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5 foods The Healthy Chef always has in her shopping basket



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texture. My smoothie of the moment is half an avocado, one cup of coconut water, Healthy Chef Protein and Healthy Chef Naked Chocolat. Avocado oil is a great alternative to olive oil for salad dressings that's fantastic for skin health and heart health."

Cutter says her final two shopping cart must-haves are: "Kiwi fruit [which is] my favourite fruit that works wonders on the digestive system. I have two kiwi fruit almost every day, they're low in sugar and high in soluble fibre and vitamin C needed for collagen production. [And] organic eggs. [They're a] rich source of protein and a staple in my recipes. When I've had a big day at work I'll often make hubby and I a quick omelette for dinner using leek, three eggs and a little pecorino cheese."



A Healthy Chef recipe. Image credit: supplied

What is your favourite food and why?

"Salmon sashimi with LOTS of wasabi. I'm obsessive compulsive by nature and can easily become obsessed with certain foods, and at the moment it's raw salmon. If I'm not at

Japanese eating sashimi, I'm usually at a restaurant ordering a salad with a side of salmon! It's easy to digest, high in protein and omega-3, tastes delicious and just makes me feel wonderful."

What is the one food or meal you would never eat and why not?

"Processed fast food as they are simply not good for your health," Cutter says.

Any secret food vices?

"Chocolate and pinot noir. I'm a big believer in the 80/20 food philosophy—where 80 per cent of the time you eat pure natural wholefoods and the other 20 per cent can be for a little indulgence. It's a balanced approach that still enables you to enjoy your favourite foods in moderation."

Keen to try one of The Healthy Chef's wholefoods product range? The Healthy Chef is participating in **Vogue Online Shopping Night (https://www.vogue.com.au/vosn?utm_source=mktbanner&utm_medium=vogue&utm_campaign=vosnapr2019&utm_source=mktbanner&utm_medium=vogue&utm_campaign=vosnapr2019)** in April, which means you have time to put together a comprehensive **Healthy Chef wish list ready to hit buy when VOSN (<https://www.vogue.com.au/vosn/retailers?q=the%20healthy%20chef>)** goes live at midday on April 3, 2019.

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