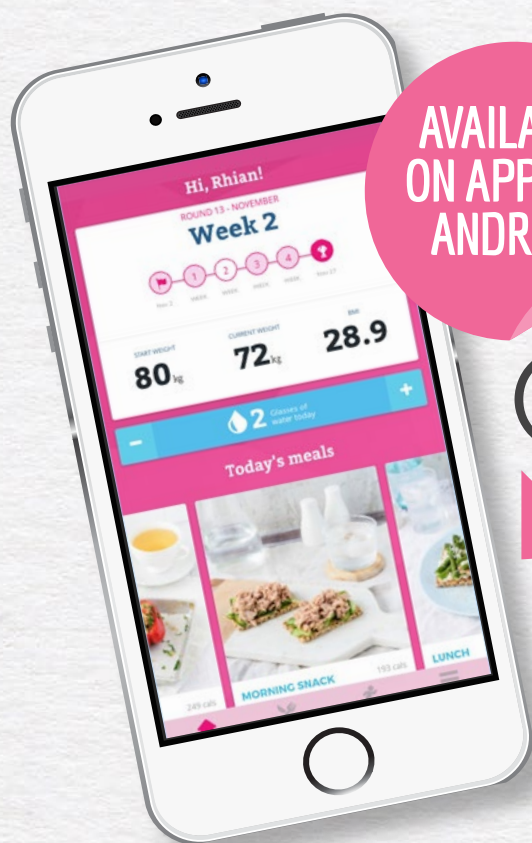
**TAWHAI HAS  
LOST 46KG**

**Mums lose  
an average of  
4-6kg\* every month on  
our achievable plans**

\*Based on over 100,000 mums recording their results on our website in 2014 & 2015

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AVAILABLE  
ON APPLE &  
ANDROID

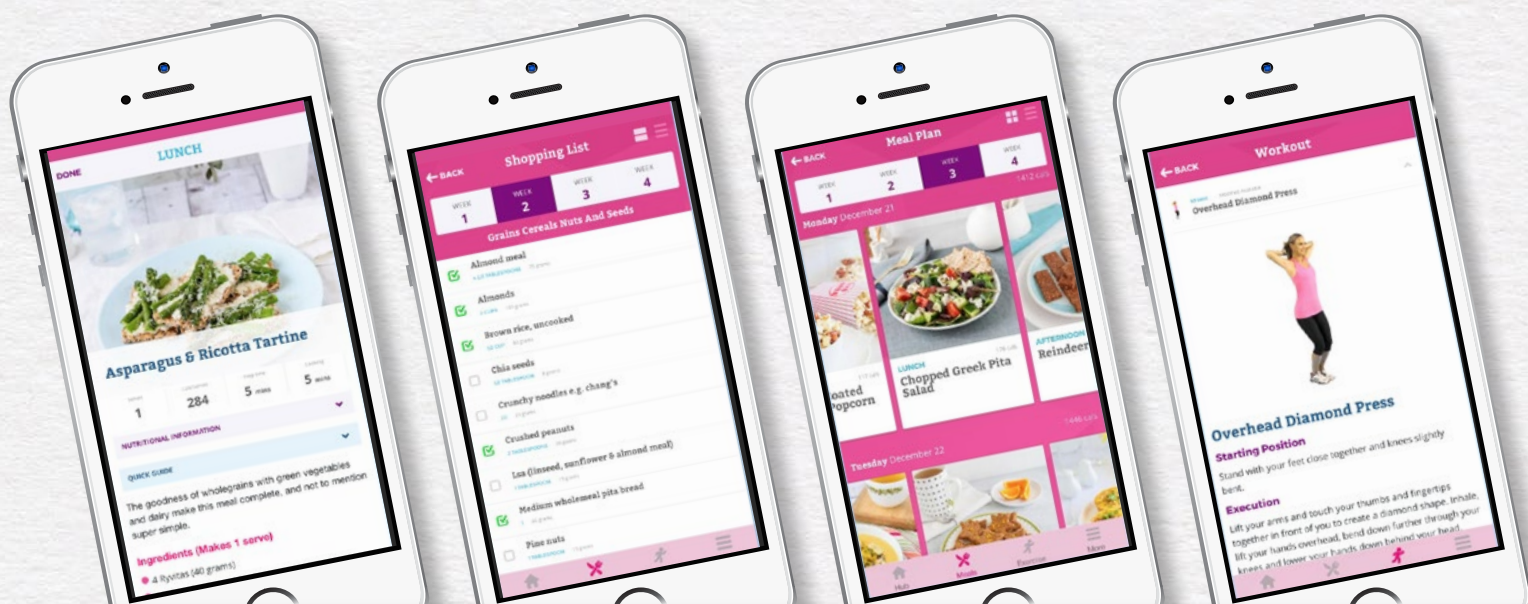
the healthy *Mummy*  
**28 DAY**  
WEIGHT LOSS CHALLENGE  
FOR BUSY MUMS

# CHALLENGE APP NOW LAUNCHED!

This free app complements your membership program, giving you mobile access to everything you love about the 28 Day Weight Loss Challenge and more! Think of it as having access to the best value personal trainer, dietitian, meal planner, chef and motivational coach from wherever you are!

## FEATURES INCLUDE:

- Family friendly, breastfeeding friendly and affordable meal plans to help you lose weight & regain energy.
- Daily at home workouts made for busy mums to get you body confident. Including routines for mums with muscle separation or pelvic floor issues.
- Constant daily support, inspiration & motivation from our Motivating Mum team & 1000s of other mums on the Challenge.
- Take the 28 Day Weight Loss Challenge wherever you go.
- Full shopping list collated each week depending on your customisations.
- Access the daily exercise routines that you can complete wherever you are to make daily exercise a breeze.
- View your weight loss results, goals and to see your progress.
- Access support, tips, help and motivation from the Challenge blog, Motivational Mum team & be part of the Challenge private support group with 1000s of other mums like you, doing the Challenge.
- Fully interactive updated version with the ability to customise all meals, data and exercises will be available in March 2016



The App supports the online 28 Day Weight Loss Challenges that have helped 1000s of busy mums like you lose over 2,000,000 kilos in weight.

[www.losebabyweight.com.au](http://www.losebabyweight.com.au) - click [here](#) to join today!



# 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.

**BREASTFEEDING FRIENDLY**



**NO CAFFEINE**

**NO ACCELERANTS**

**GLUTEN & DAIRY FREE**

**96% SUGAR FREE**

**100% FRUCTOSE FREE**

**HIGH IN FIBRE**

**NO ARTIFICIAL INGREDIENTS**

**BREASTFEEDING FRIENDLY**



**ANDREA  
LOST  
30KGS**

## 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**

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## THE HEALTHY MUMMY SMOOTHIES STAND OUT FROM THE CROWD!



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)	<b>54.9</b>	16	30	34	19.3	19	36	32	48
Carbs (g)	<b>9.3</b>	57	39	43	58	51	44	53.5	27.5
Sugar (g)	<b>1.6</b>	46	32	32	52.8	46	40	32	22.5
Fibre (g)	<b>26.7</b>	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



CAT HAS LOST 30KGS



"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

[www.losebabyweight.com.au](http://www.losebabyweight.com.au) - click [here](#) to join today!





the healthy  Mummy

# smoothie subscription



PAY ONLY  
**\$2.06**  
PER SERVE

Pay only \$2.06 per serve on our lifetime discount smoothie subscription!

- whole food smoothie
- 96% sugar free
- no fructose or fillers
- no artificial sweeteners
- gluten free with no nasties
- breastfeeding friendly
- made for busy mums

**GET YOUR 25% PERMANENT DISCOUNT NOW!**



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