
28 DAY BODY SHAPING *Challenge*



BRING YOUR BODY BACK INTO BALANCE

YOUR ESSENTIAL 4 STEP BODY SHAPING SOLUTION



01

REPLACE

one meal a day with a Healthy Chef Protein rich smoothie by combining 1 serve of Healthy Chef protein, 1 cup berries, 1/2 avocado + 1 cup water or coconut water.

02

REMOVE

*wheat, gluten, sugar, alcohol, coffee + starchy carbs.
Replace with low GI vegetables, leafy greens + Healthy Chef Green Smoothie and Healthy Chef Matcha to boost metabolism.*

03

EAT

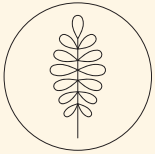
a protein-rich meal for lunch + dinner with generous amounts of steamed vegetables or leafy greens (see my build a meal guide attached for inspiration).

04

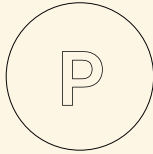
EXERCISE + MOVE

your body for 30 - 60 minutes every day. Do something you enjoy such as dancing, walking, pilates, yoga etc.

BODY SHAPING SMOOTHIE



PLANT BASED



HIGH PROTEIN



GLUTEN FREE

BENEFITS

- + Weight Management
- + Beauty Boosting
- + Healthy Digestion

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

INGREDIENTS

- 1 serve (30 g) Body Shaping Protein
- 1 tbsp Healthy Chef Green Smoothie or handful baby spinach
- 1 banana
- 1 cup ice
- 1/2 cup (125 ml) dairy-free milk
- 1/2 cup (125 ml) filtered water

METHOD

COMBINE ingredients into a blender.
BLEND until smooth and creamy.
ENJOY.

INSPIRATION

- Replace banana with the following:
- 1/2 avocado
 - 1/2 pear + 1 kiwi fruit
 - 1/2 cup blueberries + 1/4 avocado
 - 2 tsp raw cacao + 1/2 avocado

BEST BREAKFAST SMOOTHIE BOWL



HIGH PROTEIN



GLUTEN FREE

BENEFITS

- + Weight Management
- + Healthy Metabolism
- + Healthy Digestion

JUST ONE SERVE A DAY FOR A BEAUTIFUL BODY

This is a wonderful body shaping smoothie to enjoy for breakfast or lunch. It's high in protein, healthy fats and essential nutrients that will nourish a glowing complexion and support a lean, toned body. For an added beauty boost, add one tablespoon of Healthy Chef Marine Collagen.

Serves 1

INGREDIENTS

- 1 sachet Body Shaping Protein
- 1/2 avocado
- 1 cup dairy-free milk
- 1 tbsp Healthy Chef Naked Chocolat
- 1/4 tsp Matcha Green Tea
- 2 tbsp granola, nuts or seeds.

METHOD

COMBINE all ingredients, except granola, into a blender.

BLEND until smooth and creamy.

TOP with your granola and enjoy.

INSPIRATION

Add 1 tablespoon Healthy Chef Marine Collagen.

Replace avocado with one of the following:

1 banana

1/2 cup blueberries



BUILD YOUR MEAL GUIDE

01 CHOOSE YOUR BASE

CHOOSE 1-2

- Baby spinach
- Cos lettuce
- Rocket
- Kale
- Micro greens
- Sprouts

02 ADD SOME VEGGIES

CHOOSE 2-3

- Carrots
- Broccoli
- Cucumbers
- Zucchini
- Cauliflower
- Tomatoes
- Asparagus
- Green beans

03 PICK A PROTEIN

CHOOSE 1

- Hummus
- 1 – 2 Organic eggs
- 100g Wild-caught fish
- 100g Organic chicken
- Tofu
- Tempeh
- ¼ cup beans

04 CHOOSE A HEALTHY FAT

CHOOSE 1

- Avocado
- Nuts + seeds
- Tahini
- Olive oil

05 SELECT A DRESSING

CHOOSE 1

- Lemon and olive oil
- Vinaigrette made with apple cider vinegar, Dijon mustard and olive oil
- Balsamic vinegar

OPTIONAL BOOSTERS

CHOOSE 1

- fermented veggies like kimchi or sauerkraut
- seaweed

