

Healthy DETOX DIET

REMOVE - RESTORE - REJUVENATE



01 ENJOY

Healthy Chef EVERYDAY GREENS every morning by mixing 2 teaspoons into a large glass of water and a generous squeeze of lemon juice. This chlorophyll rich elixir works to support gentle detoxification and elimination.

02 REMOVE

wheat, gluten, dairy, alcohol, refined sugars, grains and meat. 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 such as olive oil. Studies show that protein is essential in the detoxification process to nourish and restore the body. For a light meal, enjoy a detox smoothie made with Marine Collagen or Healthy Chef Protein mixed into water or blended with orange or papaya. Make a restorative detox green vegetable soup for dinner.

4 DRINK

Filtered water and herbal teas such as lemon + ginger tea. Swap your morning coffee for green tea or mix Natural Immune Support into filtered water for a boost of antioxidants and your immune system.

5 MOVE

Your body daily. Your body will reward you by slowing down the effects of ageing, eliminating toxins, supporting weight management, stimulating gut function and boosting metabolism.

6 SLEEP

is essential for your body and mind to revive, repair and recharge. Studies show that quality sleep 7 – 9 hours per night can support total body health and wellbeing including your immune system, your mind, hormones, skin and a healthy gut microbiome.

Healthy DETOX DIET

MORNING

+Mix 2 teaspoons EVERYDAY GREENS into 500 ml of water everyday and drink with a squeeze of lemon.

BREAKFAST

Detox Smoothie
1 cup Healthy Chef Matcha Green Tea

LUNCH

Classic Leaf Salad

AFTERNOON

Goodness Shake

DINNER

Cauliflower + Leek Soup

NIGHT

Healthy Chef Lemon + Ginger Tea or
Gingersnap + Lemon Tea

EAT WELL
MOVE DAILY
HYDRATE OFTEN
SLEEP LOTS
LOVE YOUR BODY

CORE PRODUCTS

EVERYDAY GREENS

A delicious blend of organic green superfoods combined with probiotics + digestive enzymes + L-Glutamine to support your health and wellbeing.

HEALTHY CHEF PROTEIN

supports detoxification, weight management + recovery, providing vital nutrients at any stage of your life. Gluten free – low carb – sugar free.

MARINE COLLAGEN

100% wild marine collagen helps to support digestive health and wellbeing. Collagen is rich in protein as well as the amino acid L-glutamine, a vital nutrient for the intestines to rebuild and repair.



SUPPLEMENTARY PRODUCTS

LEMON + GINGER TEA

A soothing blend designed to bring your body back into balance.

MATCHA TEA

High in antioxidants to support health, energy and vitality. Matcha has the ability to boost your immunity, control your stress and assist in weight management.

NATURAL IMMUNE SUPPORT

Healthy Chef Natural Immune Support is high in vitamin C + D as well as immune-boosting antioxidants such as turmeric and ginger, ideal for nourishing the body during periods of immune and adrenal suppression, stress, fatigue, illness, infection and vitamin D deficiency.

DISCLAIMER

See your health practitioner for a full medical check-up before embarking on any new diet and fitness program. This information is only intended to serve as an introduction to healthy lifestyle changes. It should not be treated as a definitive guide, nor should it be considered to cover every area of concern or be regarded as legal or medical advice. Readers should always consult an appropriate health professional on matters relating to their wellbeing. Neither the author nor the publisher and their distributors can be held responsible for any loss, claim or action that may arise from reliance on the information contained in this book.