

YOUR ULTIMATE

# BODY SHAPING GUIDE

HOW TO SHOP, HOW TO  
COOK AND WHAT TO EAT  
FOR WEIGHT LOSS SUCCESS  
AND OPTIMUM HEALTH

TERESA CUTTER



Keeping your weight in check provides many benefits for your mind and body, these include:

- + **Increased energy and vitality**
- + **Enhanced mental clarity and focus**
- + **Improved digestive health**
- + **Improved sleep and stress management**
- + **Improved lifestyle habits to improve wellbeing for life**
- + **Boosted immunity and gut function**
- + **Healthy, glowing skin**

I hope my book will inspire you on your journey toward optimum health.

*Teresa Cutter*

# CHANGE HABITS

*If you want to lose weight and get into shape, you have to develop the habits of a healthy person. Studies show it takes about 21 days to change a habit.*

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The key to successfully changing your habits to healthy ones is to substitute alternative behaviours that also satisfy your needs. Once the new habit is ingrained, the new behaviour pattern becomes easy and automatic.

Be realistic and clear on what those needs are, set your goals and take small steps to achieve them. For example, you can choose one new habit each week to implement into your daily life. Simple examples include drinking mineral water instead of alcohol when out with your friends, swapping your sugary breakfast cereal for a wholegrain porridge, or riding your pushbike to work instead of driving the car.

*Watch your thoughts, for they become words.*

*Watch your words, for they become actions.*

*Watch your actions, for they become habits.*

*Watch your habits, for they become your character.*

*Watch your character, for it becomes your destiny.*

*What we think, we become.*

*– Lao Tzu*

# CREATE THE RIGHT FAT-LOSS ENVIRONMENT

*Do your own kitchen audit. Throw out all the junk, packets of chips, processed foods and cereal boxes filled with sugar.*

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If you keep your kitchen free of junk you'll be less likely to eat junk. Fill your fridge and pantry with good, healthy food: seasonal low-medium GI fruits and vegetables, lean protein and healthy snacks like nuts and seeds.

When health is your focus, you need to accept a little responsibility and take control of your wellbeing and what you're putting into your body.

*Keep it fresh – keep it simple – make it yourself!*

**KEEP A FOOD AND  
EXERCISE DIARY**

*Filling out a diary every day will help  
keep you accountable and on track with  
your weight loss goals.*

Make sure you base it around a strategic plan of healthy diet and regular daily exercise. Guidelines recommend Australians to be active on most, preferably all, days of the week.

By seeing exactly what you eat every day, and how much exercise you do, you can begin to evaluate how you can improve.

# COOK FOR HEALTH AS WELL AS TASTE

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## **REDUCE HYDROGENATED AND SATURATED FATS**

Replace your margarine with a healthier anti-inflammatory oil such as cold-pressed extra virgin olive oil. Olive oil is my number-one favourite, it is a rich source of antioxidants and mono-unsaturated fatty acids. Cold-pressed olive oil is also a wonderful base for fresh homemade salad dressings or used in place of butter to create healthy cakes.

## **REDUCE REFINED SUGAR**

Reducing your sugar intake is one of the best ways to improve your total health. When baking you can easily reduce the amount of sugar by fifty percent, as well as use more natural sweeteners such as honey, stevia, maple syrup,

rapadura, dates or fresh fruits. You can also use spices such as vanilla and cinnamon to enhance the sweetness of desserts and cakes.

## **REDUCE SALT**

Season your food after cooking and tasting it first. When making soups or hot-pots, use water in place of store bought stocks and you'll bring out the natural flavours of the fresh ingredients. I also love to use fresh herbs or spices to enhance flavour and aroma.

## **CUT OUT WHITE REFINED FLOUR**

Swap white refined flour with the wholemeal variety or use healthier flours such as almond meal, buckwheat, brown rice, spelt or oats.

### **INCREASE THE PROTEIN**

Eating a little protein with each meal will help to keep you fuller for longer. If you don't get enough protein, it can result in a loss of muscle mass, a suppressed immune system and hormone depletion. It may be a good idea to add a Healthy Chef protein shake into your daily breakfast regime or as a healthy mid-afternoon snack.

### **INCREASE THE FIBRE AND VITAMINS**

Adding more vegetables to your meals will increase the nutritional profile of any dish you cook. Traditional family dishes such as Bolognese or Lasagne can be elevated by increasing the vegetables in the sauce. Zucchini spaghetti can replace traditional white pasta and roasted eggplant or sweet potato can replace lasagne sheets.



# AIM FOR 10,000 STEPS A DAY

*The Greek physician Hippocrates deemed walking to be 'man's best medicine'.*

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The 10,000 Steps program is based on a simple idea: if you walk 10,000 steps a day (the equivalent of walking 6 to 8 kilometres, depending on your stride length) you will be working towards improving your health.

Walking supports health in every sense – physically, mentally, emotionally, and spiritually. It's also free! It enriches and balances your life. And it just makes you feel good.

Walking will help to:

- / burn body fat
- / improve your immune system
- / reduce the risk of heart disease and stroke
- / keep your bones strong, which prevents osteoporosis
- / fend off diabetes, by improving your body's ability to utilise insulin
- / improve sleep
- / enhance mental function, and
- / counteract depression, anger and anxiety.

So buy yourself a good pair of walking shoes and get a move on!

# BODY SHAPING SMOOTHIE



PLANT BASED



HIGH PROTEIN



GLUTEN FREE

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## BENEFITS

- + Weight Loss
- + Beauty Boosting
- + Healthy Digestion

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## JUST ONE SERVE A DAY FOR A BEAUTIFUL BODY

Add a serve daily to a smoothie to enjoy as a satisfying meal replacement, mid-afternoon energy hit, or a late night snack. The Healthy Chef Body Shaping Protein is the perfect supplement to take alongside The Healthy Chef Green Smoothie.

Serves 1

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## INGREDIENTS

- 1 serve (30 g) Body Shaping Protein
- 1 tbsp Healthy Chef Green Smoothie or handful baby spinach
- 1 banana
- 1 cup ice
- ½ cup (125 ml) dairy-free milk
- ½ cup (125 ml) filtered water

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## METHOD

COMBINE ingredients into a blender.

BLEND until smooth and creamy. ENJOY.

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## INSPIRATION

Replace banana with the following:

- ½ avocado
- ½ pear + 1 kiwi fruit
- ½ cup blueberries + ¼ avocado
- 2 tsp raw cacao + ½ avocado