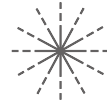


Nourishing WEIGHT MANAGEMENT DIET

GET IN THE BEST SHAPE OF YOUR LIFE!

FEEL GREAT - LOSE WEIGHT - BOOST WELLBEING



01 ENJOY

one shake a day using your choice of Healthy Chef Protein. Combine one serve of protein with water or almond milk or alternatively blend with fresh strawberries + almond milk to make a nourishing low carb smoothie.

02 REMOVE

gluten, alcohol, starchy carbs and refined sugars. Replace coffee with Healthy Chef Green Tea or Matcha Tea to boost metabolism and increase fat burning.

03 EAT

a low carb / Mediterranean diet rich in antioxidants, protein + healthy fats. Protein helps to regulate the appetite and support weight loss – aim for 80-120g per day.

04 DRINK

2 litres of filtered water and teas such as Green Tea and Green Goddess and Matcha Green Tea to boost metabolism, support digestion + stay energised.

05 EXERCISE

your body for 60 minutes every day. Do something you love and have fun. Regular exercise helps to make you happy, support weight management, boosts your immune system + helps you sleep better.

06 SLEEP

is essential for your body and mind to revive, repair and recharge. If you want to lose weight, you need to make sleep a priority.

Nourishing
WEIGHT MANAGEMENT DIET

MORNING

1 large glass room temperature water
+ 2 tsp Everyday Greens

BREAKFAST

Strawberry Body Shaping Smoothie

MID MORNING

Matcha Green Tea

LUNCH

Nicoise Salad

AFTERNOON

Healthy Chef Protein w/ water

DINNER

Green Minestrone

NIGHT

Green Goddess

**EAT WELL
MOVE DAILY
HYDRATE OFTEN
SLEEP LOTS
LOVE YOUR BODY**

CORE PRODUCTS

YOUR CHOICE OF HEALTHY CHEF PROTEIN

Supports weight management, sports performance + recovery, and providing vital nutrients at any stage of your life. Gluten free – low carb – sugar free.



EVERYDAY GREENS

A delicious low FODMAP blend of organic green superfoods combined with probiotics + L-Glutamine to BOOST YOUR WELLBEING.



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.



SUPPLEMENTARY PRODUCTS

GREEN GODDESS

Known to support a healthy metabolism and brimming with powerful antioxidants.

GREEN TEA

A beautiful, refreshing energising drink, rich in antioxidants and nutrients that support health and wellbeing.

BODY SHAPING GUIDE

Get in the best shape of your life! This pocket-sized guide is based on a 3-step approach: NUTRITION, MOVEMENT + REST for optimum health, weight loss and wellbeing.

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.