



the healthy  Mommy

# BUDGET FRIENDLY

RECIPE & EXERCISE PACK



Hi everyone...

Many people think that eating healthy food is expensive but it's actually quite easy to feed yourself and your family a wide range of healthy meals without breaking the bank, if you know what to look for when grocery shopping.

At The Healthy Mommy we believe everyone should be able to eat healthy meals no matter what their budget. This recipe and exercise pack is a sneak peek at some of the budget friendly meals available on the Healthy Mommy's **28 Day Weight Loss Challenge**.

The **28 Day Weight Loss Challenge** meal plans are designed to keep you on track with your healthy eating goals as they're filled with a variety of easy to prepare, family friendly meals that are budget conscious.

Team the healthy meal plans with our **28 Day Weight Loss Challenge** exercise programs that are easy to fit into a busy schedule and you're well on your way to keeping on track with your weight loss goals as well as your budget!

Love Rhian

and The Healthy Mommy team

**You don't need to attend expensive exercise classes or add fancy ingredients to your meals to follow a healthy lifestyle. The 28 Day Weight Loss Challenge shows you how to stay on budget and reach your healthy goals at the same time.**

## How to eat healthy meals on a budget

It is very easy to get caught up in the hype of healthy food being more expensive, and that can be true of pre-made meals and snacks, but being smart in the kitchen, can also mean having a healthier budget!

Here are some easy tips to follow to ensure you can enjoy budget friendly, healthy meals:

- 1.** When you **plan your menu for the week**, to make it even healthier on your wallet, you don't have to pick a different menu item for each meal. Having the same breakfast during weekdays and then alternating on weekends can not only make your meal planning more affordable, but the preparation is also greatly reduced.
- 2.** Same goes for lunches and dinners: **plan to make the same meals more than once** during the week so you can buy and cook in bulk.
- 3.** **Follow the Timesaver & Budget Meal Plan** which provides a base plan with repeat meals and leftovers, for you to then customize.
- 4.** **Plan your meals around your schedule!** If you work late on Mondays, this is not the night to make a double batch of lasagna!
- 5.** **The meals in the 28 Day Weight Loss Challenge** are much cheaper to make at home rather than buying pre-made snacks or take away meals. For example healthy bliss balls cost anywhere from \$2-\$3.50 each at cafes, but you can make them at home for less than a dollar depending on the ingredients you use!
- 6.** **Buy ingredients in bulk**, when they are in season or on special, as this can really help to stretch the budget. Keep an eye on the meat section and stock up on things like chicken breasts when they're on sale and freeze for later.
- 7.** **Swap ingredients to suit your budget** or what you have available e.g. if a salad recipe says to use arugula but you have some mixed lettuce leaves on hand, don't buy the arugula especially, you can easily swap it for the lettuce you already have.

**8. Keep an organized fridge and pantry.** Leftovers are always great, but it totally defeats the purpose if they get lost in the back of the fridge. Label leftovers and keep your fridge organized to help minimize food waste.

**9. Broaden your culinary horizons.** Cuisines like Mexican and Indian rely heavily on inexpensive ingredients, like beans and rice.

**10.** Another trick to making your food planning work for you is to **plan different meals using the same ingredients**. One night you can have roast chicken, and for lunch the next day chicken wraps.



Must have basics to...

## Keep in the pantry, fridge & freezer

**Budget meals don't have to be boring or lack in nutritional value; if you know what to buy:**

**HERBS & SPICES:** They can sometimes be pricey to purchase, but they last for ages, add amazing flavor and have some great health benefits too. Start by choosing a few of your favorites and build your collection as the budget allows.

**ROLLED OATS:** The humble oat ticks all the health boxes, is really versatile, and is about as budget friendly as you can get! Oats are a great example of the benefits of buying home brand products. There is often quite a few dollars difference between generic oats and the branded varieties, despite both products containing exactly the same thing.

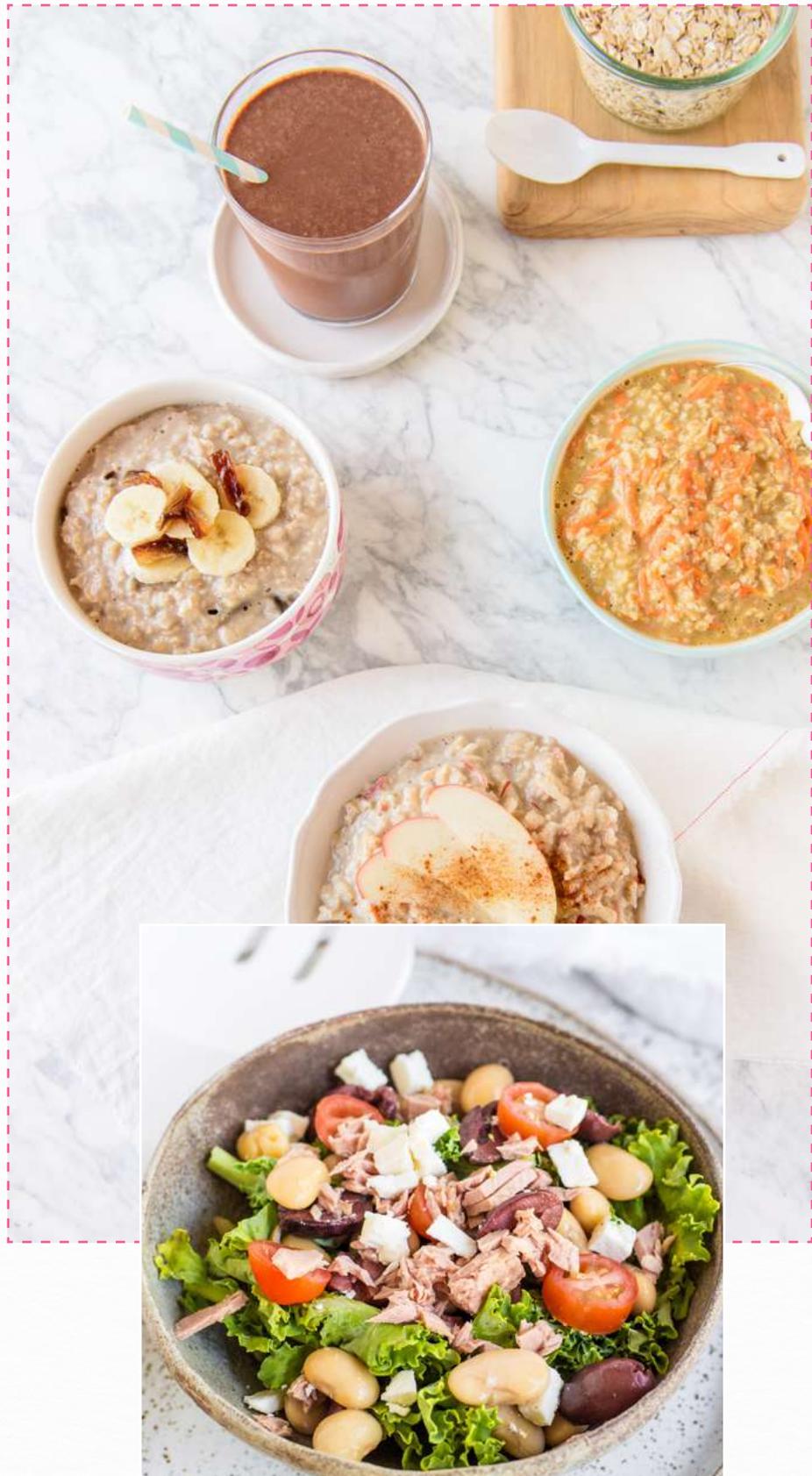
**POP CORN:** A bag of basic pop corn is super cheap, it keeps without spoiling pretty much forever and makes a quick, healthy snack.

**CANNED BEANS:** Learning to love lentils, chickpeas and beans will not only give your nutrition a boost but are a much cheaper source of protein than meat. Keeping canned (no added salt) varieties of lentils, chickpeas and beans in the pantry can save a huge amount of time when preparing a healthy meal. Canned varieties are inexpensive while being convenient, but dried varieties are even cheaper.

**CANNED OR FROZEN FRUITS & VEGETABLES:** They are just as good as fresh and often far cheaper. Keeping canned or frozen fruits and vegetables on hand will help you get more fruit and veg into your day (just be sure to buy canned veggies with no added salt and tinned fruit in juice, not syrup) and, unlike fresh produce, won't go to waste if they don't get used during the week.

**UHT MILK:** You don't need to replace all the milk you consume with UHT, but keeping a few cartons in the pantry to use in baking or cooking (e.g. for creamy sauces or soups), is far more economical than using fresh milk.

**CHEAP MEAT CUTS:** Opting for cheaper cuts of meat such as beef chuck rather than ribeye will mean that you save your pennies as will trying out different types of meat; most of our recipes are interchangeable too so feel free to use ground beef instead of pork or lamb, depending on what is on offer that week.



# Meet our meal prep queens

**Meal prepping is fundamental when you're trying to stick to a budget!**

## The benefits of meal prep

- 1. No more cooking in the kitchen every single day.** By cooking in batches (for instance you might make a double batch of Bolognese, one to use this week and one to freeze for another family meal next week).
- 2. Save money** by buying your ingredients in bulk – it's often much cheaper if you buy 6 lbs of chicken breast instead of 1 lb. Same goes with ingredients like 5 lb bags of potatoes, 2 lb bags of rice etc. Every little bit of money saved is money in your pocket.
- 3.** You'll have **spare time** to hang with the kids in the witching hour (when they just want to snuggle up and read a book or play a game), instead of having emotional kids pulling at your legs while you try to cook dinner.
- 4. Avoid the temptation** to grab a fast food when you're tired and hungry, knowing there is a healthy meal already made at home.
- 5.** You **use less electricity and water** as you don't need to cook as often. You'll have less washing up as you'll make one BIG mess instead of a mess EVERY DAY!

Here at Healthy Mommy HQ, we are mad about meal prep. And when you're on the 28 Day Weight Loss Challenge, it's a useful skill to have to help you save time and money!

Our Meal Prep Queens, Sascha Farley and Katie Pursell are the experts when it comes to meal prepping for a family on a BUDGET! You will no doubt see a lot of them on the 28 Day Weight Loss Challenge sharing all their favorite meal prep tips and tricks.



**Sascha Farley** (left) lost an incredible **75 lbs** following the 28 Day Weight Loss Challenge. Sascha says, "Knowing I am making the right choices, especially when it comes to 'treats' has been the biggest learning for me. I've always got 2-3 healthy treats ready for my sweet tooth hits. With education comes freedom and The Healthy Mommy program has given me that."

**Katie Pursell** (right) lost **46 lbs** with the 28 Day Weight Loss Challenge and credits her weight loss to her new found love of healthy food.

Katie says, "Being prepared and getting organized doesn't only save time and money, it also makes your life so much easier. The Healthy Mommy lifestyle was made for busy moms like myself."



# Don't know where to begin?

Here's some of their favorite tips to get you started.

## STEP 1

Decide what you would like to cook during your session. You can choose to meal prep just dinners (a great start!), or add in lunches too (why not just use dinner leftovers for lunch?), you might want to meal prep some snacks too.

Jump on the 28 Day Weight Loss Challenge app and type in an ingredient you want to use, (e.g. ground beef) and see what recipes pop up that you like the look of. You can customize your meal plan and then hit the 'shopping list' button.

## STEP 2

Make a shopping list (or use the one on the 28 Day Weight Loss Challenge) and go shopping. Check the cupboards to see if you have basics like oil, flour, pepper etc.

Many moms find it useful to use online shopping so that they can see what their total spend will be and make changes if needed to fit within their budget."

## STEP 3

Carve out some time (depending on what you're cooking and how many recipes you have) to spend in the kitchen cooking. Lots of our 28 Day Weight Loss Challenge members swear by the Sunday afternoon cook up, but do whatever works for you. Many moms do meal prep twice a week.



## STEP 4

Start chopping and getting the ingredients ready. The food processor can be helpful here to chop onions, carrots, cabbage, etc.

Why not try using the oven, stovetop and a slow cooker all at once so that you can prepare multiple meals?

## STEP 5

Start cooking! Get your apron on, throw on some tunes, and get into your meal prep session. It's normally best to get anything cooking first that will take a little longer, then work back from there. Think ahead of time about what you can make while another meal is baking in the oven for instance.

## STEP 6

Once the food has cooled it's time to package it up. You might choose to package your meals into single serve portions, or into family sized portions depending on your needs.

Allow the food to cool completely in the fridge overnight, then place in the freezer the next day. This avoids freezer burn. Label everything so that you can see at a glance what you have in the freezer.

## breakfast

### Cherry Ripe Oatmeal

Serves 1

Prep time 5 min

Cook time 10 min

Oatmeal has been a breakfast staple around the world partly thanks to how cost effective it can be. Oatmeal has three main ingredients; rolled oats, water and a milk of choice. Beyond that there's endless possible flavor combinations that can suit any budget.

#### Ingredients

- ½ cup rolled oats (1.75 oz)
- ½ cup water (4.2 fl oz)
- ½ cup reduced-fat milk of choice (4.2 fl oz)
- ¼ cup frozen cherries, finely chopped (4.2 fl oz)
- 1 tsp cacao/cocoa powder (.06 oz)
- ½ tsp honey (.08 fl oz)
- 1 tsp shredded coconut (.06 oz)

#### Method

- Combine the oats, water and milk in a saucepan and heat over a medium-low heat, stirring every now and then for 5-10 minutes or until thick and creamy. Add most of the cherries, leaving a few aside for a garnish, the cacao/cocoa powder and honey, and stir to combine.
- Top with remaining cherries and the shredded coconut to serve.

Kjs 1267 / Cals 302

Protein 11

Total fat 8.1

Sat fat 3.7

Carbs 44.3

Total sugar 13.9

Free sugar\* 2.9

Fiber 4.4



**\$0.39**  
per serving

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

# lunch

## Chilli Chicken Drumsticks

Serves 1

Prep time 1 hr 10 min

Cook time 30 min

Eating healthy doesn't have to cost a fortune if you are wise with your produce selection. For example, chicken drumsticks and thigh are cheaper cuts than chicken breast. With skin removed they're just as healthy as well. Marinate the chicken ahead of time and then just cook before serving.

### Ingredients

- 1 tbsp reduced-fat Greek natural yohurt (.7 oz)
- 1 tsp sambal oelek (chilli paste) (.15 oz)
- 1 tsp fresh lemongrass, minced (.15 oz)
- ½ clove garlic, minced (.05 oz)
- 6 oz chicken drumsticks, skin removed
- 1 cups white cabbage, shredded (1.75 oz)
- 1 medium carrot, grated (2.5 oz)
- ¼ cup fresh parsley, finely chopped (.5 oz)
- ½ green onion, sliced (.25 oz)
- 1 tbsp raisins (.4 oz)
- 1 tbsp freshly squeezed orange juice (.7 fl oz)
- 1 tsp extra virgin olive oil (.2 fl oz)
- 1 tsp apple cider vinegar (.2 fl oz)
- salt
- pepper

### Method

- Combine yogurt with chilli paste, lemongrass and garlic. Coat chicken in the yogurt mix, cover and set aside in the fridge to marinate for at least an hour. When ready to cook, preheat the oven to 390F and line a baking tray with baking paper. Place the marinated chicken pieces on the tray and bake for 30-45 minutes or until golden and cooked through.
- Combine the cabbage, carrot, parsley, green onion, raisins, orange juice, olive oil and apple cider vinegar to form the salad. Toss together well and season with salt and pepper. Serve the chicken drumsticks alongside the salad.

Kjs 1431 / Cals 341

Protein 31.8

Total fat 14.6

Sat fat 3.6

Carbs 17.3

Total sugar 16.7

Free sugar\* 1.5

Fiber 7.1



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## dinner

### Beef Rendang & Rice

Serves 4

Prep time 20 min

Cook time 1 hr 40 min

Cheaper cuts of meat like lean chuck steak are perfect for long slow cooked curries like this beef rendang. When served with rice and veggies, a small amount can go a long way and feed the whole family at a low cost per serving.

#### Ingredients

- 1 yellow onion, roughly chopped (3.5 oz)
- 3 cloves garlic (.3 oz)
- 1 tbsp ground ginger (.14 oz)
- ¼ tsp ground turmeric (.009 oz)
- 1 small red chilli (.35 oz)
- ¼ cup water (2 fl oz)
- 21 oz grams stewing steak e.g. lean chuck steak
- 2 tsp extra virgin olive oil (.3 fl oz)
- 14 oz reduced fat coconut cream
- ½ cup basmati rice, uncooked (3.2 oz)
- 2 medium carrot (5 oz)
- 1 cup green beans, trimmed (4.2 oz)
- 2 small head bok choy, trimmed (10.5 oz)

#### Method

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

**Kjs 1645 / Cals 392**

**Protein 34.8**

**Total fat 15.7**

**Sat fat 7.6**

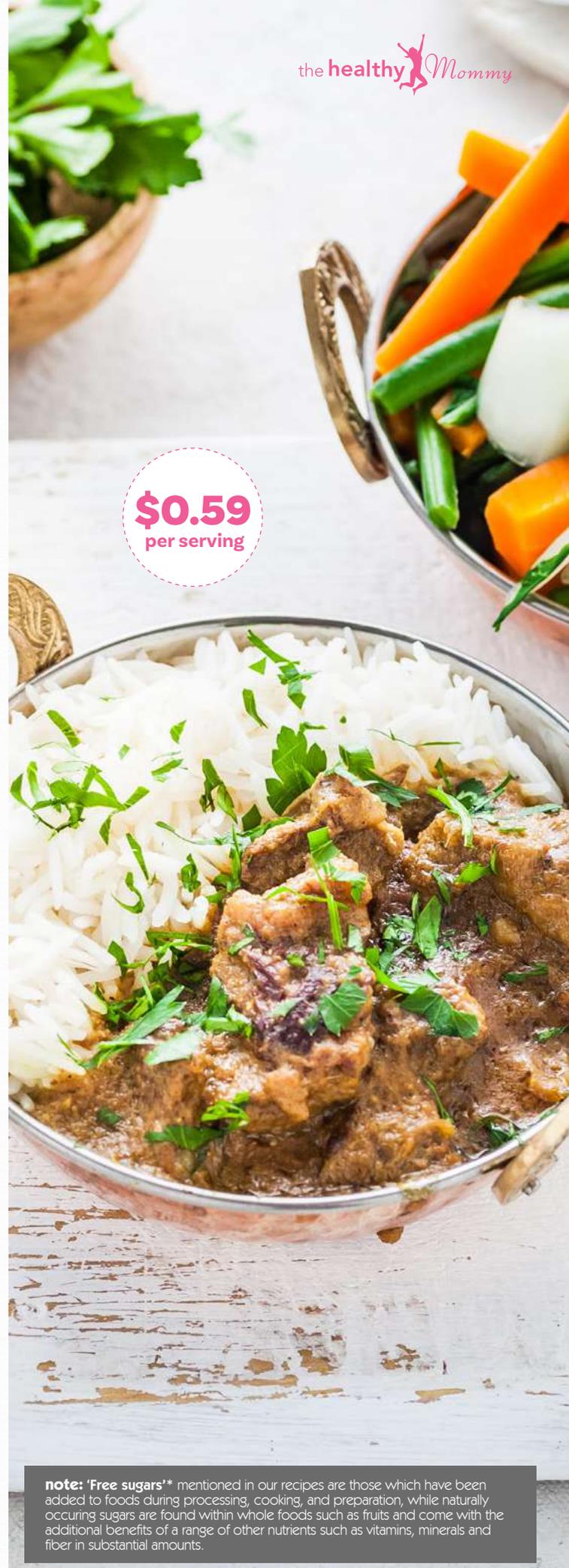
**Carbs 25.4**

**Total sugar 3.5**

**Free sugar\* 0**

**Fiber 3**

**\$0.59**  
per serving



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

## dessert

### Strawberries and Cream Crepes

Serves 2

Prep time 10 min

Cook time 15 min

A great way to eat healthy options and save money is to make meals that contain non-perishable ingredients you can buy in bulk. Then all you need to do is buy a few fresh items to make a delicious and cost effective meal just like these strawberry and cream crepes.

#### Ingredients

- ½ cup plain wholemeal flour (2.1 oz)
- 1/3 cup reduced-fat milk of choice (2.1 oz)
- 1 free-range eggs (1.75 oz)
- 1 tsp extra virgin olive oil (.17 fl oz)
- 2 tbsp light cream cheese (1.4 oz)
- ½ tsp vanilla extract (.08 fl oz)
- ¼ cup shredded coconut (.9 oz)
- ½ pint strawberries, hulled and sliced (4.5 oz)

#### Method

- In a mixing bowl, whisk together sifted flour, milk, and egg until you get a smooth batter.
- Heat half the oil in a small frying pan over a medium-high heat. Pour in half of the crepe batter and swirl around to form a thin layer over the bottom of the pan. Cook for 1-2 minutes on each side, until golden and set. Set aside to keep warm. Repeat with the remaining oil and batter so you have two crepes, one per serving. While the crepes are cooking, combine the cream cheese and vanilla.
- Spread the vanilla cream cheese over each crepe and sprinkle with an even amount of coconut.
- Place strawberry slices over the crepe filling and roll up to serve.
- Serve one filled crepe per person.

Kjs 1254 / Cals 298

Protein 11.7

Total fat 15.4

Sat fat 9

Carbs 25.7

Total sugar 4.4

Free sugar\* 0

Fiber 6.2



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

# How single mom-of-two lost 33 lbs\* on a tight budget and busy schedule

**Single mom-of-two Lauren certainly proves women really can do it all! Despite raising two kiddies, working and running a household, she was determined to lose weight while sticking to a tight budget.**

Not only did Lauren succeed in accomplishing her weight loss goal, she has emerged as an incredible role model for other women, empowering others to reach their goal weight also.

This is a snippet of Lauren's story and how this single mom-of-two lost 33 lbs\* on a tight budget and busy schedule and is inspiring others to do the same.

Recently, Lauren became a single mom. There is no doubt the thought of raising two children on her own was a daunting one. However, what frightened her most of all was being an overweight, unhappy and unhealthy single mom.

## The big change

Lauren says "I knew I needed to change my lifestyle."

Lauren decided to join the Healthy Mommy's 28 Day Weight Loss Challenge. "I'd been following all the success stories for far too long," says Lauren, "...so I decided to have a crack for myself."

Hitting BEYOND her weight loss goal.

When Lauren first joined the Challenges, she was hoping to lose 10 lbs. She had no idea that she would triple her weight loss goal.

Lauren reveals, "I wasn't looking for my own 'story' as such to share. I simply wanted to shed a couple of lbs. In fact, I was hoping for 10 lbs.

"Well, over the next 6 months (6 Challenges) I lost 33 lbs!"

Lauren admits being on a tight single-mom budget, didn't stop her from joining the Challenge and prevent her from making the delicious meals and meal plans.

Lauren even admits she is able to save money by using the 'customizing' option within the 28 Day Weight Loss Challenge App to keep her meal plan within a tighter budget



## More than just weight loss

However, losing weight was only one of the benefits of joining the Healthy Mommy. Lauren reveals she's gained countless friends and had experiences she thought only dreams were made of.

Lauren also adds, "I'm so much more supportive of other women, in fact, I thrive on helping others change their life.

"There is so much more to this program than just losing weight.

"Not only have I regained my life, but I've pretty much created a brand new one! One that I love, that I'm proud of, that I love sharing with others. And I'm pretty sure it's a life that my children will thank me for.

"Even typing this out has left me welling with tears.

"Tears of happiness for how I've changed my life, but also tears of sadness from remembering how I used to feel."

Lauren's biggest hope is that every woman is aware of what she is capable of. If women want to change their lives, they can.

# Real Stories. Real Moms. Real Results.



## Elle has lost 55 lbs

I have lost 55 lbs in just over a year following the Healthy Mommy lifestyle, but so much for me has changed, much more than just my weight. "I remind myself that my journey is for my health and energy, and not just for weight loss."

## Cicily has lost 116 lbs

"I've lost a lot of weight with The Healthy Mommy. I cannot recommend it enough. It's a new world. But that's not the great part about it," says Cicily. "It's not the number on the scales that makes me happy...it's walking past a mirror and not hating what I see!"



## Melissa lost 77 lbs

"Never in my life did I think I would be confident enough to wear a swimsuit, this is the best I have felt ever, and for everyone that said after kids it wouldn't be possible, what a load of rubbish, anything is possible if you set your mind to it!" Melissa said.