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HeR BUSINESS

Teresa Cutter

The Healthy Chef - Founding Director

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About Me - My Biography

Teresa Cutter is a qualified chef, trained in the classical French tradition, with over 25 years of experience. She has worked with some of Australia's best chefs and five-star restaurants across the country. Teresa's passion for food was rewarded early on when she won the Apprentice of the Year two years running, followed by a gold medal at the Salon Culinaire.

She is also an accredited fitness trainer with the Fitness Institute of Australia and has a certificate in Nutrition from Deakin University. When she was working as a personal trainer, she realised that so many of her clients were confused about nutrition, healthy eating, and cooking. She responded by writing four healthy cookbooks, which led to her having a regular healthy recipe column in national newspapers and making appearances on TV.

Teresa opened The Healthy Chef Café in Avalon, on the northern beaches of Sydney, in 2007. As the owner and executive chef, she was able to bring her healthy recipes to life. In 2012, she sold the company and used the funds to her The Healthy Chef line of food products, which are available on her website today. Healthy Chef food is made from whole foods, and are free of chemicals, artificial sweeteners, and fillers.

The Healthy Chef is predominately online. The site has 5.8 million visitors each year.

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Strategies for Success

HALL OF FAME NEWS

Why failure is in the eye of the beholder
✎ Suzi Dafnis
📅 1st March, 2016

We've all heard the phrase "Beauty is in the eye of the beholder" – it's an idea that has been widely accepted for centuries, since it first appeared in Greek culture, around the 3rd Century BC. We "get" that... read more ›

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📝 HerBusiness
📅 1st March, 2016

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✎ Suzi Dafnis
📅 18th March, 2016

Fashion designer Leona Edmiston is a household name these days. She's achieved incredible success over the past 30 years, dressing the rich and famous like Elle Macpherson, Britney Spears, Paula Abdul and Susan Sarandon, to name a few. Widely... read more ›

- **Be PATIENT**. This is something I admit I have had to work on, as I'm very impatient. Some goals take a bit longer than others to achieve. If the doors are closed, bang a hole in the wall and build a new one where you have the key.
- **Always aim to IMPROVE yourself**. Learn from people that you admire and respect. There is always more to learn. I have three mentors – a medical professor, an accountant, and a lawyer.
- **Have a PLAN and set GOALS**. You need to know where you want to go. I set many goals – some more achievable than others. It's fun ticking them off the list.

ABOUT HERBUSINESS

Celebrating 20 Years!

HerBusiness (formerly Australian Businesswomen's Network) is a membership community that provides education, training, resources, mentoring and support for women who want to:

- **Grow** their businesses
- **Connect** with other business owners and expand their network
- **Learn** from world-leading role models and experts
- **Be inspired** and encouraged through every stage of their growth, from the startup phase to established business and beyond
- **Create** the business and life they love

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