

PhenQ

The New Mums Issue

SUPERFOOD SHAKES

to keep you fuelled
on-the-go

Includes an exclusive

4-WEEK MEAL PLAN

**REAL PEOPLE.
REAL RESULTS.**

Find out more inside

**"I STRUGGLE WITH
HEALTHY OPTIONS
WHEN OUT AND ABOUT"**

Our resident nutritionist
has got your weight loss
worries covered

**Tips, tricks,
motivation
and more!**

“Change your MINDSET. Change your BODY.”

Welcome to the PhenQ community. We are here to support you, guide you and be your chaperone to build healthier habits in order to lose those pounds gained during pregnancy. We know you are not the same person you were before pregnancy, but it's time to reconnect to your old self.

Welcome to the PhenQ community. I am Angela MacRitchie, PhenQ's nutritionist, herbalist and naturopath. I have my own clinic and see women just like you that need someone to help guide and show them the way. We are here to support you while building healthier habits in order to lose those pounds gained over time and feel more like the old you.

Think of this guide as your mentor. We will support you with food and mindset tips, as well as building new habits to make change easier.

Included is a 4 week meal plan to do the hard work for you, as well as taking out the thinking of 'What will I eat today?'. We've put together a shopping list, meals and a preparation list highlighting what needs to be done each day, so you always have delicious meals and snacks to hand. We've also included handy conversion charts, quick measuring tips and last but not least, delicious recipes with ingredients and cooking instructions.

We've given you all the tools you need to get started, but I ask a small favor from you. This is going to be a relationship and will involve some give and take. All I ask throughout the

4 week plan is to pay attention to your own health and wellness, as well as your baby's. Take heed to your emotional and physical health. Your physical wellness will impact on your emotions and vice versa, and this will have a knock on effect on how you interact with your baby.



Do not feel like everything in your life needs to be overhauled. Take a step back and think about what bothers you the most. Aim to do one small thing everyday to make progress towards your goal. What about starting with movement?

Take the pram when nap time is due and have a brisk walk for 10 minutes - that's all it takes to start.

One last thing from me - think about your end goal:

1. Make your goal specific.
2. Make your goal measurable.
3. Make your goal achievable.
4. Make sure it is relevant.
5. Create a time-bound schedule.

Thank you for joining me - for that I am blessed.

Angela



DIET MYTHS

BUSTED

1

CRASH DIET AFTER HAVING THE BABY

A crash diet will be super low in calories and you will lose weight in a short space of time, but it will leave you lacking vital nutrients and feeling tired. You don't need this while trying to take care of a newborn or small baby and more than likely be sleep deprived. After delivering a baby, your body needs nutrient-dense foods to heal and recover. In addition, if you are breastfeeding, you require more calories than normal. A better way to do it is to reduce your calorie intake by 500 calories a day and eat healthy as per the meal plans we have put together for you.

3

IF BREASTFEEDING - YOU NEED TO DRINK MILK TO MAKE MILK

Did you know that humans are the only animals to consume the milk from another animal? No other mammalian mothers drink milk and milk is tailored perfectly for what the young need. The baby's saliva transfers chemicals to the mother's body so the breast milk adjusts to perfectly meet the needs of your baby as it grows. Pretty awesome huh! Plus, you can also obtain calcium from several other sources including broccoli, peppers and spinach.



2

DIET FOODS OR LOW FAT FOODS CAN HELP YOU LOSE WEIGHT

A lot of junk food is marked as healthy, so be sceptical of any health claims on food packaging, especially processed foods labelled as 'low fat' or 'fat free'. The less fat that is in it will mean there has been more sugar added into balance it. A good tip is to always look at the first three ingredients and if there is sugar listed - step away! Rather focus on cooking from scratch and never buy something that your grandma wouldn't eat. The further away something is from its natural state, the more additives and preservatives have been added to it. Follow our eating guides we have included, for natural and nutrition-dense options that will sustain and provide you with all the nutrients you require.



4

SUPPLEMENTS ARE A WASTE OF MONEY

While the focus is to eat nutrient-dense and well-rounded meals, sometimes we do need extra support that can come from taking supplements. For example, magnesium plays a vital function in many processes in the body, and high stress can deplete your magnesium levels. When the body is in a depleted state, it needs support and this is where supplements can be beneficial in many ways.



GET FIT

WE KNOW TIME IS OF THE ESSENCE FOR YOU AND GETTING TO THE GYM ISN'T ALWAYS EASY. INSTEAD, TRY THESE SIMPLE TIPS TO SUPPORT YOU IN MOVING AND INCREASING YOUR STEPS.

1.

Switch from standing to sitting throughout the day. Set an alarm on your phone or plan to sit for one hour and stand for one hour. We recommend trying a standing desk or a desk converter. Use whatever works for you, but the main point is to change it up throughout the day.



2.

Park the car a little further from your destination. When you are going shopping, park further from the entrance so you can add in a few extra steps to move more.

3.

If you are meeting other mums for a coffee morning, or a new mum group, why not have a walking catch up in your local park? Keep yourself moving while also experiencing the beauty of nature and being outdoors.



4.

Take your baby out in the pram or buggy for a brisk walk. Remember to keep your elbows bent at right angles and make sure the handles of the pram are at the right height in order to keep your back straight. Walking is a great exercise to increase your step count.

5.

Take up an exercise you love while the baby is sleeping. Dance, pilates, zumba, whatever makes you happy and adds fun to your day. There may even be certain mum and baby classes you could join too.



I am suggesting small changes that will make a difference for you and work with the schedule you have with a new baby. This is a new life and new routines to put in place, but at the same time, it is important for you to look after yourself.

CLIENT TESTIMONIAL



CARLY, 32, USA



I started PhenQ around six months ago and the results have been AMAZING!! I have tried so many different weight loss products in the past, but then I came across PhenQ and that's when my weight loss journey finally started to show me results.

The benefits of PhenQ are like no other - they don't make you lethargic or give you headaches like other weight loss products do as it's made from natural ingredients.

I would recommend this product to anyone that has lost hope with weight loss like I did. Thank you PhenQ! You have made me achieve exactly what I wanted and I am finally starting to be happy with my figure!



NUTRITIONAL CLINIC



“I feel really demotivated at the moment and struggle to conquer weight loss because of this, how can I keep myself on track?”

Choose to do one small change every week or every 2 weeks. Go low and go slow. Keep your guide with you so you can read it and find something in it that resonates for you and will give you that glimpse of motivation. We believe in you.

“I am tired and not getting enough sleep with the new baby. The best thing to keep me going is coffee and sugar. What can I do, as I know it is not a healthy choice.”

This is an instant fix and will get you up and energised, but remember the hit is short lived. An important point to remember is that as high as you go, is the same amount you need to come down. The more roller coasters you add to your energy, the more this will disrupt the blood sugars. The more cravings you will have. The more up and down you will feel emotionally. We want you to have constant and balanced energy throughout the day, so we have ensured there is enough

protein in the meals to support you and provide you with sugar that will release slowly and consistently in the plans we have put together for you. Think about the long term gain, not the short term fix!

“I’m meeting the new mums group and they always have cake and coffee. I struggle with healthy options?”

I always say - just ask. You never know what the chef can rustle up for you or what alternatives your local restaurant can offer. Once you know this, make the best choices possible. Go brown instead of white on the carbohydrates so the sugars are released more slowly in the bloodstream. Choose a salad or an extra portion of vegetables instead of the chips, mash or rice.

Better still, refer to the diet plans. We have shared with you what to prepare the day before, so you are ready wherever you are going and will always have a healthy option. Take your prepared meal with you so you are never caught short when you are hungry and do not have a healthy option on the menu.



SHAKE IT

EASY HEALTHY FILLING SHAKES

Shakes and smoothies are easy to make, plus you can make them in the morning to take with you, while on the go or running to a meeting at the office.

We have included 2 in the meal plan - a chocolate cherry green smoothie and a chocolate cauliflower shake. But there are tons of options you can create. Here are a few basic tips for making healthy smoothies that still taste delicious:

Try to always include some vegetables as well as a protein - remember protein is your friend that helps support your blood sugars to keep the energy, appetite and hunger balanced.

Start the smoothie or shake with a handful of spinach, a bit of cooked broccoli or cauliflower - sounds weird, but you can mask the taste with berries. Yes, add a handful of berries - they are great antioxidants. These antioxidants prevent and slow down damage to the cells, so make sure you include them

in the shake. Strawberries, raspberries, blueberries - choose a mix or one that you love.

Make sure you add in a source of protein, whether this be a teaspoon of peanut butter, some nuts or even seeds (flax and chia seeds work well).

If you want to have this as a meal replacement, we recommend using the PhenQ shake in delicious Chocolate, Vanilla, or Strawberries and Cream flavor - adding 50g will provide a generous 27g of protein.

Now let's make it super creamy - add in a slice of avocado, almond butter or a tablespoon of oats.

Last but not least, top it up with a liquid of choice - use a nut milk that hits the soft spot, oat milk or just plain water if you prefer.

Add some ice on a hot day and you're good to go!





BREAKING BAD HABITS

7 TINY TIPS THAT MAKE A BIG DIFFERENCE

1.

Before going to bed at night, set your intention for the next day. This could be only one thing:

- My intention is to eat healthy tomorrow.
- My intention is to not snack on sugar to give me instant energy.
- My intention is to do some exercise while your baby is sleeping.



2.

Become aware of what you are eating. Before you eat something, stop for that second and think:

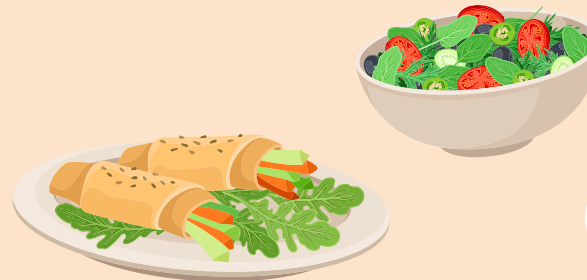
- Am I hungry or eating because of habit/time of day?
- Is this a healthy option for me?
- Could I choose something healthier? A vegetable or a fruit instead?

3.

When laying out your food on your plate - increase the amount of vegetables to 50% of the plate and increase the protein to 25% of the plate. This leaves 25% for your carbohydrates.

5.

Breathe - Aim to take 5 deep breaths in the morning, during the day and before bed. Connecting with your breath helps to reset the nervous system and reduce levels of stress and anxiety.



4.

Don't eat the kids' leftovers - step away from the kids' plates of food and let them eat their own meals.



6.

Give yourself permission to rest - Once your baby is having a nap, have a 30 minute soak in the bath with 4 cups of epsom salts. The epsom salts will detox the body and relax the muscles, preparing you for sleep. If a bath is not possible, use a basin as a foot soak. Listen to music or spend this time reflecting on the day - switch your mobile phone off, as this will again let your body know it is time to rest and rewind.

7.

Eat as a family or with your partner if possible. It's important to still make time for each other with your new addition to the family. Eating a meal together will give you the chance to spend some quality time with each other.





MEAL REPLACEMENT SHAKES

THE LOWDOWN

We went away and had a think about what would support you on those busy days juggling everyday demands, getting your day job done, ensuring dinner is organised, tidying up the house and being the support for the whole family. There is a lot going on, so we decided a meal replacement shake would be a fantastic way to make things easier.

We don't want you to skip any meals completely, so we put together a shake that had a good nutrient profile to use on the days when you are on the go and still need sustenance to get everything done.

Since protein helps reduce levels of Ghrelin (the hunger hormone), the first thing we looked at was making sure the protein content per serving was high to keep you

fuller for longer. Each 50g serving of the PhenQ Complete Meal Shake contains 27g of protein to keep you going.

We've also added a full vitamin and mineral profile required in a meal replacement so you're not missing out on any vital nutrients.

Lastly, we added DigeZyme® - a multi-enzyme ingredient that helps to break down carbohydrates, fats, proteins and lactose, supporting digestion as well as optimising absorption of nutrients.

The PhenQ Shake comes in 3 great flavors - Vanilla, Chocolate and Strawberries & Cream.

So give it a try if you feel you want to replace a meal or two in the day with our PhenQ Shake.

A woman with long blonde hair is shown in profile, looking towards a baby. The baby is wearing a green knitted hoodie and is looking back at the woman. The background is a soft-focus outdoor setting with green foliage. The entire image has a light blue-green tint.

PhenQ

Join our community for more tips,
tricks and motivation!

