

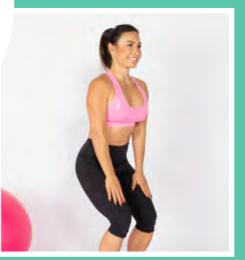
# YOUR FOOD & EXERCISE RECOVERY PLAN POST BABY



**EXERCISE PLANS** 











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Disclaimer: This material is for information only and not intended to replace the advice of a medical professional.

# WELCOME

At The Healthy Mummy we are about all Mums, at every stage of motherhood, every age and lifestyle on any budget.

Our mission is to offer all mums our expertise, advice and support to achieve a healthy and active lifestyle for themselves and their families. Our program gives you 4000+ delicious, budget friendly, quick recipes and over 450 workouts in many different disciplines, along with tips, motivation and inspiration from our 400,000+ community of amazing, real mums on social media.

Rhian Allen, our Founder, started The Healthy Mummy when she was pregnant with her first son 10 years ago, with a great vision to help keep herself and other mums fit and healthy when they have a baby. She had, and still has an incredible passion for helping mums, a big vision and loves the hard work that goes into our business.

To date we have helped mums all over the world lose over 3 million kilos, so Rhian has no regrets about selling her house, quitting her job (during her first pregnancy) and all the 18 hour days for the past 10 years while juggling motherhood and family. It has been an amazing journey that she is very proud of.

In this ebook we will give you genuine advice and support to help you nurture yourself and your baby with healing and nuritioning recipes for bulk cooking and freezing, gentle postnatal exercises and honest advice from real new mums in the Healthy Mummy community.

You may be in a haze of blissful exhaustion and feeling somewhat out of control but we are here to offer you support and simple advice. We want to encourage you to practice self-focus and self-care to ensure you can be the healthiest, happiest mum and create the best emotional and physical environment for you, your baby and your family.

In simple terms, we want to give you tips on how taking care of YOU allows you to take even better care of your baby and your family.

Khian X

& The Healthy Mummy Team







# MAKE YOUR RECOVERY A PRIORITY

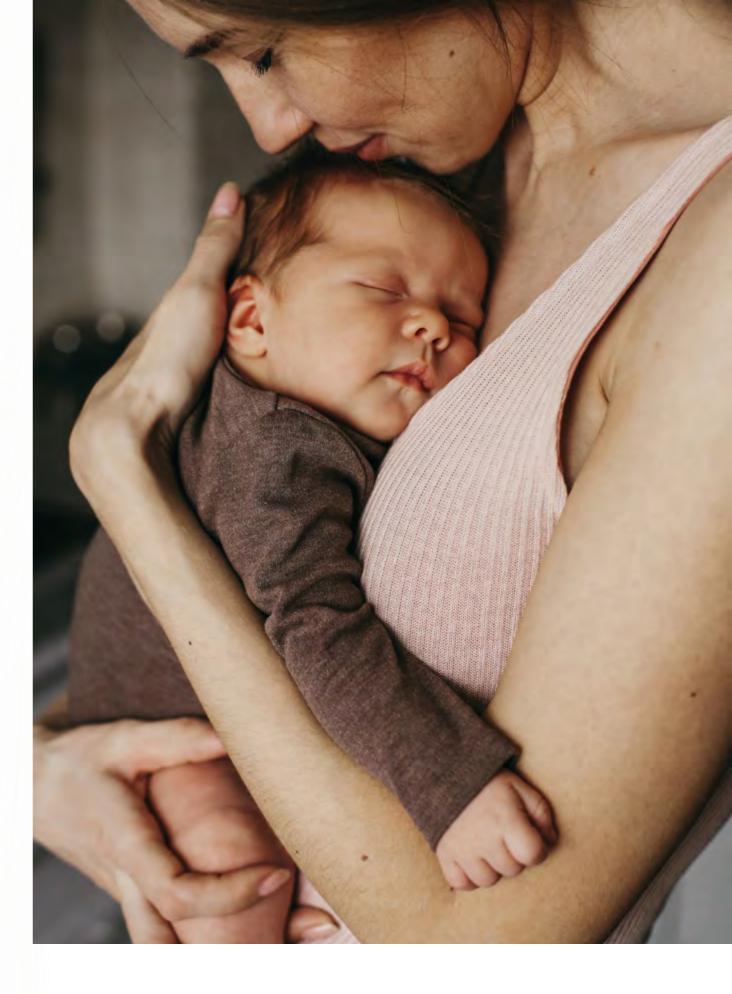
You probably know how difficult it can be to find time for yourself to do important things like exercise, eat well and have a little downtime – not to mention proper sleep!

When we are raising children, our days are filled with responsibilities and tasks: feeding, washing, cleaning, entertaining, calming, disciplining and so on. Most of these things are done while we're low on sleep and energy, possibly juggling work and trying to keep a reasonably happy disposition (!), so it's no wonder we end up putting ourselves last.

There are plenty of discussions about 'taking it easy' and 'lov ing your body' and not 'putting pressure on yourself'. The reality is, sometimes after you have taken care of your baby and family, there aren't enough hours left in the day left to practise the most basic level of self-care.

On top of all the looking after your baby and family, there's o ften pressure – from yourself or world we live in now – about when you are going to start exercising or focusing on your body. Let's be honest, some mums are keen to get back to feeling and looking like themselves in six weeks, but for most it's six m onths or maybe six years. That's okay, because it's a very personal decision based on how you personally feel and what's going on in your life.

Giving birth is often likened to running a marathon, but in rea lity it's harder. There's very little recovery period when you have a newborn to care for, let alone older children to care for as well. Your body has to repair after labour and birth on less sleep and downtime than ever before.



# POST BABY - PHYSICAL RECOVERY

#### **AFTER A NATURAL DELIVERY**

Following the birth of your baby is so often a time of great joy and unbelievable love but also a time of great physical upheaval. As if being pregnan t wasn't enough! You need to allow your body to recover.

Every mother, regardless of delivery method, will probably experience mild cramping as their uterus slowly contracts back to its usual size, shape, and position. The female body may have been designed for childbirth, but you'll still need to deal with discomfort from all the stretching and pushing.

In the early days after giving birth your body is in full recovery mode. You may have lost a lot of blood and fluids and you'll definitely be short on sleep and energy. You'll probably be sore and swollen so now is the time to enjoy some confinement and as much rest as you can get.

Your uterus is contracting and the rest of your internal organs – which moved during pregnancy – are returning to their rightful places. Your pelvis is recovering and returning to its pre-labour state along with the rest of your reproductive system. Any intense activity during this stage could hinder the healing process. Walking and gentle stretching is fine, but definitely nothing bouncy.





#### **AFTER A C-SECTION**

If your baby was born by caesarean section it is even more important to engage in only gentle physical activity until you are fully recovered. Your first and foremost priority is to recover from surgery and settle in with your beautiful new bundle of joy. Don't rush any fast weight loss.

Your doctor will guide you through your recovery as a caesarian section is major surgery. Although you are keen to get on with your role as a mum, you need to be mindful that you need to take proper care of yourself.

All c-sections are different and your recovery may take longer than you originally anticipated. Make sure you are aware of the additional risks in this situation. Speak to your healthcare provider with any questions or concerns you may have, no matter how silly or trivial they may seem.

Your recovery will vary and your way forward will initially be different depending on your delivery method. Rest assured you will ultimately recover and feel like yourself again.



# POST BABY MENTAL RECOVERY

## YOUR MENTAL HEALTH IS AS IMPORTANT AS YOUR PHYSICAL HEALTH

Looking after a newborn can be mentally exhausting. While tremendous joy comes from the birth of a new baby, let's not mince words – a baby can wear down even the strongest mother.

If you are not sure how you're feeling emotionally, that's okay . New parents face so many physical and emotional challenges, including:

- Exhaustion while adapting to a demanding sleep/feed schedule
- Physical demands of breastfeeding
- Recovery from birth while caring for a newborn
- Running a household while managing your own and your baby's needs
- Lack of confidence in your ability to understand your baby's n eeds
- Navigating the expectations and advice of family and friends
- Alterations to your personal identity: loss of your work role and status; loss of social life, loss of sense of freedom
- Difference in your relationship with your partner, and
- Change in family dynamics with the addition of another baby.

At this time of many emotional challenges, it is important to be conscious of how you are feeling every day. Talk to people around you, try to be open in conversation and share your feelings even if they're not always positive and happy.





# TIPS ON HOW TO NUTURE YOUR MENTAL HEALTH

#### 1. SLEEP

You'll need a lot of energy to cope with the stress. Not getting enough sleep can make you feel even worse. The whole experience can really impact your hormones.

#### 2. DIET

Don't add to your stress levels by worrying about strict dieting or intense exercise. While getting back to an active lifestyle is fantastic, it needs to happen at the right time, when your body has healed from the experience of pregnancy and labour.

#### 3. YOU TIME

Prioritise some "you time" once or twice a week. Don't hesitate to ask a relative to babysit for a few hours, a couple times a week, while you get out of the house and pamper yourself.

#### 4. CONNECT WITH OTHER NEW MUMS

Surround yourself with other new mums who are going through the same challenges as you. Having someone to talk to will make you realise you're not alone in experiencing the challenges of a new baby. Join our amazing community of mums, just like you, for support. Begin your journey back to good health and fitness!

#### 5. COUNSELLING

If you need some more professional mental care, don't feel ashamed to seek the services of a counsellor. Professional counselling for postnatal women is a great way to talk through your feelings and achieve peace of mind.

Becoming a parent is a huge time of change. You are likely to experience both positives and negatives in response to the new challenges you face. That doesn't mean you love your baby any less than the next mum.

Taking proper care of your mental health will help you regain your physical strength and fitness, and ultimately that will also be good for your baby.

#### **POSTNATAL DEPRESSION**

While it may be tiresome for new mums to be frequently asked whether you are sleeping properly or still managing to have a laugh – it is in our best interests to be monitored.

Postnatal depression (PND) affects 16 per cent of women after the birth of their child. It can be tricky to identify the symptoms because some of the signs of PND are common experiences for new parents – such as changes in sleeping patterns, trouble remembering things or eating more or less than you used to.

However, you'll probably find that you might be experiencing other symptoms on top of these changes, that the symptoms aren't going away after a few days or they're causing distress. If you've had a mental illness before, or if you experienced depression in pregnancy, you are more likely to end up with a PND diagnosis.

Below are some of the symptoms of PND. It's really important to talk to your doctor, maternal and child health nurse or other health professionals if you're experiencing some of these symptoms for more than two weeks.

#### **Symptoms of Postnatal Depression:**





Although it can be a scary thought that you might need to speak to someone about PND, leaving it untreated will make it worse and can significantly impact your relationship with your child and partner.

It's natural to feel hesitant to talk about this kind of thing, but if not for yourself, try to think about those around you and how important it is for them that you're feeling more like yourself.

Treatment for PND may involve breastfeeding-safe medications, counselling or a combination of both. There is amazing support available including a great range of health and community services such as the Gidget Foundation Australia.

Gidget Foundation Australia is a not-for-profit organisation that provides programs to support the emotional wellbeing of expectant and new parents. Gidget was the nickname of a vibrant young mother who tragically took her own life while suffering postnatal depression. She hid her suffering from even her loving family and friends.

Together, they created the Gidget Foundation Australia, determined that what happened to Gidget would not happen to others.

The Gidget Foundation Australia provides support for perinatal depression and anxiety by offering:

- Support services for families suffering emotional distress during pregnancy and early parenting
- Education and awareness programs for health professionals and the community

Visit gidgetfoundation.org.au to find out more

Additionally, in Australia, recent Medicare initiatives make access to psychologica treatment of conditions such as depression and anxiety more affordable. Some practitioners even bulk bill.

You can speak to your GP about a referral under the Better Access to Mental Health initiative or other low or no-cost services such as those provided by community health services. The local Parentline in your state is a good resource if you want to talk to someone – it's a really handy service because it can be hard to get out of the house for appointments with a new bub. Most importantly, don't shy away from seeking help. What's the worst that can happen from talking about it?

# DON'T RUSH WEIGHTLOSS POST BABY

#### WHEN CAN YOU START TO LOSE BABY WEIGHT?

Many celebrity mums seem to lose their baby weight within just a few weeks following the birth, which can prompt other mums to feel a little inadequate – which is crazy, but understandable. Of course, the media parade pictures of celebrities everywhere and it can become annoying and overwhelming. But celebrities are not someone to compare yourself to. You should only even think about losing any pregnancy weight when you feel 100 per cent ready to do so - both physically and emotionally.

Losing weight and how a person feels about their body are both very personal topics and will differ widely from mum to mum.

Generally, weight-loss goals for new mums differ massively. Some people might want to get back to a size 8, whilst others will be happy at a 16 and others will just want to tone up after having a baby. Really, most mums just want to be able to get back into their pre-pregnancy clothes.

One thing to remember when it comes to losing your baby weight is that it should be about you – when you want to lose the weight – not when someone else tells you. Your weight loss should be about wanting to be healthy and happy, not because you feel pressured to do so.

When you start to lose your baby weight should be a personal decision. Some women want to start losing weight a month or two after the birt h. That's fine you can start whenever you have the okay from your doctor to go into a new diet and exercise regime. Some women wait for up to 12-24 months to start losing the weight, and that's fine, too. Wait until you and your baby are ready.





After you've given birth, the most important thing to remember is to enjoy that time with your baby – bond with them, play with them and get to know them. Learn how to start juggling all of the things that a new mother does. Comes to term with your hormones and the lack of sleep before you try to lose weight. If you start dieting straightaway, you may leave yourself feeling overly stressed, which is not good for a new mum.

If you do feel like you're ready to lose the baby weight, and your doctor says it's okay, you can start a healthy eating plan. Be sure to include foods that contain plenty of nutrients, such as a wide range of fruit and vegetables, and foods that will give you energy and keep you going, such as complex carbohydrates.

While breastfeeding, don't cut your calorie intake as you need plenty of calories to produce milk. Combine the healthy eating plan with gentle exercise and the baby weight will come off – it will just take a little time. It is important to work out your BMR so you know how many calories your specific body needs. If you're breastfeeding, add on an extra 500 calories, too. You can work out your BMR here.

Of course, if you're breastfeeding and want to lose weight, you need to do it in a safe and healthy way. That means you must avoid any weight-loss program that severely restricts your calorie intake, cuts out food groups, or contains weight-loss accelerants, caffeine or artificial ingredients.

But following a healthy eating plan – such as The Healthy Mummy plans – is a good way to lose weight and ensure you are getting a wide range of nutrients.

## Top tips to consider before getting back into exercise after the birth of your baby:

- Prioritise your pelvic floor and core
- Be kind to yourself and listen to your body and be patient
- Include rest and relaxation into your wellbeing plan
- Focus on a healthy diet of fresh food and lean protein Drink plenty of water
- Get out and enjoy the fresh air as much as possible.
- Start small and start with exercising for 10 minutes here and there in your day
- Check your posture frequently, especially when you are feeding
- Team up with other mums and walk and talk
- Practise Mindfulness and consider using the Healthy Mummy Mind, Body and Breath sessions



#### **HEALTHY MUMMY APP & PRODUCTS**

Our Healthy Mummy products and app have many options to help you if you are ready to lose weight. They're safe to use in breastfeeding, too. The Healthy Mummy App includes more than 4000 simple and budget-friendly recipes and more than 400 at-home workouts, along with mental health and postnatal support designed with busy mums in mind.

We make it easy to track your activity, food, calorie and water intake and customise the plan to suit you. The app offers intuitive meal planning and fitness tests along with your personal e-coach to keep you on track.

Our app also offers The 28 Day Weight Loss Challenge. Hundreds of thousands of mums take part each month with specific meal plans and workouts to focus on specific challenges. Yopu might try the Belly and Booty Blasting Challenge or Sugar Detox and Shred Challenge, and lots more!

In addition, it contains recipes and meal plans for many different dietary and health requirements, plus snacks and treats to ensure you never feel deprived.

To keep you motivated, the app has a huge variety of workouts and exercises with beginner and advanced options designed by professional trainers, along with postnatal and prenatal fitness and strength exercises.

#### The Healthy Mummy Premium Smoothies

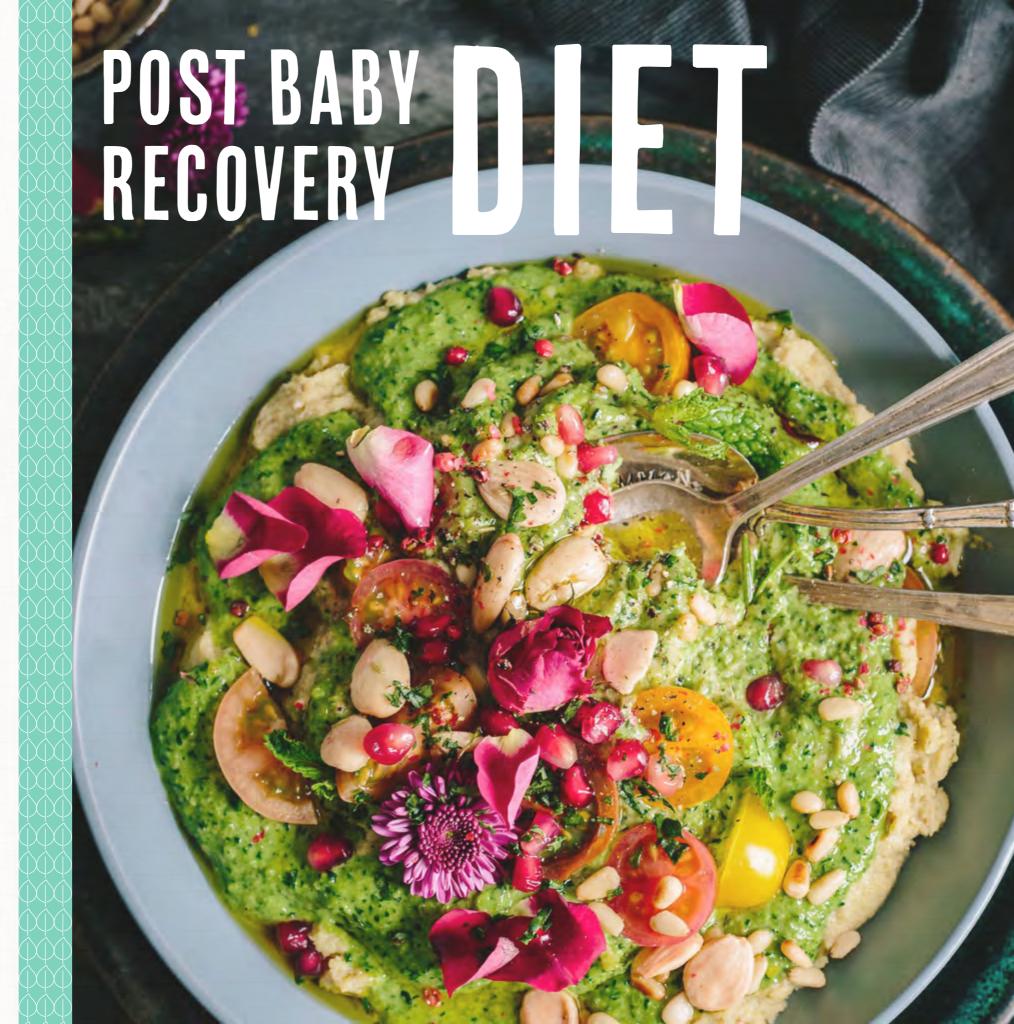
- It contains 23 vitamins and minerals

- No artificial colours, flavours or preservatives

The variety of workouts available on the app include 28 Days Stronger, Dance Strong, Power Yoga, HIIT, Tabata, Boxing, Pilates, Step, Weights, Dancefit, Dance Cardio, Postnatal Workouts and Prenatal Workouts.

The Healthy Mummy believes in the holistic approach of mind and body, recognising the importance of supporting your mental health. The Healthy Mummy App includes a MindPower section to help you with low motivation and teach you how to strengthen your willpower through daily tasks developed to make long-term behavioural changes achievable. It will also help you discover how to get past mental blocks, build motivation and sustain momentum towards your goals.





# NOURISH YOURSELF WITH FRESH AND HEALTHY FOOD

In the aftermath of pregnancy, your hormones are in a state of readjustment. Even your metabolic rate has likely changed. Expelling blood, fluids, a placenta and, of course, your baby, are all significant processes for your body to go through.

On top of all that, you need nourishment to give you the energy you require to look after a new baby. Breastfeeding is another physical demand, while sleep deprivation will sap your energy levels.

Fuelling your body with the right nutrients is crucial. Your body needs the right mix of macros including proteins, carbohydrates and fats. You also need the right combination of vitamins and minerals.

It's important not to restrict calories or carbohydrates at this time. You'll be far better off losing the weight slowly, rather than embarking on a crash diet. If you cut your food intake too quickly, you risk stressing your body. That won't do you any good. A healthy diet, rich in fruit and vegetables, will satisfy your hunger.

Breastfeeding is also likely to increase your hunger levels. This is perfectly normal as your body needs additional calories to produce milk.

Try eating smaller meals more often. By choosing well-balanced meals and snacks, you'll have the energy you need to look after yourself and your new baby.





# TIPS ON FOOD CHOICES FOR POSTBABY WEIGHT LOSS

#### 1. AIM FOR ALL-NATURAL FOODS

Limiting processed food means your body will feel better and react to healthy, nutritious food more quickly. Consuming foods closest to their natural state assists your body when it goes to break down and convert the food into energy.

#### 2. CHOOSE LOW SUGAR

Using natural sugar alternatives such as fruits, dates, coconut sugar and rice malt syrup are a whole lot better than consuming refined sugar. These natural sugars are just that – natural – and won't give you that huge sugar spike and comedown.

#### 3. EAT FOOD THAT IS HIGH IN FIBRE

High-fibre food is great for your insides, moving everything around and making room for your next meal. Fibre also revs up the metabolism and gives you a whole lot of energy!

#### 4. AIM TO SPEED UP YOUR METABOLISM

There are many natural ways to speed up your metabolism, number one being to eat consistently. Skipping meals lowers your metabolism as your body doesn't know when its next meal is coming, so it holds on to fat.

Having breakfast every morning is a great habit to get into. Not only does breakfast get your metabolism started for the day, it also gives your body the energy to get through that day. You can then use that energy to find your own weight-loss motivation.

Another way to speed up your metabolism is with The Healthy Mummy Metabolism Support Forumla supplement. It has been created to contain nutrients that are involved in energy production and the metabolism of carbohydrates, proteins and fats in the body.

#### **NUTRITION VERSUS CALORIES**

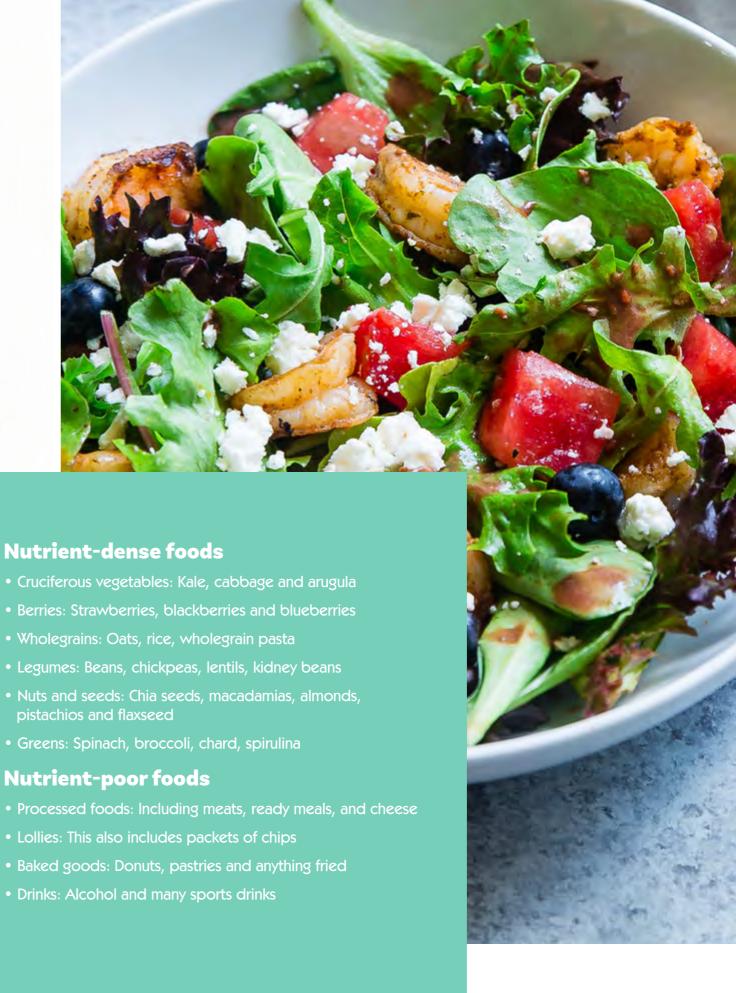
We know that a calorie is a calorie and that we need to expend different amounts of energy to work off those calories to lose weight. Calories in and energy out = weight loss! But there's more: not all calories are the same. You should be mindful because it's always better to choose nutrient-rich foods rather than focusing on just the calories a given food contains.

As a mum, when taking care of a baby we often forget to take care of ourselves. We grab a quick meal when we can, especially in the initial months. However, you should always try to eat the best, most nourishing foods to fuel yourself through this exhausting time. Healthy food will help support you both physically and mentally.

Some foods give offer sustained energy, keeping you fuller for longer and supporting muscle and bone health. Other foods have no real benefits other than a delicious taste or a quick hit of energy when needed.

For example, a slice of white bread may contain the same number of calories as wholegrain bread, but they're fundamentally different. The latter contains four times the potassium, three times the zinc and twice as much protein and fibre as its white counterpart.

When you can, choose nutrient-dense foods, even when you are counting calories. Let's be clear: it's great to watch your calorie intake, especially when you want to lose weight after having your baby, but be sure to nourish your body with nutrient-rich, healthy calories to ensure you are eating a balanced diet that complements your weightloss goals.



## POSTNATAL HEALING RECIPES -7 DAY MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Green Goodness Smoothie PAGE 21	Spinach, Mushroom, Avocado and Buckwheat Bowl PAGE 24	Green Goddess Smoothie PAGE 21	Banana and Berry Breakfast Bowl PAGE 22	Silverbeet, Sunflower Seeds and Eggs PAGE 23	Banana and Berry Breakfast Bowl PAGE 22	Silverbeet, Sunflower Seeds and Eggs PAGE 23
MORNING SNACK	Easy Pumpkin Hummous with Veggie Sticks PAGE 46	No Bake Muesli Bars PAGE 40	Easy Pumpkin Hummous with Veggie Sticks PAGE 46	No Bake Muesli Bars <b>PAGE 40</b>	Easy Pumpkin Hummous with Veggie Sticks PAGE 46	No Bake Muesli Bars <b>PAGE 40</b>	Easy Pumpkin Hummous with Veggie Sticks PAGE 46
LUNCH	Lentil and Vegetable Cottage Pie PAGE 26	Broccoli, Spinach and Feta Frittata PAGE 27	Lentil and Vegetable Cottage Pie PAGE 26	Broccoli, Spinach and Feta Frittata <b>PAGE 27</b>	Pork and Asian Greens PAGE 30	Salmon with Bok Choy and Brown Rice PAGE 31	Pork and Asian Greens PAGE 30
AFTERNOON SNACK	No Bake Muesli Bars <b>PAGE 40</b>	Sweet Potato Pesto Muffins PAGE 42	No Bake Muesli Bars <b>PAGE 40</b>	Sweet Potato Pesto Muffins PAGE 42	No Bake Muesli Bars <b>PAGE 40</b>	Sweet Potato Pesto Muffins PAGE 42	No Bake Muesli Bars <b>PAGE 40</b>
DINNER	Slow Cooked Beef Brisket with Roast PAGE 33	Fish Hot Pot With Rice PAGE 32	Chicken and Mushroom Quinoa Soup PAGE 36	Fish Hot Pot With Rice PAGE 32	Slow Cooked Lamb Ragu with Pasta PAGE 34	Nourishing Dinner Bowl PAGE 35	Lamb Stew with Veggies PAGE 37
EVENING SNACK	Mini Chocolate Cheesecakes PAGE 41	Greek Yoghurt Pudding PAGE 39	Mini Chocolate Cheesecakes PAGE 41	Greek Yoghurt Pudding PAGE 39	Mini Chocolate Cheesecakes PAGE 41	Greek Yoghurt Pudding PAGE 39	Mini Chocolate Cheesecakes PAGE 41

#### **EXTRA ENERGY**

# SMOOTHIE

#### **SERVES 1 PREP TIME 5 MINS**

#### **INGREDIENTS**

- · 2 tbsp Healthy Mummy Smoothie Mix Chocolate
- 1 tbsp chia seeds
- 1/2 cup reduced-fat coconut milk
- · 1 cup water
- 1 teaspoon cacao/cocoa powder

#### **METHOD**

1. Place all ingredients in a blender and process until smooth.

#### NOTE

Free sugars\* mentioned in our recipes



#### **GREEN GODDESS**

# SMOOTHIE

#### **SERVES 1 PREP TIME 5 MINS**

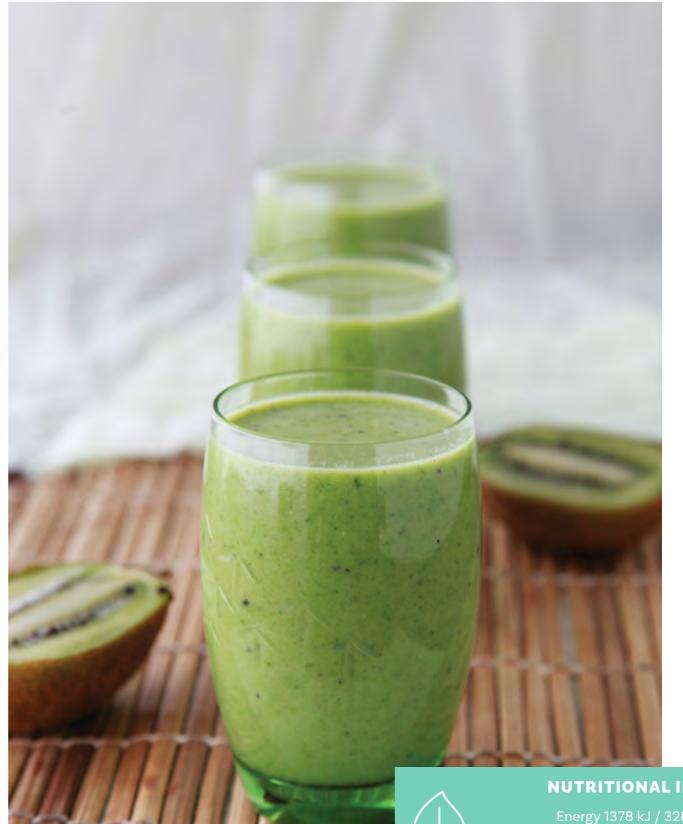
#### **INGREDIENTS**

- · 2/3 cup baby spinach
- 1/4 medium avocado
- · 2 tbsp Healthy Mummy Smoothie Mix Vanilla
- · 2 Kiwi fruit, peeled
- 1 cup reduced-fat milk of choice

#### **METHOD**

1. Place all ingredients in a blender (add some ice cubes if desired) and mix until well combined.

For a super smooth smoothie, remember to blend the ingredients for 2-3 minutes as the smoothies are a natural product, are non refined, are low in sugar, are high in natural fibres and contain whole foods - so they need a good blend.



#### **NUTRITIONAL INFO**

#### **BANANA & BERRY**

# BREAKFAST BOWL

#### **SERVES 1 PREP TIME 5 MINS**

#### **INGREDIENTS**

- 1 frozen small banana
- 1/3 cup mixed berries (fresh or frozen)
- 1/3 cup apple juice
- 2 tbsp reduced-fat Greek natural yoghurt
- 1 tbsp chia seeds
- 11/2 tbsp walnuts

- 1. Place the banana, berries, juice and yoghurt into a blender and pulse to combine until smooth.
- 2. Pour into a bowl and sprinkle the top with the chia seeds and chopped walnuts before serving.



#### SILVERBEET & SUNFLOWER SEEDS

# WITH EGGS

#### SERVES 1 PREPTIME 5 MINS COOK TIME 10 MINS

#### **INGREDIENTS**

- 1 tsp extra virgin olive oil
- 1/4 brown onion, finely chopped
- · 1 clove garlic, crushed
- · 2 tsp sunflower seeds
- 1 cup silverbeet leaves, chopped
- 1/2 tomato, diced
- · 1 tablespoon liquid vegetable stock, salt reduced
- 2 free-range eggs
- 1 slice wholegrain or gluten-free bread of choice

- 1. Heat oil in a frying pan over medium-high. Add onion and sauté for 1-2 minutes or until translucent. Add sunflower seeds and garlic and cook for a minute to lightly toast the seeds. Add silverbeet, tomato and stock. Stir through until no liquid is left and silverbeet has wilted.
- 2. While silverbeet is cooking, fry eggs in a separate pan using your preferred method.
- 3. Toast the bread.
- 4. Place silverbeet and eggs on top of the toast to serve.



**SPINACH, MUSHROOM & AVOCADO** 

# BUCKWHEAT BOWL

SERVES 1 PREPTIME 5 MINS COOK TIME 20 MINS

#### **INGREDIENTS**

- 1/4 cup raw buckwheat seeds
- 1 tsp extra virgin olive oil
- 1/2 clove garlic, crushed
- · 1 cups mushrooms, sliced
- salt
- · 2 cups baby spinach
- 1 tsp tamari (gluten free soy sauce)
- 1/3 medium avocado, sliced
- 1/4 tsp dried chilli flakes

- 1. Rinse and prepare the buckwheat as per the packet instructions, then drain and set aside.
- 2. In a non-stick pan over medium heat, add the olive oil. Then add the garlic and the mushrooms with a pinch of salt and cook for 5 minutes or until mushrooms are tender. Stir through baby spinach until wilted.
- 3. Once the spinach has wilted add the buckwheat to the pan and toss through with the tamari.
- 4. Serve in a bowl topped with avocado slices and chilli flakes.



#### **BREKKY BEEF**

# STIR-FRY

#### SERVES 1 PREPTIME 5 MINS COOK TIME 8 MINS

#### **INGREDIENTS**

- 1/4 cup basmati rice, uncooked
- 100 grams lean beef
- 1tsp extra virgin olive oil
- 1 cup mushrooms, sliced
- 1/2 small zucchini, diced
- · 1 clove garlic, crushed
- 1 cup silverbeet leaves, shredded
- 1 tsp black or white sesame seeds

- 1. Prepare rice according to packet directions. Slice beef into strips.
- 2. Heat oil in a fry pan or wok, add mushrooms and zucchini, stir fry for 2-3 minutes.
- 3. Add beef and garlic. Stir fry for 3-4 minutes or until beef is cooked through. Add silverbeet and prepared rice, stir to combine and wilt silverbeet.
- 4. Serve sprinkled with sesame seeds.



#### **LENTIL & VEGETABLE**

## COTTAGE PIE

#### SERVES 1 PREP TIME 10 MINS COOK TIME 45 MINS

#### **INGREDIENTS**

- · cooking oil spray
- 1/2 clove garlic, crushed
- 1/4 brown onion, diced
- 1/2 medium carrot, diced
- 1/2 stalk celery, diced
- · 100 grams tinned brown lentils
- 100 grams tinned tomatoes
- 1 tsp tomato paste
- 1/4 cup liquid vegetable stock, salt reduced
- · 1 medium potato, diced
- 1/4 cup reduced-fat milk of choice

- 1. Lightly spray a saucepan with cooking oil spray over medium-high heat. Add the garlic, onion, carrot and celery and sauté for 3 minutes until tender.
- 2. Add the lentils, tinned tomatoes, tomato paste and stock. Simmer for 15 minutes or until the sauce has thickened.
- 3. While the sauce is cooking, steam the potato in the microwave or on the stovetop until very tender. Add the milk and season with salt and pepper. Mash.
- 4. Preheat the oven to 180C.
- 5. Place the lentil and vegetable mix into a baking dish and top with the mashed potato.
- 6. Bake for 30 minutes or until the potato is golden and crunchy on top, serve.



#### **BROCCOLI, SPINACH & FETA**

## FRITTATA

#### SERVES 1 PREP TIME 10 MINS COOK TIME 20 MINS

#### **INGREDIENTS**

- 1/2 cup broccoli
- 1 tsp extra virgin olive oil
- · 1 clove garlic, peeled
- 1 cup baby spinach
- 2 free-range eggs
- 1/4 tsp dried Italian herbs
- · 1 tablespoon reduced-fat feta, crumbled

- 1. Preheat the oven to 200C. Cut broccoli into florets and steam in the microwave or on the stove top until tender.
- 2. In a frypan over medium-high heat, add the olive oil and crush in the garlic. Saute for 30 seconds. Add the baby spinach and stir to wilt. Add the broccoli and stir to combine.
- 3. In an individual ovenproof dish (use one per serve), add the vegetable and garlic mix. If making more than one serve, divide vegetables evenly between each dish.
- 4. Crack the eggs into a separate dish and whisk, then pour over the top of the vegetables. If making more than one serve divide eggs evenly between each dish.
- 5. Sprinkle each dish with the dried herbs and the feta. Bake in the oven for 10-15 minutes or until egg is firm and set.



#### **CRUNCHY BEEF**

## SUPER BOWL

#### SERVES 1 PREP TIME 35 MINS COOK TIME 10 MINS

#### **INGREDIENTS**

- · 80 grams beef fillet, thinly sliced
- 1 tbsp tamari (gluten free soy sauce)
- 1/2 tsp sesame oil
- 1 cups purple cabbage, chopped
- · 1 medium carrot, grated
- 1 cups bean sprouts
- 1 tsp sunflower seeds
- 1 tsp pumpkin seeds (pepitas), roasted
- · 1 tbsp apple cider vinegar
- 1 tsp extra virgin olive oil

- 1. Marinate beef strips in tamari and sesame oil for 30 minutes.
- 2. Heat a barbecue hot plate or frying pan to medium-high. Add the beef strips and marinade and flash fry for a minute or two on each side until cooked to your liking.
- 3. Combine the cabbage, carrot, bean sprouts, pumpkin seeds (pepitas) and sunflower seeds. Drizzle with vinegar and oil and toss to combine well.
- 4. Top salad with beef strips and any cooking juices to serve.



#### **VEGETABLE LENTIL**

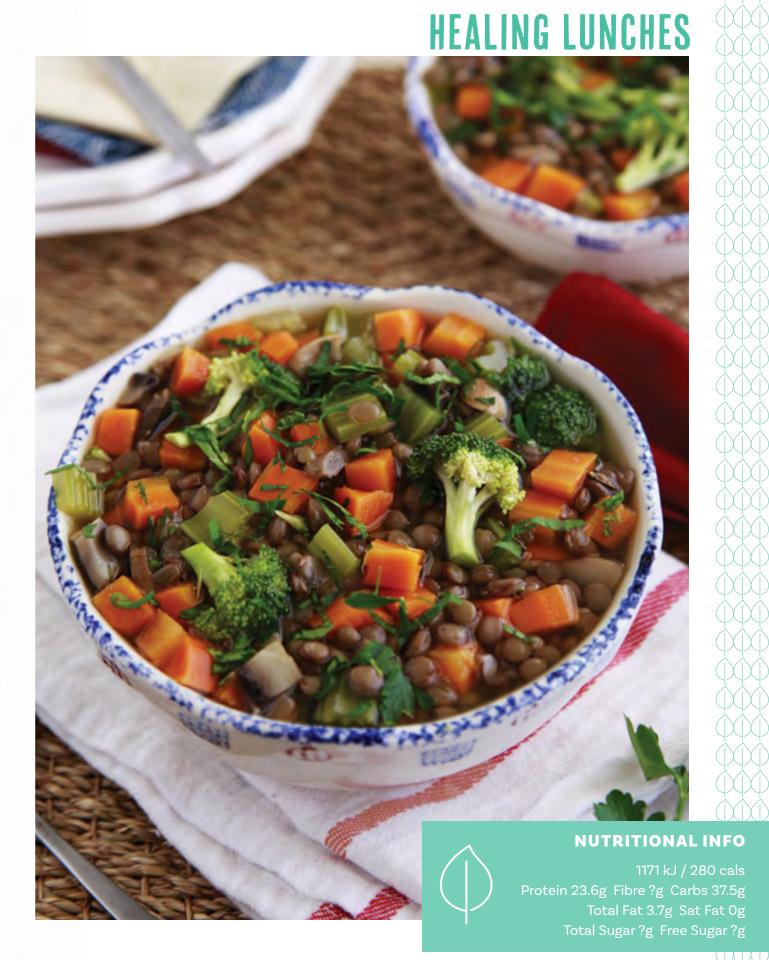
# SOUP

#### SERVES 1 PREP TIME 10 MINS COOK TIME 30 MINS

#### **INGREDIENTS**

- · 2 cups liquid vegetable stock, salt reduced
- 1/3 cup brown lentils, dry
- 1 clove garlic
- Approximately 1/3 stalk celery
- 1 medium carrot
- 1 cup broccoli
- 2/3 cup mushrooms
- · 6 tablespoons fresh parsley
- 1 slice wholegrain or gluten-free bread of choice

- 1. Crush the garlic, chop the celery, carrot, mushroom and parsley and chop broccoli into florets.
- 2. Combine the stock, lentils and garlic in saucepan, bring to the boil. Reduce heat and simmer for about 20 mins until lentils are tender. Add celery, carrot, broccoli and mushrooms, bring to the boil.
- 3. Reduce heat and simmer until vegetables are tender.
- 4. Stir through parsley and serve with toasted bread.



#### **PORK & ASIAN**

# GREENS

#### SERVES 1 PREP TIME 10 MINS COOK TIME 6 MINS

#### **INGREDIENTS**

- 1 tsp extra virgin olive oil
- · 125 grams lean pork tenderloins
- 1 clove garlic
- 1/4 tsp fresh ginger
- 1/2 head bok choy
- 1 cup broccoli
- 1/2 cup snow peas
- 1 tsp sweet chilli sauce
- 2 tsp lemon juice
- 1 tsp tamari (gluten free soy sauce)
- · 2 teaspoons fresh coriander

- 1. Thinly slice pork, slice bok choy, cut broccoli into florets, trim snow peas and cut into bite-size pieces.
- 2. Crush garlic and grate ginger. Heat the oil in a frying pan, add garlic and ginger and stir-fry for 30 seconds. Add pork and stir-fry for 2-3 minutes then transfer to a plate.
- 3. Add broccoli and a splash of water to the pan and stir-fry for 2 minutes until bright green. Add snow peas and bok choy stems and toss for a minute. Add bok choy leaves, tamari, lemon juice, sweet chilli sauce and cooked pork and toss to combine.
- 4. Serve with coriander leaves.



#### **BOK CHOY & BROWN RICE**

# SALMON

#### SERVES 1 PREPTIME O MINS COOK TIME 20 MINS

#### **INGREDIENTS**

- · 3 tsp tamari (gluten free soy sauce)
- 1 tsp star anise
- · 1 teaspoon sambal oelek (chilli paste)
- 1tsp honey
- 1 head bok choy
- 100 grams salmon steak (or firm fish of choice)
- 1 tsp sesame oil
- 1/4 cup brown rice, uncooked

#### **METHOD**

- 1. Cook rice according to packet instructions.
- 2. Combine the tamari, star anise, sambal and honey with 250mls of water in a medium saucepan (add an extra 50ml for any additional servings). Place over high heat and bring to the boil.
- 3. Cut the bok choy into halves and place into the boiling broth until just wilted, remove and keep warm.
- 4. Keep the stock to one side.
- 5. Meanwhile, preheat a non stick frying pan to medium high heat and brush the fish with the sesame oil.
- 6. Place the fish into the pan and cook for approximately 4 minutes or until the fish is cooked through and flakes easily.
- 7. Transfer the bok choy onto a serving plate, top with the fish and drizzle over spoonfuls of the broth.
- 8. Transfer the cooked rice to the serving plate and enjoy.



**NUTRITIONAL INFO** 

## **HEALING DINNERS**

### **FISH HOT POT**

## WITH RICE

#### SERVES 1 PREP TIME 10 MINS COOK TIME 30 MINS

#### **INGREDIENTS**

- 1/4 cup brown rice, uncooked
- 1 tsp extra virgin olive oil
- 1/4 red capsicum, diced
- 1/4 small zucchini, diced
- · 1 small eggplant, diced
- 1/4 tsp sweet paprika
- 1/4 tsp ground cumin

- 1/4 tsp ground coriander
- 1/4 tsp dried Italian herbs
- · 200 grams tinned tomatoes, diced
- 1/4 cup water
- 150 grams white fish fillet of choice
- · 1 tablespoon fresh parsley, chopped

- 1. Cook rice according to packet instructions. Chop fish into chunks.
- 2. In a saucepan over medium-high heat add the oil. When heated add the diced capsicum, zucchini and eggplant. Cook for 5 minutes then add the dried herbs and spices and combine well.
- 3. Add the diced tinned tomatoes and water and bring to the boil. Reduce heat, cover and simmer for 5 minutes until vegetables are soft.
- 4. Add fish and cook a further 5 minutes until fish is cooked through.
- 5. Serve the fish and vegetables with rice and sprinkle over fresh parsley.



## **HEALING DINNERS**

#### **SLOW COOKED BEEF BRISKET WITH**

# ROAST CABBAGE

#### SERVES 6 PREP TIME 15 MINS COOK TIME 240 MINS

#### **INGREDIENTS**

- · 2 tsp extra virgin olive oil
- · 1 leek, sliced
- 1000 grams beef brisket
- · 1 tbsp plain wholemeal flour
- 1 tbsp Worcestershire sauce
- 1 tbsp tomato paste
- 1½ cups liquid beef stock
- 2 cups purple cabbage

- · 1 tbsp coconut oil, melted
- 1tsp caraway seeds
- · 2 cups cauliflower, diced
- 1/4 cup reduced-fat milk of choice
- 1tsp butter
- salt
- pepper

- 1. Preheat oven to 190C.
- 2. Heat extra virgin olive oil in a casserole dish over medium-high. Add the leek and sauté for 1-2 minutes until tender. Add the brisket.
- 3. Combine the flour, Worcestershire sauce, tomato paste and stock and pour over the brisket. Cover dish with a lid and cook in oven for 4 hours or until meat is very tender and falling apart.
- 4. About 40 minutes before brisket is ready, cut the cabbage into wedges and combine with coconut oil and caraway seeds. Place on a baking tray and into the oven for 30-40 minutes, to roast.
- 5. Ten minutes before brisket and cabbage are ready, steam cauliflower on the stovetop or in the microwave until very tender.
- 6. Mash with milk and butter and season with salt and pepper.
- 7. Divide brisket and cooking sauce between 6 plates. Serve with an even amount of roast cabbage and mashed cauliflower.
- 8. Leftover brisket can be stored in an airtight container in the fridge or freeze for another meal.



### **SLOW COOKED LAMB RAGU**

## WITH PASTA

#### SERVES 4 PREPTIME 10 MINS COOK TIME 240 MINS

#### **INGREDIENTS**

- · 500 grams lamb shanks, skin and fat removed
- 1 brown onion, sliced
- · 2 cloves garlic, diced
- · 2 medium carrot, diced
- 2 stalks celery, diced
- · 1 cup liquid beef stock, salt reduced
- 400 grams tinned tomatoes
- 1 tsp dried rosemary
- 120 grams wholemeal pasta, any shape
- · 2 tbsp grated Parmesan

#### **METHOD**

- Preheat oven to 160C.
- 2. Place all ingredients, excluding pasta and Parmesan in a casserole dish. Stir to combine well. Cover with a lid and place in oven for 4 hours or until lamb is falling from the bone.
- 3. When ready, remove lamb shanks from ragu and shred all meat from the bones.
- 4. Return lamb meat to the ragu sauce and stir to combine.
- 5. Cook pasta according to packet directions.
- 6. Divide pasta evenly between 4 bowls.



**NUTRITIONAL INFO** 

#### **NOURISHING**

# DINNER BOWL

#### SERVES 1 PREP TIME 10 MINS COOK TIME 15 MINS

#### **INGREDIENTS**

- 1/4 cup quinoa, uncooked
- 1 free-range eggs
- 1/2 cup broccoli
- 1/2 medium carrot
- 1 fresh beetroot
- · 1 cup baby spinach
- 1/4 medium avocado
- 1 tsp toasted sesame seeds
- · 2 teaspoons pumpkin seeds (pepitas), roasted
- 2 tsp lemon juice
- 1 tsp extra virgin olive oil

- 1. Cook the quinoa as per packet instructions and hard boil the egg.
- 2. Chop the broccoli into florets and steam until tender. Grate the carrot and beetroot.
- 3. Place the quinoa in a serving bowl and top with slices of egg, steamed broccoli, grated vegetables, baby spinach leaves and sliced avocado.
- 4. Sprinkle with sesame and pumpkin seeds and dress with lemon juice and olive oil.



## **HEALING DINNERS**

#### **CHICKEN & MUSHROOM**

# QUINOA SOUP

#### SERVES 1 PREPTIME 5 MINS COOK TIME 15 MINS

#### **INGREDIENTS**

- 1/4 cup quinoa, uncooked
- · 100 grams chicken breast fillets
- · 1 tsp extra virgin olive oil
- salt
- pepper
- · 1 cups mushrooms, sliced
- 1 cups baby spinach
- · 2 cups liquid chicken stock, salt reduced
- 1/2 tsp ground cumin
- 1 tbsp reduced-fat feta, crumbled

- 1. Rinse the quinoa. Dice the chicken breast.
- 2. Heat olive oil in a frying pan over medium-high heat. Add chicken and season with salt and pepper. Brown for 2-3 minutes.
- 3. Add the quinoa, mushrooms, chicken stock and cumin. Stir to combine and cover with a lid. Reduce heat to a simmer for 12-15 minutes or until the quinoa and chicken have cooked through. Add some extra stock if soup thickens too much.
- 4. Add the baby spinach in the final 2 minutes of cooking.
- 5. Remove from the heat and serve with a sprinkle of feta.



# **HEALING DINNERS**

### **LAMB STEW**

# WITH VEGGIES

#### SERVES 1 PREP TIME 10 MINS COOK TIME 120 MINS

### **INGREDIENTS**

- · 150 grams lamb forequarter chops
- · 1/2 cup liquid chicken stock, salt reduced
- 1/2 tsp whole black peppercorns
- 1/2 medium potato, diced
- 1/2 medium carrot, diced
- 1/4 brown onion, diced
- 1 clove garlic, diced
- 1/4 eggplant, diced
- 1/4 red capsicum, diced
- 1tsp cornflour

### **METHOD**

### If using an oven:

1. Preheat oven to 180C. Place all ingredients in a casserole dish and mix to combine well. Cover with a lid and bake in the oven for 2 hours until lamb is falling off the bone. If required add an extra teaspoon of cornflour in the final 20 minutes of cooking to thicken sauce.

### If using a slow cooker:

- 1. Put everything in the cooker and cook on low for 6 hours. If required add an extra teaspoon of cornflour in the final hour of cooking to thicken sauce.
- 2. Serve in a bowl with cooking juices and vegetables.



### **DATE AND NUT**

# BARS

### **SERVES 10 PREP TIME 35 MINS**

## **INGREDIENTS**

- 1/2 cup pitted, dried dates
- 1 cup dried apple
- 1 tablespoon coconut oil
- 1 cup walnuts
- 3/4 cup cashew nuts, unsalted
- 1tsp cinnamon
- 1/4 cup water

### **METHOD**

- 1. Line a shallow baking tray with baking paper.
- 2. Place all ingredients in a food processor and pulse until smooth and well combined.
- 3. Add some extra water if necessary to make it easier for all ingredients
- 4. Place mix in prepared tray and spread evenly, pressing down to form a layer.
- 5. Refrigerate for 30 minutes until firm then cut into 10 bars. 1 bar is 1 serve. Store leftover bars in an airtight container in the fridge for up to a week.



### **GREEK YOGHURT**

# PUDDING

#### **SERVES 1 PREP TIME 10 MINS**

### **INGREDIENTS**

- · cooking oil spray
- 1/2 tsp boiling water
- 1/2 tsp powdered gelatine
- 1/3 cup coconut cream
- 2 tbsp reduced-fat Greek natural yoghurt
- · 2 tsp rice malt syrup
- 1 tbsp walnuts, chopped

- 1. Lightly grease a small glass dish or ramekin (use one per serve) with cooking oil spray.
- 2. In a bowl, combine boiling water and gelatin, stir until gelatin is dissolved and stand for a few minutes to cool and thicken.
- 3. Place coconut cream, yoghurt and rice malt syrup in a saucepan and heat until it simmers then add the gelatin mix and stir until combined.
- 4. Pour mix into the prepared ramekin and set in the fridge overnight.
- 5. When ready to serve, run knife around the edges of ramekin to loosen, turn onto a plate and serve topped with chopped walnuts.



### **NO BAKE**

# MUESLI BARS

#### SERVES 4 PREP TIME 130 MINS COOK TIME 8 MINS

### **INGREDIENTS**

- 1 tablespoon honey
- 1/4 cup water
- 11/4 cups rolled oats
- · 5 tablespoons peanut butter
- 3¼ tablespoons pumpkin seeds (pepitas), roasted
- 2 tablespoons goji berries

- 1. Combine honey and peanut butter in a small bowl. Add water a bit at a time, stirring until smooth.
- 2. In a large frying pan over medium-high heat dry-cook oats and pumpkin seeds (pepitas) for 5-10 minutes, stirring regularly until golden.
- 3. Remove pan from heat, stir through goji berries and immediately pour over peanut butter mixture. Stir until oats and seeds are well coated.
- 4. Press mixture to approx 1 cm thick on a baking paper lined tray and refrigerate until firm, approximately 2 hours. Cut into 8 muesli bars.
- 5. Store in fridge.
- 6. 2 bars makes 1 serve.



### **MINI CHOCOLATE**

# CHEESECAKES

#### **SERVES 2 PREP TIME 40 MINS**

### **INGREDIENTS**

- · 2 tsp cacao/cocoa powder
- 2 tbsp desiccated coconut
- 11/2 tbsp coconut oil, melted
- 1 tablespoon honey
- 3 tbsp reduced-fat ricotta cheese
- · 20 grams dark chocolate (70%)
- 1 tsp maple syrup

- 1. Combine cacao/cocoa powder, desiccated coconut, melted coconut oil and honey.
- 2. Press mixture into 2 silicone muffin holes or use a regular muffin tray and line with baking paper. Place in the freezer while making the filling.
- 3. Melt chocolate and then beat together with the ricotta and maple syrup. Spoon evenly over chilled bases.
- 4. Return to the freezer to set for approximately 20 minutes.
- 5. Transfer to the refrigerator, or remove from muffin pan, and serve immediately.
- 6. One cheesecake is one serve. Store leftovers in the fridge for 3-4 days.



### **SWEET POTATO PESTO**

# MUFFINS

#### SERVES 12 PREP TIME 10 MINS COOK TIME 40 MINS

### **INGREDIENTS**

- 1 cup rolled oats
- 3/4 cup reduced-fat Greek natural yoghurt
- 1/4 cup extra virgin olive oil
- · 2 free-range eggs, lightly beaten
- 1/4 cup water
- 1/4 cup basil pesto, store-bought
- · 1 tbsp fresh thyme, chopped

- · 1 tablespoon rosemary leaves, chopped
- salt
- · pepper
- · 200 grams small sweet potato
- 1 cup spelt flour
- 1/2 tsp bicarbonate soda
- · 2 tsp baking powder

- 1. Preheat oven to 180C and grease or line 12 muffin tin holes.
- 2. In a large bowl stir together oats, water and yoghurt.
- 3. Add oil, eggs, pesto, herbs, salt and pepper and mix well.
- 4. Grate the sweet potato and stir into the oat mixture.
- 5. Add spelt flour, baking powder and bi-carb to the batter and fold to just combine.
- 6. Spoon batter evenly into prepared muffin tin holes and cook in the oven for 38-40 minutes or until lightly golden on top.
- 7. 1 muffin is 1 serve. Store leftovers in an airtight container in the fridge for 4-5 days.



### **STRAWBERRY OAT**

# **PARFAIT**

### **SERVES 2 PREP TIME 5 MINS**

### **INGREDIENTS**

- 1/4 cup rolled oats
- 1/2 cup reduced-fat milk of choice
- 1/2 tsp vanilla extract
- 2 tsp chia seeds
- 1/2 punnet strawberries

- 1. Place oats, milk, vanilla extract, chia seeds in a bowl and mix together well.
- 2. Divide mixture into 2 small jars (with lids) or serving glasses and place in the fridge for at least an hour but preferably overnight, until serving.
- 3. Just before serving slice the strawberries and divide between each parfait.



### **SAVOURY**

# NUT DIP

### **SERVES 5 PREP TIME 5 MINS**

## **INGREDIENTS**

- 1/2 cup cashew nuts, unsalted
- 1/4 cup Brazil nuts
- 1 tablespoon apple cider vinegar
- 1tsp wholegrain mustard
- 1 tablespoon extra virgin olive oil
- · 1 tsp fresh chives, chopped
- 1 tablespoon water
- salt
- pepper
- 2½ medium carrot
- 1 red capsicum

- 1. Soak cashews and brazils in some water overnight.
- 2. When ready to make dip, drain nuts and rinse well.
- 3. Place cashews, Brazil nuts, apple cider vinegar, mustard, extra virgin olive oil, chives, water, salt and pepper in a blender or food processor and blend on high until smooth.
- 4. Slice carrots and capsicum into batons.
- 5. Divide dip and vegetables into 5 portions. 1 portion of dip and vegetables is 1 serve.
- 6. Store leftover dip in an airtight container or glass jar for up to 2 weeks.



### **LAYERED**

# NUT SLICE

#### **SERVES 5 PREP TIME 5 MINS**

### **INGREDIENTS**

- · 3/4 cup cashew nuts, unsalted
- 2/3 cup almond meal
- 1/2 cup shredded coconut
- 1/3 cup coconut oil
- 2/3 cup medjool dates, fresh
- · 1tbsp cacao/cocoa powder
- 1/3 cup almond butter
- 2 tbsp water, warm
- salt
- 1/4 cup hazelnuts, finely chopped

- 1. Cover the cashews in water and soak overnight. Drain when ready to prepare the slice.
- 2. Line a small rectangular container (approximately 13cm x 19.5cm) that has a lid, with baking paper.
- 3. To make the first layer, place the cashews, almond meal, shredded coconut and half the coconut oil in a food processor and blend until a thick dough forms. Press this into the base of the container, set aside while you prepare the next layer.
- 4. To make the second layer, place the dates, cacao/cocoa powder, almond butter, a pinch of salt, remaining coconut oil and the water into a food processor and blend until it's smooth and creamy. Place this mixture on top of the other layer prepared previously. It can be a little sticky but if you wet your fingers you will be able to spread evenly pressing on top of the other layer without it sticking to your fingers.
- 5. To make the third layer, sprinkle the finely chopped hazelnuts evenly over the top and then place in the fridge for 4 hours.
- 6. Remove from the container by pulling out the baking paper and then cut into 14 pieces. One piece is one serve.
- 7. Store leftovers in the container in the fridge for up to a week or freeze for up to 3 months.



### **EASY PUMPKIN HUMMUS WITH**

# VEGGIE STICKS

#### SERVES 1 PREPTIME 5 MINS COOK TIME 25 MINS

### **INGREDIENTS**

- 1/2 cup pumpkin, peeled and cubed
- · cooking oil spray
- 80 grams tinned chickpeas
- 1tsp tahini
- 1 tsp lemon juice
- salt
- pepper
- 1/2 medium carrot
- 1/2 Lebanese cucumber

- 1. Preheat oven to 180C and line a baking tray with paper. Spread pumpkin over tray and lightly spray with cooking oil. Roast for 20-25 minutes or until golden and tender.
- 2. Rinse and drain chickpeas and combine with roasted pumpkin, tahini and lemon juice in a food processor. Blitz until smooth and season with salt and pepper.
- 3. Slice carrot and cucumber into batons and serve with dip.



### **CHOCOLATE COCONUT**

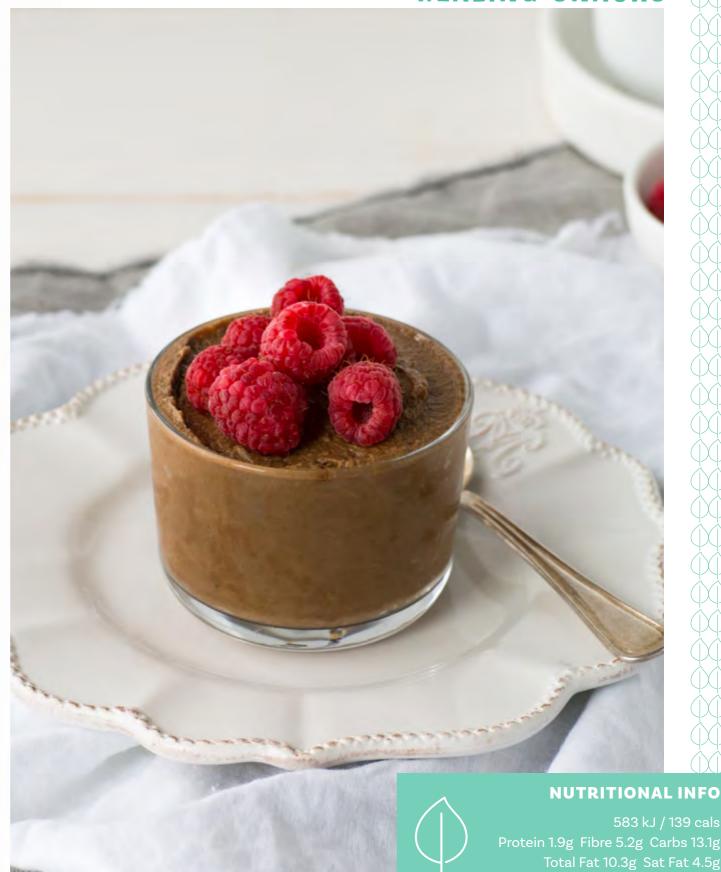
# MOUSSE

#### **SERVES 2 PREP TIME 2 MINS**

### **INGREDIENTS**

- · 1 medium avocado, diced
- 1/4 cup cacao/cocoa powder
- 2 tbsp maple syrup
- 1/3 cup coconut cream
- 1 tsp vanilla extract
- 1/2 cup fresh or frozen raspberries

- 1. Process all ingredients together (excluding the raspberries) in a blender for 10 seconds or until smooth, scrape down sides and blend again for 10 seconds.
- 2. Divide between 3 serving bowls and top with raspberries to serve. If you'd like, place in the fridge to chill before serving.



### **VEGGIE STICKS &**

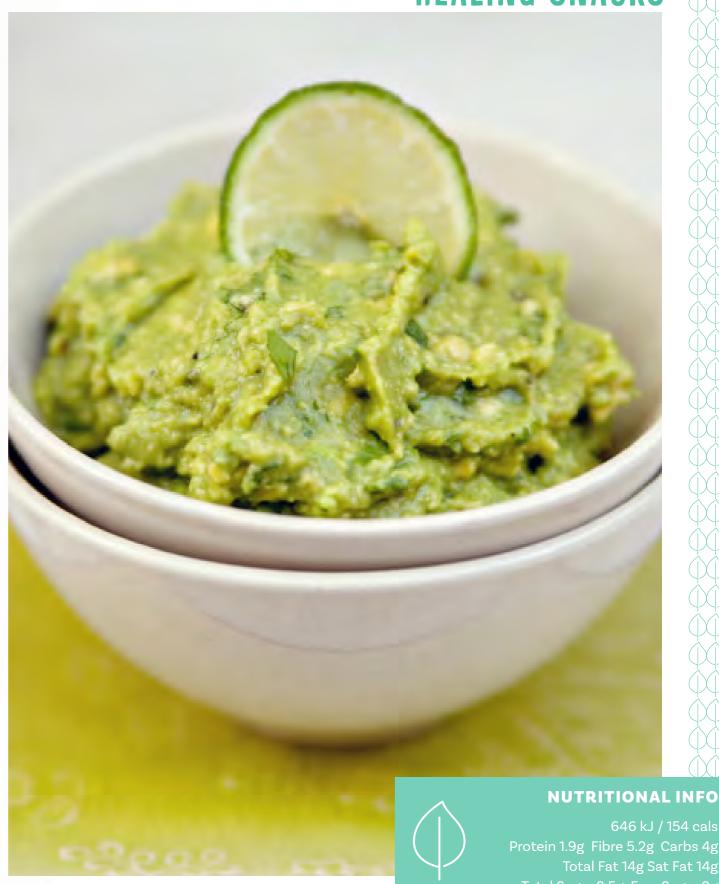
# GUACAMOLE

#### **SERVES 1 PREP TIME 5 MINS**

### **INGREDIENTS**

- 1/4 medium avocado
- 1/8 red onion
- 1/2 clove garlic
- · 1 teaspoon fresh coriander
- salt
- · pepper
- 2 tsp lemon juice
- 1/2 medium carrot
- 1/3 red capsicum

- 1. Dice the onion finely, chop the coriander and crush the garlic. Combine onion, coriander and garlic with the avocado and mash together with a fork.
- 2. Season with salt and pepper and mix in the lemon juice.
- 3. Serve with carrot and capsicum, cut into sticks, or any other raw veggies you like.



### **CHERRY CHOC**

# SLICE

#### **SERVES 10 PREP TIME 260 MINS**

### **INGREDIENTS**

- 150 grams fresh cherries
- 45 mls coconut oil
- 1/2 cup shredded coconut
- 2 tbsp chia seeds
- 60 grams dark chocolate (70%)
- 1tbsp 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 blitz until well combined. Some small lumps of cherry are fine and add to the texture of the slice.
- 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.
- 6. Return the pan to the fridge for at least 4 hours.
- 7. When ready, dust a chopping board liberally with the coconut flour, and place the slice onto the board. This will give it a slightly cakey base.
- 8. Cut the slice with a hot knife into 10 equal pieces. 1 piece is 1 serve.
- 9. Leftovers can be stored in an airtight container in the fridge for up to 2 weeks or freeze for up to 3 months.



# BULK **COOKING TIPS**

Eating healthy sounds good in theory but it can be tough in practice, especially if you're a busy mum! Very often it's hard to find the time to cook 21 healthy meals each week. Even if you do have those hours spare, you don't want to spend them all in the kitchen.

Just because you're not up for cooking each day, doesn't mean your health has to take a back seat. Thanks to bulk and freezer cooking, you can still keep on track with your health. Rather than reaching for that quick, sugar-loaded meal, you can opt for a healthy, homecooked dish. And keep the convenience.

### WHY WOULD YOU WANT TO COOK IN **LARGE BATCHES?**

Cooking in bulk is preparing large amounts of food in one go then storing it in the fridge or freezer for later use. This type of prepping is a great way to save yourself a lot of time and energy, especially during chaotic and hectic weeks!

It can also be very cost-effective as you are buying in bulk, and there may be many significant discounts for purchasing food in larger quantities at your local grocer.

If you've never cooked in bulk before, getting started may seem a little daunting or even overwhelming. However, if you break down the cooking process into steps, allowing yourself proper time for each phase, you will be a pro in no time. It's all about practice and repetition.



### **BULK COOKING MEANS YOU COOK LESS OFTEN, SAVING TIME**

When you do bulk cooking and bulk freezing, you will always have a quick and easy meal at hand. Healthy and as convenient as they come – just heat and serve!

You can spend less time in the kitchen and more time with the family. You can even bulk cook breakfasts and freeze them. We have put together a list of delicious breakfast recipes for you such as slices, muffins and savoury bakes.

### **BULK COOKING HELPS SAVE MONEY**

Now that you're cooking in bulk, it's time to buy in bulk. Decide where you will be shopping for your ingredients. Some stores offer a membership or points scheme which can give great savings for members. For this purpose, membership at a bulk retailer is a sound investment.

You can choose from the recipes we have created for you and write a shopping list, which will help you to keep on track and budget.

Set aside a full day for prepping, cooking and storing your meals, or do it over a few days. You can even enlist your children and/or partner to help you, making a fun all day activity for the family.

Make sure you label everything you freeze (and store on pantry shelves, for dry and canned items) with the date it was made, as well as the expiration date.

### **SLOW COOKING IS A MASSIVE HELP**

Your slow cooker can be your best friend when it comes to bulk cooking! It tends to lend a helping hand no matter what you're doing in the kitchen, but especially when it comes time to meal prep. Not only does it do the cooking for you, it also makes batches of food for tons of lunches and dinners - and sometimes even breakfast!

All of this in one little super-powered gadget... and an added bonus is that slow cooked meals are ideal for freezing!

### ADJUSTING RECIPES FOR A SLOW COOKER

SLOW COOK ON HIGH FOR	SLOW COOK ON LOW FOR
1-2 hours	4-6 hours
2-3 hours	5-7 hours
3-4 hours	6-8 hours
4-6 hours	8-12 hours
	HIGH FOR 1-2 hours 2-3 hours 3-4 hours



# FREEZING TIPS

Freezing the food you cook can be a very good use of time, especially if you're whipping up the variety of healthy recipes we have laid out for you.

Many meals and ingredients can be frozen which can help you have dishes on the dining table in nothing flat. Not only does it save you time, it also can help to deter you from the infamous takeaway or 'bad for your health' bought convenience foods. You can also save money that you would otherwise spend on these things.

And it's also important between meals. When you have healthy snacks in the freezer, there's no excuse for reaching for the unhealthy ones.

### FREEZING YOUR FOOD

Once you have cooked your delicious food, let it cool down before you place it in an airtight container to be stored in the freezer.

Here is a bit of what you need to know about freezing and defrosting.

**LABELLING:** Prevent wasting frozen food by labelling it. On your labels, include what the meal is as well as the date it was cooked and frozen. Masking tape is very easy to write on, so a good tip is to stick it to the outside of the container.

PACKAGING: Make sure that you are using containers that are specifically made for the freezer.

**THAWING:** The best method for thawing your food is the fridge. This is the easiest and safest method but it takes a long time, so it's important to plan ahead. You can thaw dinner during the day while you're at work. However, if you would like the food straightaway, you could easily use the microwave. But be aware: microwaves thaw unevenly.





### **HOW TO FREEZE YOUR FOOD SAFELY**

FREEZE FOODS AS SOON AS POSSIBLE: Bought foods should be packed properly, then put in the freezer as soon as you get them home from the supermarket. After cooking homemade food, allow it to cool slightly, then cover and place in the fridge to cool completely before freezing. Placing hot foods in the freezer increases the temperature in the cavity, which slows down the freezing process and may cause other foods to thaw slightly.

KNOW WHAT YOU HAVE Prevent wasting frozen food by labeling it. Be sure to include what it is and the date you prepared it.

**AVOIDING FREEZER BURN** Freezer burn occurs when foods have been exposed to air during freezing. This causes the surface of the food to lose moisture, making it appear dry, usually with a light greyish colour. You can still eat food that has been affected by freezer burn, however the texture and flavour won't be the same. Package food in airtight containers or sealable bags, and always expel as much air as possible before sealing.

WHAT ABOUT BACTERIA? Be sure to heat your previously frozen food thoroughly to kill off unwanted bacteria.

**COLD CONTAINERS** When freezing food, be sure to use containers that are specially made for the freezer. Freezer-ready containers, freezer bags, plastic wrap and heavy-duty aluminum foil will all help keep moisture and resulting ice crystals at bay.

LABEL AND DATE FROZEN FOODS All frozen foods have a use-by date. See our guide to freezing times.



### **SMART TRICKS TO GET BEST RESULTS FROM** FREEZER-FRIENDLY RECIPES

- For quicker thawing and reheating, freeze meals such as casseroles and soups in serving-size portions.
- To avoid freezer burn and prevent food absorbing other flavours and odours, choose airtight, freezer-proof containers.
- Keep your freezer as full as you can. This makes it run more efficiently, saving energy (and money) as less power is needed to circulate the cold air and keep food frozen.
- If you need large quantities of ice cubes for a party, empty the frozen contents of ice cube trays into a large airtight container. Refill the trays and repeat till you have enough ice cubes. Store in the freezer.

### Reheating cooked foods



### **HOW TO THAW**

Out of the three options for thawing your frozen meals (refrigerator, using cold water or in the microwave), using the fridge is the safest in terms of preventing the accumulation of bacteria, but it could take a day or two to fully defrost your meal.

# Handy tips for thawing different foods at room temperature and in the fridge

Foods with a low moisture content: (such as cakes, muffins and biscuits) can be thawed at room temperature. Remove and discard the plastic wrap or other packaging before thawing, otherwise the ice crystals that form on the surface during freezing will form a pool of liquid as they melt, which can cause cakes and muffins to become soggy.

**Foods with a medium moisture content**: (such as fresh pasta, sliced bread, frozen meals and frozen vegies) can be reheated immediately after being taken out of the freezer.

**Foods with a high moisture content**: (such as meat, chicken, fish, fruit and cooked liquid-based dishes) need to be thawed in the fridge to prevent bacteria growing.

- Place meat on a plate or in a container to catch any juices. Thaw in the fridge for 24-48 hours. This allows the ice crystals to break down slowly and helps retain the texture of the meat.
  - Be as gentle as possible when thawing frozen fruit. Fruit has high wate content, so place in a single layer on a baking tray lined with paper towel to absorb excess liquid as it thaws.

# FRIDGE GUIDELINES

INGREDIENTS	STORAGE TIME IN THE FRIDGE	COMMENTS
COOKED SEAFOOD	2 DAYS	Store in an airtight container and if you are going to eat cold, this is fine. If you are going to eat hot, make sure you reheat until steaming.
COOKED MEATS	2-4 DAYS	Store in an airtight container and if you are going to eat cold, this is fine. If you are going to eat hot, make sure you reheat until steaming.
COOKED POULTRY	3 DAYS	Store in an airtight container and if you are going to eat cold, this is fine. If you are going to eat hot, make sure you reheat until steaming.
COOKED RICE	1 DAY	It is important with rice that you lay it flat in a container so that it can cool quickly. Rice is susceptible to spore build-up of bacillus cereus which can make you ill. When you are ready to eat it, make sure you heat until steaming. Do not refrigerate any additional leftovers.
COOKED PASTA	3 DAYS	Store in an airtight container and if you are going to eat cold, this is fine. If you are going to eat hot, make sure you reheat until steaming. Do not refrigerate any additional leftovers.
COOKED MUFFINS	5 DAYS	This timeline is based more on food quality rather than food safety. The fridge is dehydrating, which dries the product out. These are best stored in the freezer.
CHOPPED RAW VEGGIES	2 DAYS	Surprisingly, veggies that are cut are susceptible to foodborne illness, especially if you are going to eat them as a salad with no further cooking step. The reason diced vegetables in the supermarket keep for longer is because they are often flushed with a gas which stops the growth of organisms. If you are going to cook the veggies, it won't be as much of an issue but it is better to be on the safe side. The quality of the vegetable will also deteriorate because the fridge is dehydrating, which dries the product out.

# FREEZER GUIDELINES

INGREDIENTS	STORAGE TIME IN THE FREEZER	COMMENTS
МЕАТ	3-6 MONTHS	Meat will store in the freezer for longer than this time, but the quality will be affected by the freezing process. If you are storing raw meat, make sure you place it in the freezer before the use-by date. When you defrost the meat, aim to use it within that 24 hours. It is important when defrosting meat, that it is done safely, either in the fridge or using the microwave.  Do not leave it out on the bench.
POULTRY	6-12 MONTHS	Poultry will store in the freezer for longer than this time, but the quality will be affected by the freezing process. If you are storing raw meat, make sure you place it in the freezer before the use-by date. When you defrost the meat, aim to use it within that 24 hours. It is important when defrosting meat, that it is done safely, either in the fridge or using the microwave. Do not leave it out on the bench.
COOKED RICE	1-2 MONTHS	This timeline is driven by food quality rather than food safety. Rice is susceptible to spore build up of bacillus cereus which can make you ill. When you are ready to eat it, make sure you reheat until steaming.
COOKED PASTA	1-2 MONTHS	This timeline is driven by food quality rather than food safety.
COOKED MUFFINS	2-6 MONTHS	This timeline is driven by food quality rather than food safety.
CHOPPED VEGGIES	1 MONTH	This timeline is driven by food quality rather than food safety. Freezing is best for vegetables that will be cooked after defrosting as the structure of the cells have been compromised by the freezing process and will be soggy when defrosted.

### **BANANA & GINGER**

# BREAKFAST LOAF

#### SERVES 6 PREP TIME 15 MINS COOK TIME 60 MINS

### **INGREDIENTS**

- · 2 ripe mashed bananas
- · ½ cup cauliflower florets
- ¼ cup reduced-fat Greek natural yoghurt
- · ¼ cup reduced-fat milk of choice
- 1 tsp grated fresh ginger
- 1½ cups wholemeal self-raising flour
- ½ cup almond meal

- 1/4 tsp baking powder
- · 1tsp cinnamon
- · 2 free-range eggs
- · 1 tsp vanilla extract
- · 2 tbsp melted coconut oil
- 1tsp honey

### **METHOD**

- 1. Preheat an oven to 180C and prepare a loaf tin by lining with baking paper.
- 2. Steam the cauliflower until very tender, about 20 minutes. Cool slightly and add to a blender jug with milk and yoghurt, puree until smooth.
- 3. Add eggs, oil, honey, ginger and vanilla to the cauliflower mixture and pulse until just blended. Stir through mashed banana.
- 4. Whisk flour, almond meal, baking powder and cinnamon in a large bowl.
- 5. Add banana mixture and fold until just combined.
- 6. Pour batter into prepared tin and bake for 60-70 minutes, covering loosely with foil if browning too quickly. The loaf is done when a skewer inserted into the centre comes out clean.
- 7. Cool in the pan for 10 minutes, turn out and cool completely on a wire rack.
- Slice loaf into 12 slices, 2 slices is 1 serve. Can be toasted.
- Store leftovers in an airtight container in the fridge for up to a week or freeze slices individually to defrost and toast as required.

## **BULK FREEZER FRIENDLY BREAKFASTS**



Free sugars\* mentioned in our recipes are those which have been added to foods during processing, cooking and preparation. Naturally occuring sugars, however, 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.

### **BLUEBERRY & VANILLA**

# **PANCAKES**

#### SERVES 1 PREP TIME 5 MINS COOK TIME 12 MINS

## **INGREDIENTS**

- 1 free-range egg
- 1/3 cup reduced-fat milk of choice
- 1/2 cup wholemeal self-raising flour
- 1 tbsp reduced-fat Greek natural yoghurt
- 1/2 tsp vanilla extract

- · 1 tsp extra virgin olive oil
- · 1/2 cup blueberries, fresh or frozen
- · 2 tbsp water
- 1/2 tsp lemon juice
- 1 tsp flaked almonds

### **METHOD**

- 1. Whisk together egg, milk, flour, yoghurt, vanilla and oil. Batter can be frozen at this point and defrosted when ready to cook.
- 2. Heat a non-stick frypan over a medium heat.
- 3. Pour 1/4 cup measure of the batter in the pan at a time. After 1-2 minutes, when the batter starts to bubble on top, flip the pancake over and cook on the other side for another minute or two until golden brown. Repeat with remaining batter until all pancakes are cooked.
- 4. While pancakes are cooking, place the blueberries in a microwave-safe dish with water and microwave on high until the berries have collapsed and liquid has reduced and become syrupy. Stir through lemon juice.
- 5. Pour blueberry syrup over pancakes to serve and top with flaked almonds.

# **BULK FREEZER FRIENDLY BREAKFASTS**



# **CHOC ALMOND**

# BREAKFAST BARS

#### SERVES 4 PREPTIME 7 MINS COOK TIME 20 MINS

## **INGREDIENTS**

- · 6 wheat cereal biscuit eg Weetbix
- 1/2 cup rolled oats
- 50g of butter
- · 2 tsp cacao/cocoa powder
- 1 tbsp flaked almonds

- · 2 tbsp sultanas
- 1/2 cup reduced-fat milk of choice
- · 2 tbsp honey
- · 1tsp cinnamon
- · cooking oil spray

### **METHOD**

- 1. Preheat oven to 180C and prepare a 20cm square cake tin, by lining with baking paper and lightly spray with cooking oil.
- 2. Crush wheat biscuits with your hands. Combine with oats, almonds and sultanas in a mixing bowl.
- 3. Melt butter and combine with cacao/cocoa, honey and milk.
- 4. Pour milk mixture into dry ingredients, stirring well to combine.
- Press mixture into prepared tin and place in the oven for 20 minutes until firm.
- 6. Cut into 8 bars. 2 bars is 1 serve. Store leftovers in an airtight container and freeze to defrost as required.

# BULK FREEZER FRIENDLY BREAKFASTS



### **CHOC BANANA**

# QUINOA BOWL

#### SERVES 1 PREPTIME 5 MINS COOK TIME 15 MINS

## **INGREDIENTS**

- 1/4 cup quinoa, uncooked
- · 3/4 cup reduced-fat milk of choice
- 1/4 cup water
- 1/2 banana
- 1tsp honey
- · 1tsp cacao/cocoa powder
- 1/2 tsp vanilla extract

## **METHOD**

- 1. Mash half the banana and slice the other half.
- 2. Rinse the quinoa and place in a saucepan with ½ cup of milk per serve and all the water over a medium heat and bring to the boil. Reduce heat to a simmer and cook, stirring occasionally, until all liquid has been absorbed, about 10 minutes. Remove quinoa from stove, cover and rest for 5 minutes.
- 3. Then transfer to a bowl.
- 4. Stir mashed banana, honey, cacao/cocoa powder and vanilla through quinoa until well combined.
- 5. If freezing, allow porridge to cool at this stage and place in an airtight container in the freezer.
- 6. When ready to serve, reheat porridge if frozen and place in a serving bowl and pour remaining 1/4 cup of milk per serve (warmed if desired) over the top. Garnish with fresh banana slices to serve.

# **BULK FREEZER FRIENDLY BREAKFASTS**



### **EGG & CHEESE**

# BREAKY CUPS

#### SERVES 3 PREP TIME 5 MINS COOK TIME 10 MINS

### **INGREDIENTS**

- · cooking oil spray
- 1tsp butter
- 1 brown onion
- 1/2 tsp dried thyme leaves
- salt
- · pepper
- 6 free-range eggs
- 1½ tbsp grated reduced-fat cheddar cheese
- 1 chopped tomato

### **METHOD**

- 1. Preheat oven to 180C. Lightly spray 6 muffin tin holes with cooking oil spray.
- 2. Slice the onion and sauté in a saucepan over medium heat with butter, dried thyme, salt and pepper.
- 3. When cooked, evenly distribute the onions across the muffin tin holes.
- 4. Crack an egg into each muffin tin hole on top of the onions. Top with cheese and a grind of pepper.
- 5. Place muffin tray into the oven for 10 minutes or until the eggs have cooked and are set. If freezing remove cups from muffin tin, allow to cool and wrap in foil or place in an airtight container before placing in freezer.
- 6. When ready to serve, defrost and reheat if required. Serve 2 egg cups per person and top with chopped tomato.

## **BULK FREEZER FRIENDLY BREAKFASTS**



## **TURKEY & VEG**

# MINCE ON TOAST

#### SERVES 1 PREPTIME 5 MINS COOK TIME 15 MINS

## **INGREDIENTS**

- · 80g of lean turkey mince
- 1 finely diced carrot
- 1/2 cup frozen peas and corn
- · 1tsp tomato paste
- 1 tsp Worcestershire sauce
- · 1 tsp plain wholemeal flour
- 1/4 cup water
- · 2 slices wholegrain or gluten-free bread of choice

## **METHOD**

- 1. In a non-stick fry pan over a medium heat, cook carrot for 5 minutes.
- 2. Add turkey and cook for 2-3 minutes, stirring to break up clumps.
- 3. Add Worcestershire sauce and tomato paste and stir to combine.
- 4. Add flour and cook for 30 seconds. Add water and stir well.
- 5. Add corn and peas and simmer for 2-3 minutes until veggies are tender and sauce has thickened. If freezing, place sauce in an airtight container and allow to cool then place in freezer.
- 6. When ready to serve, defrost sauce and reheat if required. Toast bread and top with savoury turkey and veg mince to serve.

# **BULK FREEZER FRIENDLY BREAKFASTS**



### **BEEF & BARLEY**

# SOUP

#### SERVES 1 PREPTIME 5 MINS COOK TIME 40 MINS

### **INGREDIENTS**

- 80g of beef fillet
- 1 tsp extra virgin olive oil
- 1/8 chopped brown onion
- 1/2 clove minced garlic
- 1 cup sliced mushrooms
- 100g of tinned tomatoes
- 1/4 cup pearl barley
- 1/2 tsp dried oregano
- 1 cup liquid beef stock, salt reduced

### **METHOD**

- 1. Cut beef into small cubes.
- 2. Heat a saucepan over medium heat. Add oil, then onion and garlic for about 2 minutes or until softened.
- 3. Add mushrooms, tomatoes, barley and oregano. Cook for about 3 minutes or until mushrooms are soft.
- 4. Add stock and beef. Bring to a boil, then reduce heat to medium-low.
- 5. Simmer for 30 minutes or until the barley is tender and the beef is cooked through.
- 6. If freezing, allow to cool then place in an airtight container and freeze.
- 7. When ready to serve, defrost and reheat if required. Ladle into a serving bowl and garnish with some freshly chopped herbs if you like.



## **CARROT, ORANGE & GINGER**

# SOUP

#### SERVES 1 PREPTIME 5 MINS COOK TIME 20 MINS

## **INGREDIENTS**

- · 1 cup liquid vegetable stock, salt reduced
- 2 chopped carrots
- 1/2 peeled & chopped sweet potato
- 1 tsp orange zest
- 1/2 tsp finely chopped fresh ginger
- 1/4 cup fresh orange juice
- · 2 tsp chopped fresh coriander
- · 1 tbsp reduced-fat Greek natural yoghurt
- 1/2 wholegrain roll

### **METHOD**

- Place carrot, sweet potato, orange zest, and ginger in a medium saucepan with stock and juice over a medium heat. Bring to the boil then reduce to a simmer for 15-20 minutes or until vegetables are tender.
- 2. Use a stick blender or bench top blender to blitz the soup until smooth.
- 3. Return to saucepan to reheat if required.
- 4. If freezing, place in an airtight container when cool and freeze.
- 5. When ready to serve, defrost and reheat if required. Pour into a serving bowl and garnish with yoghurt and coriander. Serve with half a bread roll.



## **CAULIFLOWER & PARSNIP**

# SOUP

#### SERVES 1 PREP TIME 10 MINS COOK TIME 45 MINS

## **INGREDIENTS**

- · 1 cup roughly chopped cauliflower
- · 1 peeled and roughly chopped parsnip
- 1/2 clove garlic
- · 2 tsp extra virgin olive oil
- 1/4 tsp ground cumin
- 1/4 tsp smoked paprika

- · 3/4 cup liquid vegetable stock, salt reduced
- 1/2 cup tinned evaporated light milk
- · 1 slice wholegrain or gluten-free bread of choice

### **METHOD**

- 1. Preheat oven to 200C. Peel and smash garlic.
- 2. Spread cauliflower, parsnip and garlic onto a baking tray in a single layer, and drizzle with half the oil. Sprinkle with cumin and paprika.
- 3. Roast vegetables for 35-40 minutes, tossing vegetables around every 10 minutes.
- 4. Meanwhile pour stock into a saucepan and bring to a simmer.
- 5. Remove the vegetables from the oven and turn the heat down to 160C.
- 6. Cut the remaining bread into small croutons and drizzle with oil. Place on the baking tray for 5 - 10mins on each side, until crispy.
- 7. Use a stick blender or bench top blender to puree the roasted vegetables with the hot stock. Puree mixture for 3 to 5 minutes until smooth.
- 8. Transfer the soup back to the saucepan and bring to a light simmer. Stir in evaporated milk.
- 9. Remove the croutons from the oven and serve with soup once heated through.
- 10. If freezing, make croutons when ready to serve. Store cooled soup in an airtight container and freeze.
- 11. When ready to serve, defrost and reheat.



### **CREAM OF MUSHROOM**

# SOUP

#### SERVES 1 PREP TIME 5 MINS COOK TIME 35 MINS

## **INGREDIENTS**

- · 1 cup liquid vegetable stock, salt reduced
- 2 tsp butter
- · 3 cups sliced mushrooms
- 1/2 finely sliced leek
- 1/4 finely diced brown onion
- · 2 cups liquid chicken stock, salt reduced
- · 2 tsp wholegrain mustard
- 1/4 cup reduced-fat Greek natural yoghurt
- 1 slice wholegrain or gluten-free bread of choice

### **METHOD**

- 1. Melt butter in a saucepan over a medium-high heat. Sauté mushrooms, leek and onion in butter for 5 minutes, stirring continuously.
- 2. Add chicken stock and mustard and simmer for 30 minutes.
- 3. Stir through yoghurt and use a stick blender to process until soup is smooth. Alternatively, allow to cool slightly before blitzing in a blender or food processor, then reheat to serve.
- 4. If freezing, allow to cool before placing in an airtight container and into the freezer.
- 5. When ready to serve, defrost and reheat if required. Toast bread and serve with soup.



### **CREAMY CHICKEN & CORN**

# SOUP

#### SERVES 1 PREPTIME 5 MINS COOK TIME 15 MINS

## **INGREDIENTS**

- 1 cup corn kernels, fresh or tinned
- · 1/2 cup liquid chicken stock, salt reduced
- 1/2 cup reduced-fat milk of choice
- 100g of chicken breast fillets
- 1/2 sliced spring onion
- 1/2 teaspoon soy sauce, salt reduced

### **METHOD**

- 1. 1. Place corn into a food processor and pulse until roughly chopped. Transfer corn to a saucepan, add stock and milk and place over a medium-high heat. Bring to the boil.
- 2. Slice the chicken into small strips and add to the hot soup. Reduce the heat to medium and allow to simmer for 3-4 minutes or until the chicken is completely cooked.
- 3. If freezing, allow to cool then place in an airtight container and freeze.
- 4. When ready to serve, defrost and reheat if required. Transfer to a serving bowl, drizzle over soy sauce and garnish with spring onions.



## ZUCCHINI

# SOUP

#### SERVES 1 PREPTIME 5 MINS COOK TIME 20 MINS

## **INGREDIENTS**

- 1 clove garlic
- 1/4 brown onion
- 1/2 zucchini
- 1/2 potato
- 2 tsp extra virgin olive oil
- salt

- 1 cup liquid chicken stock, salt reduced
- 1/2 cup baby spinach
- · 1 tsp chopped fresh coriander
- · 2 tsp lemon juice
- 1 tbsp extra light sour cream
- 1 slice wholegrain or gluten-free bread of choice

### **♦ METHOD**

- 1. Peel and chop the garlic, onion and potato. Dice zucchini.
- 2. Pour oil into a saucepan over a high heat. Add the garlic, onion and a pinch of salt and sauté for a few minutes until onion softens.
- 3. Add the potato, zucchini and stock. Bring to a simmer and cook until potatoes are soft, around 10-15 minutes.
- 4. Add the spinach, coriander and lemon juice, and puree with a hand blender until smooth.
- 5. If freezing, allow to cool then place in an airtight container and place in the freezer.
- 6. When ready to serve defrost and reheat if required. Serve with a dollop of sour cream and slice of toast.



### **BEEF & SWEET POTATO**

# STEW

#### SERVES 4 PREP TIME 10 MINS COOK TIME 120 MINS

## **INGREDIENTS**

- 2 tsp extra virgin olive oil
- 1 diced brown onion
- · 400g diced stewing steak e.g. lean chuck steak
- · 480g (approx. 3) peeled & diced sweet potatoes
- · 2 peeled & diced carrots
- 3 diced cloves garlic
- · 2 cups tomato passata

- 2 cups liquid beef stock
- 4 cups water
- · 1 tbsp dried Italian herbs
- · salt
- pepper
- 1 tbsp lemon juice
- · 4 cups baby spinach

### **METHOD**

- 1. Heat oil in a heavy based saucepan or casserole dish over mediumhigh heat. Add the onion and sauté for a minute or two. Add the meat and brown.
- 2. When the meat has browned add the sweet potato, carrot and garlic and stir to combine.
- 3. Add the tomato passata, stock, water and dried herbs. Bring to the boil.
- 4. Cover with a lid and reduce to a very low simmer to cook for approximately 1.5 hours or until beef is very tender, uncover and simmer a further 15 minutes until stew has thickened slightly.
- 5. Season stew with salt and pepper. If freezing, allow to cool then place in an airtight container and into the freezer.
- 6. When ready to serve, defrost and reheat if required. Serve with baby spinach dressed with lemon juice.

## **BULK FREEZER FRIENDLY CURRIES & STE**



### **SAGE & GARLIC VEAL**

# STEW

#### SERVES 1 PREP TIME 10 MINS COOK TIME 240 MINS

### **INGREDIENTS**

- 150g of veal, boneless and lean
- 1 stalk diced celery
- 1 diced carrot
- 1/4 diced brown onion
- 1 cup diced pumpkin
- 1/2 diced zucchini

- · 2 cloves crushed garlic
- 1tbsp fresh sage
- · 1 cup liquid beef stock, salt reduced
- 1 tsp tomato paste
- 1/4 cup quinoa, uncooked

### **METHOD**

- 1. Dice the veal.
- 2. IF USING AN OVEN: Preheat oven to 160C. Place all ingredients excluding the guinoa in a casserole dish and combine well. Cover with a lid and cook for 4 hours.
- 3. IF USING A SLOW COOKER: Place all ingredients excluding the quinoa into the cooker and cook on a low setting for 6 hours.
- 4. If freezing, allow stew to cool and place in an airtight container in the freezer.
- 5. When ready to serve, defrost and reheat if required. Fifteen minutes before ready to serve, rinse quinoa and prepare according to packet instructions.
- 6. Serve stew with quinoa on the side.

## **BULK FREEZER FRIENDLY CURRIES & STEWS**



### **TUSCAN CHICKEN**

# STEW

#### SERVES 1 PREP TIME 5 MINS COOK TIME 20 MINS

## **INGREDIENTS**

- · cooking oil spray
- 1/4 diced brown onion
- 1/2 tsp dried oregano
- 1/4 tsp dried thyme leaves
- 3/4 cup sliced mushrooms
- · 100g of chicken breast fillets
- 1 clove minced garlic

- · 1 tbsp chopped sun-dried tomatoes
- · 1 tbsp drained and rinsed tinned cannellini beans
- 100g of tinned tomatoes
- · 2 tbsp water
- 1 cup baby spinach
- 1/2 tbsp chopped fresh parsley

## **♦** METHOD

- 1. Spray a frying pan with oil, heat over a medium heat.
- 2. Add onions, oregano and thyme to pan and cook for 2 minutes until onions are tender.
- 3. Dice chicken and add to pan with mushrooms and cook for 3 minutes until brown.
- 4. Add garlic and sun-dried tomatoes and cook for 2 minutes.
- 5. Add beans, tinned tomatoes, water and cook for 5 minutes until sauce has thickened slightly and chicken is cooked through.
- 6. Stir in spinach to wilt.
- 7. If freezing, allow to cool then place in an airtight container before placing into the freezer.
- 8. When ready to serve, defrost and reheat if required and serve topped with fresh parsley.

## **BULK FREEZER FRIENDLY CURRIES & STEWS**



### **COCONUT VEGGIE**

# CURRY

#### SERVES 1 PREP TIME 7 MINS COOK TIME 22 MINS

## **INGREDIENTS**

- 2 tsp coconut oil
- 1/2 clove minced garlic
- 1/4 chopped brown onion
- 2 tsp red curry paste
- 1/2 cup peeled and cubed pumpkin
- · 2 peeled and diced parsnips
- 1/2 peeled and diced carrot
- · 100ml of reduced-fat coconut milk
- · 2 tbsp chopped fresh coriander
- 1 tbsp lemon juice

### **METHOD**

- 1. Heat the coconut oil in a wok or saucepan over medium-high heat. Add the onion and garlic and sauté for 1-2 minutes until the onion is translucent.
- 2. Add the curry paste and stir for 30 seconds until fragrant.
- 3. Add pumpkin, parsnips and carrot and stir to combine for 2-3 minutes.
- 4. Add the coconut milk and simmer for approximately 15 minutes until the vegetables are tender. Add some water if required to maintain a fairly thin, broth-like sauce.
- 5. Just before removing from the heat add the lemon juice and stir to combine. If freezing, allow to cool then place in an airtight container and into the freezer.
- 6. When ready to serve defrost and reheat and top with some freshly chopped coriander.

## **BULK FREEZER FRIENDLY CURRIES & STEWS**



# **FRUITY CHICKEN**

# CURRY

# SERVES 1 PREP TIME 10 MINS COOK TIME 60 MINS

# **INGREDIENTS**

- 1/4 cup brown rice, uncooked
- · cooking oil spray
- · 80g of chicken thigh fillets
- 1/2 chopped banana
- 100ml of tomato passata
- 1tsp currants
- 1 tbsp curry powder
- 1/2 cup liquid chicken stock, salt reduced
- 1 tbsp chopped fresh coriander

# **METHOD**

- 1. Trim chicken of any excess fat and dice into 2cm pieces. Prepare rice according to packet instructions 30 minutes before ready to serve curry.
- 2. IF USING STOVETOP: Heat a saucepan over a medium-high heat and lightly spray with cooking oil. Add the chicken pieces and brown for 1-2 minutes.
- 3. Add remaining ingredients, excluding the coriander and rice and bring to a boil. Reduce heat to a low simmer for 1 hour until chicken is tender and flavours are well combine.
- 4. IF USING A SLOW COOKER: Place chicken, banana, tomato passata, currants, curry powder and stock into the cooker and cook on a low setting for 2 hours.
- 5. If freezing allow curry and rice to cool, then place in airtight containers and into freezer.
- 6. Defrost and reheat if required. Serve curry on prepared rice topped with chopped coriander leaves.

# **BULK FREEZER FRIENDLY CURRIES & STEWS**



# **INDIAN LAMB**

# CURRY

# SERVES 4 PREP TIME 10 MINS COOK TIME 95 MINS

# **INGREDIENTS**

- 500g of lean lamb steak
- · 2 tbsp extra virgin olive oil
- · 2 finely sliced brown onions
- 2 tsp garam masala
- 1 tbsp finely chopped fresh ginger
- 1 tbsp lemon juice

- 400g of tinned tomatoes
- · 2 tbsp tomato paste
- · 1 deseeded and finely sliced small red chilli (optional)
- · 1 cup liquid beef stock, salt reduced
- · 2 tbsp fresh coriander

# **METHOD**

- 1. Dice the lamb.
- 2. Heat the oil in a large frying pan over a medium-high heat. Add onion and soften for 2-3 minutes.
- 3. Add the lamb, garam masala, ginger and lemon juice.
- 4. When the lamb has browned, add the tomatoes, tomato paste, chilli (if using) and stock.
- 5. Reduce heat and simmer uncovered for 90 minutes until the sauce has thickened up. If freezing, allow to cool then place in an airtight container before placing into the freezer.
- 6. When ready to serve, defrost and reheat if required. Divide between 4
- 7. bowls and serve with a sprinkling of fresh coriander and your favourite side dish if desired.

# **BULK FREEZER FRIENDLY CURRIES & STEWS**



# **ASPARAGUS & TOMATO**

# RISOTTO

# SERVES 1 PREPTIME 5 MINS COOK TIME 30 MINS

# **INGREDIENTS**

- 2 tsp extra virgin olive oil
- 1/2 clove garlic, finely diced
- 1/4 brown onion, diced
- 1/3 cup arborio risotto rice, uncooked
- 1 cup liquid chicken stock, salt reduced
- · 1/2 bunch fresh asparagus
- 1/2 tomato
- salt
- pepper
- 1 tbsp fresh parsley

# **METHOD**

- 1. Dice onion, finely chop garlic, chop the tomato, discard woody ends from asparagus and chop remaining spears into small pieces.
- 2. Heat oil in a saucepan over medium-high heat. Add diced onion and sauté for a few minutes until soft. Add garlic and arborio rice and cook for 3 minutes, stirring frequently.
- 3. Heat the stock in a saucepan and keep on a low simmer to keep warm during the risotto cooking process.
- 4. Add the warm stock to the rice a small amount at a time, stirring after each addition and allowing the stock to be absorbed before adding more. The rice should be plump and tender by the time you've added all the stock. If it still seems a little undercooked, add more stock until tender.
- 5. Add asparagus and tomato, and stir through for a minute or two. Season risotto with salt and pepper.
- 6. Serve risotto with chopped fresh parsley sprinkled over the top.
- 7. If freezing, place leftovers in an airtight container and allow to cool before placing in freezer.

# BULK FREEZER FRIENDLY PASTA & RISOTTO



# **CHICKEN & MUSHROOM**

# RISOTTO

# SERVES 1 PREP TIME 5 MINS COOK TIME 20 MINS

# **INGREDIENTS**

- · 80g of chicken breast fillets
- 1½ cups liquid chicken stock, salt reduced
- · 1 tsp extra virgin olive oil
- · 1/4 cup arborio risotto rice, uncooked
- 1 cup sliced mushrooms

- 1/4 tsp dried thyme leaves
- pepper
- · 2 tsp grated Parmesan

# **METHOD**

- 1. Cut chicken into 1cm cubes. Gently warm the stock in a saucepan and allow to simmer on a low heat, just to keep warm.
- 2. Heat olive oil in a saucepan over medium heat. Stir through the Arborio rice for a minute or two to coat well with oil and slightly cook.
- 3. Add the warm stock, 1/4-1/2 cup at a time, letting it absorb before adding another quantity. Stir well each time more stock is added.
- 4. When almost all the stock has been added and rice is almost cooked, add the chicken, mushrooms and thyme. Cook for 5-7 mins until chicken is cooked through.
- 5. Add some warm water if rice still needs further cooking once all stock has been used.
- 6. Season with salt and pepper and sprinkle over Parmesan cheese
- 7. If freezing, place leftovers in an airtight container and allow to cool before placing in freezer.

# **BULK FREEZER FRIENDLY PASTA & RISOTTO**



# **CHICKEN & TOMATO**

# PENNE

# SERVES 1 PREP TIME 15 MINS COOK TIME 20 MINS

# **INGREDIENTS**

- 100g of chicken breast fillets
- · cooking oil spray
- 1/2 cup wholemeal penne
- 1/2 cup broccoli florets
- 100g of tinned tomatoes

- · 1 tbsp torn fresh basil leaves
- 1 cup baby spinach
- 1/2 tsp lemon juice
- · 1tbsp grated Parmesan

# **METHOD**

- 1. Cut chicken into bite-sized pieces. Lightly spray a non-stick frying pan with oil and heat over a medium-high heat. Cook chicken for 5-6 minutes until cooked through.
- 2. Cook penne as per packet instructions.
- 3. Add broccoli florets during the last few minutes of cooking the pasta to blanch.
- 4. Drain pasta and broccoli then transfer back to the saucepan. Add tomatoes, basil, spinach, lemon juice and chicken and return to heat for 2 minutes until warmed through.
- 5. Transfer to a serving bowl and sprinkle with Parmesan to serve.
- 6. If freezing, allow leftovers to cool then place in an airtight container to freeze.

# **BULK FREEZER FRIENDLY PASTA & RISOTTO**



# **CREAMY MUSHROOM & SPINACH**

# **PASTA**

# SERVES 1 PREPTIME 5 MINS COOK TIME 10 MINS

# **INGREDIENTS**

- · 50g of wholemeal pasta, any shape
- · 2 tsp extra virgin olive oil
- 1/2 clove garlic, crushed
- · 1 cup sliced mushrooms
- 2 tbsp plain wholemeal flour

- · 1 cup reduced-fat milk of choice
- 30g of frozen spinach
- 1/2 tsp dried Italian herbs
- · 2 tsp grated Parmesan

# **METHOD**

- 1. Thaw and drain frozen spinach. Cook pasta as per packet directions.
- 2. Heat a frypan or saucepan over a medium heat. Add half the oil and cook garlic and mushrooms until just tender. Tip onto a plate and return pan to the heat.
- 3. Add remaining oil to the pan followed by the flour and cook for 30 seconds until mixture resembles breadcrumbs. Add a third of the milk and whisk vigorously to create a thick paste. Slowly add half the remaining milk, whisking as you pour. Once smooth whisk in the last of the milk (you may need to reduce or increase the final addition of milk to reach desired thickness of sauce) then stir through the spinach, herbs and prepared mushrooms.
- 4. Toss prepared pasta through sauce and serve with a sprinkle of Parmesan cheese.
- 5. If freezing, place leftovers in an airtight container and allow to cool before placing in the freezer.

# **BULK FREEZER FRIENDLY PASTA & RISOTTO**



# **MEXICAN**

# LASAGNA

# SERVES 4 PREP TIME 15 MINS COOK TIME 40 MINS

# **INGREDIENTS**

- · 400g of lean beef mince
- 400g of tinned kidney beans
- · 2 carrots
- · 2 brown onions
- 1 red capsicum
- 400g of tinned tomatoes

- · 1 sachet taco seasoning, salt reduced
- · cooking oil spray
- · 5 wholemeal tortillas
- · 1/2 cup extra light sour cream
- 130g of reduced-fat cheddar cheese

# **METHOD**

- 1. Preheat the oven to 180C. Finely dice the onion, grate the carrot, finely chop the capsicum, drain and rinse the kidney beans and grate the cheese.
- 2. Heat a non-stick frying pan over medium-high heat.
- 3. Sauté diced onion for a couple of minutes, then add 1 tablespoon water (this takes away the need for any added oil) and cook until the onion is soft and translucent, and water has evaporated.
- 4. Increase the heat to high and add the mince. Cook, stirring, until there are no lumps and mince is brown.
- 5. Add grated carrot, chopped capsicum, red kidney beans, diced tomatoes and taco seasoning. Stir and then simmer for 10-15 minutes until mixture has thickened.
- 6. Lightly spray an oven safe dish with cooking spray.
- 7. Layer the dish with a tortilla, then some of the meat mixture, and continue layering until you've used up all the tortillas and meat mixture, finish with a tortilla on top. Spread over sour cream and sprinkle the cheese over the top. Cook for 30-40 minutes, or until golden brown.
- 8. If freezing, allow to cool and place individual portions into airtight containers and then into freezer.

# **BULK FREEZER FRIENDLY PASTA & RISOTTO**



# **TUNA**

# PASTA BAKE

# SERVES 1 PREP TIME 10 MINS COOK TIME 25 MINS

# **INGREDIENTS**

- 1/2 cup wholemeal pasta, any shape
- 90g of tinned tuna in water
- 1/2 carrot, diced
- 1/4 red capsicum, diced
- 1/4 cup frozen peas
- 1/2 cup tomato passata

- · 1/4 cup water
- salt
- pepper
- · 1 tbsp fresh basil leaves, chopped
- 1/4 tsp dried Italian herbs
- · 2 tbsp reduced-fat cheddar cheese

# **METHOD**

- 1. Preheat oven to 180C.
- 2. Par-cook the pasta for half the time instructed on the packet (it will finish cooking in the oven) and drain well.
- 3. Combine drained pasta with drained tuna, diced carrot, capsicum, peas, passata, water and basil in a baking dish. Season with salt and pepper.
- 4. Top with grated cheese and dried herbs and bake for 20-25 minutes until golden and bubbly.
- 5. If freezing, allow to cool and place in an airtight container before placing in the freezer.

# **BULK FREEZER FRIENDLY PASTA & RISOTTO**



# **CHICKEN & VEGGIE**

# PIE

# SERVES 1 PREP TIME 10 MINS COOK TIME 40 MINS

# **INGREDIENTS**

- · cooking oil spray
- · 80g of chicken breast fillets
- 1/4 cup liquid vegetable stock,
- salt reduced
- 1 carrot, peeled and diced
- 1/2 cup cauliflower florets
- 1/4 leek, sliced
- 1/4 cup reduced-fat milk of choice
- · 2 tsp cornflour

- · 1 tsp wholegrain mustard
- 1/2 tsp dried Italian herbs
- 1 slice wholegrain or gluten-free
- bread of choice
- · 1tsp pine nuts
- 1 tsp grated Parmesan
- 2 tsp butter
- 1 cup mixed lettuce leaves
- 1/2 tsp lemon juice

# **METHOD**

- 1. Pre-heat oven to 180C. Cut chicken into bite size pieces.
- 2. Pour the stock into a saucepan and bring to the boil. Reduce heat to low.
- 3. Add carrot pieces, cover and simmer for 5 minutes. Add leeks, cauliflower and chicken to the pan, cover again and cook for a further 5 minutes.
- 4. In a jug, whisk together milk with the cornflour, mustard and dried herbs. Stir into the vegetables and cook for about 3 minutes or until thickened. Remove from the heat and set aside. Note it will thicken further as it cools.
- 5. While filling is simmering roughly tear bread into pieces and place into a food processor and pulse to create crumbs. Add pine nuts, Parmesan and butter and pulse to combine well.
- 6. Pour chicken filling into a baking dish and sprinkle with the breadcrumb topping. Bake for 12 minutes until golden and bubbly.
- 7. Combine lettuce leaves with lemon juice and serve as a side salad with the pie.
- 8. If freezing allow pie to cool and store individual serves in airtight containers in the freezer.
- 9. Then defrost and reheat, covered in the oven before serving. Prepare side salad when ready to serve again.

# BULK FREEZER FRIENDLY PIES & PATT



# **MINI MEAT**

# PIES

# SERVES 1 PREP TIME 10 MINS COOK TIME 30 MINS

# **INGREDIENTS**

- · cooking oil spray
- 50g of lean beef mince
- 1/4 carrot
- 1/4 spring onion
- 1/2 tomato
- 1 tbsp tomato paste
- 1tbsp water

- · 1 tsp plain wholemeal flour
- salt
- · pepper
- 1/4 slice reduced-fat puff pastry
- 1 tsp reduced-fat milk of choice
- 1/2 cup rocket lettuce

# **METHOD**

- Preheat oven to 180C. Cut a whole pastry sheet into quarters (1/4 is used per serve).
- Dice the carrot and tomato and slice the spring onion.
- Spray a saucepan with cooking oil spray and heat over medium-high heat.
- 4. Add the mince and cook until browned.
- 5. Add the carrots, tomato, spring onion and tomato paste. Sprinkle the flour into pan and stir to combine. Stir through water and simmer mixture for 5 minutes over low heat, adding a bit more water if necessary. Season with salt and pepper.
- 6. Place the pie filling into a small ramekin (use an individual ramekin per serve) and cover each ramekin with the quarter sheet of puff pastry. Pierce pastry with a fork to allow steam from filling to release whilst cooking.
- 7. Brush pastry with milk and bake for 10-15 minutes until the pastry is golden.
- 8. Baking time may need to be adjusted if cooking more than one serve.
- 9. Serve with some fresh rocket leaves on the side.
- 10. If freezing allow pie to cool and store individual serves in airtight containers in the freezer. Then defrost and reheat, covered in the oven before serving.
- 11. Prepare side salad when ready to serve again.

# **BULK FREEZER FRIENDLY PIES & PATTIES**



# **HERBED TURKEY**

# BURGERS

# SERVES 1 PREP TIME 15 MINS COOK TIME 35 MINS

# **INGREDIENTS**

- 80g of lean turkey mince
- 1 tbsp rolled oats
- 1/4 tsp dried Italian herbs
- pepper
- 1/2 carrot, grated

- 1/4 tsp extra virgin olive oil
- 1/2 red onion
- · 1 wholegrain roll
- 1/4 avocado
- 1/2 cup baby spinach

# **METHOD**

- 1. Combine the turkey mince, oats, herbs, pepper and grated carrot. Use a spoon or your hands to combine the mixture well. Shape into a patty per serve, place on a plate, cover and let rest in the fridge for 30 minutes
- 2. Heat a non-stick fry pan over a low-medium heat and add the oil. Slice the onion into rounds and place in the pan, using a wooden spoon to stir occasionally. Cook for 8-10 minutes until soft and caramelised. Remove from the pan and set aside.
- 3. Increase heat in pan to medium-high. Place the turkey patty into the pan and cook on each side for 7 minutes or until thoroughly cooked.
- 4. Slice open the bread roll(s) and spread one half per serve with avocado.
- 5. Top with spinach, turkey patty, onions and remaining roll half to serve.
- 6. If freezing, place raw patties in an airtight container in the freezer. When ready to serve defrost and pan fry as per above method. Then serve in roll with burger toppings.

# BULK FREEZER FRIENDLY PIES & PATTIES



# **LAMB**

# BURGERS

# SERVES 1 PREP TIME 10 MINS COOK TIME 10 MINS

# **INGREDIENTS**

- 100g of lean lamb mince
- salt
- · 1 tbsp fresh parsley, chopped
- 1/2 tsp dried rosemary
- 1/4 brown onion, diced
- cooking oil spray
- 1 tbsp mint leaves, chopped

- · 2 tbsp reduced-fat Greek natural yoghurt
- 1/2 tsp extra virgin olive oil
- 1 tsp lemon juice
- · pepper
- 1/2 tomato
- 1/2 cup rocket lettuce
- 1 wholegrain roll

# **METHOD**

- 1. In a bowl combine the mince, olive oil, a pinch of salt, chopped parsley leaves, diced onion and dried rosemary. Form into one patty per serve and set aside to rest for a few minutes.
- 2. Heat a non-stick frying pan over a medium-high heat and spray with oil.
- 3. Cook patties for 4-5 minutes on each side or until cooked through.
- 4. Place the burgers onto the pan and cook on both sides for 4-5 minutes until cooked through.
- 5. Chop the mint leaves and combine with yoghurt, lemon juice and cracked pepper.
- 6. Halve the roll(s) and add a lamb patty, sliced tomato, rocket leaves and a drizzle of yoghurt dressing.
- 7. If freezing, place raw patties in an airtight container in the freezer. When ready to serve defrost and pan fry as per above method. Then serve in roll with burger toppings.

# BULK FREEZER FRIENDLY PIES & PATTIES



# **QUINOA & CHEESE**

# FRITTERS

# SERVES 1 PREP TIME 10 MINS COOK TIME 10 MINS

# **INGREDIENTS**

- 1/4 cup quinoa, uncooked
- · 1 tbsp corn kernels, fresh or tinned
- · 1/4 red capsicum, chopped
- · 1 spring onion, sliced

- 1 tbsp plain wholemeal flour
- 1 tbsp reduced-fat feta
- 1 free-range egg
- · cooking oil spray

# **METHOD**

- 1. Cook quinoa as per packet directions. Can be done ahead of time. Store in the fridge for 2 - 3 days or freeze in individual portions and just defrost and reheat to steaming before using.
- 2. In a mixing bowl lightly whisk egg. Add corn, capsicum, flour and most of the spring onion with cooked & cooled quinoa and half of the feta cheese.
- 3. Spray a pan lightly with oil and place over a medium heat. Scoop in 1/3 cup measures of batter to make 3 fritters per serve. Cook on each side for 3 minutes or until golden.
- 4. Top with remaining feta and extra spring onion to serve.
- 5. If freezing allow fritters to cool after cooking and store in an airtight container in the freezer. Then defrost and reheat in a frypan.

# BULK FREEZER FRIENDLY PIES & PATTIES





# **ZUCCHINI & CARROT**

# FRITTERS

# SERVES 1 PREP TIME 15 MINS COOK TIME 12 MINS

# **INGREDIENTS**

- · 1 carrot, grated
- · 1 zucchini, grated
- 1/2 clove garlic, minced
- 1/4 brown onion, grated
- 2 free-range eggs, lightly beaten
- · 1 tbsp reduced-fat milk of choice
- · 2 tbsp wholemeal self-raising flour
- 1/2 tsp ground cumin
- 1/2 tsp extra virgin olive oil
- 1 tbsp reduced-fat Greek natural yoghurt

# METHOD

- Place grated carrot, zucchini and onion in a sieve and sprinkle with a little salt. Allow to sit for 5 - 10 minutes to allow the excess moisture out. Then squeeze vegetables and allow moisture to drain through sieve.
- 2. Whisk together the carrot, zucchini, garlic, onion, eggs and milk. Gradually stir in the sifted flour and cumin
- 3. Heat oil in a frypan over medium heat. Using a tablespoon, place heaped spoonfuls of the mixture in the pan and cook in batches.
- 4. After 2-3 minutes, use a spatula to turn fritters, and cook for another 2 minutes on the other side until golden and cooked through.
- 5. Serve with a dollop of natural yoghurt.
- 6. If freezing allow fritters to cool after cooking and store in an airtight container in the freezer. Then defrost and reheat in a frypan.

# BULK FREEZER FRIENDLY PIES & PATTIES



# **BACON & VEGGIE**

# FRITTATA

# SERVES 4 PREP TIME 10 MINS COOK TIME 40 MINS

# **INGREDIENTS**

- · 4 free-range eggs
- 1 cup reduced-fat Greek natural yoghurt 2 tomatoes
- · 4 bacon rashers, lean & trimmed
- 1 zucchini
- pepper

- 1/2 tsp smoked paprika
- 1 red onion
- 1/3 cup reduced-fat cheddar cheese

# **METHOD**

- 1. Preheat oven to 160C.
- 2. Beat the eggs with the yoghurt; set aside.
- 3. Slice bacon and fry in a pan over a medium-high heat. Remove bacon and drain on some paper towel, keeping the cooking juices in the pan.
- 4. Dice zucchini, then add to the pan and sauté with some pepper and the paprika for 3-4 minutes, until tender.
- 5. Finely slice tomatoes and onion.
- 6. In an ovenproof baking dish, layer bacon pieces, zucchini, tomato and onion. Pour milk and yoghurt mixture over the top and sprinkle with grated cheese.
- 7. Bake for 30 35 minutes or until egg is set and cheese is golden.
- 8. Slice into 4 pieces, 1 piece is 1 serve.
- 9. If freezing, allow to cool before placing in an airtight container and into freezer. Defrost and reheat, covered in the oven or microwave.

# BULK FREEZER FRIENDLY SLICES & BAKES



# **MEDITERRANEAN VEGETABLE**

# FRITTATA

# SERVES 1 PREP TIME 10 MINS COOK TIME 15 MINS

# **INGREDIENTS**

- · 100g of frozen spinach
- ½ red capsicum
- 1 zucchini
- 2 free-range eggs
- · 2 tablespoons reduced-fat milk of choice
- 1 tbsp fresh parsley
- cooking oil spray
- · 2 tbsp reduced-fat ricotta cheese

# **METHOD**

- 1. Preheat oven to 180C.
- 2. Defrost frozen spinach, squeeze out any excess liquid then chop. Cut capsicum into thin strips and grate the zucchini.
- 3. Beat the eggs, milk and chopped parsley together until well combined.
- 4. Preheat an ovenproof frying pan over medium heat. Lightly grease with cooking oil spray then sauté zucchini and capsicum for one minute. Drop spoonfuls of the spinach over the vegetables then pour over the egg mixture. Cook for another minute then crumble over ricotta and move pan to oven.
- 5. Bake for 10-15 minutes until puffed and golden. Remove from oven and rest in pan for 5 minutes before serving.
- 6. If freezing, allow to cool before placing in an airtight container and into freezer. Defrost and reheat, covered in the oven or microwave.

# BULK FREEZER FRIENDLY SLICES & BAKES



# **LENTIL**

# SLICE

# SERVES 4 PREP TIME 5 MINS COOK TIME 45 MINS

# **INGREDIENTS**

- · 600g of tinned brown lentils
- · 2 carrots, grated
- 2 zucchinis, grated
- · 1 brown onion, finely diced
- · 2 cups green beans, trimmed
- 8 free-range eggs

- 2 tsp curry powder
- · 4 cups mixed lettuce leaves
- 1 tbsp lemon juice
- salt
- · pepper

# **METHOD**

- 1. Preheat oven to 180C and line a lasagne tray with baking paper. Cut beans into small rounds.
- 2. In a mixing bowl combine lentils, grated carrot, zucchini, diced onion, beans and curry powder. Whisk the eggs in a separate bowl then add to lentil mixture.
- 3. Transfer mixture into prepared lasagne tray and press down firmly.
- 4. Cook in pre-heated oven for approx 40-50 minutes until cooked through
- 5. Slice into 4 pieces and serve with mixed salad leaves dressed with lemon juice, salt and pepper.
- 6. If freezing, allow to cool before placing in an airtight container and into freezer. Defrost and reheat, covered in the oven or microwave.

# BULK FREEZER FRIENDLY SLICES & BAKES



# **ZUCCHINI & BACON**

# SLICE

# SERVES 1 PREP TIME 10 MINS COOK TIME 30 MINS

# **INGREDIENTS**

- · 1 bacon rasher, lean & trimmed, diced
- 1/2 zucchini, grated
- 1/2 carrot, grated
- 2 tbsp fresh parsley, chopped
- 2 free-range eggs

- · 1 tbsp plain wholemeal flour
- 1tbsp reduced-fat cheddar cheese
- pepper
- · cooking oil spray

# **METHOD**

- 1. Preheat oven to 170C.
- 2. Combine grated vegetables, bacon, parsley, whisked eggs, flour and grated cheese to form a batter. Season with pepper.
- 3. Pour into a baking dish greased lightly with cooking oil spray and place in the oven for 25-30 minutes until set in the centre and golden on top.
- 4. Allow to cool slightly before serving.
- 5. If freezing, allow to cool before placing in an airtight container and into freezer. Defrost and reheat, covered in the oven or microwave.

# **BULK FREEZER FRIENDLY SLICES & BAKES**



# BULK FREEZER FRIENDLY SLICES & BAKES

# **EGGPLANT**

# **TORTA**

# SERVES 1 PREP TIME 40 MINS COOK TIME 45 MINS

# **INGREDIENTS**

- 1/2 eggplant
- salt
- pepper
- 1/2 clove garlic, minced
- 1 free-range egg, whisked
- · 2 tsp grated Parmesan

- · 1 tbsp reduced-fat mozzarella cheese
- · 100g of tinned tomatoes
- 1/4 tsp dried basil
- · 1/4 tsp dried oregano
- · cooking oil spray

# **METHOD**

- 1. Slice the eggplant into rounds. Salt the eggplant slices generously, then place in a large colander sitting in the sink covered with a large plate. Use a heavy book or jar to weigh the plate down and allow the eggplant rounds to sweat for 30 minutes.
- 2. Preheat oven to 180C. Heat a saucepan over medium heat and spray lightly with cooking oil spray. Add garlic and sauté for a minute. Add tinned tomatoes and break up with a spoon. Add basil and oregano, season with salt and pepper and simmer for 5 minutes.
- 3. Rinse eggplant rounds and dry well with a clean kitchen towel. Place rounds on a baking tray lined with baking paper and spray both sides of the eggplant with cooking oil. Bake for about 15-20 minutes, or until eggplant is soft. Remove from oven.
- 4. In a baking dish suitable for an individual serve (use a larger dish depending on how many serves you are preparing), place 1/3 of eggplant, top with 1/3 of the tomato sauce then 1/3 of each of the mozzarella and Parmesan. Repeat layers until all ingredients are used, reserving some Parmesan for the top.
- 5. Pour whisked egg evenly over dish and top with remaining Parmesan cheese.
- 6. Place dish on a baking tray in case of overflow and bake uncovered for 20 minutes. Allow to cool before serving.
- 7. If freezing, allow to cool before covering and placing in freezer.
- 8. Defrost and reheat, covered in the oven.



# **KANGAROO**

# MOUSSAKA

# SERVES 1 PREP TIME 15 MINS COOK TIME 60 MINS

# **INGREDIENTS**

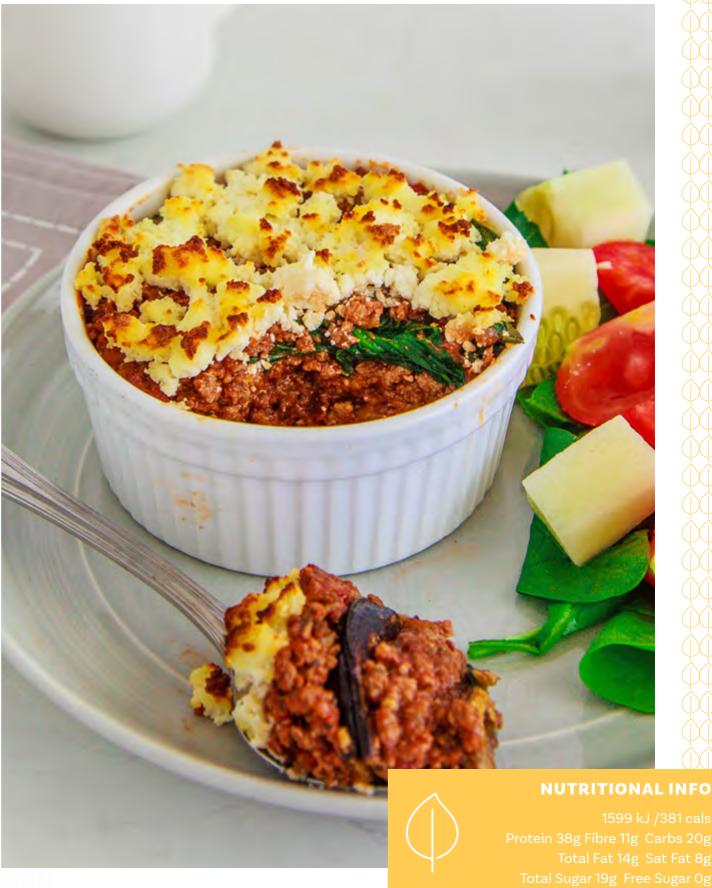
- 1/2 eggplant
- · cooking oil spray
- 100g of lean kangaroo mince
- · 200ml of tomato passata

- 1 clove garlic
- 1/2 tsp dried Italian herbs
- · 1 cup baby spinach
- · 100g of reduced-fat ricotta cheese

# **METHOD**

- 1. Cut eggplant into thick strips. Preheat a non-stick frypan over medium heat and lightly spray with cooking oil spray. Cook eggplant slices for 3-5 minutes on both sides until golden and tender. Remove from pan.
- 2. Crush garlic into pan and cook for a minute until fragrant. Add mince and brown. Add tomato passata and dried herbs and simmer on low for 30 minutes. Stir through baby spinach until wilted.
- 3. Preheat oven to 180C. In a baking dish (adjust size depending on serves you are preparing) add a scoop or two of the mince, top with eggplant slices and repeat until all ingredients have been used and you are left with a layer of mince at the top.
- 4. Top with ricotta cheese and bake for 20 minutes until cheese is golden.
- 5. Serve with a simple side salad if you like.
- 6. If freezing, allow to cool before covering and placing in freezer. Defrost and reheat, covered in the oven.

# **BULK FREEZER FRIENDLY SLICES & BAKES**



# **APPLE PIE**

# BITES

# **SERVES 8 PREP TIME 15 MINS**

# **INGREDIENTS**

- 3/4 cup walnuts
- 11/2 cups chopped dried apple
- 3 medjool dates, fresh
- 1/4 tsp ground nutmeg
- 1/2 tsp cinnamon
- 1 tbsp boiling water

# **METHOD**

- 1. Remove pits from dates.
- 2. Drizzle the boiling water over the dried apple pieces, stir once and set aside for 5 minutes.
- 3. Pulse walnuts in a blender or food processor to a fine meal. Add dates and spices and pulse to combine. Add apple pieces and any remaining soaking liquid and pulse until mixture sticks together.
- 4. Divide into 16 pieces and roll into balls, dust with extra cinnamon if you'd like.
- 5. Two balls is one serve. Store leftovers in an airtight container in the fridge for a week or more. Or freeze for up to a month.

# **BULK FREEZER FRIENDLY SNACKS & DESSERTS**



# **COCONUT CHOC**

# **TRUFFLES**

# **SERVES 5 PREP TIME 10 MINS**

# **INGREDIENTS**

- 1/2 cup almond butter
- 1/4 cup shredded coconut
- 1/2 cup medjool dates, fresh
- 1/4 cup cacao/cocoa powder
- · 1 teaspoon Natvia

# **METHOD**

- 1. Use a blender or food processor to pulse together almond butter, shredded coconut, dates and Natvia until mixture becomes thick.
- 2. Roll into 10 balls and roll each one lightly in cacao/cocoa powder.
- 3. 2 truffles makes 1 serve. Store leftovers in an airtight container in the fridge for 7-10 days or freeze for up to a month.

# BULK FREEZER FRIENDLY SNACKS & DESSERTS **NUTRITIONAL INFO**

# **CORN & CHIVE**

# MUFFINS

# SERVES 6 PREP TIME 5 MINS COOK TIME 20 MINS

# **INGREDIENTS**

- 1 cup plain wholemeal flour
- 1/2 tsp baking powder
- · 3/4 cup drained corn kernels, fresh or tinned
- 1/4 cup chopped fresh chives
- 3 free-range eggs
- 1/4 cup melted butter
- 1/4 cup reduced-fat cottage cheese
- 1/4 teaspoon salt

# **METHOD**

- 1. Preheat oven to 180C. Lightly grease or line 6 muffin tin holes.
- Combine flour, baking powder and salt. Add drained corn kernels and chives.
- 3. Whisk the eggs with the melted butter and cottage cheese.
- 4. Add egg mix to dry mix and stir to combine, do not over mix.
- 5. Divide mixture between muffin tin holes and bake in oven for 20 minutes until golden.
- 6. One muffin is one serve. Store leftovers in an airtight container in the pantry for 2-3 days or freeze and defrost as required.

# BULK FREEZER FRIENDLY SNACKS & DESSERTS



# **PASSIONFRUIT**

# MUFFINS

# SERVES 6 PREP TIME 7 MINS COOK TIME 20 MINS

# **INGREDIENTS**

- 1 free-range egg
- 1/2 cup reduced-fat Greek natural yoghurt
- · 2 tbsp passionfruit pulp
- 1/4 cup water
- 1tbsp honey
- 11/4 cups wholemeal self-raising flour
- 1/4 tsp baking powder

# **METHOD**

- 1. 1. Preheat oven to 180C and lightly spray 6 holes of a muffin tray with cooking oil or line with cases.
- 2. In a large mixing bowl whisk together yoghurt, egg, water, honey and half the passionfruit pulp. Sift over flour and baking powder and gently fold through.
- 3. Divide batter between prepared muffin tin holes, top each with remaining passionfruit pulp and bake for 18-20 minutes until a skewer comes out clean when inserted into the centre of a muffin.
- 4. One muffin is one serve. Store leftovers in an airtight container in the pantry for 2-3 days or freeze and defrost as required.

# BULK FREEZER FRIENDLY SNACKS & DESSERTS



# WHOLEMEAL & CHOC CHIP

# MUFFINS

# SERVES 12 PREP TIME 5 MINS COOK TIME 20 MINS

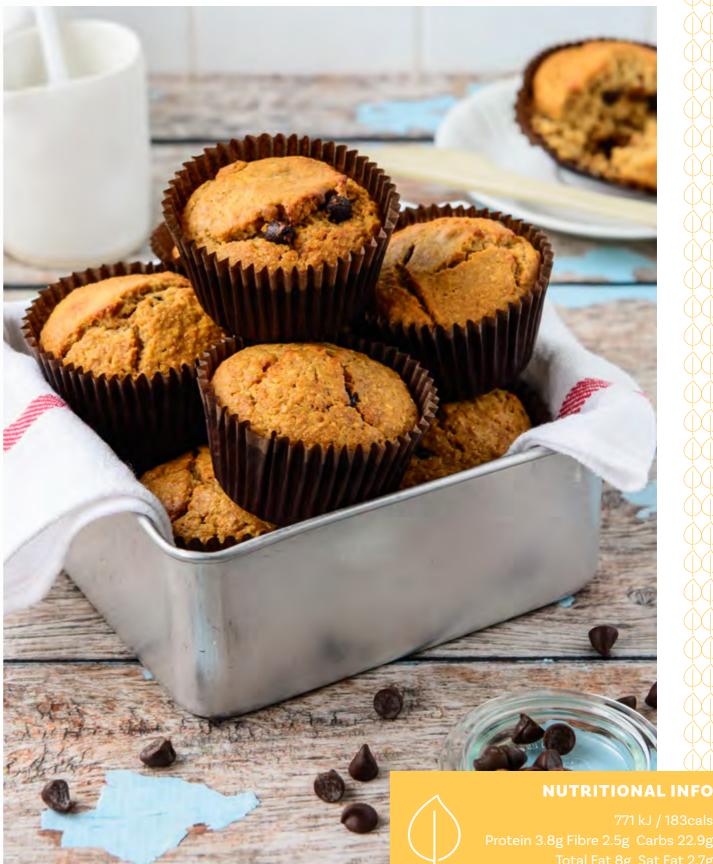
# **INGREDIENTS**

- · cooking oil spray
- · 2 cups wholemeal self-raising flour
- 1/2 cup dark chocolate bits
- · 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

# **METHOD**

- 1. Preheat oven to 170C and lightly spray 12 holes of a muffin tin tray with cooking oil spray or line with muffin cases.
- 2. Sift flour into a large mixing bowl and combine with the chocolate bits.
- 3. Whisk eggs and combine with milk, olive oil, honey and vanilla.
- 4. Make a well in the flour mix and add all the liquids, stir to combine well.
- 5. Divide batter between each muffin tin hole and bake for 15-20 minutes until a skewer comes out clean when inserted in the centre.
- 6. One muffin is one serve. Store leftovers in an airtight container in the pantry for 2-3 days or freeze and defrost as required.

# BULK FREEZER FRIENDLY SNACKS & DESSERTS



# **PEANUT BUTTER & VANILLA**

# COOKIES

# SERVES 20 PREP TIME 10 MINS COOK TIME 10 MINS

# **UNITEDIENTS**

- 1 tbsp softened butter
- · 2 free-range eggs
- 1 tbsp vanilla extract
- · 1 cup coconut sugar
- 1/2 cup peanut butter
- · 2½ cups wholemeal self-raising flour
- · 2 tbsp Healthy Mummy Smoothie Mix Vanilla

# **METHOD**

- 1. Preheat oven to 180C. Line baking trays with baking paper.
- 2. Mix together the butter, egg, vanilla, peanut butter and sugar in a bowl until well combined.
- 3. In another bowl combine flour and Healthy Mummy Smoothie mix.
- 4. Add dry mixture to wet mixture and mix to combine.
- 5. Roll dough into 20 balls and place on prepared trays. Flatten each ball with the back of a fork.
- 6. Bake for approximately 10 minutes or until golden brown. Remove from the oven and allow to cool on trays for a few minutes before allowing to cool completely on wire rack.
- 7. 1 serve is 1 cookie. Store leftovers in an airtight container in the pantry for up to a week.
- 8. If freezing, roll dough into a log and wrap in cling wrap. Freeze and when ready to serve, slice into biscuit rounds and bake as per details above.

# **BULK FREEZER FRIENDLY SNACKS & DESSERTS**







# WHERE TO START WITH EXERCISE POST BABY

Check with your doctor or midwife for confirmation that you are recovering well and can start some gentle exercises. Once you get the okay, you may start by performing simple pelvic floor and core exercises. Try going for a walk outside. The change of scenery is refreshing and can increase your energy level.

A strength training program that focuses on your core and pelvic floor should be your first priority once you start training again. If you jump straight back into high-intensity training or lifting heavy weights, there's a high risk you'll injure yourself. We understand you're keen to lose weight and fit back into your favourite old clothes as quickly as possible, but trust us when we say going too hard too fast, will increase the likelihood of experiencing a setback that will derail your exercise routine.

Unless your core and pelvic floor are strengthened as a first priority, you could experience a range of health problems. These can include back pain or pelvic floor problems such as incontinence, flatulence or pelvic organ prolapse. Following years of experience and having helped thousands of other mothers build up their strength and fitness after pregnancy, we believe the best strategy is to strengthen the core and pelvic floor first, before moving on to more challenging workouts

Once you have regained your core and pelvic floor strength, and if all else is going well, you can commence low-impact exercises, generally around six weeks after giving birth.

Women who have had a caesarean section can also commence pelvic floor retraining and gentle core recruitment soon after delivery, but avoid any activity that strains your midsection for a good 12 weeks.

As a guide, avoid lifting anything heavier than your baby until you are well healed. You too can gradually return to low impact and low load exercise. You should prioritise your core, pelvic floor and posture at this time.





# WHAT YOU NEED TO KNOW ABOUT BREASTFEEDING AND EXERCISE

Exercise is crucial to maintain a healthy lifestyle. Regular exercise will not only aid weight loss and increase your fitness levels, but it can also help to reduce illnesses such as cardiovascular disease and can also promote psychological wellbeing.

Unfortunately, mums who are breastfeeding can become worried about doing exercise, anxious that their babies won't get enough milk or that their milk supply will be negatively affected.

Fortunately this is a myth. Incorporating regular and sensible amounts of exercise into your day is not thought to have any impact on milk supply.

Over the past two decades, many studies have looked at the effects of exercise on the milk supply in breastfeeding women.

In addition to finding that it did not affect the milk supply, these studies showed there were countless benefits to a mum's health and wellbeing, including the fact that exercise increases bone strength, which is reduced during lactation. One of the key points about breastfeeding and exercise is that women who are breastfeeding must ensure they are consuming the correct amount of calories. If a woman is breastfeeding, exercising and restricting calories, there is the issue of decreased energy levels and the risk of the body going into starvation mode. This also potentially affects milk production levels if you are trying to lose weight, it is crucial to follow a sensible and healthy eating plan – not a rapid weight-loss diet. It is also recommended that breastfeeding mums add extra calories when breastfeeding. The recommended average amount of calories needed is 500 calories per day on top of your normal daily energy needs. You can use an online BMR and Daily Energy Needs calculator here.

# SHOULD YOU FEED BEFORE OR AFTER EXERCISE?

Research on breast milk composition preand post-exercise has shown that babies prefer the breast milk before exercise rather than after. The post-exercise milk contains increased lactic acid. Lactic acid is naturally produced during exercise, is not not harmfut to babies. Overall, they still breastfeed normally after exercise and a baby's weight is not affected. Also exercise doesn't affect the immune factors, vitamins and minerals naturally occurring in breast milk.

# **EXERCISE FOR MENTAL HEALTH**

Postnatal depression is a serious mental health issue and affects many women after birth. Research has shown that women who exercise on a regular basis either have lower risk of postnatal depression and women who already have it improve more quickly. This is due to the increase of 'happy hormones' produced by exercising.

# WHEN TO START EXERCISING

The important advice to remember when exercising and breastfeeding is that you should only start when you feel you are well and have approval from your doctor or healthcare professional. If you didn't exercise much prior to having your baby, it's important to start slowly. Wait until your breastfeeding is well established and start with brisk walking up to 45 minutes per day, five days a week. Once you are comfortable at this point, you can start increasing intensity.

Another important factor: your ligaments are still loose after having a baby due to your hormone levels. If you are feeling pain or discomfort, make sure you stop and do a gentler form of exercise. Our Postnatal Fitness Expert, Lisa Westlake, has created a selection of 10-minute postnatal workout videos that are completely safe following the birth of your baby. You can find them in the fitness section of our Healthy Mummy App.

Also, be mindful of your pelvic floor and make sure a relevant exercise is incorporated into your routine. Finally, always make sure you wear an appropriate supportive bra and drink lots of water.





HEALTHY
MUMMY APP
has more than 500
at-home exercise
videos, including
Postnatal Fitness
Programs





# **REMEMBER TO TAKE YOUR TIME**

There is so much pressure from the media for mothers to lose all of their baby weight using extreme weight-loss diets. Not only will you not get long-lasting results, it is foolish. This is why at the Healthy Mummy we advise healthy and safe weight loss with plans such as the ones we offer.

Supermodels and celebrities: we can't compete against them. We can't compare their dramatic weight loss and body transformations in a matter of weeks, because they have chefs, nutritionists, nannies, cleaners and housekeepers plus a whole entourage of minders.

But what they do is make time for themselves. This is what you have to do, too: make some time for yourself. There are a multitude of things going on post-pregnancy, such as sleep deprivation, exhaustion, changing hormones and the general recovery from labour. Slowly you will regain energy and slowly you will be able to exercise more. Along the way, you'll reclaim your pre-pregnancy figure.

Our general rule of thumb is the time you took off before giving birth is going to be roughly the time it will take your body to return to exercise. Bear in mind that everyone is individual and that rule goes totally out of the window if you've had any complications. It is always best to check with your doctor, midwife or physio, and follow their advice.

Most importantly, listen to your body.

# POSTNATAL SAFE - 7 DAY EXERCISE PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
WARM UP	roll shoulders and neck stretches	standing ankle circles and flex and point*	lie on back and bend knees - rock knees slowly each side	standing gentle spine rotations	seated stretches	four-point kneeling – stretches	chest then neck stretches	ach arm/leg
EXERCISE 1	pelvic floor and deep breathing	standing roll down (half way)	modified bridges	arm circles standing or lie down*	lie down - heel slides*	four-point kneeling - arm lifts*	oblique – ankle taps*	10 reps on e
EXERCISE 2	standing pelvic tilts	standing side stretches	femur arcs*	side leg lifts lie down*	side clams	slow donkey kicks*	single leg circles*	* Approx 5-
TIPS	activate pelvic floor only	check with medical practitioner first	please only go half range to prevent any discomfort	gentle mobility movements	side movements help with rehabilitation after baby birth	intermediate postnatal moves to be carried out slowly and safely	great pelvic stability moves to assist with recovery and reducing future possible pain	

# FIRST 6 WEEKS

**Disclaimer**: Always speak to your doctor before changing your diet, taking any supplements or undertaking any exercise program. The information on this site is for reference only and is not medical advice and should not be treated as such, and is not intended in any way as a substitute for professional medical advice. Our plans promote a health weight loss through diet and exercise. The owners of Lose Baby Weight do not make any representations or warranties, express or implied and shall have no liability or responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the information contained herein and nothing in this disclaimer will limit or exclude any liability for death or personal injury resulting from negligence, limit or exclude any liabilities that may not be excluded under applicable law.

# POSTNATAL SAFE - 7 DAY EXERCISE PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
EXERCISE 1	pelvic floor and deep breathing	four-point kneeling - arm extensions	gentle march on the spot	slow knee lifts*	modified squats*	low side toe taps*	modified lunges*	
EXERCISE 2	pelvic tilts	four-point kneeling - leg extensions*	modified squats*	side step and reach up - right/left	arm circles and backstroke swimming moves	modified bridges	side leg sequences*	ach arm/leg
EXERCISE 3	roll shoulders and neck stretches	clams	wall push-ups	wall squats*	modified plank	side single arm and single leg lifts*	modified side plank (support belly)	0 reps on ea
TIPS	activate pelvic floor only	check pelvic floor is switched on - it really matters	head shoulders and spine should be in alignment	pelvis needs to be flat. Quality not quantity	check your tummy muscles are holding your back still	ensure shoulder stability and core strength to support back	check core muscles are engaged	* Approx 5-1

# AFTER 6 WEEKS

Disclaimer: Always speak to your doctor before changing your diet, taking any supplements or undertaking any exercise program. The information on this site is for reference only and is not medical advice and should not be treated as such, and is not intended in any way as a substitute for professional medical advice. Our plans promote a health weight loss through diet and exercise. The owners of Lose Baby Weight do not make any representations or warranties, express or implied and shall have no liability or responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the information contained herein and nothing in this disclaimer will limit or exclude any liability for death or personal injury resulting from negligence, limit or exclude any liabilities that may not be excluded under applicable law.

# POSTNATAL SAFE EXERCISES - DAY 1



WARM-UP: ROLL SHOULDERS
AND NECK STRETCHES

# HOW:

Standing straight, slowly roll shoulders six times - up, then back as far as possible, then down away from ears. Slide shoulder blades down towards your back pockets. Gentle neck movements very slowly looking over your shoulder left and right, then node up and down.

### **BENEFITS:**

Benefits include reducing neck pain, body tension and helps improve your posture as a mother. Great for relaxation and stress relief!

# TIPS:

Relax head, neck and shoulders at all times. Enjoy the recovery stage by listening to your body. Please remember to get a health professional clearance first.



EXERCISE 1: PELVIC FLOOR AND DEEP BREATHING

# HOW:

Standing with feet hip width apart, hold belly in and feel your deep breathing. Lift up your pelvic floor eg put your fingers next to your belly button, then cough to clear your throat to feel the pelvic floor switching on. This will help brace your tummy and use the same tummy muscles but 50% effort to a cough. This takes practice.

### BENEFITS

Helps with recovery after birth. Prevents back pain by supporting your spine, incontinence when sneezing or laughing and will help you be stronger to carry your baby safely.

### HPS:

Stop if any pain and rest for another week before starting movements. Activate pelvic floor daily and with all exercises. Please remember to get a health professional clearance first.



### **EXERCISE 2: PELVIC TILTS**

### HOW:

Standing with a tall back, knees slightly bent, tuck your tail bone down and under as you pull your pelvic floor up. Slowly rock pelvic bone forward and back as you brace your tummy slightly. Breathe in and relax, then breathe out and brace your core.

### BENEFITS:

Releases lower back, reduces back pain, helps your pelvic area recover after child birth and rehabilitates your body.

### TIPS:

Stop if any pain and wait another week. Activate pelvic floor daily and with all exercises. Please get health professional clearance first.

# POSTNATAL SAFE EXERCISES - DAY 2





### HOW:

Standing and lift alternate heels off the ground like a horse prancing for 1minute. Stretch neck by alternating looking over shoulders

### **BENEFITS:**

Benefits include a lovely option for cardiovascular activities that improves any mothers healthy fitness level.

### TIPS:

Feel free to go a little faster or longer to increase your heart rate and burn more calories.



# EXERCISE 1: 4 POINT KNEELING - ARM EXTENSIONS

### HOW:

On hands and knees, place hands under your shoulders and knees under hips. Lift alternate arms up to shoulder height if possible. Keep looking down to maintain neck alignment with your spine.

### BENEFITS:

As a tired or busy mum, we sometimes forget about ourselves, so it is so important to strengthen our back muscles (posterior chain) before we have any pain that creeps up on us.

### TIPS

For pain prevention, check pelvic floor is switched on - it really matters.



### **EXERCISE 2: DONKEY KICK**

### HOW:

On elbows and knees, please rest head into hands. Lift alternating legs up behind you. Keeping a 90 degree angle at the hip, knee and ankle. Squeeze your butt and tummy (glutes and core).

### **BENEFITS**

The benefits of doing donkey kicks is so you strengthen your butt muscles, to take off the pressure from your back. Also mothers love to start shaping and toning their abs, butt and thighs as soon as possible.

### **TIPS**

Check that your shoulders are over your hands, neck straight and back as neutral as possible. Please keep shoulders parallel with hips.

# POSTNATAL SAFE EXERCISES - DAY 3





### HOW:

Switch on pelvic floor with very deep breathing, stretch side to side.

### **BENEFITS:**

Pelvic floor strength has so many benefits such as repairing mothers from the inside out.

### TIPS:

Activate pelvic floor daily with all exercises. And this will help with posture and reduction of any back or joint pain in the future.

Please get a health professional clearance first.



# EXERCISE 1: GENTLE MARCH ON THE SPOT

### HOW:

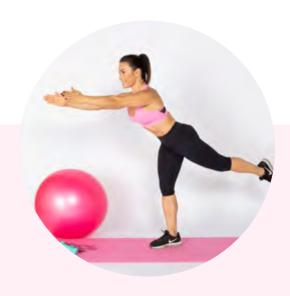
March on the spot, like you are walking. Lift alternate knees up for a few minutes and relax your neck and shoulders. Brace your tummy slightly like you have a belt around your waist one notch too tight.

### BENEFITS

After child birth, walking is a great recovery and de-stress exercise. In addition, it is great to start activating and feeling the butt and thigh movements. Cardio exercises also help you to breathe better which gives you more energy flow and makes you feel HAPPIER, due to the happy hormone release caused by exercising (ie endorphins and adrenaline and dopamine).

### TIPS

Maintain head, shoulder and spine alignment. Lift alternate knees up to the height you enjoy and feel safe and comfortable. Not too high that you wobble or loose balance. Be safe!



### **EXERCISE 2: REAR LEG LIFTS**

### HOW:

Alternately lift each straight leg behind your body very slowly. Keep back toe on ground and slide it back until you feel you can lift your leg with better balance, then lift your leg. There is absolutely no rush. Hold onto a wall or table if you need more balance as you lift up.

### BENEFITS

A great recovery exercise to walk and destress. Also starting to activate and feel the butt and thighs movements. Cardio exercises help to breath better which gives you more energy flow and makes you feel HAPPIER due to the happy hormone release (endorphins and adrenaline and dopamine).

### TIPS:

Maintain head, shoulder and spine alignment. Lift alternate knees up or leg up to the height you enjoy and feel safe and comfortable. Not too high that you wobble or loose balance. Be safe!





### HOW:

Slowly wiggle hips and rotate your rib cage, like you are dancing slowly. Let your arms relax and swing naturally around your body.

### **BENEFITS:**

This relaxes your body, loosens up your spine and relaxes your mind. You have enough pressure as a mother, so just slowly shake out the physical body to feel mentally better.

### **TIPS**

Stop at any stage if any pain and rest for another week. Activate pelvic floor daily and with all exercises. Please get health professional clearance first.



### **EXERCISE 1: MODIFIED SOUATS**

### HOW:

Feet hip width apart, place hands onto thighs and bend knees slowly. Have a chair under you, just in case you loose balance. Go very slowly and be aware of how you feel. If easy, go sligtly lower or do anoter 5 with breaks between.

### **BENEFITS**

If you strengthen your core, butt and thighs, it reduces back pain by supporting your spine. This also helps with great posture because you take the pressure away from your joints. Therefore, helping with long term support.

### TIPS:

Please make sure you brace your tummy, bend your knees not your back, your feet are parallel and pointed forward, your knees are in line with your toes and you feel like you are sitting on a stool (not too low).



### **EXERCISE 2: SIDE LEG LIFTS ON FLOOR**

### HOW:

Lie on side with your bottom arm supporting your head like a pillow. Bend bottom knee and straighten top leg. Stack hips on top of each other so torso is level. Lift just the top leg up and down slowly with your toes wiggling sometimes to keep circulation. Lift your top leg only as high as you can keeping your torso still and not bending. Feel it in your tummy and butt.

### RENEFILS

The benefits of side leg lifts, is a fabulous rehabilitation exercise that mothers can do lying down, feeling safe, but still getting a great workout that doesn't hurt any joints or their skeletal structure (bone structure)

### TIPS:

Try to feel your pelvic bone at your hips getting more stable and strengthening your hip mobility. Keep your hip bones stacked and shoulders stacked. Try to also brace your tummy as you complete this exercise.





### **HOW:**

Walking on the spot fast or slow depending on how you feel today. Little shake to loosen up the muscles and relax body. Large and slow shoulder rolls backwards.

### **BENEFITS:**

Helps the oxygen flow better around the body, this helps increase the heart and lung capacity, which then creates happy hormones released into the brain. The cardiovascular exercises, helps give you more energy, so you can sleep better when your baby/babies enable you to rest and hopefully produce more breast milk because of the better rest.

### TIPS:

March as slow as you wish if you are still recovering from the birth. If you feel fabulous and want to do more, then just lift your knees higher up and go a little quicker and also swing your arms higher up.



### EXERCISE 1: SIDE LEG LIFTS AND ARM CIRCLES

### HOW:

Standing with feet hip width apart and arms out to the side, slowly lift only your right leg out to the right side 5 times. Then repeat on left leg. Keep arms out for balance or hold onto a wall or chair for stability. Then circle arms in large circles forward five times (like butterfly swimming) and then backwards, (like back stroke swimming with both arms at once).

### **BENEFITS**:

This helps with co-ordination and balance in your body and mind. The time goes quickly because you have to concentrate. This is also soul nurturing 'YOU time', so enjoy it!!

### TIPS

Use your tummy muscles for stability which supports your back. If any discomfort in your pelvic joint, then only circle your arms.



### **EXERCISE 2: CLAM**

### HOW:

Lie on side with your bottom arm supporting your head like a pillow. Bend both knees and bring them as high as possible in line with your belly button if possible. Stack hips so you are not on an angle. Lift just the top knee up as high as possible towards the sky and down slowly and faster if you wish. Feel it in your tummy and butt.

### BENEFITS:

This is great for repairing the pelvic area and strengthening butt muscles. Lots of women love this exercise because it is challenging if you do it correctly, it works in the lower body and is so easy to get correct. Quality before quantity and if carried out correctly, you will feel the benefits immediately in the abs, butt and thighs area.

### TIPS:

Use your tummy muscles holding your back still and stabilise. Any discomfort in pelvic joint - only do arms.





### HOW:

Standing lift one arm up at a time to the side, then repeat on the other arm. Do some breaststroke arm movements to open up your chest, rib cage and heart. Lift alternate legs out to the side to help with balance recovery and practice switching on core muscles again.

Helps with recovery after birth. These are great movements for your heart, lungs, circulation and increase in energy levels. It helps with your metabolic rate, builds up your immunity because you feel stronger physically then mentally. You will feel happier if you continue this healthy lifestyle.

Go slowly and makes sure you focus on quality then quantity. Have a rest with a stretch at any stage. Please get health professional clearance first.



### **EXERCISE 1: LOW HEEL DIGS**

### HOW:

Standing with a slight bend in the knees, keep your knees in line with your ankles and extend alternate heels in front of your body. Flex your front ankle to enjoy the calf and hamstring stretch, that gets stiff as a mother.

This helps with shoulder stability and core strength to support your back. Humans take 50,000 breaths per day, so this helps to open your rib cage to get more oxygen into your lunges and then this gives you more energy for you and your family. So you sleep better too.

Ensure you move every section of your lower back to help release it (articulate your spine). Moving your lower back (lower lumbar spine) reduces back pain.



### **EXERCISE 2: MODIFIED BRIDGES**

### HOW:

Lie on your back, pelvic tilt up to the sky and switch on your pelvic floor. Draw your belly button to your spine. Slowly lift your tailbone up and then your buttocks, followed by your lower back and part of your middle back. Not too high, just carefully so you engage your butt muscles and a little bit of tummy. Slowly lower your lower body back down bone by bone (feel each vertebra bone moving).

This helps with shoulder stability and core strength to support your back. The bridging feels great, because it is great for your spine, ribcage and pelvic bone recovery. Humans take 50,000 breaths per day, so this helps to open your rib cage to get more oxygen. You sleep better too.

Switch on your tummy and pelvic floor first. Ensure you move every section of your lower back to help release it (articulate your spine). Moving your lower back reduces back pain.





### HOW:

March on the spot and circle shoulders for 2mins minimum (rotating shoulders back and down away from ears). Relax and squeeze behind shoulders to open chest up. Also, swing arms forward and back, focusing on the squeezing elbows behind your back each time.

### **BENEFITS:**

Benefits of warming up. Helps to prepare your body for the next two moves and keeps you safe. Walking always helps people to relax and is an easy way to build up a basic fitness foundation. So many benefits such as strength, flexibility, mobility, balance and vitality. This a full body workout in 5mins that is gentle, relaxing and helps you feel fabulous physically and mentally.

### TIPS:

If you feel any joint pain in the knees, then march slower or do not lift your knees up too high. This can also be carried out sitting on a chair but you have to march for twice as long. Please get a health professional clearance first.



### EXERCISE 1: MODIFIED LUNGES

### HOW:

Start this exercise by just kneeling on the floor and stretch your hip (hip flexor muscles) only if this feels good, then start standing and put one leg back and bend your knees to nearly 90 degrees if possible. Please do not go too low as a new mother, to protect your joints, this depends on your personal fitness level. Once you have your balance, straighten both knees then bend them 5 times. Repeat on other leg.

### **BENEFITS**

The benefits focus on shaping and toning the lower body. This will help you feel stronger physically and mentally. The hormones are still running crazy, so any gentle movement is positive on a daily basis to help you return to feeling better every day.

### TIPS:

Try to always relax and keep your core muscles engaged. Focus on using the muscles correctly and enjoy these strengthening but relaxing movements. Stretch your neck after each move to take any tension out. Deep breathing at all times.



### EXERCISE 2: SIDE BEND (OPTIONS)

### HOW

Start kneeling and carefully reach to the side, if you cannot reach the ground with your hand yet. Then please lie on the ground on your side like a straight pencil and lift just your top arm and top leg up to the sky. The final movement is a side bend with your toe touching the ground or elevated. If you feel any weird tummy feeling, please stay at level one which is kneeling and reach to alternate sides reaching for the ground.

### **BENEFITS**

Include: tone your arms, stretch your torso, open up your ribcage and lung capacity and also relaxes your tight neck.

### TIPS:

Try to always relax and keep your core muscles engaged. Focus on using the muscles correctly. movements. Stretch your neck after each move to take any tension out. Deep breathing at all times. NOTE: when feeding or hugging your baby, please look down with your eyes, not your whole head that will eventually give you a sore neck from the weight of your head and the daily head nods forward, please let us look after you.

# HOW TO EXERCISE IF YOUR BABY IS CLINGY

It's usually most convenient for mums to work out while their baby is asleep or in the care of another. However, depending on your child's developmental stage and relationship with you, it may be easier and more efficient to perform your workout with your baby by your side. There are many exercises you can do while caring for your little one, which may give you more time and also have a positive impact on both you and your baby.

Post-pregnancy exercise can boost your mood by increasing feel-good chemicals. It may also help to reduce the aches and pains that often follow birth. A good post-pregnancy exercise regime will typically increase your energy levels, support balanced sleep and enhance your overall strength and endurance. In addition, holding your baby while you work out will help them to feel secure, and may help to balance their heart rate, regulate movement, sleeping, feeding and breathing patterns.

If you find your baby is becoming increasingly clingy, the good news is it's very normal! It's common and appropriate for babies to go through clingy periods at various stages in their development. Child psychologists say it is actually a very positive sign that your baby is making good progress.

While this stage lasts, there are many ways you and bubs can enjoy exercising together; some involve you lying on your back and bending your knees while propping baby up on your body, or holding baby close in your arms as you perform standing postures. It can be a wonderful bonding experience for you and your baby to exercise together, and in between reps and sets, you can enjoy sharing lots of cuddles and kisses.



# MUM & BABY EXERCISES 1-3



Stand in a neutral position, hips shoulderwidth apart. Your toes should be pointing forwards.

Slowly extend your arms out in front of you, exhale and push your hips backward (imagine you are sitting down on a chair) into a squat position. Keep your back flat, head up and knees in line with your toes. Lower your body until your thighs are parallel to the ground.

As you squat down, extend your arms and baby out in front. Inhale and push back up through your heels to a standing position, bringing your baby back in towards you.



Stand with your feet shoulder-width apart and hold your baby at chest height with your palms facing inwards.

Bend your knees and push off through the heels as you slowly lift baby overhead, straightening your arms but keeping a slight bend in the elbows.

Slowly lower baby back down to chest height, keeping your torso in alignment.

Breathe steadily through the movement.



Begin standing in a neutral position with your core engaged.

Bend your elbows and hold baby in front of you with both arms.

Pulling your belly button to your spine, engage your core and raise your right knee to waist level.

Slowly release your right leg back to starting position. Next, lift your left knee to waist level. Continue alternating legs, increasing your speed to your level of comfort.

Breathe in and out as you perform this exercise.

# MUM & BABY EXERCISES 4-6



Start on your hands and knees with your baby on his or her back below your head and chest.

Engage the core, keep the torso strong and slowly push up with your hands and feet to lift your knees off the ground, keeping your body parallel.

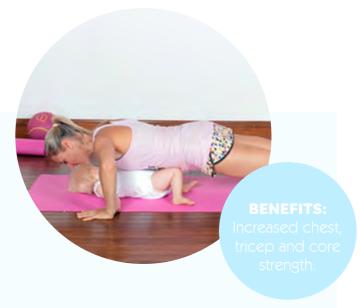
Hold this position for 5 seconds, then slowly lower to starting position.



Start on your hands and knees, with your baby on his or her back below your head and chest. Engage your core by tucking your belly button in towards your spine.

Lower your forearms to the floor so your shoulders are directly above your elbows. Slide your knees back to straighten your torso, keeping your back flat and your abs contracted. Walk your feet backwards to form a plank position, either on your knees or on your toes. Maintain a straight line from your upper shoulders down to your feet or knees, depending on which you choose. It's important not to stick your bum in the air or allow your stomach to fall to the floor.

This exercise is 'isometric', meaning there is no joint movement. Simply hold the position for as long as possible, maintaining good form. When you can no longer hold the position or your core starts to fatigue and sag towards the floor, it's time to stop the exercise.



Start on your hands and knees with your baby lying on the floor in front of you on his or her back. Place your hands on the floor beneath you, shoulder-width apart, and bend your elbows slightly.

Step out one foot at a time into push-up position on your hands and toes, spreading the weight evenly between your fingers and palms. Alternatively, keep your knees on the floor. Tighten your core and keep your neck, back and hips in alignment.

As you inhale, bend your elbows and lower down to kiss your baby. Keep your elbows as close to your body as possible.

Hold for one breath or as you feel comfortable, then exhale and push up slowly, straightening your arms but keeping a slight bend in the elbows.

# MUM & BABY EXERCISES 7-9



Stand holding baby to your chest with both hands.

Extend your arms out in front of you at chest height as you step one leg back behind you. Keep your weight on your front leg and elbows close to your body. Bring your baby back into your chest as you return your leg forward to the starting position.

Breathe in and out throughout the exercise. Repeat with the same leg, alternating legs after 30 seconds.



Standing with your feet together, hold your baby at chest height with both arms. Switch on your core by tucking your belly button in towards your spine.

Step one leg in front, making sure you land on your entire foot, with your foot facing forwards. From this position, lower the knee of your back leg towards the floor and, at the same time, bend the knee of your front leg so your entire body lowers towards the floor. Ensure that the knee of your leading leg is NOT in front of your foot. Maintain an upright position by keeping your core switched on. Return to the starting position by straightening and pushing back through your lead leg. As you stand up, bring bubs in close for a kiss.

Repeat the movement, alternating legs.



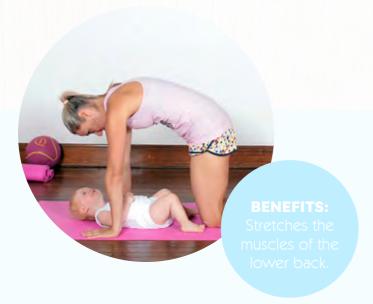
Stand with your feet close together, upper body tall, holding your baby out in front of your chest.

Extend your arms out in front, exhale and step your right foot out to the side, placing your foot flat on the floor. Keep your weight on your left leg.

As soon as your right foot reaches the floor, pull your baby into your chest and

push off your left foot, bringing your right foot back in and stepping your left leg out to the side. Continue the exercise, alternating legs.

# MUM & BABY EXERCISES 10-12



Start on your hands and knees, your head and back in a straight line, with your baby on his or her back beneath you.

Arch your back upward and contract your abdomen in and up towards your ribs, lowering your chin to make eye contact with your baby.

Hold for five seconds. Lift your head to look up and reverse the arch. Hold for five seconds. Do 10 repetitions.



Lie on the floor on your stomach, then push up into plank position with your feet spread wide and arms directly beneath your shoulders, elbows slightly bent. Place baby on his or her back on the floor below your head.

Keep your upper body strong and engage your core, keeping your back straight.

Exhale and bring your right knee up towards your chest, placing your toes on the floor. Your right foot should be level with the centre of your hands and 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 legs with greater speed.

Repeat the movement, alternating legs.



Begin on your hands and knees with your baby lying on his or her back on the floor below your head and chest. Extend both legs behind you so you're supported by your hands and toes in a plank position. (Alternatively, a less intense version of this exercise can be completed on your hands and knees.)

Maintain a diagonal line from your feet to your upper back, engage your core by tucking your belly button in towards your spine.

Lift your right foot off the floor and slowly tuck your knee towards your chest. Then extend your leg backwards and behind you so the sole of your foot is pointing towards the ceiling and your knee is bent at 90 degrees. Hold this position for 2 seconds. Complete 10 repetitions, then repeat on the opposite leg.

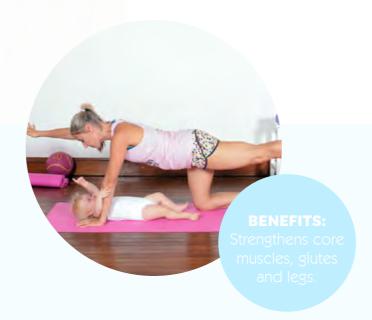
# MUM & BABY EXERCISES 13-15





Stand with your feet together and hug your baby into yourmchest with both arms. Keeping your upper body tall, take a long step forwards 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.

Hold the lunge position for 1-2 seconds, then tighten your glutes and slowly straighten your legs before sinking back into the lunge. Repeat, creating a pumping motion. Breathe throughout the movement. Perform the exercise for 30 seconds, then exhale as you engage your core and push off your back heel to a standing position. Alternate legs and repeat the exercise.



Kneel on a mat on hands and knees with your knees hip-width apart and fingers facing forwards. Place baby on his or her back on the floor below your head and chest. Ensure your back is flat and belly button is pulled in toward your spine.

Keeping a neutral spine, exhale as you simultaneously lift and extend your left leg and right arm until they are parallel to the floor. Keep your hips facing down, back straight and core engaged through the movement. Inhale as you slowly return your arm and leg to the starting position.

Repeat exercise with opposite arm and leg.



Lie on your back, holding your baby on your chest or lifting him or her straight up in front of you. Relax your head and neck.

Keeping the muscles in your right leg engaged, exhale and slowly lift your left leg, keeping your foot flat. Push your hips forward as you perform this movement to ensure your back remains straight. Inhale and slowly return left leg to starting position.

Continue lifting and lowering for 30 seconds, then alternate legs and repeat exercise.

# MUM & BABY EXERCISES 16-18



Kneel on a mat on all fours with your knees hip-width apart and fingers facing forwards. Place your baby on his or her back beneath your head. Ensure your back is flat and belly button pulled in toward your spine.

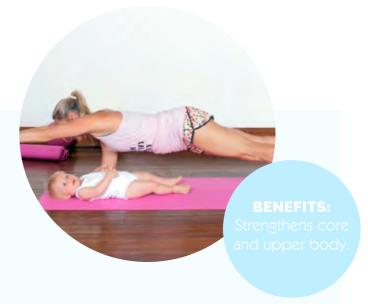
Keeping a neutral spine, exhale as you lift and extend your right leg until it is parallel to the floor. Keep your hips facing down, back straight and core engaged through the movement. Inhale as you slowly and smoothly bring your knee down and forward towards your chest. Exhale and slowly extend your leg again. Continue for 30 seconds, then alternate legs and repeat the exercise.



Stand in a neutral position, with your feet a little wider than shoulder-width apart and a slight bend in the knees. Hold baby to your chest.

Exhale and push your hips backward into a squat position (imagine you are sitting down on a chair), holding baby as you move downwards. Keep your back flat, head up and knees in line with toes. Lower your body until your thighs are parallel to the ground. Exhale as you engage your core and push up, lifting your right leg out to the right side. Keep your foot flexed and leg muscles contracted. Slowly return the leg to starting position.

Repeat the exercise on the right leg for 30 seconds, then alternate, repeating the exercise on the left leg.



Start on your hands and knees, with your baby on his or her back below your head and chest. Push up into a plank position on your toes, with feet spread wide apart and arms directly underneath your shoulders.

Keep your upper body strong and engage your core, keeping your back straight.

Shuffle your right hand in towards the centre of your body and exhale as you slowly lift your left arm out in front of you. Engage your core by pulling your belly button toward your spine and hold your arm at shoulder height for one breath. Keep your back stable and strong as you lower your left arm to the floor and return to starting position. Repeat on the other side.

# MUM & BABY EXERCISES 19-21





### STARTING POSITION:

Lie on your back with your head and neck relaxed. Hold your baby straight up above your head, elbows slightly bent. Bend your knees and lift your legs into the air. Pull knees towards your chest. Lift your head and neck, being careful not to strain your neck.

### **EXECUTION:**

Pulling your belly button towards the floor, lift your left knee up towards your chest and lengthen your right leg. Switch sides by pulling your right knee toward your chest and lengthening your left leg. Breathe in and out throughout the movement. Continue with a 'riding' motion, alternating legs.



### **20. OBLIQUE TWIST**

### STARTING POSITION

Sit with your legs out in front of you, heels on the floor and knees bent. Engage your core and lean back slightly, tilting from the hips, keeping your back straight and your head and neck in alignment. Hold baby close to your body in front of you with palms facing inwards.

### **EXECUTION**:

Exhale and pull baby in towards your right hip, keeping your hips straight and facing forwards, and engaging your core. Rotate your upper body and pull baby in towards your left hip. Continue alternating sides.



### 21. ONE-LEGGED SOUAT

### STARTING POSITION:

Stand tall with your feet close together, holding baby into your chest with both arms.

### EXECUTION:

Lift your right foot in front of you until your knee is at a 90 degree angle. Bend your left leg into a shallow squat, then slowly push up through your left leg, keeping a slight bend in the knee at the top. Engage your core and continue with a slow and controlled motion as you repeat the exercise for 30 seconds. Switch sides and repeat.



As you squat down, extend your arms and baby out in front. Then, instead of dropping your hands as you stand up, bring your baby in close for a kiss.



Holding baby at chest height, slowly lift baby overhead and straighten your arms, keeping a slight bend in the elbows. Slowly lower baby back down to chest height.



Holding baby in front of you with both arms, lift one knee at a time towards your chest.

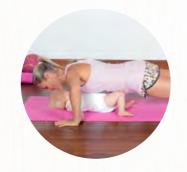


Start on your hands and knees, with your baby on his or her back below your head and chest. Engage the core, keep the torso strong and slowly push up with your hands and feet to lift your body into the air. Hold this position for 5 seconds, then slowly lower to starting position.



Start on your hands and knees, with your baby on his or her back below your head and chest. Lower your forearms to the floor, so your shoulders are directly above your elbows. Slide your knees back to straighten your torso, keeping your back flat and your abs contracted.

### PERFORM EACH EXERCISE FOR 1 MINUTE EACH AND COMPLETE 3 FULL ROUNDS



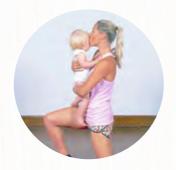
### **PUSH UPS**

Start on your hands and knees with your baby lying below your head and chest. Push up onto your toes, into a push-up position or alternatively, keep your knees on the floor. Slowly bend your elbows and lower down to kiss your baby.



### KICK BACK

Holding baby with both hands, extend your arms out in front of you at chest height as you step one leg back behind you, keeping your weight in your front foot. Bring your baby back into your chest as you return your leg to starting position. Alternate.



### STATIC LUNGS

Holding baby to your chest with both arms, step one leg in front with foot facing forwards. Lower back knee towards the floor and bend front leg so your entire body lowers towards the floor. Keeping your core switched on, push up through your leading leg to standing. Repeat, alternating legs.



### **OUICK STEP**

Hold your baby out in front of your chest, arms extended as you quick-step to the right side. Pull baby into your chest as you quick-step to the left. Repeat, alternating legs.



### CAT/DOG STRETCH

Start on your hands and knees, head and back in a straight line, with your baby lying beneath you. Arch your back upward and contract your abdomen in and up towards your ribs, lowering your chin to make eye contact with your baby. Hold for five seconds. Lift your head to look up, and reverse the arch. Hold for five seconds.

### PERFORM EACH EXERCISE FOR 1 MINUTE EACH AND COMPLETE 3 FULL ROUNDS



### I VING I FG PAISI

Lying on your back, prop your baby up on your chest or lift him or her straight up in front of you. Keeping your right leg muscles engaged, exhale and slowly lift your left leg. Inhale and return to starting position. Repeat for 30 seconds, then change legs.



### **OVERHEAD BABY LIFT!**

Holding baby at chest height, slowly lift baby overhead and straighten your arms, keeping a slight bend in the elbows. Slowly lower baby back down to chest height.



### MOUNTAIN CLIMBERS

Start in a plank position with baby beneath your head. Exhale and bring your right knee up towards your chest, placing your toes on the floor. Keep your left leg extended for balance. Repeat exercise by alternating legs. For higher intensity, try switching legs with greater speed.



### **GLUTE KICK BACKS**

Begin in a plank position, on toes or knees, with baby lying beneath your head and chest. Slowly tuck your right knee towards your chest, then extend your leg backwards with your knee bent at 90 degrees. Hold for 2 seconds. Complete 10 repetitions, then repeat on the opposite leg.



### RIRD DOG

Begin on hands and knees. Keeping a neutral spine, exhale as you simultaneously lift and extend your left leg and right arm until they are parallel to the floor. Inhale as you slowly return your arm and leg to the starting position. Repeat exercise with opposite arm and leg.

### PERFORM EACH EXERCISE FOR 1 MINUTE EACH AND COMPLETE 3 FULL ROUNDS



### **PUSH UPS**

Start on your hands and knees with your baby lying below your head and chest. Push up onto your toes, into a push-up position or alternatively, keep your knees on the floor. Slowly bend your elbows and lower down to kiss your baby.



### CHITE SWING

Begin on hands and knees. Exhale as you lift and extend your right leg until it is parallel to the floor. Inhale as you slowly and smoothly bring your knee down and forward towards your chest. Continue for 30 seconds, then alternate legs.



### SQUAT LEG LIFT

Stand, holding baby to your chest. Exhale and push your hips backward into a squat position, thighs parallel to the ground. Exhale as you engage your core and push up, lifting your right leg out to the right side. Return to starting position. Repeat for 30 seconds, then switch legs.



### **OUICK STEP**

Hold your baby out in front of your chest, arms extended as you quick-step to the right side. Pull baby into your chest as you quick-step to the left. Repeat, alternating legs.



### DI ANK WITH ARM RAISE

Start in a plank position with baby beneath you. Shuffle your right hand in towards the centre of your body and exhale as you slowly lift your left arm out in front of you. Hold your arm at shoulder height for one breath. Lower arm and then repeat on the other side.

### PERFORM EACH EXERCISE FOR 1 MINUTE EACH AND COMPLETE 3 FULL ROUNDS



### BICYCLE

Lie on your back, holding baby straight up above your head, elbows slightly bent. Lift your left leg towards your chest and extend your right leg out straight. Keep alternating legs, breathing throughout the exercise.



### **OBLIQUE TWIST**

Sit with knees bent, back straight and tilting back slightly from the hips. Exhale and pull baby in towards your right hip, keeping your hips straight and facing forwards, and engaging your core. Rotate your upper body and pull baby in towards your left hip. Continue alternating sides.



### ONE-LEGGED SQUAT

Holding baby in at your chest with both arms, lift your right foot in front of you until your knee is at a 90 degree angle. Bend your left leg into a shallow squat, then slowly push up through your left leg. Repeat for 30 seconds, then switch sides.



### OVEDHEAD BARVIJETO

Holding baby at chest height, slowly lift baby overhead and straighten your arms, keeping a slight bend in the elbows. Slowly lower baby back down to chest height.



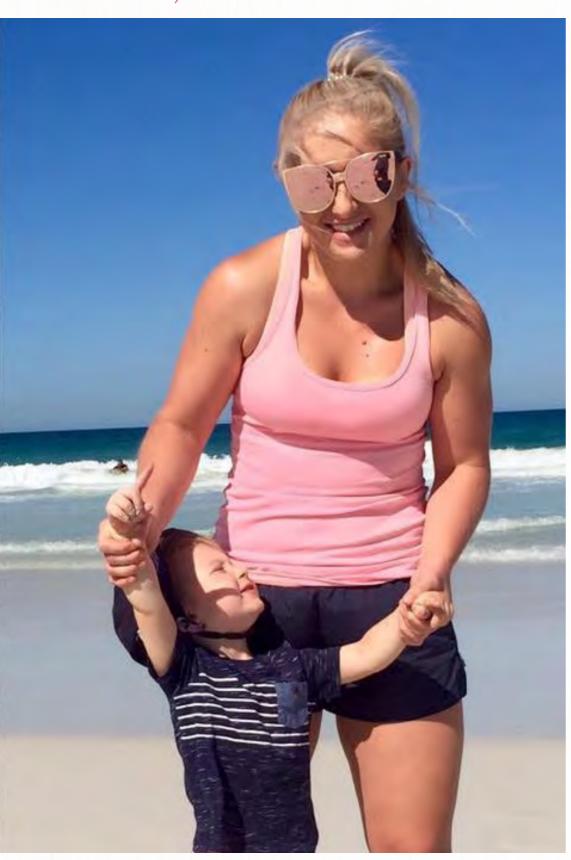
### **RRIDGE WITH RARY**

Lie on the floor with feet flat in front of you. Sit baby between your hip bones. Holding your baby with both hands, push up into bridge position. Hold for one breath, then slowly return to starting position.





### ELLE TEMPLE, MUM OF 2



# WHAT IS THE BEST ADVICE ANYONE EVER GAVE YOU REGARDING YOURSELF AND/OR YOUR NEW BABY?

Trust yourself and your own instincts. No baby is the same and you know your baby best. As a new mum, alot of decisions you will make based on what you believe to be right at the time for you and your baby, don't be too caught up in what others say.

### WHAT IS THE MOST HONEST ADVICE THAT YOU THINK WOULD HELP NEW MUMS?

It is so hard in those first few days and weeks, there will be a lot of trial and error as you begin to learn your baby and how to parent. Make sure you put you and baby as priority in this time, don't worry about everyone else and accept help from others with house chores, cooking etc.. and don't feel one bit guilty! Becoming a mum is an amazing experience and you need to enjoy this time bonding with baby and recovering- get someone else to do this dishes and washing if you can.

### WHAT DO YOU THINK ARE THE 5 MOST IMPORTANT THINGS THAT HELPS YOU

- I try not to follow a routine too strictly but figuring out a loose routine led by your baby is good. I tried to follow routines set by guides and it ended up being too stressful when it didn't sync with my baby. In time you fall into a loose routine and begin to be able to plan your day a little around baby.
- Gentle exercise is great but definitely don't over do it and make sure what exercises you do are designed for postpartum recovery.
- Get others involved with looking after the baby. We all want to be super
  mum but it is great to get baby used to other people and also great for mums
  wellbeing to have a break from the nappy changes, feeds, settling for nap time etc.
- Never feel guilty for looking after yourself. Take time out to get your hair done
  or go get a facial. Looking after yourself is so important and filling our own cups
  helps us be a happier mum.
- Eat well and drink lots of water! It can be so tempting to reach for biscuits and coffee when you are so tired. Try and have healthier snacks on hand and lots of water especially if you are breastfeeding.

# WHAT ARE THE BEST THINGS YOUR FRIENDS AND FAMILY CAN DO FOR YOU WHEN YOU HAVE A NEW BABY?

Bring over cooked meals, call out to the shops if you need anything, help bring the washing in/put the washing out, take baby for a walk in the pram to give you an hour to yourself to catch up on sleep if possible.

### WHAT ARE THE BEST GIFTS YOU RECEIVED?

The best gift I received was a hamper pack of baby toiletries, wipes, nappies etc. you can never have enough of those!

# WHAT IS THE BEST GADGET YOU'VE FOUND FOR YOURSELF AND/OR BABY?

Invest in a good breast pump if breastfeeding! I love my spectra pump, it was great to have.

# ANY WORDS OF WISDOM OR SOMETHING VERY FUNNY THAT HAS HAPPENED TO YOU?

I believe that one thing that really helped me get through the early days is to keep reminding myself that it is not forever. When I struggled with my own identity as a new mum, I always tried to see past the baby belly and stretch marks and the million other body changes that come with having babies. In time I've learned to accept and love my body- most things have improved and I have a new version of me that I have grown into.



Never feel guilty for looking after yourself

### **ELLE HAS LOST OVER 20KG**



### JESSICA MAGILL, MUM OF 5



### WHAT IS THE BEST ADVICE ANYONE EVER GAVE YOU REGARDING YOURSELF AND/OR YOUR NEW BABY?

Not to listen to everyone else's advice lol! Every baby is different and every mum is different, I think you need to take advice with a grain of salt.

### WHAT IS THE MOST HONEST ADVICE THAT YOU THINK WOULD HELP NEW MUMS?

It's okay if the first few weeks suck! My newborn experience has been so different all 5 times. After my first bub I honestly thought I had ruined our lives Io!!! He was so hard and miserable and it was just a shock to the system. Other bubs of mine have been an absolute breeze, but you're still dealing with after pains, sore boobs, bleeding, a body that doesn't feel or look how it used to, sleep deprivation and a new 24/7 job with no weekends or tap outs. It's a huge adjustment and it's bloody hard but it gets so much better.

### WHAT DO YOU THINK ARE THE 5 MOST IMPORTANT THINGS THAT HELPS YOU

- Having no visitors and just time to bond as a family for the first 24 hours is really important to me. I want to soak up my newborn, catch up on sleep and figure out feeding before I have to put pants on and face other people lol.
- Eating well (not counting calories in early days, just focusing on nutritious foods) and getting gentle walks in really helps with my mental health and energy levels. I keep it really simple - veg sticks with dip, fruit, yogurt and granola etc. If bub has a decent nap I can make a double batch of bliss balls and freeze so I have a heap of sweet treats I can grab quickly.
- Having realistic expectations and triaging my to do list. The floors can be cleaned tomorrow, sometimes the baby just needs to be snuggled or the older kids need that extra attention.
- Starting the day with a made bed and a quick shower to feel more human sets me up for a good day and "washes off" a bad night to start fresh.
- Similar to number 3 I guess, but giving up a routine to a certain extent really helped me the more kids I had. Little kids and babies don't do what you want them to do when you want them to do it lol, and trying to stick to a rigid schedule was a disaster and was making me feel like I was failing. We still have things that need doing each day but being more flexible with how and when they get done and going with the flow more really helped me relax and not be so wound up.

# WHAT ARE THE BEST THINGS YOUR FRIENDS AND FAMILY CAN DO FOR YOU WHEN YOU HAVE A NEW BABY?

Bring coffee and come over for a chat (message first lol) after the first couple of weeks when you're starting to feel isolated!

### WHAT ARE THE BEST GIFTS YOU RECEIVED?

I was delivered healthy homemade meals and snacks and that was AMAZING! Someone also brought my older kids a small gift and that was really nice, so much attention is always on the baby but it made them feel special and it was something they could play with/do while I fed so win win!

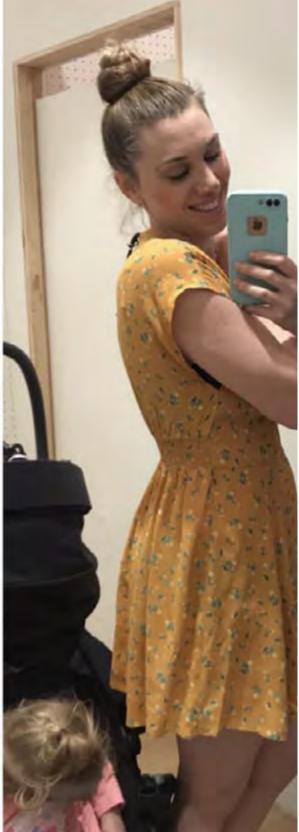
# WHAT IS THE BEST GADGET YOU'VE FOUND FOR YOURSELF AND/OR BABY?

Our baby swing is probably the most used "gadget"



### JESSICA HAS LOST 16KG





### SASCHA FARLEY, MUM OF 4



99

Give yourself permission for "me time" - you DO deserve it

# WHAT IS THE BEST ADVICE ANYONE EVER GAVE YOU REGARDING YOURSELF AND/OR YOUR NEW BABY?

Follow your gut and do what works for YOU and your baby, ignore the outside noise. Mumma knows best. Don't put pressure on yourself to operate a certain way, everything you thought you'd never do, you probably will!

## WHAT IS THE MOST HONEST ADVICE THAT YOU THINK WOULD HELP NEW MUMS?

Everything is a phase and just as you've figured out one the next phase will begin. Stop trying to figure it out and roll with it! Take the pressure of, there is no right or wrong way, just your way

# WHAT DO YOU THINK ARE THE 5 MOST IMPORTANT THINGS THAT HELPS YOU

- Asking for help!!
- Giving yourself permission for ME time and having a break. You DO deserve it.
- When you baby is young and it's your first, sleep when the baby sleeps. If you
  have more and they're older, make sure rest time is always a thing and join ins
  even if it's not for long
- Keep things simple, you don't have to do everything
- Routine helps some but adds more stress for others so listen to what works for you and your family, if it's work, it will be mostly enjoyable!

# WHAT ARE THE BEST THINGS YOUR FRIENDS AND FAMILY CAN DO FOR YOU WHEN YOU HAVE A NEW BABY?

Give you time and space but also check in often!

### WHAT ARE THE BEST GIFTS YOU RECEIVED?

Nappies, wipes, the disposable nappy towels for cleaning up spew etc! Anything practical.

# WHAT IS THE BEST GADGET YOU'VE FOUND FOR YOURSELF AND/OR BABY?

- Cheekho baby wrap for the early days of baby wearing
- A rocker swing
- A co sleeper that's attached to the bed so bub is close but safe and not actually in your bed

# ANY WORDS OF WISDOM OR SOMETHING VERY FUNNY THAT HAS HAPPENED TO YOU?

With my first, my waters broke as I pushed out a fart which I will never forget or stop laughing about! Also one of the kids used to go around to my side of the bed when toilet training and do their poo, only ever on my side of course!

So many funny things have happened, which brings me to - laugh through it all. The good times and bad! You will survive, I promise.

My words of wisdom are - one day you will wish for these moments back so try and cherish them the best you can.



### SASCHA HAS LOST OVER 30KG



### **Download the Healthy Mummy App**

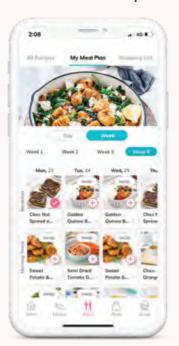
### Home of the 28 Day Weight Loss Challenge

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

We've been there: we're time-poor, budget-conscious and need to feed the family. That's why we've designed a realistic and achievable program to create LIFELONG CHANGE for you and your family.

- Delicious recipes for all your family 5000+ family-friendly recipes, nutritionist-designed for all your dietary needs.
- Work out from home
  Over 500 easy workout videos, designed by a personal trainer for mums to do at home.
- Save money and time Mums have saved more than \$200 a month with our budget-friendly, customisable meal plans.
- Real mums supporting real mums
   Our private support group will motivate and inspire you every step of the way.
- It works!
  Mums that stick to the plan have lost 4-6kg in just 28 days!

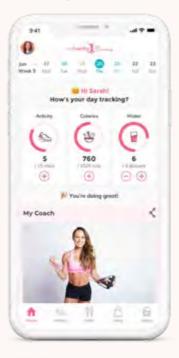
✓ Customisable meal plans



✓ At-home fitness



✓ Daily motivation



### It's easy and affordable, with real results!

Real mums. Real results.

We've proudly helped mums lose more than **3 million kilos**. Mums just like you are completely transforming their health and bodies. **You can do it too** (and it's easy!)



Join at www.healthymummy.com

with hundreds of thousands of real mums just like you!



**4.7** rating **5600**+ reviews



**3500+** reviews



**11200+** reviews

### WHAT MUMS ARE SAYING ABOUT THE HEALTHY MUMMY APP!

Real mums. Real results.

# Cicily lost 54kg

I recommend forgetting everything you think you know about weight loss and trusting The Healthy Mummy plans and the app.



### Sarah **lost 57kg**

I love The Healthy Mummy app - the recipes, the exercise and the support. From unhealthy to healthy, from unfit to fit, from not loving myself to LOVING MYSELF!

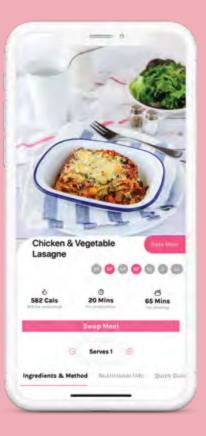


# Why mums have rated the app 5 stars!

### Best program ever!

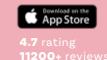
- ✓ This is a lifetime not a whim or yo-yo diet! (Katrina, NSW
- Amazing products, recipes and support (Deb, QLD)
- Awesome app with so many yummy recipes (Chloe, WA)
- Great support system and easy to use (Cass, SA)
- The Healthy Mummy App has been my number 1 too in my weight-loss journey (Taylor, QLD)
- As a busy mum of four, The Healthy Mummy makes exercise and healthy meals easily and quickly accessible! (Annα, NSW)











HANNAH lost 28kg

Thanks to The Healthy Mummy 28 Day Weight Loss Challenges I have lost:

- Over 32cm from my body
- · My unhealthy relationship with food, and
- My sugar addiction.

Lay Weight Loss Challenges, I have gained:

- Strength both physically and mentally
- · Confidence in my own skin, and
- Knowledge on how to nourish and feed my family on a budget.

The 28 Day Weight Loss Challenges have given me the tools to provide my family with healthy, quick meals and snacks on a budget. The app fitness programs allow me to exercise anytime from the comfort of my home. The 28 Day Weight Loss Challenge sets you up with all the tools to succeed.

Hannah, NSW



MELANIE

lost 70kg

If I had the chance to go back in time and speak with myself circa 2013 -I would DEFINITELY give myself the time and energy to truly focus on what is best for me and my family, for our health, our wellbeing and to actually LIVE (not just exist).

With The Healthy Mummy 28 Day Weight Loss Challenges on the app I have gained:

- A whole new world of confidence
- A whole new respect for my body
- A whole new way of life
- · A whole new love of food, and
- A guilt-free lifestyle.

Thanks to The Healthy Mummy 28 Day Challenges, I have built this into our daily routine, and we don't put anything on the backburner anymore. My family loves the food, the exercise and the supportive community.

Melanie,QLD







### THE HEALTHY MUMMY APP

- ✓ 500+ full-length workout videos for beginners and advanced users
- 5000+ fast, fresh and family-friendly recipes
- Customisable meal plans
- ✓ Home to the 28 Day Weight Loss Challenge







- ✓ Mindpower program to support the mental wellbeing of mums
- ✓ 24/7 support
- ✓ Helping millions of mums regain body confidence
- ✓ Private support and motivational groups

Go to www.healthymummy.com to find out more

# THE HEALTHY MUMMY PRODUCT RANGE



### THE HEALTHY MUMMY APP



**SMOOTHIES** 



**SUPPLEMENTS** 



**SKINCARE** 



SNACKS





BOOKS

### What mums are saying about our premium smoothies

I am so excited that I can SHAKE and GO with the new **Premium Smoothies!** They are SUPER creamy and have an amazing flavour.



Cassy, SA



Double chocolate! WOW. the new Premium Smoothie hits that chocoholic spot! It's the smoothest smoothie I have ever had. It is absolutely delicious - I love it!



Samara, NSW









### PREMIUM SMOOTHIES





the healthy 11/1

Formulated Meal Replacement

Designed by nutritionists, the Premium

Meal Replacement Smoothies will provide you with the boost you need to revolutionise your health and weight

loss. Our premium protein blend is

and is packed with 23 vitamins and

80% whey protein, contains probiotics

minerals. This smoothie also is insanely

creamy and packs a punch flavour wise.







More vitamin

B12 than a chicken breast

4.7 rating

# Keeping you fuller for longer

# Introducing.

Formulated Supplementary Sports Food





We all love food, and eating less can be tough. Control X is here to help you. Control X is a delicious drink that has been designed with glucomannan to help you feel fuller for longer. Simply mix 1 sachet in a 200ml glass of water, 30 minutes before a meal, up to 3 times a day.



### REASONS TO LOVE CONTROL X



for longer'



Contains hunger pangs<sup>^</sup>



fibre



mineral blends



Delicious flavour



Contains no added sugar

aspartame, laxatives or caffeine

### \*contains glucomannan that makes you feel fuller for longer ^contains glucomannan that reduces hunger pangs

per sachet

### THEX RANGE

The X Range has been designed to help you gain control over specific challenges you're facing on your health and weight loss journey. Maybe your sugar cravings get the better of you or when you're hungry you just can't help yourself, whatever it is our X range is here to help! you never have the excuse of "there weren't any healthy options in the cupboard".

### Carb X



Kick carbs to the curb

### Control X



Feel fuller for longer\*

### Sugar X



Kick sugar to the curb

### SUPPLEMENT RANGE

**Metabolism Support** 

### **Super Greens**



Boosts energy and contains 37 whole food ingredients

**Supports** carbohydrate and fat metabolism<sup>a</sup>

### **Protein Powder**



Good source of high quality whey protein from grass fed cows

contains B1, B2, B3, B6 B12 for carbohydrate metabolism and zinc and B5 which are important for fat metabolism

### OUR **BOOKS**

**The Healthy Mummy books** contain a great selection of healthy recipes and weight-loss tips. We also have a brilliant collection of more than 60 ebooks available online.

### **EBOOK RANGE**











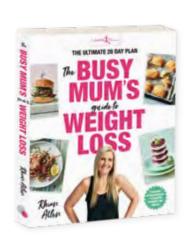


Healthy Recipe eBooks

Postnatal + Lifestyle eBooks

**Healthy Kids** eBooks

### **BESTSELLING HARDCOPY BOOKS**



**A 28-day eating plan** filled with the best of the best Healthy Mummy recipes in a beautifully presented glossy hard-copy book.

- Includes more than **100 delicious, simple recipes** the entire family will love.
- Includes **expert nutritional guidelines**, calorie information and easy-to-follow shopping lists.
- Also includes a full 28-day exercise program.

You can also shop the sequel to this book:

The Busy Mums Guide to Weight Loss on a Budget

### **OUR MERCHANDISE**

The Healthy Mummy is such a fantastic community, it's no wonder **mums love our merchandise.** Choose from singlets, T-shirts, caps, shakers and more. This range is constantly expanding and changing, so stay tuned.

### **Smoothie Shakers**







Water Bottles



**Resistance Bands** with handles



Black Gym Bag



### THE HEALTHY MUMMY

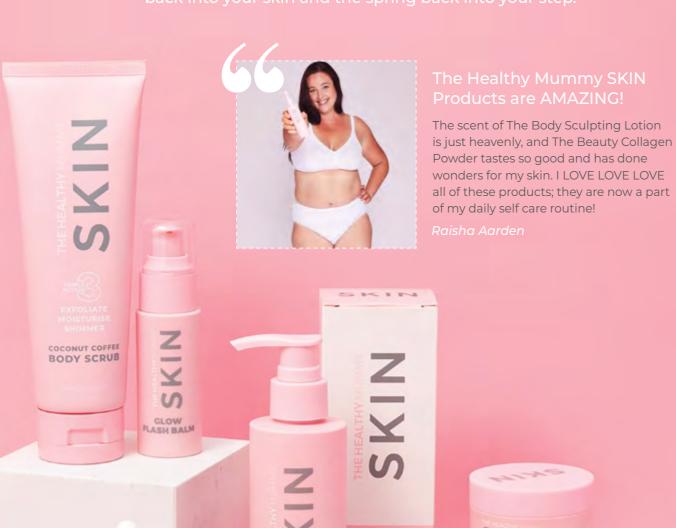
# SKIN

We have specifically formulated **The Healthy Mummy Skin** products for busy Mums just like you. The products provide skincare solutions in minimum time and with minimum effort. We put the health and vitality back into your skin and the spring back into your step.

SKIN

EN CLAY MASK

DY SCULPTING LOTION



SAN Z REVIVE FACE OF





- Visibly smoother skin in 4 weeks
- Unique ingredients detoxify, brighter hydrate and purify
- Opens pores and draws out impurities



- Restore your skin to optimal condition
- Deeply hydrates, nourishes and protect
- Anti-ageing, reduces fine lines and wrinkles



- Stretch mark reduction
- Increases firmness of skir
- Reduces appearance of cellulit

### BEAUTY COLLAGEN POWDER



- Healthy hair skin and nails
- Supports healthy bones and cartilage
- Delicious berry flavou



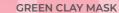
- · Exfoliates and revitalises
- Moisturises for lasting hydration
- Illuminates with slight shimmer

# SUPERFOOD SERUM



- · Instant anti-ageing benefits
- Boosts radiance
- All day protection

### HYDROGEL EYE MASK

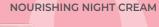




- Reduces under eye puffines
- Diminishes dark circles
- Smooths fine lines and wrinkle
- Soothes and cools the eye area



- Detoxifies by drawing out impurities, toxing
- · Balances and soothes stressed or sensitive skin
- Protects and repairs damage caused by pollution and UV





- Deeply hydrates and nourishe
- Soothes + softens for smoother skir
- Reduces the appearance of fine lines and wrinkles

nc and Vitamin C contribute to the maintenance of Healthy skin, hair & and nails \* Vitamin C protects from free radical damage and supports bones and cartilage

