

INTRODUCING

# EVERYDAY GREENS

*restore your gut in 28 days*



**NOURISH YOUR GUT.**

**BOOST TOTAL WELLBEING. FEEL AMAZING.**

- 01 Enjoy** Healthy Chef Everyday Greens every morning by mixing 2 teaspoons into a large glass of filtered water to nourish the gut and boost your wellbeing.
- 02 Remove** gluten, alcohol, refined sugars and carbonated beverages. By reducing or eliminating these elements from your diet, you can minimise inflammatory responses and reduce bloating.
- 03 Eat** an anti-inflammatory diet rich in antioxidants, protein + healthy fats. Enjoy a daily serve of Healthy Chef Protein or Marine Collagen. Both are rich in amino acids that nourish the digestive system.
- 04 Drink** filtered water and herbal teas to support and calm the digestive system. Teas we love include Healthy Chef Digest + Calm, Lemon + Ginger, Green Goddess and Matcha Green Tea.
- 05 Move** every day. Regular exercise helps to make you happy, support weight management, boost your immune system, increase your energy, stimulate gut function and assist motility.
- 06 Sleep** is essential for your body and mind to revive, repair and recharge. Studies show that poor sleep can negatively affect your gut microbiome.