

**+HEALTHY
CHEF**

THE HEALTHY CHEF CREATES
PURELY DELICIOUS WHOLEFOODS
FOR OPTIMUM HEALTH +
WELLBEING

WE WANT TO HELP PEOPLE
LIVE HEALTHY, HAPPY LIVES

Teresa Cutter

WHY CHOOSE HEALTHY CHEF



ORGANIC + NATURAL



GUT FRIENDLY



ENERGY



IMMUNE HEALTH



DETOX



ALKALISING GREENS



WEIGHT LOSS



GLOWING SKIN



ANTIOXIDANTS



HIGH PROTEIN



PLANT BASED



WELLBEING

PLANT-BASED NOURISHMENT



PLANT BASED MEAL REPLACEMENT

Get in the best shape of your life with The Body Shaping Shake. A delicious sugar-free, high protein meal replacement combined with essential nutrients to help support weight management + wellbeing. Shake or blend with water and plant-based milk + enjoy.

Available in vanilla and cocoa,
14 x 35g sachets

+ BENEFITS

- + VEGAN
- + LOW CARB
- + HIGH PROTEIN
- + PROBIOTICS
- + WEIGHT MANAGEMENT
- + GLUTEN-FREE
- + SUGAR-FREE



PURE CLEAN PROTEIN



PURE NATIVE WHEY PROTEIN ISOLATE

The Healthy Chef's premium WPI is designed to help you build, repair, and maintain healthy, lean muscle, boost your immune system, and manage weight. Sourced from grass-fed, biodynamic pastures in France and combined with digestive enzymes to reduce lactose and prevent bloating, WPI is suitable for the whole family and a great addition to drinks and smoothies to support a lean, fit and energised body.

Available in vanilla, cocoa
and natural - 450g + 900g

+ BENEFITS

- + WEIGHT MANAGEMENT
- + LEAN MUSCLE GROWTH
- + POST-WORKOUT RECOVERY
- + BOOST IMMUNE SYSTEM
- + LOW CARB
- + GLUTEN-FREE
- + NEGLIGIBLE LACTOSE

THE RIGHT PROTEIN



ORGANIC PEA PROTEIN

The perfect plant-based, vegan pea protein for the whole family. Gentle on the digestive system, our low FODMAP, gluten-free, and low carbohydrate formula supports muscle recovery, immune health, weight management, and sports performance. Offering a delicious taste, OPP helps to reduce sugar cravings and keep you satiated.

Available in vanilla, cocoa + maca
and natural - 450g + 900g

+ BENEFITS

- + VEGAN
- + BOOST IMMUNE SYSTEM
- + LOW FODMAP
- + GLUTEN-FREE
- + WEIGHT MANAGEMENT



FOR TOTAL WELLBEING



MARINE COLLAGEN

100% Pure hydrolysed Wild Marine Collagen is ethically sourced and derived from wild fish to support your joint, bone, skin and digestive health. Highly bioavailable marine collagen can help boost the body's natural collagen production. Completely flavourless and odourless; dissolves clear every time in hot and cold liquids.

Make Marine part of your daily go-to collagen routine. Add it to any beverage of the day – easy!

+ BENEFITS

- + HIGH PROTEIN
- + WILD COLLAGEN
- + SUPPORTS JOINTS
- + DIGESTIVE HEALTH
- + PALEO, KETO
- + LOW FODMAP
- + GLUTEN-FREE
- + DAIRY-FREE



FOR A HEALTHY LIFE



PURE GRASS-FED COLLAGEN PEPTIDES

100% certified grass-fed, bovine collagen is pure, unflavoured, and easily digestible.

Collagen plays a key role in supporting all aspects of human health including skin, joints, gut, muscle, and bones. Highly bioavailable pure collagen can help boost the body's natural collagen production. Completely flavourless, you can add pure collagen into hot and cold liquids, including smoothies and soups.

Enjoy Healthy Chef Collagen every day and live a healthy life.

+ BENEFITS

- + HIGH PROTEIN
- + GRASS-FED COLLAGEN
- + HEALTHY SKIN
- + HEALTHY GUT
- + PALEO, KETO
- + GLUTEN-FREE
- + DAIRY-FREE



ELEVATE YOUR DAY



COLLAGEN COFFEE

Elevate your day with Healthy Chef Collagen Coffee made from 100% smooth arabica coffee and enhanced with pure grass-fed collagen and chromium for blood sugar support. We've also added chromium to assist with weight management, and metabolism.

Enjoy Healthy Chef Collagen Coffee every morning to kickstart your day.

+ BENEFITS

- + HIGH PROTEIN
- + SUGAR-FREE
- + GLUTEN-FREE
- + DAIRY-FREE
- + ENERGY
- + BLOOD SUGAR SUPPORT

NOURISH + HYDRATE HEALTHY SKIN



BEAUTY COLLAGEN

Drink your way to glowing skin with our new Beauty Collagen, to support smooth, firm and hydrated skin. A powerful combination of marine collagen, vitamin C, hyaluronic acid, B5 + zinc.

Healthy Chef Beauty Collagen is formulated with Vitamin C and Hyaluronic Acid designed to target the signs of ageing and support your natural collagen production as well as hydrate and plump the skin. A 5-in-1 powerful dose of antioxidants + skin-supporting nutrients with every serve.

+ BENEFITS

- + WILD MARINE COLLAGEN
- + VITAMIN C
- + HYALURONIC ACID
- + VITAMIN B5
- + ZINC



natural BEAUTY

The Healthy Chef range is rich in antioxidants and amino acids, helping your skin stay firm, glowing and hydrated.





OPTIMAL GUT HEALTH



GUT COLLAGEN

Healthy Chef Gut Collagen is a powerhouse of pure, hydrolysed marine collagen, magnesium, probiotics and L-glutamine, formulated specifically to boost your gut health. With probiotics to foster a happy microbiome, magnesium to support digestion, and L-glutamine to help maintain a healthy immune system and optimal gut function.

+ BENEFITS

- + EASILY DIGESTIBLE
- + HEALTHY DIGESTION
- + EASY TO USE
- + GLUTEN-FREE
- + DAIRY-FREE
- + PALEO, KETO
- + LOW FODMAP

WHY YOU DON'T WANT THESE INGREDIENTS IN YOUR PROTEIN SUPPLEMENT

SOY PROTEIN

Most come from GM sources with high pesticide use. Phyto-oestrogens may cause hormonal disturbances and suppressed thyroid function in some people.

WHEY PROTEIN CONCENTRATE (WPC) AND CASEINATE

WPC's and casein protein sources are high in lactose that can often cause bloating, flatulence and gastrointestinal distress in some people.

GLUTEN

Food sensitivities to gluten can elevate inflammation in some people and cause a range of health problems from hormonal imbalances, skin conditions and fatigue to mood swings and headaches.

ARTIFICIAL SWEETENERS

Common sweeteners used are Sucralose (Splenda, E955), Aspartame (NutraSweet, Equal, E951), Saccharin (E954). Side effects may include headaches, migraines, gastric distress, depression and weight gain.

THICKENERS AND GUMS

Including xanthan gum which is a food additive manufactured from soy or corn, the common side effects are gas and bloating.

SKIM MILK POWDER / MILK SOLIDS

Often used as cheap bulking agents in lower quality powders. They are high in lactose sugars that can cause bloating, gastrointestinal distress, constipation and loose stools.

DEXTRINS / GLUCOSE / FRUCTOSE

Can raise glycemic load which may contribute to fat storage as well as cause gastrointestinal distress in some people.

VEGETABLE OILS / FATS

Added to many weight loss and protein supplements to increase richness and powder texture. These fats are often derived from hydrogenated sources that contain trans fats shown to be more harmful than saturated fats. Trans fats raise levels of bad cholesterol and lower levels of good cholesterol.

weight MANAGEMENT

Adequate protein intake can work effectively to regulate the appetite, increase satiety and encourage significant weight loss.

sports RECOVERY

Healthy Chef protein is high in BCAA's (branched-chain amino acids). Studies show that BCAA's can reduce fatigue, improve exercise performance, reduce muscle breakdown, and facilitate healing.



RELAX MIND & BODY



MAGNESIUM+

MAGNESIUM+ combines four different types of magnesium in a convenient, great tasting powder for effective absorption. Each serve delivers 400 mg of elemental magnesium with zinc and buffered vitamin C to support nervous system health and healthy stress response in the body.

+ BENEFITS

- + HEALTHY STRESS RESPONSE
- + SUPPORTS NERVOUS SYSTEM HEALTH
- + SUPPORTS MUSCLE FUNCTION
- + SUPPORTS ENERGY PRODUCTION



WELLBEING + VITALITY



EVERYDAY GREENS

Everyday Greens is an all-in-one blend of green superfoods and botanicals, combined with probiotics + L-glutamine to support total health + wellbeing. Nourish your body with Everyday Greens + enhance energy, reduce bloating and support a healthy body. Just mix two teaspoon daily into water or add it to your favourite smoothie or juice and feel the benefits to your health.

+ BENEFITS

- + REDUCE BLOATING
- + TOTAL WELLBEING
- + ENHANCED ENERGY
- + DIGESTIVE SUPPORT
- + PROBIOTICS
- + GLUTEN FREE
- + VEGAN



ANTIOXIDANT RICH BLEND



ORGANIC SUPERFOOD

Healthy Chef Organic Superfood is your daily whole-food supplement, formulated with ten organic fruits and vegetables + prebiotics. Enjoy daily for increased energy, healthy digestion, glowing skin and total wellbeing. An all-in-one delicious berry tasting superfood powder with all your antioxidant-rich nutrients.

+ BENEFITS

- + CERTIFIED ORGANIC
- + ANTIOXIDANT-RICH
- + PREBIOTICS
- + GLUTEN-FREE
- + VEGAN
- + WELLBEING



RESTORE DIGESTIVE HEALTH



PROBIOTIC + PREBIOTIC

Probiotic + Prebiotic is your dual action, low FODMAP premium formulation for gut health. Loaded with clinically proven ingredients such as Actazin™ (green kiwi) to promote bowel regularity and probiotics Unique IS-2™ bacillus coagulans to improve the gut microbiome and support digestive health. Combined with gut supporting nutrients L-glutamine and Taurine this is designed as your go to symbiotic powder for restoring gut health.

+ BENEFITS

- + HEALTHY MICROBIOME
- + L-GLUTAMINE + L-TAURINE
- + PROMOTES REGULARITY
- + GLUTEN-FREE
- + DAIRY-FREE
- + LOW FODMAP
- + SUPPORTS HEALTHY GUT FUNCTION



BOOST YOUR BODY'S NATURAL DEFENCES



IMMUNE SUPPORT

Immune Support is a powerful blend of immune-boosting ingredients, boasting a delicious orange citrus flavour. Our immune superfood blend with 10x your daily intake of Vitamin C and full RDI of Vitamin D will help you stay active during busy times and keep the bugs at bay in the cooler months! Boost your body's natural defences with Immune Support - Vit C, D, Zinc + Elderberry.

+ BENEFITS

- + VITAMIN C + D
- + ZINC FOR IMMUNE FUNCTION
- + ANTIOXIDANT-RICH
- + SUPERFOODS
- + GLUTEN-FREE
- + VEGAN



DRINK TO YOUR HEALTH



CEREMONIAL-GRADE ORGANIC MATCHA

Drinking matcha tea regularly can have lasting, positive impacts on your health; it's packed with health-promoting compounds that support the gut microbiome and brain health. In addition, the polyphenols in matcha tea have anti-inflammatory properties, and theanine has a calming and relaxing effect on the brain, making matcha the ideal antioxidant-rich tonic to revitalise the body and mind.

+ BENEFITS

- + CERTIFIED ORGANIC
- + ANTIOXIDANT-RICH
- + CEREMONIAL GRADE
- + ENERGY AND VITALITY
- + WEIGHT MANAGEMENT
- + NO ADDED SUGAR
- + VEGAN
- + GLUTEN-FREE

the perfect DETOX

Our products are rich in nutrients, vitamins, minerals and botanicals to reduce bloating, enhance energy and restore digestive health.

digestive HEALTH

Our range is specifically designed to help support digestive health. Free from gluten, fillers, gums, artificial sweeteners, chemicals, preservatives and sugars.



PERFECT HOT OR COLD



DRINKING CHOCOLATE

Healthy Chef drinking chocolates are wonderful for the whole family. Naked Dark Chocolat is a rich European style drinking chocolate made from delicious Belgian mineral-rich cocoa, maca, carob, cinnamon and wildcrafted vanilla bean. In contrast, Naked Mylk is a blend of creamy cacao, lucuma, carob, cinnamon and wildcrafted vanilla bean.

Add your Naked Chocolat into plant-based milk, a healthy chocolate smoothie or a beautiful baked treat!

+ BENEFITS

- + ANTIOXIDANT-RICH
- + GLUTEN-FREE
- + DAIRY-FREE
- + SUGAR-FREE

NATURE'S GOLDEN TONIC



TURMERIC LATTE

Turmeric is rich in antioxidants that help to support optimum health + wellbeing. The perfect Ayurvedic style of drink that you can enjoy, hot or cold. Combine one teaspoon into hot, plant-based milk or blend with Healthy Chef Protein for restorative smoothies. Your body is going to love every sip.

+ BENEFITS

- + ANTIOXIDANT-RICH
- + VEGAN
- + GLUTEN-FREE
- + DAIRY-FREE
- + SUGAR-FREE



AYURVEDIC GOODNESS



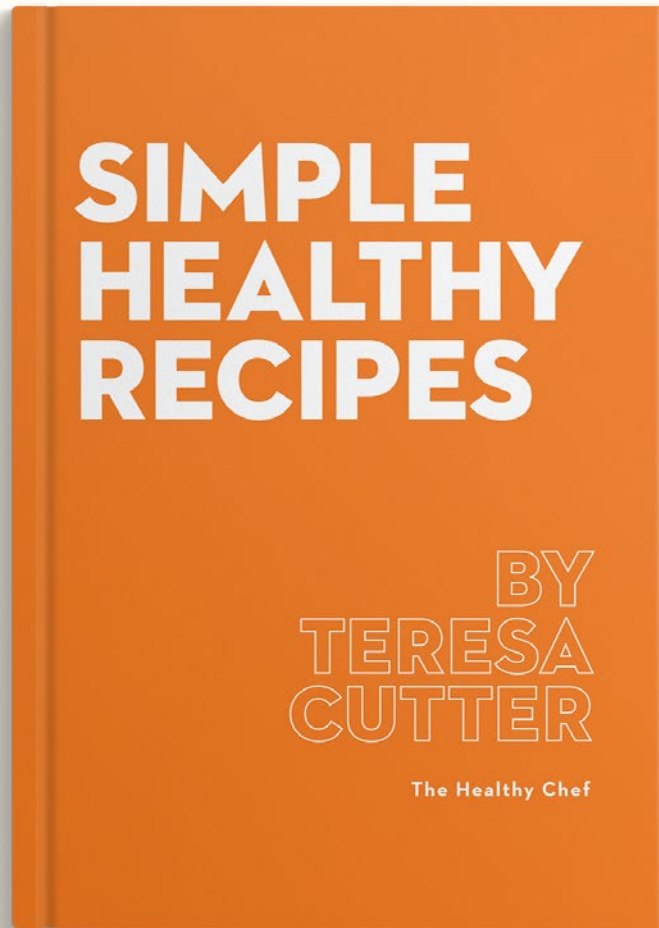
CHAI LATTE

A soothing, sugar-free and caffeine-free blend of pure rooibos tea extract and nourishing aromatics; vanilla, cinnamon, + ginger. Chai has been cherished for centuries in India to support wellbeing and relax the mind.

Combine one teaspoon with your choice of plant-based hot milk. Sip slowly and feel the inner glow.

+ BENEFITS

- + SUGAR-FREE
- + GLUTEN-FREE
- + CAFFEINE-FREE
- + VEGAN
- + CALMING



SIMPLE HEALTHY RECIPES

This is not your average cookbook, featuring a massive 300 recipes that are all healthy, easy to make and budget friendly.

Inspired by her Polish heritage and love of Mediterranean cuisine, these recipes reflect food made with love for the people you love. Stunning photography accompanies every recipe, with eleven chapters ranging from nourishing breakfasts, family dinners, grazing plates for entertaining, breads and spectacular desserts.

This cookbook is all about simplicity and taking it back to basics, using minimal ingredients that are easy to cook. Teresa lives by the mantra: "keep it simple, make it yourself and know what's in the food you eat."

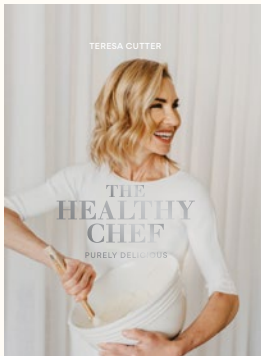
Simple Healthy Recipes is sure to change your approach to healthy cooking, with so many recipes that are mouth-wateringly delicious, fuss-free and destined to become new family favourites.

COOKBOOKS



EARTH TO TABLE

Winner of the 2019 'Nutritional Cookbook' of the year in the Independent Publishers New York Awards and the 'Best Health + Nutrition' Cookbook in the 2019 Gourmand World CookBook Awards. Straight from the farmers market to the table, *Earth To Table* is a delightfully, delicious Mediterranean Odyssey!



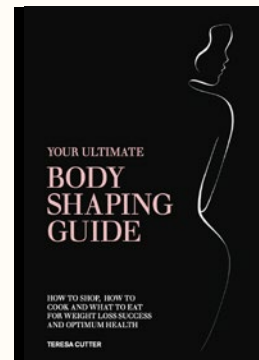
PURELY DELICIOUS

Purely Delicious is a feast for the eyes, boasting over 230 of Teresa Cutter's delicious, healthy recipes. Whether you're gluten-free, sugar-free, vegetarian, or looking to eat natural wholefoods then you simply must own this Healthy Chef classic!



HEALTHY BAKING

Healthy Baking the ultimate healthy, wholefood baking book! Offering delicious recipes free from refined sugars and flours to suit everyone's taste! It's all about going back to basics and keeping it simple!



BODY SHAPING GUIDE

Healthy Baking the ultimate healthy, wholefood baking book! Offering delicious recipes free from refined sugars and flours to suit everyone's taste! It's all about going back to basics and keeping it simple!

ENJOY THE GOODNESS


The Healthy Chef functional food range is made from pure wholefoods – just as nature intended! Our products are easy on digestion, highly bioavailable and more potent. Fresh fruits, vegetables, superfoods and herbs that can help heal and nourish your body. We pride ourselves on creating the highest quality and purest wholefood products in the world to support optimum health and wellbeing. Enjoy and be well! xx

Teresa Cutter



For more information and healthy recipes visit thehealthychef.com

 The Healthy Chef

 [thehealthychefofficial](https://www.instagram.com/thehealthychefofficial)

