

# 28-Day Hot Mum Makeover



## Disclaimer

This program is for information purposes only. The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counselling. Rather, as a nutritional and exercise guide, this program is intended only to supplement, not replace, medical care or advice as part of a healthy lifestyle.

As such, the information should be used in conjunction with the guidance and care of your physician. You must consult your physician before beginning this program as you would with any exercise program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using this product from Own it Fit, you are agreeing to accept full responsibility for your actions.

By utilising the nutritional guidance and exercise strategies contained herein, you recognise that despite all precautions on the part of Own it Fit and it's representatives there are risks of injury or illness which can occur with any exercise program and you assume such risks and waive, relinquish and release any claim which you may have against Own it Fit or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of this nutritional guide and exercise program for personal use.

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## Welcome to The Hot Mum Makeover

***“The Hot Mum Makeover Project is on a mission to help women to become more self-confident, lose weight, and celebrate being strong and sexy.”***

First off, we are THRILLED to have you in our program!

If you let it, The Hot Mum Makeover Project can truly change your life. This is NOT just a 4-week transformation challenge. It's going to be an eye-opening and empowering experience.

Our goal is to not only to help you lose weight, tone up, and look absolutely AMAZING in in 28 days, but it is designed to help you to feel beautiful and confident in your own skin.

**Here are just a few things that will happen during the next 4-weeks:**

- ☆ You will cleanse and detoxify your body of impurities, chemicals, and artificial toxins.
- ☆ You will create new and healthy habits to help you FINALLY kick your cravings and restore your body back to the way it is designed to function.
- ☆ You will learn how easy is it to make a healthy and delicious meals so you don't get trapped into eating something not conducive to your goals.
- ☆ Your body will learn how to optimise its fat-burning potential so don't have to hide behind your clothes and can *always* find something to wear in your closet.
- ☆ You will be a part of an amazing group of women working towards the same goals that you are.



Over the next 4-weeks, you will have **EVERYTHING mapped out for you to be successful.**

You don't have to think about it, you just need to DO it.

We truly love what we do, and we are grateful for the opportunity to share our passion and our knowledge with you through this program.

We are here for you every step of the way. If you have questions, call or email us ANY TIME.

We're excited to be a part of your journey and look forward to an AMAZING 4 weeks with you!

Committed to Your Success,

*Mel Cooper*

ownitfit  
It's your choice, so own it!

## Success Guide ~ Getting Started!

Just by taking the step forward and taking this challenge, you have ALREADY set yourself apart from the crowd.

We're here to help you stay committed and to give you all of the tools you need to make this program a HUGE success.

Before you know it, these 4 weeks will be over and you'll be ROCKIN' out!

**We know this is important to you...otherwise you wouldn't be here.** Make sure to follow these guidelines to get the most benefit you can from this program.

1. **Make sure to read this ENTIRE manual before starting.** It is filled with our best tips & tricks to keep you on the right path.

2. **Fill out your Goal Sheet (which is later in this booklet)**

**\*Homework Assignment:** Once you determine your goal, email it to us at [melinda@ownitfit.com.au](mailto:melinda@ownitfit.com.au) by the **Monday the program commences**

When you send your goals, please also include your "before" photos (front and back).

3. **Make sure to join our very own "Own it Fit Hot Mum Makeover Group"** on Facebook! If you haven't already joined, request to join us here: <https://www.facebook.com/groups/1750476915223835/>

4. **Print out Grocery List Week #1 and go do your grocery shopping.** DO NOT WAIT until Monday to get this done. Meal prepping starts on Saturday or Sunday; so don't leave this to the last minute. Make sure to review the meal plan and use the food exchange sheet to swap out any foods that you wish.

5. **Choose 5 affirmations that really resonate with you.**

Affirmations are short and powerful statements that can drastically affect your "subconscious" to attract success and improve different areas in your life. This may sound a little lame, but give it a try...it can be VERY empowering.

Here are a few examples, but feel free to create your own to make them more personal. Say the following affirmations out-loud and notice how you feel afterwards ☺

We recommend starting and ending your day with affirmations (and say them throughout the day).

- ☆ Today, I choose to honor my body, my beauty, and my strength.
- ☆ I am in complete control of my life, what I eat, what I do, and how I feel.
- ☆ I already have the power to realise any goal I set my mind to.
- ☆ I have no fear of failure and I am drawn and committed to success.
- ☆ I am strong, confident, and unstoppable.

IF YOU WANT  
SOMETHING YOU'VE  
NEVER HAD,  
THEN YOU'VE  
GOT TO DO  
SOMETHING YOU'VE  
NEVER DONE.

**6. Pick out your outfit you want to get back into!**

It can be one you already have that you want to look AMAZING in, or one that you have your eye on in the store.

If you have your outfit already, hang it up somewhere that you can SEE it and walk by it often. This will help to remind you of your goals.

If you don't have one yet, go online and pick one out that you want to buy. Print out a pic of the outfit and hang it up!

You can put the picture in your office, bedroom, on your fridge, or even in your car or as screensaver on your phone. Put it anywhere you need a little extra motivation or to help to keep you on track.

**7. If you have questions or need us for ANYTHING, call us! That's what we are here for.**

We are here to make this program as successful as you want it to be. Call or email us anytime – and we mean that 😊





## *Don't have time to cook?*

One of your first steps to getting closer to your makeover goal is making sure you're eating the right food.

We'll get into tips on healthy recipes and all the nitty gritty on nutrition, but first things first – how to eat well when you're time-poor.

There will always be occasions when you run out of time to cook a healthy meal and in those instances here a few quick ideas and tips to keep you satisfied and on track to meeting your health goals.

If you know you won't have the time to prepare the meal that day, then try your best to prepare it ahead of time and refrigerate/freeze it. That's all part of developing new habits and prepping for the week.

HOWEVER...for the times that you truly run short on time and need to find something healthy in a pinch, then we have a few great options for you.



### **1. Good Ole Faithful: Salad & Protein (Tuna, Chicken, Turkey, etc.)**

- ☆ ALWAYS have ready-to-go homemade salad dressing in the house
- ☆ ALWAYS have fresh pre-washed lettuce mix and veggies in the fridge to throw together a salad in a pinch.
- ☆ The Turkey Burgers always make a great go-to meal! You will have extra, so freeze or refrigerate them for times where you don't have the chance to prepare a meal.

### **2. In a Jiffy Back-Up Plan: Protein with Steamed Veggies**

- ☆ You should always keep "back-up" pre-made chicken, canned tuna, frozen turkey burgers on hand for emergency situation.
- ☆ Also- keep frozen vegetables on hand. They are really easy to throw in the microwave and heat up with your protein.
- ☆ Pair your protein up with your veg and you are good to go!

### **Grab & Go Choices:**

Here's your back-up plan – just in case!

#### **Breakfast:**

- Quick oats
- Protein shake & half a piece of fruit
- Greek yoghurt and berries
- 120g sliced turkey with half a sliced capsicum (red, yellow, green)
- Greek yoghurt & fresh berries (blueberries, raspberries, blackberries, strawberries)

#### **Snacks:**

- Apple & one tablespoon almond butter
- Smoked salmon with sliced tomato (a few capers – optional)

#### **Desserts:**

- Frozen grapes, small piece of fruit
- Banjo- the carob bear (Healthy Life have a great range- ohso is a favorite)



## 23 Tips for Success...

1. You need to make your kitchen your “safe haven.” **Get rid of EVERY temptation and all of the junk.** Throw it ALL out or donate it. If you have family or children and you HAVE to keep other foods in the house, keep all of the “non- approved” foods in there. That way, you won’t be tempted as much. But...it would be even more amazing if you had your entire family on this plan!

2. **Get rid of ALL products with Trans Fats.** You will be SHOCKED at how many foods you have purchased contain these.

This includes crackers, cookies, sugar cereals, microwave popcorn, cereal bars, chips, pretzels, condiments & dressings, fat-free snacks, and many others. Nearly everything with a “shelf-life” fails the Test.

3. **ONLY purchase the foods on your “Weekly Grocery List.”** DO NOT succumb to any temptations while you are at the shop. I try to eat an apple right before any trips to the shops to help fight off the urge to throw something random into the cart.

4. **Buy organic whenever possible.** Specifically look for organic free-range poultry, meat, & eggs. If you’re unable to buy organic, at least try to purchase antibiotic and hormone-free products.

5. **Buy local, organic fruits & vegetables whenever possible.** This is most important for fruits and veggies exposed to pesticides and sprays right on the surface like apples, peaches, grapes, strawberries, etc. Here’s a good list for you to reference:

|                                                                                                                                                 |                                    |                                                                                                                                                                                                                            |                                    |                                                                                                                                                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>EWG's 2011 Shopper's</b><br>to Pesticides in Produce™ | <b>Imported</b><br><b>Domestic</b> | <b>Dirty Dozen™</b><br><i>Buy these organic.</i>                                                                                                                                                                           | <b>Imported</b><br><b>Domestic</b> | <b>Clean15™</b><br><i>Lowest in Pesticides.</i>                                                                                                                                                                                                   |
|                                                                                                                                                 | <b>WORST</b>                       | 1. Apples<br>2. Celery<br>3. Strawberries<br>4. Peaches<br>5. Spinach<br>6. Nectarines <b>I</b><br>7. Grapes <b>I</b><br>8. Sweet bell peppers<br>9. Potatoes<br>10. Blueberries<br>11. Lettuce<br>12. Kale/collard greens | <b>BEST</b>                        | 1. Onions<br>2. Corn<br>3. Pineapples<br>4. Avocado<br>5. Asparagus<br>6. Sweet peas<br>7. Mangoes<br>8. Eggplant<br>9. Cantaloupe <b>D</b><br>10. Kiwi<br>11. Cabbage<br>12. Watermelon<br>13. Sweet potatoes<br>14. Grapefruit<br>15. Mushrooms |
| <a href="http://foodnews.org">foodnews.org</a>                                                                                                  |                                    | <br>Scan to see more! Get a QR Code app from <a href="http://www.i-nigma.mobi">www.i-nigma.mobi</a>                                     |                                    | <a href="http://foodnews.org">foodnews.org</a>                                                                                                                                                                                                    |

6. **Discover coconut oil for cooking** – you’ll want to purchase Coconut Oil for high temperature cooking and Extra Virgin Olive Oil (cold pressed) for low temperature cooking.



7. **TOSS out the margarine.** Margarine smells SO terrible after all of the processing that they need to be chemically deodorized so people would be able to eat it. It's also processed with a Petroleum solvent. YUM. **Use organic butter ONLY.**

8. When choosing your Almond or other nut butters, **make sure the ONLY ingredients in there are NUTS!**

**Peanuts are NOT nuts!** They are a legume...so avoid them whenever possible.

9. **Avoid ALL products with Soy.** Check your labels. Soy seems to find its way into most everything processed. Almost everything can purchase has been genetically modified and then subject to insane amounts of processing to make it consumable. Best to stay FAR away.

10. **Just Say "NO" to Bread, Pasta & other Grains. PERIOD.** White and even whole wheat bread can prevent you from reaching your goals. This may be the most challenging portion of the challenge for some of you.

Cutting these out from your diet will be hard – but it WILL be worth it. You'll have a new level of energy, will recover faster from your workouts, and some of you will feel better than you ever have before.

11. **Other options for Sweeteners?** NO Cane Sugar, No Brown Sugar, NO Artificial Sweetener, NO Splenda, No Truvia, or Agave. I know I'm not making any friends here, but there IS a good alternative when you NEED it.

**Coconut sugar to the rescue!** It will do the job without raising your blood sugar. It's also safe for most diabetics with a glycemic index of 35. **Stevia (raw) or raw, local, organic honey is also a good option** 😊

12. **Add spicy seasonings to your meal** (like red pepper flakes, black pepper, & ginger). It will actually help rev up your metabolism. Studies have proven that eating spicy foods can increase your metabolism up to 8% over a normal rate AND has the potential to make you feel fuller, longer. Double bonus!

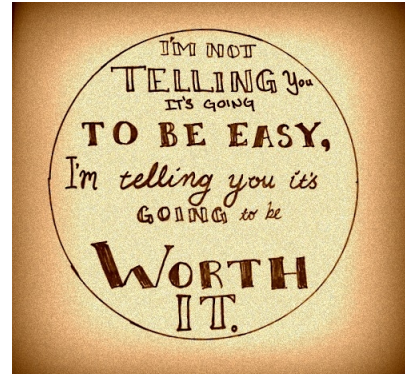
13. To optimise the levels of growth hormone released while you are sleeping (over 80% is released while you sleep) do not eat within 2-3 hours of going to bed. If you do have to – at least make sure that you don't have anything with sugar in it.

14. To make sure that your body has the chance to restore itself and recover from your workout and from your daily stress, **get a minimum of 7 hours of sleep per night.** You'll be shocked at how energised you feel when you start to get sleep on a regular basis.

#### Tips for Better Rest:

\*Try to turn off all electronics – TV, mobile, tablets and computers at least 45-60 minutes before you go to bed. This will help to calm your mind allow you to have a more restful sleep.

\*\*I ALWAYS write down everything I need to do on a piece of for the following day. Once it's written down on paper, I don't stress about trying



to remember the task. I also keep a pen and paper on my night table, so I don't have to get up to write it down (just in case I wake up with a genius idea or think of something important)

15. **If you get cravings, try drinking a glass of water.** There's a good chance you're just dehydrated! Wait 15 minutes and see if you are still hungry. If you do have to eat something, make sure it is approved. Always include a protein at every meal.
16. **Tips to beat cravings:** Try brushing your teeth. Especially at night, when I am craving something sweet, I will always brush my teeth. Once my teeth are clean and I have had the sweetness of the toothpaste in my mouth, I rarely still want to eat anything afterwards.
17. Make sure to **plan, shop, and prep your meals ahead of time.** Being prepared is the key to being successful with this plan (and pretty much everything else in life).

You have to set yourself up for success if you want to see change. Remember - if it is truly IMPORTANT to you, you will find a way to make this happen.

Make sure to block out time in your schedule to get your shopping and meal preparation done.

18. **If you work out on days OTHER than designated workout days,** make sure to add an extra apple or 1/2 of a banana to your meal plan that day to make up the calorie difference.
19. **Don't forget to eat.** If you tend to lose track of the time and forget to eat while you are at work or at home, set your phone alarm to remind you when it's time to eat! It's a GREAT tool. (Do your best to eat every 3-3.5 hours)
20. **Use a scale or measuring cups for portion control.**

When you start to do this regularly, you'll soon be able to do it without them, but they can be GREAT learning tools. (It's also a very eye-opening exercise!)

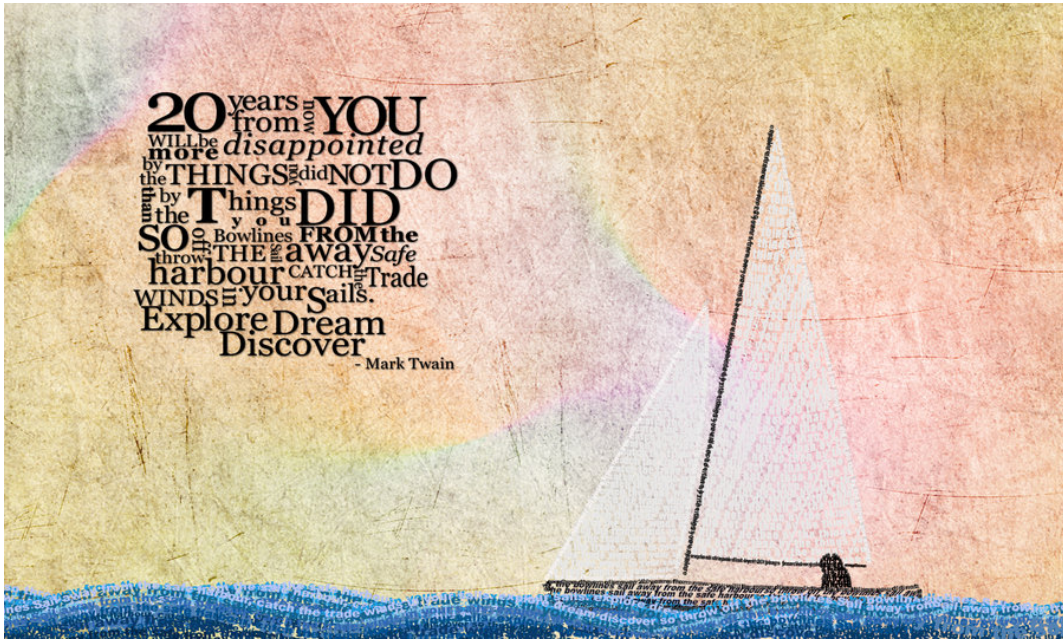
21. **Stay HYDRATED.** You need to drink 1.5 to 2 liters of water EVERY day! If you work out, either add an additional 300-500ml, or don't count that water you drink during your workout towards your required amount for that day.
  - ✓ Start EACH day with a big glass of water! (when you wake up)
  - ✓ If you drink caffeine, such as a small cup of coffee, you must drink double the amount of water. If you drink coffee, have your breakfast FIRST. Coffee is an appetite suppressant. If you don't eat breakfast in the morning, you will tend to binge eat late at night.)
  - ✓ Water will also make you feel fuller. Drink it before each meal and you'll eat less.
  - ✓ Flavour with fresh sliced cucumber, strawberries, or lemon to keep things interesting!



22. If you choose to have any breakfast or sandwich meat, make SURE it is nitrate/nitrite free (no hormones or antibiotic use) for turkey, beef, pork, bacon, and breakfast sausage.

**\*Tip:** Read the labels: make sure you have at least 5-7 grams of protein in the recommended serving size. Try to avoid lunch and processed meat as much as possible.

23. Remember – **BEFORE** you put any junk into your mouth – ask yourself “Is this worth it?” It is worth how you will *feel* afterwards and is this helping you to move closer to or farther away from your goals.



## *Special Note on Detox Days:*

There are various days scheduled within these next 4 weeks that are designed as “detox days.” You’ll know they are detox days by the little green highlighted area in the meal plan chart.

These days are designed to cleanse your liver to allow your body to process the foods you eat more easily and efficiently.

No pills, drugs, or juices... just lots of fresh vegetables, fruit, water and minimal protein.

These detox days will rid many of the chemicals and toxins from your body. It’s going to help rev up your metabolism and help you to burn fat more efficiently.

You’ll probably get headachy, tired, irritable, etc. (especially if you typically drink caffeine). That’s just your body cleansing out the toxins and is completely normal.

**NO CAFFEINE is allowed on detox days.**

Make sure to drink a LOT of water on your detox days. You should feel higher energy levels on days following your detox days.

## *Our Philosophy on Cheat Meals:*

**Don't do anything that you will regret.**

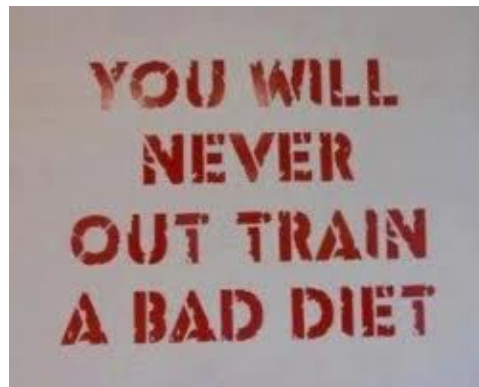
That's basically it. These "cheat" meals are a way of not feeling deprived from any of your absolute favorite foods.

One of my favorite quotes is "You will never out train a bad diet."

After being great with your diet all week, **you do NOT want to ruin all of your hard work and preparation in one cheat meal.** So, feel free to indulge a little bit, but make sure NOT to go overboard.

If you're craving chocolate, then go for it (there's even an AMAZING recipe in the Recipe Book for Fudge Babies!)

We also provided a few other approved desserts in the Recipe Book.





## Food Exchange Guide

**Exchange a Protein for a Protein, a Carbohydrate for a Carbohydrate, and a Fat for a Fat.**

\*\*\*If you have certain allergies, you may swap out foods. Move a little out of your comfort zone- if there are foods on here that you normally wouldn't eat, try them before swapping them out!

### Non-Starchy Vegetable Swap:

*A single serving of a non-starchy vegetable is:*

*½ cup of cooked vegetables*

*1 cup of raw vegetables*

- |                               |                                        |
|-------------------------------|----------------------------------------|
| ☆ Beetroot                    | ☆ Okra                                 |
| ☆ Broccoli                    | ☆ Onions                               |
| ☆ Cabbage (green, bok choy)   | ☆ Peas                                 |
| ☆ Carrots                     | ☆ Peppers (all varieties)              |
| ☆ Cauliflower                 | ☆ Radishes                             |
| ☆ Celery                      | ☆ Sauerkraut                           |
| ☆ Cucumber                    | ☆ Spinach                              |
| ☆ Eggplant                    | ☆ Squash (summer, crookneck, zucchini) |
| ☆ Greens (kale)               | ☆ Tomatoes, fresh and canned           |
| ☆ Mushrooms, all kinds, fresh | ☆ Tomato sauce                         |

### Starchy Vegetable Swap:

- ☆ Pumpkin, winter (acorn, butternut), 1 cup
- ☆ Sweet potato, ½ cup or ½ medium with skin (90g)

**Fruit Swap:** each serving has about 15 grams of carbs & 60 calories. One serving equals:

- |                                                                             |                                                       |
|-----------------------------------------------------------------------------|-------------------------------------------------------|
| ☆ Apple, unpeeled, small (120g)                                             | ☆ Guava, ½ cup                                        |
| ☆ Applesauce, unsweetened, ½ cup                                            | ☆ Kiwi (105g)                                         |
| ☆ Banana, extra small (120g), or ½ regular size                             | ☆ Mango, small, ½ fruit (155g) or ½ cup               |
| ☆ Blackberries, ¾ cup                                                       | ☆ Orange, small (185g)                                |
| ☆ Blueberries, ¾ cup                                                        | ☆ Papaya, 1/2 fruit or 1 cup cubed (220g)             |
| ☆ Raspberries, 1 cup                                                        | ☆ Passion fruit, ¼ cup                                |
| ☆ Strawberries, 1 ¼ cup whole berries                                       | ☆ Peach, fresh, medium (170g)                         |
| ☆ Cherries, sweet, fresh, 12 (90 g)                                         | ☆ Pear, fresh, large, ½ fruit (120g)                  |
| ☆ Dried fruits (blueberries, cherries, cranberries, raisins, etc.), 2 Tbsp. | ☆ Pineapple, fresh, ¾ cup                             |
| ☆ Grapefruit, large, 1/2 fruit (320 g.)                                     | ☆ Plums, fresh, 2; or dried (prunes), 3               |
| ☆ Grapes, small, 17 (90 g.)                                                 | ☆ Rock melon, small, 1/3 melon or 1 cup cubed (320 g) |

**Very Lean Protein Swap:** each serving has about 35 calories and 1g fat per serving. One serving equals:



- ☆ Turkey breast or chicken breast, skin removed, 30g.
- ☆ Fish fillet (flounder, barramundi, hoki, cod, etc.) 30g.
- ☆ Canned tuna in water, 30g.
- ☆ Shellfish (prawns, mussels) 30g.
- ☆ Cottage cheese, nonfat or low-fat, ¼ cup
- ☆ Egg whites (2)

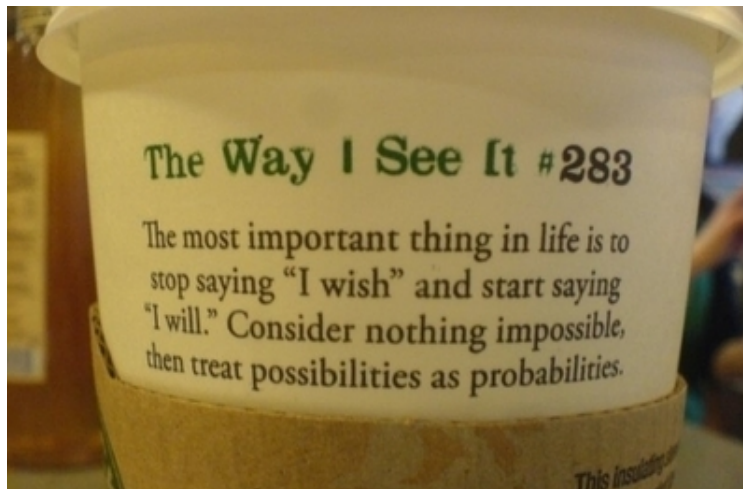
**Lean Protein Swap:** each serving has about 55 calories and 2-3g fat per serving. One serving equals:

- ☆ Chicken—dark meat, skin removed, 30g.
- ☆ Turkey—dark meat, skin removed, 30g.
- ☆ Salmon, swordfish 30g.
- ☆ Lean beef (flank steak, tenderloin, roast beef) 30g.
- ☆ Veal, roast or lean chop, 30g.
- ☆ Lamb, roast or lean chop, 30g.
- ☆ Pork, tenderloin or fresh ham, 30g.
- ☆ 4.5% cottage cheese, ¼ cup
- ☆ Whole Egg (2/3 of an egg)

**Fat Swap:** each serving has about 45 calories and 5g fat per serving. One serving equals:

- ☆ Extra Virgin Olive, 1 tsp.
- ☆ Coconut Oil, 1 tsp.
- ☆ Paleo Mayonnaise, 1 tsp.
- ☆ Salad dressing, 1 tsp.
- ☆ Avocado 1/8th
- ☆ Large Black olives (8)
- ☆ Bacon, 1 slice
- ☆ Nut Butters, 1 ½ tsp

*One last note...*



*Good luck ladies!*

If you need ANYTHING, call or email us anytime:

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