

HEALTHY

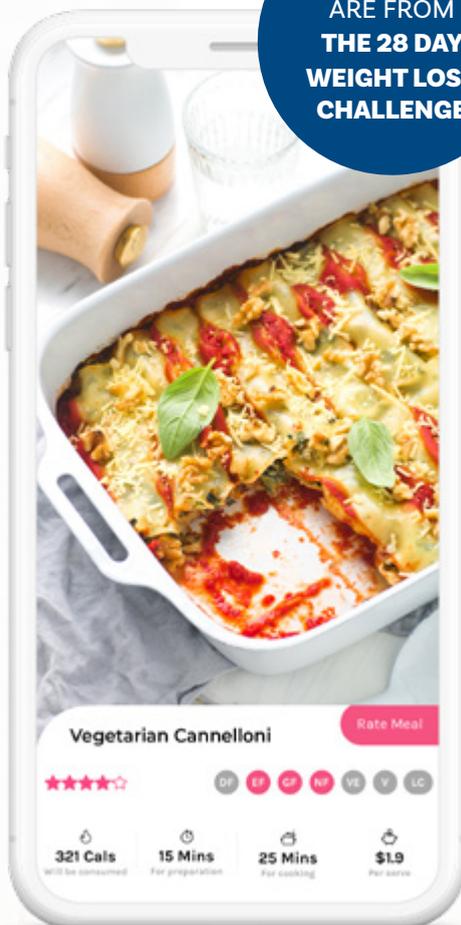
FATHERS DAY

RECIPE PACK



WELCOME

ALL RECIPES
ARE FROM
**THE 28 DAY
WEIGHT LOSS
CHALLENGE**



The dads in our lives are pretty special – whether it’s our own, our children’s or just a close friend we know who is a great dad; they support us, teach us and love us.

Celebrate and thank the special fathers in your life this Father’s Day with some delicious (but most importantly healthy) food.

Partners and family members often think eating healthy meals means loads of “rabbit food” but with the tasty and easy to prepare recipes from the 28 Day Weight Loss Challenge, you’ll surprise everyone with how delicious healthy eating can be.

We have chosen a selection of some of our favourite dad friendly recipes that you and the kids can prepare and show him how much you care. Enjoy and have a happy, healthy Father’s Day!

Love Rhian

and The Healthy Mummy team



MEXICAN BREAKFAST WRAP

Serves 1

Prep time 10 min Cooking time 10 min

Using the egg and cheese to make an omelette forming the wrap in this dish is a great way to reduce the carbs and increase the protein, for a light but filling Mexican style breakfast.

INGREDIENTS

- 1/4 cup tinned kidney beans
- 1 free-range eggs, whisked
- 1 tablespoon water
- 1 tablespoon reduced-fat cheddar cheese
- salt
- pepper
- 1/2 tomato, diced
- 1/4 red onion, diced
- 1 tablespoon medium avocado, mashed
- 1 tablespoon fresh coriander, chopped

METHOD

- Rinse and drain beans and heat through in the microwave or in a pan on the stovetop.
- Heat a non-stick frying pan over medium heat. Add water and cheese to the eggs and season with salt and pepper. Whisk to combine.
- Pour egg mix into pan and swirl around pan to cover the base. Cook for 2-3 minutes or until egg is cooked through, until you have a thin omelette. If preparing more than one serve, cook one omelette at a time.
- Meanwhile combine tomato, onion and coriander in a bowl, season with salt and pepper.
- Slide omelette onto a plate and top with warm beans, tomato and onion mix and a dollop of avocado. Wrap to enclose filling and serve.

Kjs 983 kJ / 234 cal

Protein 17g

Fibre 5.9g

Total Fat 12g

Carbs 12g

Sat Fat 4.2g

Total Sugar 4.4g

Free Sugar 0g*

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



PANCAKES WITH STRAWBERRY SYRUP

Serves 1

Prep time 15 min

Cooking time 15 min

A simple pancake recipe with a delicious low sugar strawberry syrup. Perfect for the whole family.

INGREDIENTS

- 1 tbsp fresh orange juice
- 1/2 tsp orange zest
- 1 free-range eggs
- 1/2 cup wholemeal self-raising flour
- 1/3 cup reduced-fat milk of choice
- 1/2 tsp vanilla extract
- 1/2 cup frozen strawberries
- 1 tsp water
- cooking oil spray

METHOD

- Whisk the egg in a bowl then add the flour, milk and vanilla and combine well.
- Leave for 10 minutes or so to allow batter to rest.
- Meanwhile place strawberries, water, orange juice and zest in a microwave safe bowl and microwave on high for 3-4 minutes or until strawberries are heated and soft.
- Spray a non-stick fry pan over medium to high heat with the cooking oil spray and add the batter to make 2-3 pancakes per serve.
- Once bubbles start to form on the top of the pancakes, flip them to cook the other side.
- Serve pancakes with strawberries and syrup on top.

Kjs 1386 kJ / 330 cals

Protein 16.5g

Fibre 8.6g

Total Fat 5.9g

Carbs 47g

Sat Fat 1.8g

Total Sugar 8.9g

Free Sugar 1.4g



HEALTHIER HOT DOG

Serves 4

Prep time 10 min

Cooking time 8 min

A great recipe to prepare on the barbecue for a leisurely Father's Day lunch. Or pack the ingredients up and take down to the local park or beach to cook on the barbecue and then play a family game of cricket.

INGREDIENTS

- cooking oil spray
- 4 lean sausages of choice
- 4 wholegrain rolls
- 1 tbsp Dijon mustard
- 1/3 cup grated reduced-fat cheddar cheese
- 2 tomatoes, sliced
- 2 cups baby spinach

METHOD

- Spray a non-stick pan with cooking oil spray and cook sausages over medium heat for approximately 10 minutes.
- Grate cheese and slice tomato.
- Cut rolls in half and toast under griller. Top one half of each roll with tomato, spinach, sausage, cheese and mustard followed by the other half of the roll.

Kjs 1890 kJ / 450 cal

Protein 21.7g

Fibre 8.7g

Total Fat 10.8g

Carbs 38.4g

Sat Fat 4.4g

Total Sugar 2.5g

Free Sugar 0g



BEEF BURGERS

Serves 4

Prep time 10 min

Cooking time 10 min

Burgers are great meal to make to treat the Dads in your life. You can mix things up by adding different flavours to the patties or using different types of meat. Prepare a range of healthy toppings and place on the table for your own Father's Day "burger-making-station".

INGREDIENTS

- 300g lean beef mince
- salt
- pepper
- cooking oil spray
- ½ diced brown onion
- 2 teaspoons dried Italian herbs
- 4 wholegrain rolls
- 2 cups mixed lettuce leaves
- 1 grated carrot
- 2 sliced tomatoes
- 1 tbsp Dijon mustard
- 1 tbsp tomato chutney

METHOD

- Season mince with salt and pepper and then combine with grated carrot, diced onion and dried herbs. Form into 4 patties.
- Lightly spray a non-stick fry pan with cooking oil spray over medium-high heat.
- Cook the burger patties on both sides for 5 – 10 minutes in total, until cooked to your liking.
- Halve the bread rolls and lightly toast under the griller. Place lettuce and sliced tomato on one half of each roll. Top with cooked burger patty, mustard, chutney and other half of the buns.

Kjs 1333 kJ / 317 cals

Protein 26g

Fibre 5g

Total Fat 10g

Carbs 28g

Sat Fat 4g

Total Sugar 7.3g

Free Sugar 0.4g



BAKED BEER BATTERED FISH AND CHIPS

Serves 4

Prep time 15 min

Cooking time 30 min

Enjoy this classic pub dish in the comfort of your own home in a healthier way, for a fraction of the cost.

INGREDIENTS

- 2 medium potato, sliced into french fries
- cooking oil spray
- 2/3 cup light beer
- 1 cup plain wholemeal flour
- 400 grams white fish fillet of choice
- 1/4 cups cornflour
- 1 cup wholemeal breadcrumbs
- 4 cups mixed lettuce leaves
- 2 tomato, chopped
- 1/2 red onion, sliced
- 1 tbsp lemon juice
- salt
- pepper
- 2 tbsp tartare sauce

METHOD

- Preheat oven to 200C. Line two baking trays with baking paper.
- Spread the potato chips over one of the trays and lightly spray with cooking oil spray. Place in the oven.
- Make the batter by combining beer and wholemeal flour. Add a little water if needed to make it a thick but runny consistency. You want it so if you dip your finger in it, it coats it about 1mm thick and doesn't run off straight away.
- Dip the fish into the cornflour, then coat in batter and press into the breadcrumbs.
- Place coated fish on the second baking tray and bake for 12-15 minutes, before carefully flipping and cooking for another 10 minutes until golden and crispy, and the potatoes are ready.
- Combine lettuce, tomatoes, onion and lemon juice. Season with salt and pepper.
- Divide the fish, chips and salad evenly between four plates, serving with a dollop of tartare sauce.

Kjs 1327 kJ / 316 cals

Protein 27g

Fibre 6.3g

Total Fat 3.5g

Carbs 39g

Sat Fat 0.6g

Total Sugar 3.4g

Free Sugar 0g



TEXAS STYLE SLOW COOKED BEEF WITH ONION RINGS

Serves 6

Prep time 20 min

Cooking time 480 min

This recipe requires some overnight prep and slow cooking in the oven or a slow cooker. The wait is worth it when you can use a cheaper cut of meat and end up with the richly delicious, budget friendly result.

INGREDIENTS

- 3 brown onion, peeled
- 1 tsp Natvia
- 2 tsp smoked paprika
- 200 grams tinned tomatoes
- 1 small red chilli, sliced
- 2 tsp apple cider vinegar
- 3 cloves garlic, minced
- 1/2 cup liquid beef stock
- 1 tbsp Worcestershire sauce
- 800 grams beef brisket
- 3 slices wholegrain bread
- 1/2 cup wholemeal self-raising flour
- 2/3 cup reduced-fat milk of choice
- 1/2 tsp curry powder
- 1 tsp onion powder
- 1/2 tsp garlic powder
- salt
- pepper
- 3 cups green beans, trimmed

METHOD

- Cut the onions into 1cm rings. Carefully press out each circle into hollow rings. Set aside 18 of the large rings in an airtight container in fridge until ready to make the rings.
- In a blender combine Natvia, paprika, tinned tomato, chilli, vinegar, fresh garlic, beef stock and Worcestershire sauce with the remaining onion. Blend until smooth and rub all over the beef brisket.
- Cover and marinate in the fridge overnight.

- When ready to cook, preheat the oven to 200C and place the brisket in a baking tray, cover, and bake for 30 minutes.
- After 30 minutes, reduce the oven to 160C and cook the beef for 8 hours, basting it in the cooking juices every now and then.
- Add a further 1/2 cup of beef stock if the liquid level gets too low. You can also cook in a slow cooker on low heat for 8 hours.
- Prepare the onion rings about 30 minutes before the beef is ready. Toast the bread in a toaster, cool completely, then blitz in a food processor until chunky breadcrumbs are formed.
- Combine flour with milk, curry powder, onion powder and garlic powder. Season with salt and pepper.
- Dip the pre-sliced onion rings into the flour batter then press into the breadcrumbs to coat.
- Increase the oven to 220C and line a baking tray with baking paper.
- Place the coated onion rings on the tray and bake for 15 minutes. Reduce oven again to 160C and cook the onion rings for a further 15 minutes until golden and crispy and the beef is ready.
- Steam the green beans on the stovetop or in the microwave until tender crisp.
- Slice the brisket into 6 portions, serve with steamed green beans and onion rings on the side.

Kjs 1487 kJ / 354 cals

Protein 35g

Fibre 6.3g

Total Fat 13g

Carbs 21g

Sat Fat 4.8g

Total Sugar 6.5g

Free Sugar 0.6g



HEALTHY TRIPLE CHOCOLATE CHEESECAKE

Serves 12

Prep time 90 min

A healthy way to enjoy chocolate cheesecake is by choosing healthier ingredient options such as dark chocolate, wholegrain flours and minimal sweeteners. This recipe serves 12 so share with friends and family at your next special event.

INGREDIENTS

- 1/2 cup coconut flour
- 1/4 cup cacao/cocoa powder
- 1/4 cup maple syrup
- 2 tbsp boiling water
- 2 tbsp coconut oil, melted
- 1 cup light cream cheese
- 1 cup reduced-fat ricotta cheese
- 160 grams dark chocolate (70%)

METHOD

- Line a deep 20cm springform cake tin with baking paper.
- Combine coconut flour, cacao/cocoa powder, maple syrup, boiling water and coconut oil and mix thoroughly. Press into prepared tin and refrigerate until firm, around 30 minutes.
- Combine cream cheese and ricotta, and beat until smooth and creamy. Separate mixture into 2 bowls.
- Melt 50g of the dark chocolate, add to one half of the cream cheese mixture and beat to combine. Spread over base.
- Melt another 100g of dark chocolate, add to second half of the cream cheese mixture and beat to combine. Spread over top of cheesecake.
- Refrigerate until set, around an hour. Chop remaining dark chocolate and sprinkle over cheesecake to serve.

Kjs 839 kJ / 200 cals

Protein 6.1g

Fibre 2g

Total Fat 12.3g

Carbs 14.8g

Sat Fat 7.6g

Total Sugar 9.9g

Free Sugar 7.4g



HAZELNUT MERINGUE BISCOTTI

Serves 8

Prep time 20 min

Cook time 30 min

These nutty and chocolatey biscotti are the perfect accompaniment for a cup of herbal tea.

INGREDIENTS

- 1 & 1/4 cups hazelnuts, roughly chopped
- 1 tsp cacao/cocoa powder
- 1/4 tsp bicarbonate soda
- 2 egg white
- salt
- 1 tsp vanilla extract
- 1 tbsp coconut sugar
- 50 grams dark chocolate (70%), melted

METHOD

- Preheat oven to 180C and line a baking tray with baking paper. Set aside 1/4 cup of hazelnuts.
- Mix together the hazelnuts, cacao/cocoa powder and bicarb in a bowl

- In a separate bowl, using electric mixers on high speed, beat together the egg whites and a tiny pinch of salt, until stiff peaks form. At this stage add the vanilla extract, then the coconut sugar whilst still beating, until sugar dissolves.
- Mix the egg white mixture and the hazelnut mix together, gently turning to combine, being careful not to over mix and take the air out of the egg whites.
- Now place 8 heaped tablespoons of the mixture onto the prepared oven tray, making sure there is space between each of the dollops.
- Place in the oven for approximately 30 minutes (depending on your oven). Once they are golden on top, they are ready.
- Leave to cool on the baking tray for 5 minutes then transfer to a wire rack to cool completely.
- Drizzle with melted chocolate and sprinkle with remaining hazelnuts to serve.
- One biscotti is one serve. Store leftovers in an airtight container in the pantry for 4-5 days.

Kjs 789 kJ / 188 cals

Protein 4.3g

Fibre 1.9g

Total Fat 15.7g

Carbs 6.5g

Sat Fat 2.4g

Total Sugar 6.2g

Free Sugar 5g

TIPS

FOR HAVING A MEMORABLE

FATHER'S DAY



FAMILY FUN

It's not about how much money you spend on the dads in your life on Father's Day but the memories that they'll enjoy the most. Get the family outdoors if the weather is nice and play some team games at the park, kick the footy at the beach or just have friends and family over for a relaxed outdoor BBQ.

RELAXATION

Days like Father's Day are great times to stop and relax and think about the important things in life, like your family, children, friends, good health etc. Take some time out on Father's Day to relax with the dads in your life and enjoy each others company. Relaxation is so important for our mental health that in turn improves our physical health.

SIMPLE THINGS

Get the kids into the craft box and making their Dad and others a thoughtful Father's Day card and gifts. Printing off some family photos and having the kids create some colourful frames for them to stick on the fridge, makes a simple but memorable gift.

MAKE IT EASY

Don't plan a huge feast that is going to take you hours to prepare. Choosing some of the easy recipes from the **28 Day Weight Loss Challenge** like we've suggested will make it easy for you to show the important fathers in your life that you love them without all the hard work, and they'll enjoy being able to spend more time with you.

The Healthy Mummy App

Home to the 28 Day Weight Loss Challenge

The **Healthy Mummy App** is home to the **28 Day Weight Loss Challenge**. The App has more than 30 amazing features and improvements! You can customise your meal plans, access shopping lists, update your measurements, take progress photos, healthy tips, daily exercise plans and more.

The time efficient at home exercise programs are busy-mum friendly and take into account your fitness levels and support you to reach your fitness goals.

- ✓ **Weekly meal plans** which are fully customisable.
- ✓ **Instant access to over 4000** budget- and family-friendly recipes.
- ✓ **Healthy Mummy Coach** to keep you motivated and on track!
- ✓ **Daily 30 minute** fully instructed fitness programs.
- ✓ **Achievable programs** made for busy mums.



Now **FASTER** and **EASIER** to use!

The Healthy Mummy Exercise Programs

Fully instructed 30 minute video exercise programs.

Includes strength training, cardio, full body & pilates.

No equipment required - work out from home!

All levels available from post natal to advanced.

The Healthy Mummy Coach

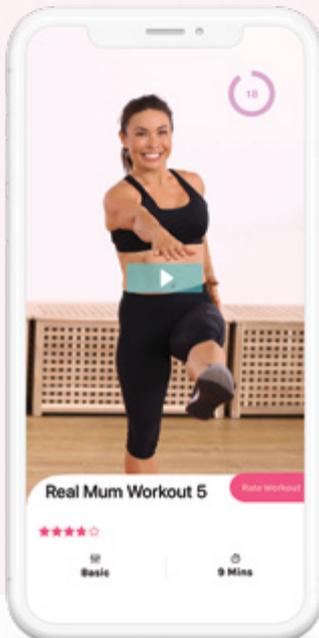
A new empowering message each day on your home screen!

Tips, facts and inspiration to motivate and keep you on track.

Keeps you **motivated** and accountable.

Only available in The Healthy Mummy App.

✓ **At-home fitness**



✓ **Customisable meal plans**



✓ **Daily motivation**



THE HEALTHY MUMMY SMOOTHIES



FIBRE & DIGESTION

With **2.4g⁺** of fibre per serve from six different sources, our smoothie will help you keep you feeling full for longer.



OMEGA 3 & 6

Flaxseed contains both omega-3 and omega-6 which are healthy fats and are important to your overall health.



NUTRIENTS & AMINO ACIDS

Quality ingredients including vitamins A, B & C, zinc, iron, calcium phosphorus, protein, omega-3 and omega-6 fatty acids and fibre.



PROTEIN

21.7g⁺ of complete protein per serve from non-GM soy protein that helps build lean muscle.



NO NASTIES

No artificial sweeteners, preservatives or caffeine.



STAY FULL FOR LONGER

Soy protein, pumpkin seed meal and fibre help provide a feeling of fullness. They assist with weight loss* and moving things along.



the healthy *Mummy*
Smoothie

Nutritious meal replacement

- ✓ Contributes to weight loss*
- ✓ 97% sugar-free**
- ✓ Free from artificial sweeteners
- ✓ Free from fillers & caffeine*
- ✓ Includes whole foods
- ✓ High in protein & a good source of fibre**
- ✓ Wheat-free & dairy-free**

VANILLA

20 SMOOTHIES PER TUB

Formulated meal replacement

NO ADDED SUGARS

*When vanilla flavour is made up with skimmed milk as directed.
**When used in conjunction with a diet reduced in energy and including regular exercise.
Serving suggestion shows smoothie made up of vanilla smoothie, skim milk and berries.

9/10 MUMS
say they got better results when using the
SMOOTHIES
while completing the
28 DAY WEIGHT LOSS CHALLENGE

The Healthy Mummy Smoothie is a meal replacement weight-loss smoothie. It has been formulated by leading nutritionists to be the perfect companion to a busy mum's life when trying to lose weight. Each flavour is an excellent source of essential vitamins, minerals, nutrients and important antioxidants.

- ✓ Healthy weight loss meal replacement
- ✓ Nutrient dense with 22 vitamins & minerals
- ✓ Free from fillers, caffeine and added sugar
- ✓ Plant based protein
- ✓ Created by a team of expert nutritionists
- ✓ High in protein & fibre
- ✓ 20 Serves per tub

Available in

Chocolate • Strawberry • Vanilla and many more flavours!

PURCHASE THE HEALTHY MUMMY SMOOTHIES [HERE](#)