



How To Become A Mini V Mum

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A lot of Mini's email in, asking for diet and exercise ideas for a busy parent. You explain that you have little time to cook, eat and exercise as well as juggling your children/work and house chores.

I have got together with a member of my Mini V Team, who recently had a child to put together this plan. She put on 6 stone during her pregnancy due to complications and has worked hard to lose all of her weight using Mini V Products along with a healthy diet and exercise plan.

Breakfast Ideas

As you get your children's breakfasts ready, pour 150mls to 200 ml of either soya milk/cow's milk or dairy free almond milk or water into a **Mini: Shake**. Drink this whilst you feed your little one/s their breakfast. You can also drink this on the go whilst you do the school run.

Alternatives:

Small bowl of porridge with milk. You can add blueberries or a fruit of your liking to add taste.

OR

1 slice of whole meal bread spread with marmite/marmalade or jam. Accompany with a small glass of juice to accompany.

Take with 1 x **Mini:Vitamins**, 1x **Mini: Supergreens**

If you have decided it's a workout day, plan to take your Mini: Burn Supplement, 30 minutes before your workout. Please take with a large glass of water to stay hydrated.

If you have decided you do not have time to work out today, then take 1 capsule in the morning and the second capsule in the afternoon. Please take with a large glass of water. This will keep your metabolism elevated.

Mid-Morning Snack Ideas

Join your little ones for their mid-morning snack, whether you are at home or at a play group/friend's house.

2 Small pieces of fruit for both you and your children, making sure you are all getting 2 of your 5 a day allowance.

Alternatives:

Hand full of raisins or a fruit bar. These are great for the kids too.

OR

Mini Protein Chips or **Protein Bar** (not for the children)

Lunch Ideas:

1 slice of whole meal bread with a thin spread of Philadelphia lightest. With 1 thin slice of ham or Quorn turkey slice. Add lettuce and cucumber or tomato. Eat with your children. Offer them slices of cucumber and tomato just like you. This option is great if you are out and about. You will be used to making your children a packed lunch. Just add yours into the box too.

If you are at home:

Try a small baked potato with a small portion of baked beans and a small mixed salad. Your little ones might have the same with grated cheese added.

OR

Go for homemade vegetable or tinned soup of your choice. 1 Ryvita to dip into the soup.

If you are out:

If you are rushing to pick your children up from pre-school or you are out and about doing chores as your children are at school, then repeat the **Mini: Protein Shake** from the breakfast ideas.

Take x **2 Mini Collagen Supplements**

Afternoon Snack Ideas

Yogurt. This should be a 0% fat yogurt. Activia 0% are really yummy. Drink a large glass of water. Eat this with you kids whilst they eat their afternoon snack.

OR

A handful of soya nuts, cashew nuts, raisins or a piece of fruit.

OR

Mini V Protein Bar or Protein Chips.

Children's dinner time

Something parents struggle with, is trying not to eat their kids dinner. Especially leftovers, fish fingers and waffles yummy!!!

If you do not have dinner with your children as you wait for your partner to arrive home, you eat with your teenagers, but you struggle not to pick at the leftovers, then you could try having a **Mini Protein Shake** at this point whilst you cook and feed to curb the temptation. If you have already had **2 Mini Protein Shakes** in the day, then try drinking a large glass of water and snack on one of the mid-morning or afternoon snack ideas.

Dinner Ideas

Go for high protein meal such as chicken or turkey or Quorn along with brown rice or sweet potato with unlimited salad or cooked vegetables.

Or a Microwave meal that is low in fat. Check salt content is not too high.

Even a tin of tuna in spring water mixed with Philadelphia lightest. Add whole meal pasta with a small salad or mixture of vegetables.

BEDTIME

Get to bed early if you can (do not have a list of chores to complete). This will stop that temptation to snack along with recharging your batteries especially if you know you'll be doing a night feed soon or if you have a difficult sleeping child.

If you have chores to do and you become tempted to snack - then drink a large glass of water. If this does not curb your temptation then choose one of my snack ideas.

Take x **2 Mini: Detox** supplements before bed with a large glass of water.

If you are focusing on a toning exercise program then take your x **2 Mini: Tone** capsules as well.

Exercise Ideas

Take x **2 Mini Burn** capsules 30 minutes before your workout

Exercise at Home

During your kids nap time, choose a workout session from my **On Demand Subscription**. You can view this on your laptop/phone.

OR

Do a 30 to 45 minute home workout DVD. You do not need lots of room for this.

Exercise Outside

If you are starting out - take your little ones for a power walk in their buggy. Try to walk at a slightly fast speed which gets your breathing slightly elevated for 30 to 45 minutes if your little ones allow. Walk a route if possible that includes some slight hills and inclines.

If after a couple of weeks, you are finding this quite easy, step this up to a small jog using interval training. For example:

5 minute – medium pace walk as your warm up

1 minute – fast pace walk

1 minute – jog/run

5 minute medium to slow walk to cool down. Perform basic stretches as you arrive home.

Repeat this for up to 25 to 45 minutes.

What if you children do not take their nap?

If your kids will not nap or sit in the buggy, then do 30 minutes of playing a fun active game to music around the home like cowboys and Indians or my little pony's on a magical journey. Finish with a run around outside if the weather permits.

Attending a Gym or Local Exercise Class

If you have childcare or a crèche at the gym, then take part in a cardio class or do a session on your favourite piece of gym equipment using the interval training plan above.

OR

Wait for your partner or a family member to finish work and go to a local exercise class. This also gets you out of the house, giving you some of your own time to breath.

Try to exercise at least 3 to 4 times per week. As hard as it can be whilst you are juggling your parenting responsibilities, exercise promotes a positive outlook on life, making those sleep deprived nights and temper tantrums feel that little bit easier whilst allowing you to stay healthy.

Remember you are also a role model for your children.