

the **healthy**  *Mommy*

30

WEIGHT LOSS RECIPES
YOU NEED!





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

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WELCOME

to the **30 Weight Loss Recipes You Need Cookbook!**

Whether you're just starting out on your weight loss journey or wanting to maintain your healthy lifestyle, making things as simple as possible is one of the keys to success. You need healthy meals that are simple to prepare with easy to access ingredients. We've put together this cookbook to help make healthy, family-friendly cooking for weight loss a lot easier.

Inside you will find 30 super-simple, healthy and delicious recipes. There are a variety of budget-friendly and time-saving recipes to suit breakfast, lunch, dinner, and snacks. PLUS we've included awesome hints and tips on sticking to your resolution to get healthy, as well as simple tricks for amazing meal prep using everyday, budget ingredients that are easy to find.

We hope you love the delicious meals we've chosen and they help you stay motivated and on the path to a happier, healthier you.

Rhian

and The Healthy Mommy team



HEALTHY TIPS

When following a healthy eating plan...

YOU'RE NOT ALONE

The most common resolutions at this time of year are related to weight loss and healthy eating. What a positive way to head into a new year, focused on a happier, healthier lifestyle!

And yet, despite their best intentions, only around 8% of people stick to their New Year's resolutions. Often that's because they lack support or feel like they have to go it alone.

This recipe book is here to help turn that trend around. It's packed with effective tools, great recipes and budgeting tips to help you meet your healthy eating goals.

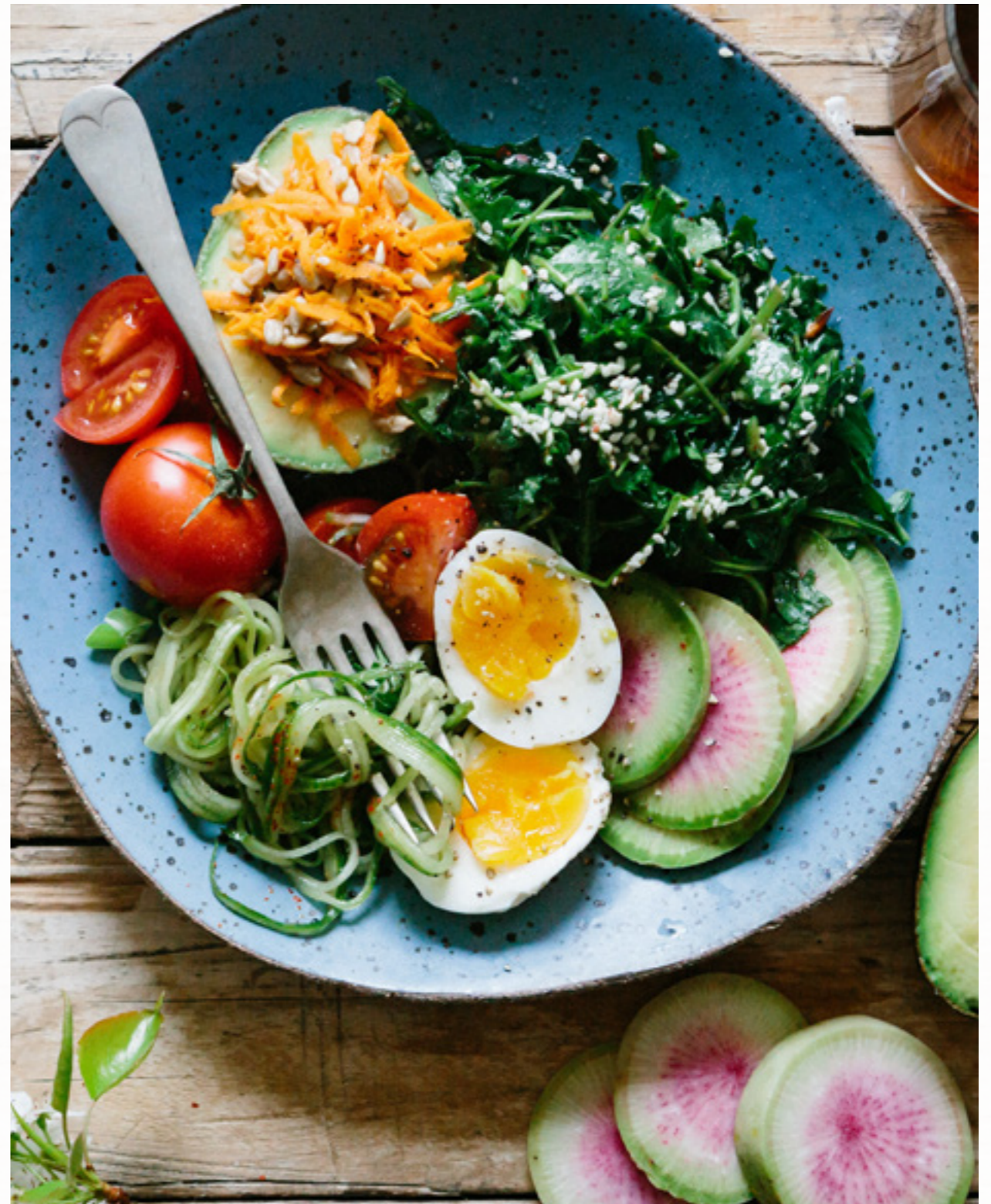
Together we can make 2020 your happiest, healthiest year yet!

HOW TO MAKE HEALTHY EATING SIMPLE

These simple tips are easy to introduce to your everyday routine. They're so straightforward that you might be surprised at what a big difference such little changes can make to your weight loss and healthy eating goals!

REDUCE YOUR PORTION SIZES

Stick to fist-sized portions of protein, and make sure your plate is at least 70% vegetables or salad. If you're eating packaged foods, check the label for the correct portion size and weigh it out until you get used to the look of how much is enough for your plate.



EAT LESS, MORE OFTEN

This tip can work really well if you worry about getting hungry. Split the approved portions into, for example, six small meals instead of three large ones for each day – you'll stay full without exceeding the approved portion size.

DON'T SKIP BREAKFAST

While this can seem like a great way to cut out a meal, lots of people find that they actually get much hungrier later in the day if they don't start with a protein-based, healthy breakfast.

GET YOUR FRIENDS TO JOIN YOU

The Healthy Mommy difference is summed up by our friendly, judgement-free online community. Find thousands of like-minded moms, great tips and hints, and make new friends on your journey to healthy living.

JOIN THE 28 DAY WEIGHT LOSS CHALLENGE

Give your new year a kickstart with The Healthy Mommy app. It's packed with recipes, tips, budgeting help and easy exercises, delivered straight to your hand on our easy-to-understand app.

SNACK ON NUTS OR VEGGIES

Snacking isn't a dirty word! Just make sure you keep to small portions and choose unsalted nuts or veggies as your go-to snacks.

MAKE FRIENDS WITH PROTEIN

This is the key food group to keep you feeling fuller for longer. It's found in lean meat, fish, soy products like tofu, dairy and nuts.

GO EASY ON THE ALCOHOL AND SOFT DRINKS

These contain lots of sugar and processed ingredients, so are a sure-fire way to lose track of your health and weight-loss goals.

DRINK LOTS OF WATER

Make sure you're getting your eight glasses of water every day. It won't just keep you hydrated – it'll also help you feel full, and give your skin a lovely dewy look!



COMMON ISSUES

When following a healthy eating plan...

1. LACK OF TIME

If you think it could be tricky to fit in meal prep, shopping and new routines, remember these super-simple tips:

- **PLAN AHEAD:** Make lists of the ingredients you need, and set aside time to prep so you have a stress-free week, every week.
- **PREP YOUR MEALS:** Ensure you have plenty of containers ready to store your healthy meals.
- **SAVE TIME:** Have a Healthy Mommy meal-replacement smoothie.

2. EXPENSE

Worried that it's going to be tough to eat healthily on a budget? These top tips will banish your blues and help you save while you stay healthy!

- **BUY IN SEASON:** Look for the fruit and veggies that are cheapest – these will be what's in season, so base your recipes on those to save money. For example, stone fruits are great in summer and root veggies are perfect for winter.
- **CHOOSE OWN BRANDS:** All major retailers have an own brand, which is usually the same quality as the more expensive options. Keep an eye out for them, read labels and get great at comparing contents so you can discover where to make the switch and save!
- **BULK BUY:** Stock up when things are on sale.
- **TRY PLANT-BASED PROTEIN:** These can be a new and different way to fill your stomach and bulk out your cooking! Try lentils, edamame, kidney or black beans as a starter.
- **KEEP AN ORGANISED FRIDGE AND PANTRY:** If you keep a close eye on the contents, and make sure you're meal prepping, you won't let food expire or to waste.



3. TOO RESTRICTIVE

A very common struggle with new lifestyle changes can be diets that are way too much of a change all at once, leading to struggles in following strict rules. This can make you feel like you're failing, and it can be so tempting to make unhealthy decisions on the back of this. Use these solutions and you'll sail through your new lifestyle with ease!

- **EAT HEALTHY SWEET TREATS:** Protein balls with cacao, a single date, a piece of fruit. There's no reason to ignore your sweet tooth, as long as you make healthy decisions around the treats you choose.
- **DON'T FOCUS TOO MUCH ON CALORIES:** A narrow focus on calorie counting can mean you feel like you've failed if you eat more than a set amount. This is a short-term approach. To maintain your healthy changes in the long term, shift your focus to overall healthy eating.
- **DON'T BE TOO HARD ON YOURSELF:** If you lapse on one day it's okay! No one is perfect, and it's unrealistic to expect yourself to be. Long-term healthy eating is all about balance.



Snickers Slice
from the 28 Day
Weight Loss
Challenge



Mini Snickers Bites
from the 28 Day
Weight Loss
Challenge

TIME-SAVING RECIPES

Don't let lack of time be your reason for giving up on your resolutions; this selection of recipes are healthy, nutritious and most importantly can be on the table in 15 minutes or less.



Chicken Satay Tacos

■ SERVES 1 ■ PREP TIME 5 MINS ■ COOK TIME 10 MINS

■ ENERGY: 328CAL (1373KJ) ■ PROTEIN: 27.9G ■ FAT: 13.6G

■ SATURATED FAT: 4.15G ■ FIBER: 4.1G ■ CARBS: 21.4G

■ TOTAL SUGAR: 3.7G ■ FREE SUGAR: 1.8G

Ingredients

- cooking oil spray
- 1 & 1/2 red bell pepper, chopped
- 6 stalks celery, thinly sliced
- 1.25 lb boneless, skinless chicken breast
- 3 tbsp peanut butter
- 1 & 1/2 tbsp sweet chili sauce
- 3 tsp soy sauce, low-sodium
- 18 hard taco shells
- 6 cups mixed lettuce leaves
- 1/2 cup fresh cilantro, chopped

Method

1. Spray a saucepan with oil and place over a low heat. Add peppers and celery and cook until softened.
2. Dice chicken and add to the pan. Cook for another 4-5 minutes until browned and almost cooked through.
3. Stir through peanut butter, chili sauce and soy sauce. Cook for another 2 minutes until well combined and chicken is cooked through.
4. Heat the taco shells according to package directions.
5. Divide salad leaves between taco shells and top with satay chicken mix and garnish with cilantro leaves to serve.

NOTE: 'Free sugars' mentioned in our recipes are those which have been added to foods during processing, cooking and preparation, while naturally occurring sugars are found within whole foods such as fruits and come with the additional benefits of a range of other nutrients such as vitamins, minerals and fiber in substantial amounts.



Pizza Pockets

■ SERVES 4 ■ PREP TIME 3 MINS ■ COOK TIME 7 MINS

■ ENERGY: 417CAL (1755KJ) ■ PROTEIN: 19.5G ■ FAT: 22G
■ SATURATED FAT: 10G ■ FIBER: 4.8G ■ CARBS: 33.3G
■ TOTAL SUGAR: 3.3G ■ FREE SUGAR: 0G

Ingredients

- 4 medium whole wheat pita bread
- 8 slice pepperoni
- 2 tomato, sliced
- 2/3 cup reduced-fat feta, crumbled
- 2 & 2/3 tsp fresh basil leaves, chopped
- 1 tsp cayenne pepper

Method

1. Preheat oven to 400°F.
2. Halve pita breads and open pockets with a knife.
3. Divide each pocket half evenly with pepperoni, tomato, feta and basil leaves. Sprinkle with cayenne pepper.
4. Place on a lined baking tray and bake in oven for 5-7 minutes until warmed through.



Zucchini Noodle Bolognese

■ SERVES 4 ■ PREP TIME 5 MINS ■ COOK TIME 10 MINS

■ ENERGY: 322CAL (1355KJ) ■ PROTEIN: 8.4G ■ FAT: 30.7G
■ SATURATED FAT: 10.5G ■ FIBER: 5.1G ■ CARBS: 5.5G
■ TOTAL SUGAR: 3.2G ■ FREE SUGAR: 0G

Ingredients

- 4 zucchini
- 0.75 lb lean ground beef
- 2 tbsp extra virgin olive oil
- 1 yellow onion, finely diced
- 4 cloves garlic, minced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 cup crushed tomatoes, canned
- salt
- pepper
- 2 tbsp grated parmesan

Method

1. Use a spiralizer to slice the zucchini into noodles or peel into ribbons and then slice into long noodles. Heat a pot of water on the stove until boiling.
2. Heat oil in a frying pan over medium-high heat. Add onions and garlic and sauté for 1-2 minutes or until onion is translucent. Add beef and brown, using a wooden spoon to break up any lumps.
3. Add dried herbs and crushed tomatoes and simmer for 3-4 minutes or until beef is cooked through. Season with salt and pepper.
4. While sauce is cooking add zucchini noodles to boiling water and cook for 1 minute or until just tender. Drain and place in a serving bowl. Top with sauce and a sprinkle of Parmesan to serve.



Minute Steak Sourdough Sandwich

■ SERVES 4 ■ PREP TIME 5 MINS ■ COOK TIME 8 MINS

■ ENERGY: 434CAL (1824KJ) ■ PROTEIN: 35.2G ■ FAT: 14.3G

■ SATURATED FAT: 4.3G ■ FIBER: 5.2G ■ CARBS: 38.4G

■ TOTAL SUGAR: 4.1G ■ FREE SUGAR: 2.1G

Ingredients

- 1 tbsp extra virgin olive oil
- 1 red onion, finely diced
- 0.75 lb cube steak, lean
- salt
- pepper
- 1 tbsp Dijon mustard
- 8 slices wholegrain sourdough bread
- 2 cups baby spinach
- 2 tomato, sliced

Method

1. Heat oil in a frying pan over medium heat. Add onion and cook for 5-7 minutes until very tender and almost caramelized.
2. Season steak with salt and pepper, push onions to side of pan and add steak. Cook for approximately 30 seconds on each side or until cooked to your liking.
3. Toast bread and top one slice with baby spinach and tomato slices. Add steak and spread with mustard. Top with onions and remaining slice of bread to serve.



Beef Greek Salad

■ SERVES 1 ■ PREP TIME 5 MINS ■ COOK TIME 10 MINS

■ ENERGY: 318CAL (1338KJ) ■ PROTEIN: 27.5G ■ FAT: 16G
■ SATURATED FAT: 5G ■ FIBER: 3G ■ CARBS: 14G
■ TOTAL SUGAR: 13.8G ■ FREE SUGAR: 0G

Ingredients

- 0.25 lb lean beef steak
- salt
- pepper
- 1 tbsp reduced-fat feta, crumbled
- 1/2 cucumber, diced
- 1 tomato, diced
- 1/4 cup kalamata olives, pitted and chopped
- 2 tsp extra virgin olive oil
- 1 tsp balsamic vinegar

Method

1. Season beef with salt and pepper.
2. Lightly spray a frying pan with cooking oil and cook beef over medium-high heat for 3-5 minutes on each side or until cooked to your liking. Set aside to rest, then slice.
3. Combine feta, cucumber, tomato, olives, oil and balsamic vinegar.
4. Top with slices of beef to serve.



One-Pan Chicken BLT Salad

■ SERVES 4 ■ PREP TIME 5 MINS ■ COOK TIME 10 MINS

■ ENERGY: 361CAL (1516KJ) ■ PROTEIN: 35.5G ■ FAT: 16.9G
■ SATURATED FAT: 5.3G ■ FIBER: 5.9G ■ CARBS: 13.4G
■ TOTAL SUGAR: 4.7G ■ FREE SUGAR: 0G

Ingredients

- 0.5 lb boneless, skinless chicken breast
- 1 tbsp extra virgin olive oil
- 2 cloves garlic, crushed
- 4 bacon slices, lean & trimmed
- 4 cups arugula
- 1 cup fresh basil leaves, chopped
- 1 cup fresh parsley, chopped
- 2 tomato, chopped
- 1 red onion, sliced
- 2 tbsp lemon juice
- 1/3 cup grated parmesan
- 2 slices whole wheat sourdough bread

Method

1. Dice chicken into bite size pieces. Combine arugula, basil, parsley, tomato and onion in a serving bowl.
2. Heat oil in a frying pan over medium heat. Add garlic and cook for 1 minute. Add chicken and cook for 3-4 minutes or until browned all over. Remove chicken and place on salad.
3. Roughly chop the bread and bacon and add to pan, toss well and cook for 4-5 minutes or until bacon is crispy and bread is golden.
4. Add bacon and bread to chicken and salad and toss well to combine.
5. Dress with lemon juice and sprinkle over Parmesan to serve.



Chicken & Peanut Sesame Noodles

■ SERVES 4 ■ PREP TIME 5 MINS ■ COOK TIME 7 MINS

■ ENERGY: 337CAL (1408KJ) ■ PROTEIN: 21G ■ FAT: 17G
■ SATURATED FAT: 3.3G ■ FIBER: 4.1G ■ CARBS: 22G
■ TOTAL SUGAR: 2.2G ■ FREE SUGAR: 0.1G

Ingredients

- 4 oz soba noodles
- 1 tbsp sesame oil
- 2 cloves garlic, crushed
- 2 tsp fresh ginger, minced
- 0.75 lb boneless, skinless chicken breast
- 1/3 cup peanut butter
- 1 tbsp soy sauce, low-sodium
- 4 cups baby spinach
- 4 green onion, chopped
- 1 tbsp sesame seeds

Method

1. Prepare soba noodles according to package directions.
2. Heat the sesame oil in a frying pan over medium-high heat. Add the garlic and ginger. Saute for 30 seconds.
3. Slice the chicken and add to the pan. Cook for 1-2 minutes to brown on all sides.
4. Add the peanut butter and soy sauce and stir to combine. Add a little water to make a sauce that coats the chicken. Cook for a further 3-4 minutes or until chicken is cooked through.
5. Add drained noodles to the pan and toss to combine all ingredients.
6. Place baby spinach in a serving bowl and top with chicken and soba noodles. Sprinkle with chopped green onion and sesame seeds to serve.



Chili & Coconut Shrimp

■ SERVES 4 ■ PREP TIME 5 MINS ■ COOK TIME 8 MINS

■ ENERGY: 378CAL (1587KJ) ■ PROTEIN: 38G ■ FAT: 13.5G
■ SATURATED FAT: 5G ■ FIBER: 5G ■ CARBS: 22G
■ TOTAL SUGAR: 5.5G ■ FREE SUGAR: 0G

Ingredients

- cooking oil spray
- 2 medium carrot, grated
- 4 cloves garlic, crushed
- 1/3 cup cashew nuts, unsalted, chopped
- 2 tsp chili paste
- 1 tbsp fresh lemongrass, sliced
- 1 cup reduced-fat/lite coconut milk
- 1.25 lb shrimp, raw, shelled
- 8 oz Hokkien or other rice flour noodle
- 4 baby bok choy
- 1/3 cup fresh cilantro, chopped

Method

1. Prepare noodles according to package directions. Trim the bok choy.
2. Lightly spray a frying pan or wok with cooking oil over medium-high heat.
3. Add carrot and garlic and stir fry for 1-2 minutes. Add the chili paste and lemongrass and stir fry for another minute.
4. Add coconut milk and bring to the boil, then add shrimp and bok choy and stir fry for another 2-3 minutes until shrimp are cooked through, and bok choy has wilted.
5. Serve on noodles topped with fresh cilantro and cashews.



Chicken Patties & Veggies

■ SERVES 4 ■ PREP TIME 5 MINS ■ COOK TIME 10 MINS

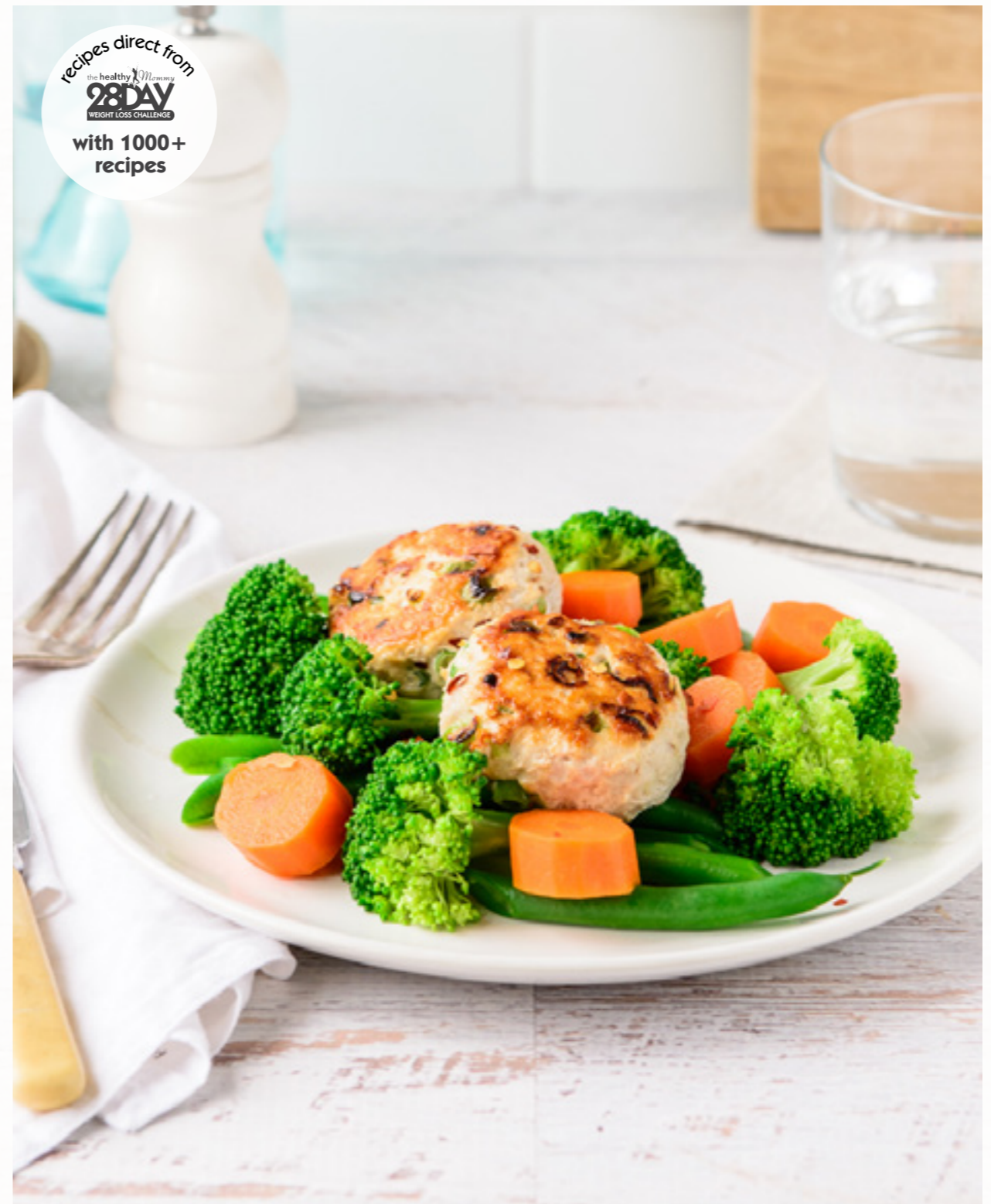
■ ENERGY: 421CAL (1768KJ) ■ PROTEIN: 26.5G ■ FAT: 27G
■ SATURATED FAT: 5G ■ FIBER: 7.4G ■ CARBS: 15G
■ TOTAL SUGAR: 3.6G ■ FREE SUGAR: 0G

Ingredients

- 1 lb lean ground chicken
- 2 cloves garlic, minced
- 4 green onion, chopped
- 1/2 tsp dried chili flakes
- 1/3 cup extra virgin olive oil
- 2 cups broccoli
- 2 medium carrot, sliced
- 2 cups green beans, trimmed

Method

1. In a mixing bowl, combine ground chicken, garlic, onion and chili flakes.
2. Heat oil in a frying pan over medium heat. Form chicken mix into two patties per serve, flatten slightly and cook for 5 minutes each side in the frying pan or until cooked through.
3. While the patties are cooking cut broccoli into florets and steam with carrot and beans on the stovetop or in the microwave until tender crisp.
4. Serve patties with veggies on the side.



Salmon with Avocado & Corn Salsa

■ SERVES 4 ■ PREP TIME 5 MINS ■ COOK TIME 10 MINS

■ ENERGY: 407CAL (1710KJ) ■ PROTEIN: 23.2G ■ FAT: 30G
■ SATURATED FAT: 5.8G ■ FIBER: 3G ■ CARBS: 15G
■ TOTAL SUGAR: 3.8G ■ FREE SUGAR: 0G

Ingredients

- 2 tablespoons extra virgin olive oil
- 1 lb salmon steak (or firm fish of choice)
- 1 cup corn kernels, fresh or canned
- 2 medium avocado, diced
- 2 tomato, chopped
- 1/2 red onion, finely diced
- salt
- pepper

Method

1. Heat half the oil in a frying pan over medium-high heat and cook salmon for approximately 4 minutes each side or until cooked through.
2. Place corn, avocado, tomatoes and onion into serving bowl and stir through remaining olive oil. Season with salt and pepper to taste.
3. Top salad with salmon fillet to serve.



BUDGET FRIENDLY RECIPES

Many believe that healthy eating is quite expensive and use this as an excuse to give up on a new year's resolution. With a few inexpensive, healthy ingredients you can create delicious, family friendly meals without going over budget. Try these great recipes that are all \$1.75 or less per serve.



\$1.30 PER SERVE

French Salad Open Sandwich

■ SERVES 4 ■ PREP TIME 10 MINS ■ COOK TIME 8 MINS

■ ENERGY: 440CAL (1848KJ) ■ PROTEIN: 39G ■ FAT: 15G
■ SATURATED FAT: 4G ■ FIBER: 7G ■ CARBS: 36G
■ TOTAL SUGAR: 7G ■ FREE SUGAR: 0G

Ingredients

- 2 tsp Dijon mustard
- 1/3 cup reduced-fat Greek yogurt
- 1 tablespoon extra virgin olive oil
- 4 free-range eggs
- 2 tomato
- 1 cup green beans
- 14 oz canned tuna in water
- 12 kalamata olives
- 4 cups Romaine lettuce
- 8 slices whole wheat or gluten-free bread of choice

Method

1. Hard boil egg, then peel and slice. Slice tomato and olives, chop green beans.
2. Combine mustard, yogurt and olive oil in a small bowl. Stir through drained tuna.
3. Toast bread and top with lettuce leaves, tomato, tuna mix, olives, beans and egg to serve.

NOTE: 'Free sugars' mentioned in our recipes are those which have been added to foods during processing, cooking and preparation, while naturally occurring sugars are found within whole foods such as fruits and come with the additional benefits of a range of other nutrients such as vitamins, minerals and fiber in substantial amounts.



\$1.20 PER SERVE

Chicken & Pesto Burger with Sweet Potato Fries

■ SERVES 4 ■ PREP TIME 5 MINS ■ COOK TIME 30 MINS

■ ENERGY: 461CAL (1938KJ) ■ PROTEIN: 30G ■ FAT: 13G

■ SATURATED FAT: 3.3G ■ FIBER: 7G ■ CARBS: 53G

■ TOTAL SUGAR: 5.6G ■ FREE SUGAR: 0G

Ingredients

- 2 small sweet potato
- 4 tsp extra virgin olive oil
- salt
- pepper
- 0.8 lb boneless, skinless chicken breast
- cooking oil spray
- 4 whole wheat bun
- 4 tsp basil pesto, store-bought
- 4 slice cheddar cheese, reduced-fat
- 1 cup mixed lettuce leaves
- 1 tomato, sliced

Method

1. Preheat the oven to 350°F and line a baking tray with parchment paper.
2. Slice the sweet potato into fries and spread over the prepared tray. Drizzle with the olive oil and season with salt and pepper. Bake in the oven for 25-30 minutes, turning half way, or until cooked through and golden.
3. While the sweet potato fries are cooking, slice the chicken breast thinly lengthways, to make it faster to cook. Season with salt and pepper.
4. Heat a frying pan or grill to medium-high and lightly spray with cooking oil spray. Add the chicken and cook for 3-4 minutes each side or until cooked through.
5. Slice the bun(s) in half and place in the oven for the final few minutes of cooking the fries, to toast slightly.
6. Spread the bottom half of the bun (per serving) with the pesto. Top with chicken slices, cheese, tomato, lettuce and remaining half of the bun (per serving).
7. Remove the sweet potato fries from the oven and serve alongside the chicken burger[s].



\$1.71 PER SERVE

Fish & Slaw Burritos

■ SERVES 4 ■ PREP TIME 10 MINS ■ COOK TIME 10 MINS

■ ENERGY: 405CAL (1701KJ) ■ PROTEIN: 34.6G ■ FAT: 4.2G
■ SATURATED FAT: 0.8G ■ FIBER: 5.6G ■ CARBS: 51.3G
■ TOTAL SUGAR: 6.6G ■ FREE SUGAR: 0G

Ingredients

- 1 lb white fish fillet of choice
- 2 cups whole wheat breadcrumbs
- 1 tsp chili powder
- 2 teaspoons smoked paprika
- 2 tsp ground cumin
- 1 tsp garlic powder
- 2 tsp ground turmeric
- 8 small corn tortilla
- 1 cup purple cabbage, shredded
- 1/3 cup fresh cilantro, roughly chopped
- 4 medium carrot, grated
- 1/3 cup lime juice
- 4 tsp apple cider vinegar
- salt
- pepper

Method

1. Cut fish into bite size cubes.
2. Preheat oven to 350°F, and line a tray with parchment paper.
3. Combine breadcrumbs and all ground spices in a bowl to make a crumb mix. Coat fish pieces in crumb mix and arrange on the prepared baking tray. Cook in the oven for 10 minutes or until fish is cooked through, turning half way through cooking time.
4. While fish is cooking, combine cabbage, cilantro, carrot, lime juice and apple cider vinegar. Season with salt and pepper and set aside.
5. When fish is cooked, remove from oven. Assemble burritos by topping tortillas with cabbage salad and some fish. Wrap to enclose filling and serve.



\$0.58 PER SERVE

Pineapple & Bacon Breakfast Sandwich

■ SERVES 4 ■ PREP TIME 5 MINS ■ COOK TIME 10 MINS

■ ENERGY: 353CAL (1486KJ) ■ PROTEIN: 21G ■ FAT: 7.8G
■ SATURATED FAT: 2G ■ FIBER: 6G ■ CARBS: 46G
■ TOTAL SUGAR: 12G ■ FREE SUGAR: 0G

Ingredients

- 1 whole wheat bun
- 2 pineapple ring, fresh or canned
- 1 bacon slice, lean & trimmed
- 2 tsp medium avocado
- 1 tsp wholegrain mustard
- 1 tsp reduced-fat Greek yogurt
- 2 tbsp cheddar cheese, reduced-fat, grated

Method

1. Preheat the broiler to high and line a baking tray with parchment paper.
2. Place the bacon and pineapple rings on the tray and cook under the broiler until the bacon is crispy and the pineapple rings are golden on each side, approximately 5-10 minutes. In the final few minutes of cooking, slice the bun(s) in half and place on the tray with the bacon and pineapple to toast lightly.
3. Mash the avocado and combine with the mustard and yogurt.
4. Spread the avocado mix over one half of the toasted bun (per serving).
5. Top with the bacon, pineapple rings and sprinkle over the grated cheese. Place under the broiler for a couple of extra minutes to melt the cheese.
6. Top with remaining half of bun (per serving) and serve.



\$1.16 PER SERVE

Tuna, Roast Pumpkin & Brown Rice Salad

■ SERVES 4 ■ PREP TIME 10 MINS ■ COOK TIME 25 MINS

■ ENERGY: 351CAL (1475KJ) ■ PROTEIN: 29.6G ■ FAT: 10.7G
■ SATURATED FAT: 2G ■ FIBER: 4.7G ■ CARBS: 31.5G
■ TOTAL SUGAR: 9.3G ■ FREE SUGAR: 0G

Ingredients

- 1/2 cup brown rice, uncooked
- 4 cups pumpkin or butternut squash, peeled and cubed
- cooking oil spray
- 2 tbsp reduced-fat Greek yogurt
- 1 tablespoon reduced-fat mayonnaise
- 1 clove garlic, crushed
- 1 tablespoon lemon juice
- 12 oz canned tuna in water
- 1/3 cup walnuts, chopped
- 1 cup arugula
- 2 tomato, chopped
- 2 green onion, finely sliced

Method

1. Preheat oven to 355F and line a tray with parchment paper.
2. Cook rice according to packet directions. Lightly spray pumpkin pieces with cooking oil spray and spread over prepared tray. Roast for 20-25 minutes or until tender and golden.
3. Combine yogurt, mayonnaise, garlic and lemon juice to make dressing.
4. When pumpkin and rice are ready and cooled a little, combine with drained tuna, walnuts, arugula, tomato and green onion.
5. Drizzle over dressing and toss well to combine. Serve.



recipes direct from
the healthy 28 DAY
WEIGHT LOSS CHALLENGE
with 1000+
recipes

\$1.68 PER SERVE

Beef & Broccoli Stir-Fry

■ SERVES 4 ■ PREP TIME 8 MINS ■ COOK TIME 10 MINS

■ ENERGY: 548CAL (2301KJ) ■ PROTEIN: 32.4G ■ FAT: 26.5G
■ SATURATED FAT: 6.9G ■ FIBER: 6.5G ■ CARBS: 42.2G
■ TOTAL SUGAR: 2.5G ■ FREE SUGAR: 0G

Ingredients

- 1 cup basmati rice, uncooked
- cooking oil spray
- 1 lb lean beef steak
- 4 cups broccoli
- 1 cup cashew nuts, unsalted, chopped
- 4 tsp tamari or gluten-free soy sauce

Method

1. Cook rice as per package instructions. Slice beef into strips.
2. Heat a non-stick frying pan or wok over medium-high heat. Lightly spray with cooking oil spray.
3. Add beef and stir-fry for 3-5 minutes until just cooked through.
4. Add broccoli florets, cashews and tamari and stir-fry for another 3-5 minutes until broccoli is just tender.
5. Serve on top of the rice.



\$1.55 PER SERVE

Beef Rendang & Rice

■ SERVES 4 ■ PREP TIME 20 MINS ■ COOK TIME 100 MINS

■ ENERGY: 493CAL (2110KJ) ■ PROTEIN: 38.4G ■ FAT: 27.2G
■ SATURATED FAT: 14.2G ■ FIBER: 5.5G ■ CARBS: 24G
■ TOTAL SUGAR: 4.7G ■ FREE SUGAR: 0G

Ingredients

- 1 yellow onion, roughly chopped
- 3 cloves garlic
- 4 tsp fresh ginger
- 1/4 tsp ground turmeric
- 1 small red chili
- 1/4 cup water
- 0.75 lb stewing steak e.g. chuck steak
- 2 tsp extra virgin olive oil
- 14 oz reduced fat coconut cream
- 1/2 cup basmati rice, uncooked
- 2 medium carrot
- 1 cups green beans, trimmed
- 1 small head bok choy

Method

1. Make the rendang paste by placing onion, garlic, ginger, turmeric, chili and water in a blender and blending until smooth.
2. Cut the beef into large pieces.
3. Heat the olive oil in a heavy based saucepan over medium-high heat. Add the beef and brown all over, around 4-5 minutes.
4. Add the rendang paste and cook for a further 4-5 minutes, until the beef is coated well with the paste and smells very fragrant.
5. Add the coconut cream, stir to combine. Cover the pan with a lid and reduce to a simmer for 90 minutes or until the sauce has evaporated and thickened and the beef is very tender.
6. About 25 minutes before ready to serve, cook the rice according to packet directions.
7. Cut the carrots into strips and steam on the stovetop with the beans and bok choy for approximately 8-10 minutes, or until tender crisp.
8. Divide rice, beef rendang and steamed vegetables evenly between four bowls to serve.
9. Leftover beef rendang can be stored in the fridge in an airtight container for 3-4 days or freeze for up to 3 months.



\$1.51 PER SERVE

Chicken & Spinach Pasta

■ SERVES 4 ■ PREP TIME 10 MINS ■ COOK TIME 15 MINS

■ ENERGY: 289CAL (1216KJ) ■ PROTEIN: 31G ■ FAT: 8.7G
■ SATURATED FAT: 2.3G ■ FIBER: 5.1G ■ CARBS: 19.7G
■ TOTAL SUGAR: 4.1G ■ FREE SUGAR: 0G

Ingredients

- 4 oz whole wheat pasta, any shape
- 4 tsp extra virgin olive oil
- 1 red onion, diced
- 0.5 lb boneless, skinless chicken breast, thinly sliced
- 4 cloves garlic, diced
- 1 tsp sweet paprika
- 2 tsp dried thyme leaves
- 1 cup reduced-fat cottage cheese
- 4 cups baby spinach
- salt
- pepper

Method

1. Cook pasta according to package directions. Drain and set aside some of the cooking water.
2. While pasta is cooking, heat the oil in a frying pan over medium-high heat. Add the onion and sauté for a minute or two, until it's soft and translucent.
3. Add the chicken pieces and the garlic and cook for another couple of minutes, to brown the chicken.
4. Add the paprika and thyme and stir through to coat the chicken.
5. Add the cottage cheese and spinach, cooking for another few minutes, until the chicken is cooked through and the spinach has wilted.
6. Add the pasta and toss to combine well. Add a little of the pasta cooking water if needed, to loosen the sauce and coat everything well.
7. Season with salt and pepper and serve.



\$0.55 PER SERVE

Green Mac & Cheese

■ SERVES 4 ■ PREP TIME 5 MINS ■ COOK TIME 25 MINS

■ ENERGY: 318CAL (1335KJ) ■ PROTEIN: 25G ■ FAT: 5G
■ SATURATED FAT: 1.5G ■ FIBER: 6G ■ CARBS: 40G
■ TOTAL SUGAR: 9G ■ FREE SUGAR: 0G

Ingredients

- 4 oz whole wheat pasta, any shape
- 4 tsp extra virgin olive oil
- 1 red onion, diced
- 0.5 lb boneless, skinless chicken breast, thinly sliced
- 4 cloves garlic, diced
- 1 tsp sweet paprika
- 2 tsp dried thyme leaves
- 1 cup reduced-fat cottage cheese
- 4 cups baby spinach
- salt
- pepper

Method

1. Cook pasta according to package directions. Drain and set aside some of the cooking water.
2. While pasta is cooking, heat the oil in a frying pan over medium-high heat. Add the onion and sauté for a minute or two, until it's soft and translucent.
3. Add the chicken pieces and the garlic and cook for another couple of minutes, to brown the chicken.
4. Add the paprika and thyme and stir through to coat the chicken.
5. Add the cottage cheese and spinach, cooking for another few minutes, until the chicken is cooked through and the spinach has wilted.
6. Add the pasta and toss to combine well.
7. Add a little of the pasta cooking water if needed, to loosen the sauce and coat everything well.
8. Season with salt and pepper and serve.



\$0.89 PER SERVE

Chili Chicken Drumsticks with Slaw

■ SERVES 4 ■ PREP TIME 10 MINS (& MARINATING TIME) ■ COOK TIME 30 MINS

■ ENERGY: 329CAL (1378KJ) ■ PROTEIN: 32G ■ FAT: 13G

■ SATURATED FAT: 3.1G ■ FIBER: 6.8G ■ CARBS: 18G

■ TOTAL SUGAR: 16G ■ FREE SUGAR: 1.5G

Ingredients

- 1/3 cup reduced-fat Greek yogurt
- 4 tsp chili paste
- 4 tsp fresh lemongrass, minced
- 2 cloves garlic, minced
- 1 lb chicken wing drumsticks, skin removed
- 4 cups cabbage, shredded
- 4 medium carrot, grated
- 1 cup fresh parsley, finely chopped
- 2 green onion, sliced
- 1/3 cup orange juice, freshly squeezed
- 4 tsp extra virgin olive oil
- 4 tsp apple cider vinegar
- salt
- pepper
- 1/4 cup raisins

Method

1. Combine yogurt with chili paste, lemongrass and garlic. Coat chicken in the yogurt mix, cover and set aside in the fridge to marinate for at least an hour.
2. When ready to cook, preheat the oven to 400F and line a baking tray with baking paper. Place the marinated chicken pieces on the tray and bake for 30-45 minutes or until golden and cooked through.
3. Combine the cabbage, carrot, parsley, green onion, raisin, orange juice, olive oil and apple cider vinegar to form the salad. Toss together well and season with salt and pepper.
4. Serve the chicken drumsticks alongside the salad.



HEALTHY BALANCE RECIPES

You'll never succeed at healthy lifestyle goals if you're too strict on yourself. It's best to keep a balance with your eating, still enjoying your favorite savory and sweet treats as long as you prepare them in a healthy way.



Microwave Sweet Potato Chips

■ SERVES 4 ■ PREP TIME 10 MINS (& MARINATING TIME) ■ COOK TIME 30 MINS

■ ENERGY: 153CAL (640KJ) ■ PROTEIN: 3G ■ FAT: 4.7G
 ■ SATURATED FAT: 0.7G ■ FIBER: 3G ■ CARBS: 23G
 ■ TOTAL SUGAR: 9G ■ FREE SUGAR: 0G

Ingredients

- 3 small sweet potatoes
- cooking oil spray
- salt
- pepper

Method

1. Scrub the sweet potato clean (no need to peel) and slice as thinly as possible.
2. Immediately put the slices in cold water and allow to soak for 2 minutes. Rinse the slices in cold water thoroughly.
3. Pat the slices dry between two clean towels. Arrange as many slices as will fit in a single layer on a dinner plate lined with a few paper towels. Make sure the slices do not touch or else they will stick together.
4. Spray lightly with olive oil and season with salt and pepper.
5. Microwave the slices on high (100% power) for 3 minutes. Turn them over and microwave on medium power (50% power) for another 6 minutes. Remove any chips that are starting to crisp and brown.
6. Continue cooking the remaining chips at 50% power, checking each minute, until they are all cooked through.
7. Repeat until you've cooked all sweet potato slices. Allow chips to cool on a wire rack. They will crisp as they cool and will stay crispy for a few days if kept in an airtight container or zip-lock bag.

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 fiber in substantial amounts.



Pizza Rolls

■ SERVES 10 ■ PREP TIME 20 MINS ■ COOK TIME 20 MINS

■ ENERGY: 103CAL (431KJ) ■ PROTEIN: 8.1G ■ FAT: 2.3G
 ■ SATURATED FAT: 1.3G ■ FIBER: 0.9G ■ CARBS: 12.4G
 ■ TOTAL SUGAR: 2G ■ FREE SUGAR: 0G

Ingredients

- 1 cup flour
- 1 1/2 tbsp baking soda
- 1 cup reduced-fat Greek yogurt
- salt
- pepper
- 1/4 cup crushed tomatoes, canned
- 1 cups baby spinach, chopped
- 1/2 cup fresh basil leaves, chopped
- 5 slices lean smoked ham, diced
- 1 red bell pepper, finely diced
- 1/2 cup reduced-fat fresh mozzarella cheese, grated

Method

1. Preheat oven to 350F. Line two baking trays with baking paper.
2. Place flour, baking soda, yogurt and some salt and pepper in a bowl and mix with your hands until well combined.
3. You may need to add up to another cup of flour to get the consistency right (as it depends on which brands of ingredients you use). Add a little at a time, ensuring it is well combined before adding more if it is still too wet.
4. Roll the dough with a rolling pin on a piece of baking paper, so it's about 1/2-inch thick.
5. Run crushed tomatoes through the food processor until pureed.
6. Spread the dough with crushed tomatoes puree and top with spinach, basil, ham, red pepper and finally the fresh mozzarella.
7. Roll the dough up into a log and slice into 10 pieces. Place 5 pieces onto each prepared tray and bake for 15-20 minutes or until golden and dough is cooked through. Then cook the remaining 5 pieces.
8. One pizza roll is one serving. Store leftover rolls in an airtight container in the fridge for 3-4 days or freeze for up to 2 months. Warm up before serving, if desired.



Cheesy Broccoli & Egg Muffins

■ SERVES 4 ■ PREP TIME 10 MINS ■ COOK TIME 18 MINS

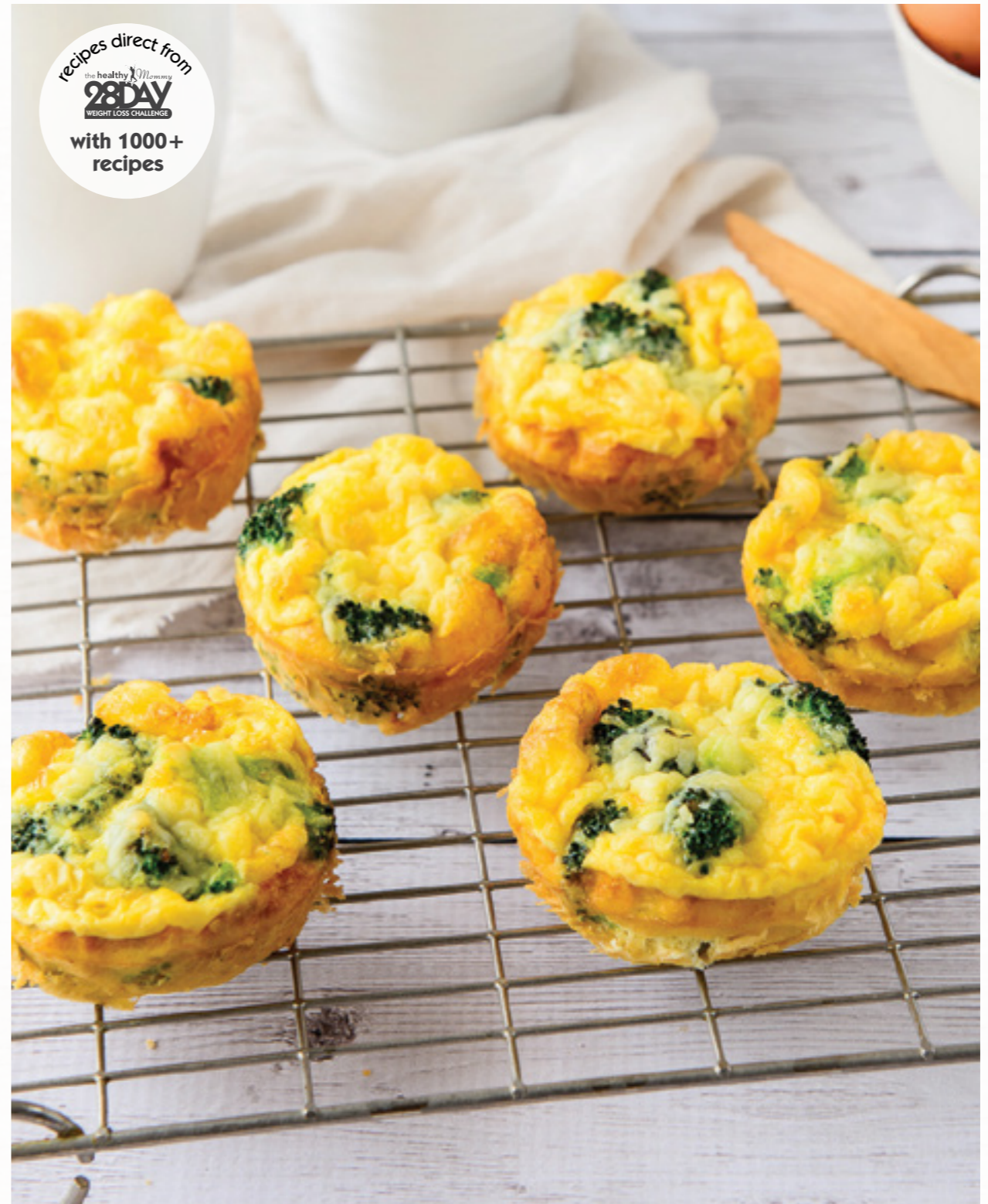
■ ENERGY: 261CAL (1096KJ) ■ PROTEIN: 24.8G ■ FAT: 14.5G
■ SATURATED FAT: 4.6G ■ FIBER: 3.1G ■ CARBS: 6.7G
■ TOTAL SUGAR: 0.6G ■ FREE SUGAR: 0G

Ingredients

- 8 free-range eggs
- 2 cups broccoli
- salt
- pepper
- cooking oil spray
- 1/3 cup whole wheat flour
- 2 cups cheddar cheese, reduced-fat, grated

Method

1. Preheat oven to 350°F.
2. Cut broccoli into florets and steam until just tender. Let cool.
3. Grease 3 muffin cups (per serving) of a muffin tray with a light spray of cooking oil spray and dust well with the flour.
4. Whisk eggs and season with salt and pepper, then fold in cooled broccoli pieces and half of the cheese.
5. Divide egg mixture evenly into muffin cups and top each with remaining grated cheese.
6. Bake for 12 minutes, or until set.
7. One serving is 3 muffins.



Pork & Basil Sausage Rolls

■ SERVES 4 ■ PREP TIME 15 MINS ■ COOK TIME 35 MINS

■ ENERGY: 368CAL (1542KJ) ■ PROTEIN: 21.3G ■ FAT: 3.9G

■ SATURATED FAT: 5.8G ■ FIBER: 2.6G ■ CARBS: 41G

■ TOTAL SUGAR: 0.6G ■ FREE SUGAR: 0G

Ingredients

- 8 italian sausage (0.5 lb)
- 2 cups whole-wheat flour
- 1 cup reduced-fat Greek yogurt
- 1/2 cup crushed tomatoes, canned
- 1 cup cheddar cheese, reduced-fat, grated
- 1/3 cup fresh basil leaves, chopped

Method

1. Preheat oven to 350°F and line a baking tray with baking paper.
2. Heat a non-stick frying pan over medium-high heat and cook the sausages for 7-10 minutes or until cooked through. Set aside.
3. Combine the flour and yogurt to form a dough, adding some extra flour if needed until dough comes together.
4. Divide dough into two pieces and roll each into a ball. On a floured surface, roll each dough ball out to about 1/2 inch thick.
5. Spread each piece of dough with some crushed tomatoes. Top with some cheese, basil and place a sausage at one end of each piece of dough. Roll the dough over the sausage until you reach the other end of the dough.
6. Place the sausage rolls on the prepared tray and bake for 25 minutes or until dough is golden and cooked through. Two rolls are one serving.
7. If you prepare in a large batch, store leftover sausage rolls in an airtight container in the fridge for 3-4 days or freeze for up to 3 months.



"Snickers" Protein Balls

■ SERVES 10 ■ PREP TIME 15 MINS (& SETTING TIME)

■ ENERGY: 167CAL (703KJ) ■ PROTEIN: 4.4G ■ FAT: 7.4G

■ SATURATED FAT: 1.5G ■ FIBER: 4G ■ CARBS: 19G

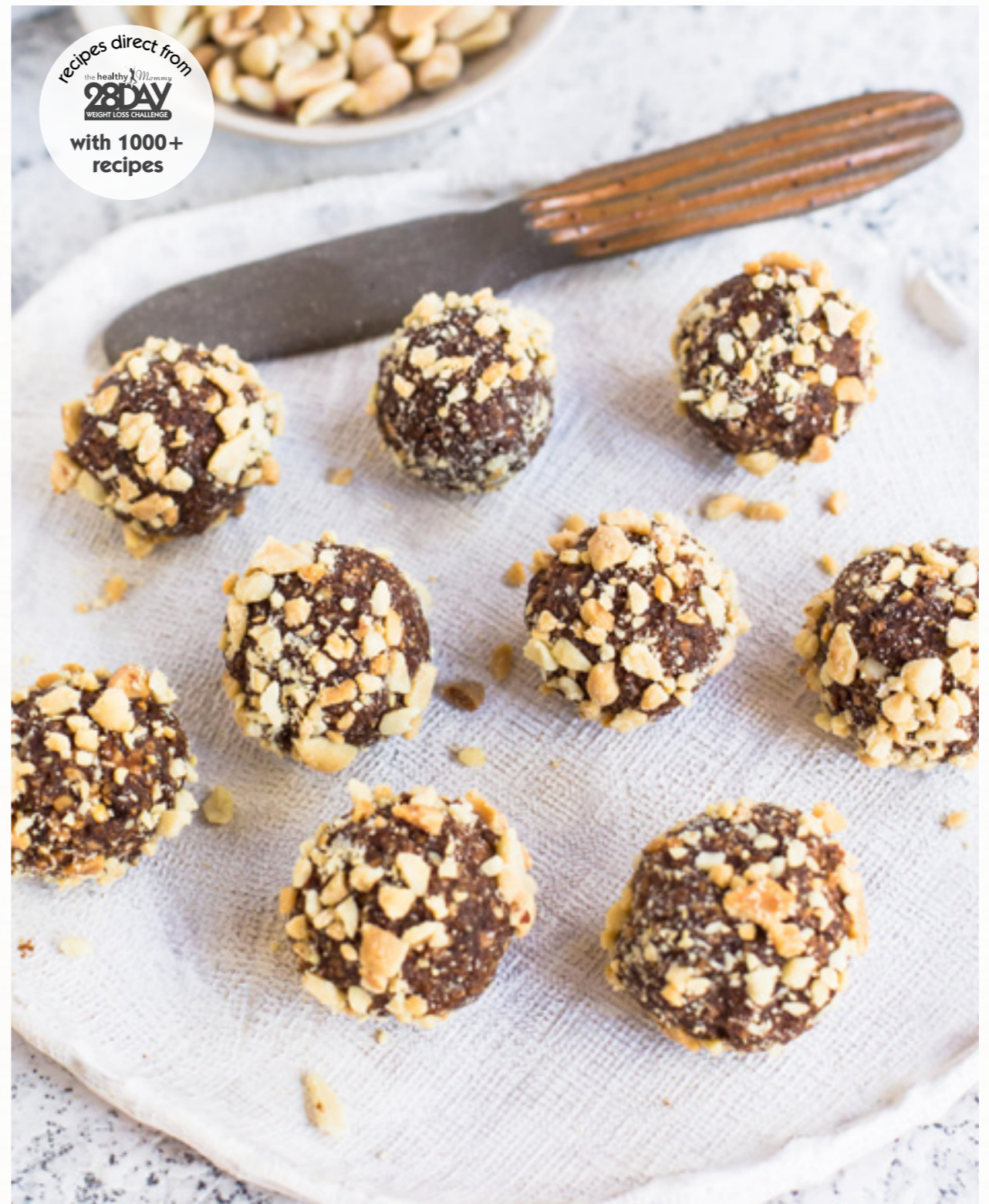
■ TOTAL SUGAR: 17G ■ FREE SUGAR: 0G

Ingredients

- 1 cup roasted peanuts
- 3 tbsp cacao/cocoa powder
- 1 & 1/2 cups dates, pitted and dried
- salt

Method

1. Place two tablespoons of the peanuts in a food processor and blend until ground well. Remove from the processor and set aside.
2. Add the remaining peanuts, cacao/cocoa, dates and a pinch of salt to the food processor and blend until ingredients come together to form a 'dough'. Add a little water if needed, up to 1 tbsp, to combine everything.
3. Roll the mix into 10 balls and then roll each one in some of the ground peanuts.
4. One ball is one serving.
5. Store leftovers in an airtight container in the fridge for up to a week or freeze for up to 3 months.



Cherry Chocolate Bites

■ SERVES 10 ■ PREP TIME 20 MINS (& SETTING TIME)

■ ENERGY: 131CAL (551KJ) ■ PROTEIN: 1.7G ■ FAT: 12G
 ■ SATURATED FAT: 7.3G ■ FIBER: 2.7G ■ CARBS: 4.2G
 ■ TOTAL SUGAR: 3.7G ■ FREE SUGAR: 1G

Ingredients

- 1 cup fresh or frozen cherries
- 3 tbsp coconut oil
- 1/2 cup shredded coconut
- 2 tbsp chia seeds
- 2 oz dark chocolate (70%)
- 4 tsp coconut flour

Method

1. If using frozen cherries, allow them to defrost and drain off any excess moisture. Pit cherries before use.
2. Place all ingredients except the chocolate and coconut flour into a food processor and process until well combined. Some small lumps of cherry are fine and add to the texture.
3. Line a loaf pan with baking paper and spoon mixture in, smoothing it with a spatula or back of a spoon. Put the pan in the fridge while you melt the chocolate.
4. Break the chocolate into small pieces and melt in a small bowl or jug over a saucepan of boiling water, stirring occasionally.
5. Once it is completely melted, pour the chocolate over the cherry mixture and tilt the pan to get a thin, even coat of chocolate. Return the pan to the fridge for at least 4 hours.
6. When ready, dust a chopping board liberally with the coconut flour, and tip the cherry choc bites out of the pan and onto the board. Allow the coconut flour to lightly coat the base of the bites to give them a slightly "cake-like" base.
7. Cut with a hot knife into 10 equal pieces. 1 piece is 1 serving. Leftovers can be stored in an airtight container in the fridge for up to 2 weeks or freeze for up to 3 months.



Low-Carb Chocolate Peanut Butter Cups

■ SERVES 12 ■ PREP TIME 5 MINS (& SETTING TIME)

■ ENERGY: 128CAL (536KJ) ■ PROTEIN: 3.5G ■ FAT: 11.6G

■ SATURATED FAT: 5.6G ■ FIBER: 2.1G ■ CARBS: 1.7G

■ TOTAL SUGAR: 0.6G ■ FREE SUGAR: 0G

Ingredients

- 2 tbsp butter
- 1/3 cup cacao/cocoa powder
- 2/3 cup peanut butter
- 1/2 tsp vanilla extract
- 2 tsp Natvia
- 2 tbsp coconut oil, melted

Method

1. Line 12 cups of a muffin tin tray with cases.
2. In a bowl, prepare base by combining butter with cacao/cocoa powder, half the peanut butter, half the vanilla and half the Natvia until smooth and well combined.
3. Divide mixture into each of the prepared muffin tin holes and place in the freezer for 10 minutes, until firm but not hard.
4. While bases are setting, prepare topping by combining melted coconut oil with remaining peanut butter, vanilla and Natvia. Heat in a microwave if not combining well.
5. Remove bases from freezer and divide top layer evenly over bases. Return to freezer to set for another 20 minutes.



Whole Wheat Chocolate Chip Muffins

■ SERVES 12 ■ PREP TIME 10 MINS ■ COOK TIME 20 MINS

■ ENERGY: 183CAL (771KJ) ■ PROTEIN: 3.8G ■ FAT: 8G
■ SATURATED FAT: 2.7G ■ FIBER: 2.5G ■ CARBS: 22.9G
■ TOTAL SUGAR: 10.3G ■ FREE SUGAR: 9.9G

Ingredients

- cooking oil spray
- 2 cups flour
- 1/2 cup dark chocolate chips
- 2 free-range eggs
- 1 cup reduced-fat milk of choice
- 1/4 cup extra virgin olive oil
- 1/4 cup honey
- 1 tsp vanilla extract
- 3 tsp baking soda
- 1 tsp salt

Method

1. Preheat oven to 325F and lightly spray 12 holes of a muffin tin tray with cooking oil spray or line with muffin cases.
2. Sift flour, baking soda, and salt into a large mixing bowl and combine with the chocolate chips.
3. Whisk eggs and combine with milk, olive oil, honey and vanilla. Make a well in the flour mix and add all the liquids, stir to combine well.
4. Divide batter between each muffin hole and bake for 15-20 minutes until a skewer comes out clean when inserted in the center. 1 muffin is 1 serving.



No Bake Raspberry Chocolate Cheesecake

■ SERVES 20 ■ PREP TIME 45MINS (& SETTING TIME)

■ ENERGY: 150CAL (630KJ) ■ PROTEIN: 5.9G ■ FAT: 10.1G

■ SATURATED FAT: 6.7G ■ FIBER: 2G ■ CARBS: 7.8G

■ TOTAL SUGAR: 3.5G ■ FREE SUGAR: 1.2G

Ingredients

- 2 cups wheat cereal, crushed
- 2/3 cup cacao/cocoa powder
- 1/3 cup shredded coconut
- 1/4 cup coconut oil, melted
- 3 tbsp maple syrup
- 1/4 water, boiling
- 1 tbsp powdered gelatin
- 1 cup light cream cheese
- 1 & 1/2 cups reduced-fat ricotta cheese
- 1/3 cup stevia
- 1 cup fresh or frozen raspberries, crushed to make a sauce
- 1/3 cup peanut butter

Method

1. Grease and line the base and sides of a round 8in springform cake pan. Set aside.
2. In the bowl of a food processor add the crushed cereal, 1/3 cup of cacao/cocoa and desiccated coconut, and pulse until a fine crumb is formed. Next, add the melted coconut oil and maple syrup and pulse again to form the base of the cheesecake.
3. Spread two-thirds of the mix into the base of the pan and press out to evenly cover. With the remaining base carefully press around the sides of the tin to create an edge.
4. Place in the fridge to firm up while you make the filling.
5. Add the boiling water to a cup and sprinkle in the powdered gelatin. Let this sit for 5-10 minutes or until dissolved.
6. In the bowl of an electric mixer add the cream cheese, ricotta and Stevia and beat until smooth and the Stevia dissolves. Pour in the gelatin liquid and beat on low until combined.
7. Divide the cream cheese mixture evenly between three bowls and add the raspberry sauce to one (making sure to leave 1 tablespoon aside), the peanut butter to another and the remaining cacao/cocoa powder to the last one. Mix each one separately until the ingredients are combined.
8. Pour the peanut butter layer over the chocolate base and spread to cover evenly. Evenly spread the chocolate layer over the peanut butter layer followed by the raspberry layer. Add dollops of the leftover raspberry sauce to the top of the cheesecake and marble through the top layer.
9. Place the cheesecake in the fridge and chill for 6 hours or until firm.
10. When serving garnish with fresh raspberries and grated chocolate.



Homemade Chocolate “Ice Cream”

■ SERVES 4 ■ PREP TIME 10 MINS (& SETTING TIME)

■ ENERGY: 238CAL (1001KJ) ■ PROTEIN: 7.6 G ■ FAT: 14.2G
 ■ SATURATED FAT: 9.3G ■ FIBER: 1.9G ■ CARBS: 20.2G
 ■ TOTAL SUGAR: 15.6G ■ FREE SUGAR: 1G

Ingredients

- 2 cups reduced-fat milk of choice
- 1/3 cup stevia
- 1/3 cup cacao/cocoa powder
- 2 small banana
- 1 tsp vanilla extract
- salt
- 2 tbsp dark chocolate chips
- 2 tsp shredded coconut
- 1/4 cups reduced-fat whipping cream

Method

1. Combine stevia, cacao/cocoa powder and 1/4 of the milk in a saucepan over a medium heat, stirring constantly until stevia and cacao/cocoa are dissolved.
2. Remove from heat.
3. In a blender combine the banana with remaining milk, cream, vanilla and a pinch of salt. Slowly pour in the warm cacao/cocoa mixture and blend until smooth.
4. Place ice cream mix into a freezer-proof container and freeze for 4 to 6 hours or until firm.
5. Allow to soften at room temperature for 20 minutes before serving with a sprinkle of chocolate chips and some coconut.



Download the Healthy Mommy App

Home of the 28 Day Weight Loss Challenge

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

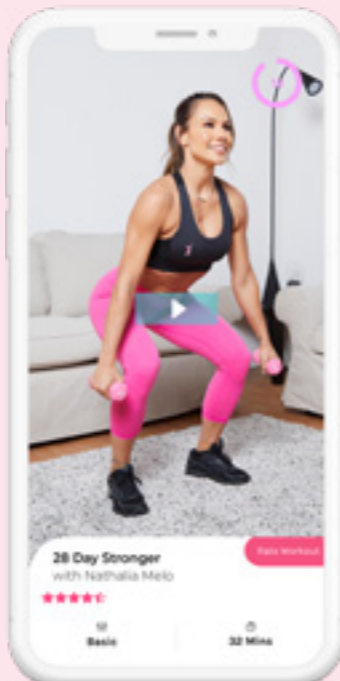
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- Real moms supporting real moms**
Our private support group will motivate and inspire you every step of the way.
- It works!**
Moms that stick to the plan have lost 8-10 lbs in just 28 days!

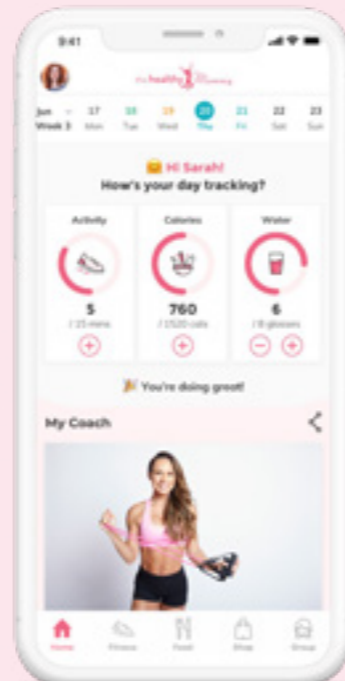
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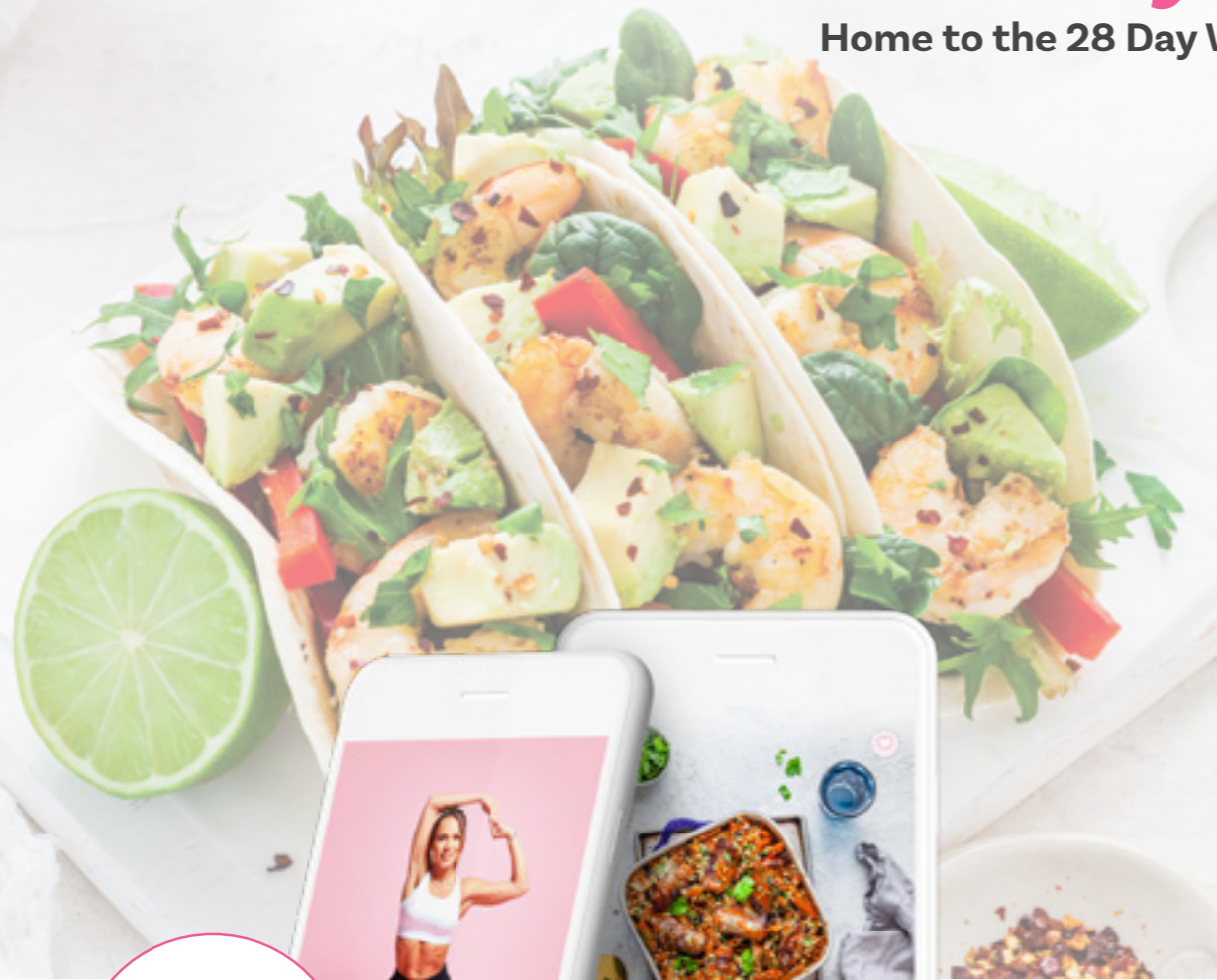
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Heidi has lost 154lbs

When Heidi found The Healthy Mommy she weighed 297 pounds. "I started with the smoothies for breakfast and lunch, then used all the free recipes for snacks and dinners," she says. "I also started walking twice a day. In the first week I lost 13 pounds and I was feeling absolutely amazing. After that I joined the 28 Day Weight Loss Challenge and found a love for healthy food that I had never eaten before. Over the next year I lost over 143 pounds and completely changed my life from a life I didn't want to be in to a life I LOVE being in."



Nicole has lost 133lbs

Nicole has lost 133lbs with the Healthy Mommy 28 Day Weight Loss Challenges. "The Healthy Mommy is more than just a weight-loss program, it's a lifestyle," she explains. "My mental health is fantastic, my marriage is back on track and better than ever, and I have a real smile now. My kids are also happy and best of all we are happy together, being active and healthy. I owe The Healthy Mommy my life. Thank you."



Melanie has lost 147lbs

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



Cindy has lost 55lbs

Cindy, 37, has lost a significant amount of weight (twice!) with the Healthy Mommy 28 Day Weight Loss Challenges. Cindy credits the moms in The Healthy Mommy Private Support Group on Facebook for inspiring her to get back on track whenever she has hit road bumps in her weight-loss journey. "I now live a life where food is not the enemy and exercise is fun," she reveals.



We hope you've enjoyed reading and using our
Healthy Mommy **30 Weight Loss Recipes You Need**
Cookbook.

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Good luck on your healthy lifestyle journey!

Love Rhian

and The Healthy Mommy team

XXX