



IN SHAPE
MUMMY



New Starter Guide



www.inshapemummy.com



Welcome Fellow Mummy! Congratulations on joining our sisterhood of health and our community of mums all getting in shape together.

Together with my team of leading health experts, I created the In Shape Mummy Health Shake. I created it after I could not find a solution to help me lose my baby weight that was easy enough to fit into a busy and sleep deprived mums life and healthy enough for breastfeeding.

As well as helping you to lose weight, the unique In Shape Mummy Health Shake for Breastfeeding Mums boosts your energy and milk supply.

Our Breastfeeding Shake was so popular that we created a second shake for Busy Mums who are not breastfeeding.

I am grateful to have had the opportunity to help thousands of mums achieve their goals and lead healthier and happier lives. And I am excited to help you too!

Lisa - In Shape Mummy Founder & Busy Mum of 2



Professional Member

Meet the In Shape Mummy Team



Lisa Bergsma - In Shape Mummy founder & Health Enthusiast

Lisa is the mother of two action-packed little ones and company founder. Lisa transformed her own health and now helps other mums do the same. She started the company after could not find a solution to help her lose her baby weight that was easy enough to fit into a busy mums life and healthy enough for breastfeeding.



Julie Masci - Dietitian & Nutritionist

Julie is an Accredited Practising Dietitian and Nutritionist. She is a Mum to 3 young children. Julie has appeared on Channel 9 News, Channel 7 News, Today Tonight and Brisbane Extra as an Expert Dietitian. She has also been a columnist for Prevention Magazine and Australian Weight Watchers Magazine.



Shevi Groh - Nutritionist

Shevi is a qualified nutritionist with a bachelor's degree in nutrition and food sciences. As a new mum herself, she is passionate about postnatal-related nutrition. Shevi has worked alongside some of the most famous leaders and celebrities in the fitness industry throughout Australia and the UK.



Joyce Bergsma - Nutritionist

Joyce is an Accredited Practising Nutritional Therapist. She has international experience helping mums all over the world lose weight. Joyce has delivered seminars, conducted workshops, gave personalised consultations and provided nutritional advice to companies.



Jessica Post - Postnatal Exercise Physiologist

Jessica is an Accredited Exercise Physiologist with a Bachelor of Exercise Science and a Masters in Clinical Exercise Physiology. As a mum, she knows how to safely prescribe exercise after pregnancy to stay fit, strong and healthy. Jessica helps women with PCOS, gestational diabetes, pregnancy related back and hip pain, pelvic floor and abdominal separation.

Let's Do This Together!

Join thousands of breastfeeding mums across Australia getting in shape with In Shape Mummy.



Carly lost 35kgs



Maureen lost 15kgs



Maureen lost 10kgs



Chiara lost 4kgs



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The Path to Weight Loss Success

The path to success is a journey of changing the old habits that caused the weight gain in the first place, and adopting new healthy habits.

Focus on Eating Healthy Food

When you replace unhealthy food and drinks with healthy food and drinks, you will lose weight.

Important for Breastfeeding Mums

When you're breastfeeding, your baby is depending on you for 100% of their nutrition. We need extra nutrients to support our milk supply and our precious baby's development.

That's why extreme diets that cut out major food groups are a "no-no" as they miss out on key nutrients. Plus, we need all the energy we can get to cope with raising our little ones!

The Key to Lasting Weight Loss

The key to losing weight and keeping it off is to consume healthy food and drinks and to cut out the junk. There is no need for crazy deprivation diets!



The In Shape Mummy Health Shake is a nutritious and convenient meal replacement. It is loaded with the nutrients of a healthy meal to boost your energy and support your milk supply as you lose weight. It is also important what you eat for the rest of the day. Follow the tips in this guide to get the best results.



Get the Best Results with the In Shape Mummy Health Shake



Fast Track Weight Loss

Get the Best Fat Burning Results with our premium blend of Organic Brown Rice & Organic Pea Protein.



Boost Energy & Health

Turn that feeling of “Worn Out” into “WOW”! Get an Instant Boost with 25 Vitamins & Minerals, Probiotics and Organic Superfoods.



Look & Feel Your Best

Made in Australia with premium ingredients. No Soy, No Dairy, No Gluten & No Artificial Nasties. Vegan.

For Breastfeeding Mums



In Shape Mummy Health Shake for Breastfeeding Mums. Enhanced with Natural and Organic Lactation Aids to Boost Milk Supply.



For Busy Mums



In Shape Mummy Health Shake for Busy Mums To support mums who are not breastfeeding. Or for mums who are breastfeeding but do not need a boost in milk supply.



How to use your In Shape Mummy Health Shake

How many shakes a day should you have?

We recommend that breastfeeding mums replace one meal and one snack with an In Shape Mummy Health Shake. For example, breakfast and an afternoon snack.

Non-breastfeeding mums can safely swap up to two meals daily with our In Shape Mummy Health Shakes.

We recommend replacing your breakfast with a shake as it's a great way to kick-start your metabolism. Starting the day off on the right foot makes it easier to make healthy choices throughout the rest of the day.





How to Make Your In Shape Mummy Health Shake?

When replacing a meal, we recommend enjoying our nutritious In Shape Mummy Health Shake mix blended in a smoothie together with other nutrient-dense foods, banana for example. This will ensure you're feeling satisfied and energised until your next meal.

Find smoothie recipes on the next page. Feel free to experiment with different fruits to make your own smoothie recipes.

Pro tip: frozen bananas make a great smoothie base. Keep a container of peeled bananas in your freezer.

When replacing a snack, enjoy our nutritious In Shape Mummy Health Shake mix with milk or your favourite milk alternative.

Enjoy Delicious In Shape Mummy Smoothies

Chocolate Bliss Smoothie

- ✓ 2 tbsp In Shape Mummy Health Shake mix – Chocolate Brownie
- ✓ 1 frozen banana
- ✓ 2 tbsp oats
- ✓ 1 cup of your favourite milk
- ✓ Optional: 1 tbsp avocado



Strawberry Shortcake Smoothie

- ✓ 2 tbsp In Shape Mummy Health Shake mix - vanilla
- ✓ 1 cup frozen strawberries
- ✓ 1/2 cup vanilla Greek or coconut yogurt
- ✓ 1/2 cup of your favourite milk
- ✓ 1 tsp maple syrup



Deluxe Caramel Fudge Smoothie

- ✓ 2 tbsp In Shape Mummy Health Shake mix – Caramel Fudge
- ✓ 1 tbsp avocado
- ✓ 1 frozen banana
- ✓ 1 cup of your favourite milk
- ✓ Optional: 1/2 tbsp peanut butter



Green Dream Smoothie

- ✓ 2 tbsp In Shape Mummy Health Shake mix– Vanilla flavour
- ✓ 1 frozen banana
- ✓ 1/2 cup frozen mango
- ✓ 1 cup fresh spinach leaves
- ✓ 1 cup of your favourite milk



Blend & Enjoy!

Get more tasty smoothie recipes from our 12-Week Program at www.inshapemummy.com



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3 Simple Steps to Success



1 In Shape Mummy Health Shakes

- Replace 1 Meal and 1 Snack with an nutritious In Shape Mummy Health Shake
- Blend the mix in a Smoothie. Try 1 frozen banana, 1 cup milk and 2 tbsp of the mix



2 Healthy Food

- What you eat for the rest of the day is important
- Eat plenty of fruit and vegetables, protein and healthy fats and avoid junk food and soft drinks



3 Daily Exercise

- A daily walk or exercise can burn calories, boost your metabolism and release endorphins (feel good chemicals in your brain)

Wake Up



In Shape Mummy
Breastfeeding Boost Tea
OR glass of water with a squeeze
of fresh lemon

Breakfast



In Shape Mummy Health Shake
*Blend with fruit & milk to make a
smoothie*

Mid Morning



Healthy Snack

Lunch



Healthy lunch
Eat left overs to Save Time

Mid Afternoon



In Shape Mummy Health Shake
(For Snacks, mix with Milk only)

Dinner



Healthy dinner
Eat left overs to Save Time

Anytime



Daily Walk or Exercise

At least 9 glasses of water



How to Save Time & Money



Eat left over dinners for lunch the next day.



Freeze batches of meals for other days. Cook once, eat for a week.



Take a lunch box with you when you go out.



Replace 1 Meal and 1 Snack per day with an In Shape Mummy Health Shake. It costs only \$3 per serve (cheaper than a latte and only takes 1 minute to make!)

Healthy & Easy Snacks



Mixed Nuts



Hummus & Veggie Sticks



Boiled Eggs



Yoghurt



Avocado on Rice Cakes



Fruit



Healthy & Easy Lunches

- Boiled egg, avocado & tomato on toast
- Salad & tuna sandwich
- Pita wrap with Mexican refried beans, salsa & salad
- Loaded salad with protein (e.g. tuna, tofu, beans, chicken eggs), healthy fats (e.g. avocado, olive oil, fetta, nuts), carbs (e.g. quinoa, brown rice, sweet potato) and salad. For dressing a healthy choice is olive oil and fresh lemon or balsamic vinegar
- Tuna Niçoise Salad: 1x tin of tuna, 2 handfuls spinach, 1 tomato chopped, ¼ cup black olives, 1 boiled potato and 1 boiled egg.
- Healthy salad sandwich: tomato, cucumber, spinach, pickles, cheddar cheese or hummus
- Falafel wrap: falafel, tomatoes, red onion, parsley, Greek yoghurt
- Eat dinner leftovers for lunch to save time!

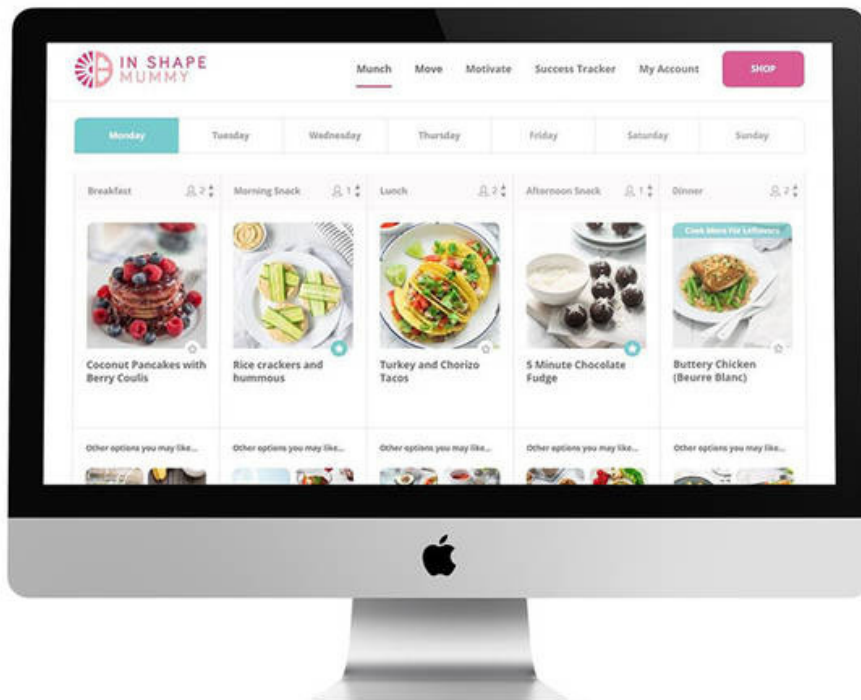


Healthy & Easy Dinners

- Stir-fry - mixed vegetables, lean protein and brown rice or quinoa
- Buddha Bowl - lean protein, vegetables, quinoa/brown rice and soy dressing
- Minestrone Soup - mixed vegetables, beans and tomatoes
- Frittata: eggs, onion, mushroom, spinach and goat's cheese
- Chicken Cesar salad: chicken breast, egg, lettuce, anchovies, red onion, sauce made with Greek yoghurt, Dijon mustard and lemon
- Beef or tofu stir fry: beef or tofu, hokkien noodles, capsicum, carrot, zucchini, snow peas, oyster sauce
- Roast chicken or tofu, steamed veggies and oven baked chips

Want More Recipes & Support?

Claim Your FREE 12-Week Health & Weight Loss Support Program



[Click Here to
Get Started](#)

- Get New Delicious & Nutritious Meal Plans every week.
- Enjoy tasty recipes developed by our nutritionists to Boost Your Energy and Support Your Milk Supply as you Shed Body Fat.
- Personalised Program - we take into consideration your height, weight, age, activity level and breastfeeding status and provide a program to maximise your fat burning while supporting your milk.
- You'll also get printable shopping lists, an online success tracking tool, motivating online exercise, inspiration and support.

Click here to claim your Free Program.

Sneak Peak of some of the Recipes in your Program's Weekly Online Meal Plans



[Click HERE](#) to Get Access to your FREE Meal Plans & Exercises

How to Increase Your Milk Supply



TAKE CARE OF YOURSELF

REST, EAT ENOUGH & DRINK PLENTY OF FLUIDS

EAT LACTOGENIC FOODS

OATMEAT, FENUGREEK, FENNEL, ALMONDS



NURSE MORE OFTEN

TRY TO NURSE AT LEAST ONCE EVERY TWO HOURS

CHECK BABY'S LATCH

THE LATCH IS EVERYTHING, REASSESS YOUR TECHNIQUE



USE YOUR HANDS

TRY WARM COMPRESSES & BREAST MESSAGES

PUMP IT UP

PUMP AFTER NURSING, POWER PUMP 2-3X A DAY



AVOID SUPPLEMENTING

KEEP BOTTLES & FORMULA AWAY FROM BABY

AVOID PACIFIERS

THEY COULD INTERFERE WITH YOUR BABY'S LATCH



GO SKIN TO SKIN

STRIP YOUR BABY DOWN & FEEL THEIR SKIN ON YOURS WHEN YOU NURSE

FOCUS ON YOUR BABY

THE SMELL, SIGHT & SOUND OF YOUR BABY WILL HELP YOU PRODUCE MORE MILK



Boost Your Milk Supply with Lactation Aids

The In Shape Mummy Health Shake for Breastfeeding Mums is boosted with natural lactation aids to support your milk supply. Plus, each serve contains 25% of the recommended daily intake of Vitamins & Minerals, 1 billion Probiotics, Organic Vegan Protein and Organic Superfoods to help you meet your increased nutritional needs when breastfeeding.

Well done breastfeeding mummy!
You're doing an awesome job!



Breastfeeding is one of the most precious gifts you can give your precious baby.



Breastfeeding Benefits

Do's & Don'ts for Weight Loss

Planning & Preparation



Do's

Eat Regularly throughout the day

- Eating smaller meals regularly
- Eat 5 times a day - aim for Breakfast, Lunch, Dinner plus a Morning and Afternoon Snack

Have Healthy Food on stand-by

- Fill your house with healthy food
- Cook in batches & save meals
- Replace 1 or 2 Meals or Snacks a day with an In Shape Mummy Health Shake to save time & lose weight
- Swap sweets for fruit or yoghurt

Have a Healthy Breakfast

- Start off your day on the right foot with breaky - it's easier to make healthy choices later in the day if you start the day healthy
- An In Shape Mummy Health Shake is the perfect energy boosting and healthy breaky

Eat a Lighter Meal for Dinner

- It is best to have a bigger lunch and lighter dinner

Don'ts

Don't Starve Yourself

- Do not skip meals as this can cause you to get too hungry and overeat later in the day

Don't have Junk Food in your House

- Throw away the junk food in your cupboard - your less likely to eat it if it's not there! Better in the bin than on your hips! :)
- Shop ahead & don't wait until your hungry to find food. It's too hard to make healthy choices when you're hungry

Don't Skip Breakfast

- Skipping breakfast leads to low energy levels
- It can also cause you to overeat and make the wrong food choices later in the day

Don't have a Heavy Dinner too close to bed time

- Do not eat dinner too close to bedtime as your metabolism is slower overnight

Cooking & Eating

Do's

✓ Steam, grill or bake food

- Use healthy cooking methods

✓ Use Healthy options for Sauces

- Use fresh lemon juice, olive oil & balsamic vinegar or red wine vinegar

✓ Go for Brown

- Always chose brown or wholemeal options as they are more nutritious and keep you feeling full for longer

✓ Eat Nutritious Food

- The meals in your online plan ensure you are getting the nutrients you need to lose weight
- Your Shake is an easy way to get the nutrients of a balanced healthy meal and satisfy your needs

✓ Manage your Eating

- If you're going out for 1 meal, enjoy your In Shape Mummy Health Shake for your other 2 main meals in the day to reduce your overall daily calorie intake

Dont's

✗ Don't Fry Foods

- Avoid frying foods as this is fattening

✗ Don't use Fattening Sauces

- Avoid creamy, buttery, cheesy and sugary sauces

✗ Don't have white

- White bread, white flour and white rice has no nutritional value and are "empty" calories which cause you to want to eat more

✗ Don't Eat Processed 'empty' calories

- When you don't get enough nutrients in your diet your body send you signals to eat more food, when all you really need is nutrients. So this causes overeating and weight gain

✗ Don't swear to never go out because your on a "diet"

- You can still go out and enjoy life. Just learn to make healthy choices

Do's & Don'ts

Drinks



Do's

Go for Healthy Drinks

- Replace soft drink with sparkling water and a squeeze of fresh lemon or lime

Drink Enough Water

- Breastfeeding mums need to drink 9 glasses of water per day to replace the fluid lost in breast milk

Find Healthy Alternatives to Alcohol

- Try non non alcoholic wine, Appletiser
- If you must drink alcohol gin or vodka with sparkling water and fresh lemon, lime or orange is lowest in calories

Limit coffee to 2 cups per day

- Our In Shape Mummy Breastfeeding Boost Tea is a healthy alternative and you get the added benefits of milk supply boosting ingredients

Don'ts

Don't have Sugary Drinks

- Did you know 600ml of soft drink has 15 teaspoons of sugar?
- Sugar is the enemy to weight loss

Don't get Too Thirsty

- Your body can mistake thirst for hunger so make sure you are drinking enough water to avoid overeating and weight gain

Don't Drink Alcohol

- Alcohol is high in calories and it's not safe for breastfeeding
- Alcohol alters our metabolism, encouraging any food consumed to be stored as fat. And it lowers our inhibitions which can encourage us to eat junk food!

Don't drink too much Coffee

- Caffeine passes into breast milk so excessive coffee drinking is not recommended. 2 cups a day is generally OK.

Do's & Don'ts

Exercise



Do's

Go for a Daily Walk

- Along with burning calories, walking releases endorphins, the "happy hormones", in your body to make you feel good
- At least a 30 minute walk per day is recommended but start where you can and work your way up. Anything is better than nothing! If you need to, you can even split your walk into 2 x 15 minutes
- If the weather is not right outside for a walk, try walking in a shopping centre

Don'ts

Don't injure yourself

- It's important to take it easy after child birth
- Our expert Postnatal Physiotherapist recommends walking as the safest exercise for new mums as it does not compromise the muscles weakened in child birth
- Get your 6 Week check from your health professional before starting any exercise

Do's & Don'ts

Mindset



Do's

Aim to create Healthy Habits

- Once you do something a few times you will be on autopilot and it will be easy

Take Consistent Action

- What you do 90% of the time is what will bring you results
- If you fall off the wagon, simply get back on

Don'ts

Don't wait to Feel Motivated to Start

- You could be waiting for ever!
- If you want to get results just do it

Don't think everything is ruined if you slip up occasionally

- It's what you do for the majority of the time that matters
- One slip up does not ruin everything. We are all human!

Practise Gratitude Every Morning

At the start of every day think of all the things you are grateful for to put yourself in a positive state of mind.

This will help you to have a good day.

Take a moment to appreciate the simple things like having a roof over our head, having fresh running water, having your precious baby.



Join thousands of mums getting in shape @ www.inshapemummy.com



What's Your Favourite Flavour?



Vanilla



Chocolate Brownie



Caramel Fudge

Shop Now @ www.inshapemummy.com



Enjoy Delicious and Nutritious In Shape Mummy Snacks



In Shape Mummy Protein Bites
Salted Caramel Peanut Fudge
Satisfy cravings in a healthy way to reach your goals faster.



In Shape Mummy Breastfeeding Boost Bars
Chocolate Fudge Brownie
Support milk supply & satisfy cravings in a healthy way.

100% Natural. 100% Vegan. 100% Breastfeeding Friendly.



★★★★★
"I've lost 35 kgs thanks to the In Shape Mummy Health Shakes. 110 kgs to 75 kgs! Now that I've lost the weight, I have more energy, zero aches and pains and have a better mood."
Carly



★★★★★
"Obsessed with In Shape Mummy snacks because they're so quick and easy with busy mum life! And they taste delicious and increase my milk supply. What a win!"
Brit