

MY DAY ON A PLATE TERESA CUTTER

My Day On A Plate (/tag/my-day-on-a-plate/) Recipes (/tag/recipes/)
Snacks (/tag/snacks/)

Oct 19, 2015



This weeks Day On A Plate comes from Teresa Cutter aka The Healthy Chef. Teresa is a wellness expert and leading authority on healthy cooking. A qualified chef, nutritionist and fitness trainer, she has combined her knowledge of food, diet and exercise to specialise in developing recipes for optimum health and wellbeing. Teresa is the founder of The Healthy Chef, a company that creates purely delicious functional food products made from whole foods. She is also the author of five healthy cookbooks. Teresa has inspired millions of people to make positive changes to their lives through the delicious healthy recipes on her website and has designed recipes and menu programs for health spas, resorts and international hotel groups.

Teresa's day on a plate...

Wake up 6am

I enjoy 1 glass of water mixed with lemon and wheatgrass juice which activates my digestion and alkalizes the body. I go for a walk or bike ride around centennial park or do a pilates session.

8am

Breakfast is normally a protein rich smoothie like my superfood energy smoothie or a few soft boiled eggs w/ greens and avocado. I also love a bowl of matcha green tea to kickstart the day. The protein packed breakfast helps keep me energized all morning and levels out my blood sugar. The morning is quite flat out with staff meetings, and attending to Healthy Chef customers. I may also be developing recipes for my cookbook or designing a new recipe for our Healthy Chef Functional Food range.

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Nov 30, 2018

HEALTHY RICE CRACKER TOPPINGS (/HEALTHY-RICE-CRACKER-TOPPINGS/)

4
Shares

2

2



4
Shares

2

2

(/healthy-rice-cracker-toppings/)

We love rice crackers at GMB! They are gluten free, low in allergens and so versatile when it

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GLUTEN FREE CHOCOLATE PANCAKES RECIPE (/GLUTEN-FREE-CHOCOLATE-PANCAKES-RECIPE/)

(/gluten-free-chocolate-pancakes-recipe/)

11.00am

This is when I love a glass of fresh vegetable juice made from greens, apple, lemon and cucumber. I sometimes grab a handful of tamari almonds or have a spoonful of nut butter.

1.30pm

Lunch is normally a leafy green salad made with spinach, cos lettuce, broccoli, sprouts etc...I sprinkle over sunflower and pumpkin seeds and top with generous amounts of avocado - Love avocado...I add extra protein such as fish or extra nuts or French lentils and drizzle over aged balsamic and cold pressed olive oil. It's normally one of the salads from my new book "Perfect Digestive Health".

4.00pm

I love a goodness shake made with my protein powder and coconut water or a protein ball - It helps sustain me for the rest of the afternoon and supports my blood sugar levels. I may also have a walk outside in the fresh air and get out of the office for 30 minutes or so.

Do you know what's even better than pancakes?
CHOCOLATE

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Going Whole



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4 Shares

2

2

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7.00pm

I love a large nourishing bowl of soup for dinner such as my minestrone topped with grated parmesan and fresh made pesto. I also love pan braised white fish scented with turmeric and a little ginger and a pan roasted broccoli topped with lime green chilli.

8.00pm

As a sweet fix I make a cup of Naked Chocolat with almond milk or have a bath scented with rosewater to unwind from the day.

Recipe: Protein Power Balls

From my new book *Purely Delicious*

Makes 16

Ingredients

- 330 g raw whole almonds
- 2 tablespoons Healthy Chef Protein
- 20 fresh dates, pitted
- 3 generous tablespoons of Naked Chocolat MYLK
- 1 orange

Method

1. Combine almonds into the food processor with cinnamon, protein powder, a little orange zest and naked chocolat then process until the mix looks crumbly.
2. Add dates then process again until the mix starts to come together.
3. Add the juice of 1/2 orange if needed, so that mixture is soft and forms a soft ball.
4. Form into round balls.
5. Roll in coconut or your choice of goji berry, cacao nibs, matcha powder.
6. Store in the fridge for up to 2 weeks.
7. Enjoy

To see more on Teresa head to her [Website \(http://www.thehealthychef.com\)](http://www.thehealthychef.com), [Facebook \(http://www.facebook.com/thehealthychef\)](http://www.facebook.com/thehealthychef), [Instagram \(http://www.instagram.com/teresacutter_healthychef\)](http://www.instagram.com/teresacutter_healthychef), [Twitter \(https://twitter.com/teresacutter\)](https://twitter.com/teresacutter).

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