



**+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 - 550g + 1kg

+ 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 - 550g + 1kg

+ BENEFITS

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



FOR HEALTHY JOINTS



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



GLOWING SKIN



BEAUTY COLLAGEN

Healthy Chef Beauty Collagen is a refreshing blend of ethically sourced pure hydrolysed marine collagen, natural Vitamin C, Zinc + B5; specifically formulated to promote collagen synthesis and support skin, hair and nail health.

Our unique Beauty Collagen blend contains the highest quality collagen, which can boost natural cell regeneration for the ultimate glow.

+ BENEFITS

- + WILD COLLAGEN
- + VIT C, B5 + ZINC
- + SUPPORTS SKIN HYDRATION
- + SUPPORTS SKIN ELASTICITY
- + DAIRY-FREE
- + GLUTEN-FREE

GREAT 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



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



NATURAL DIGESTIVE SUPPORT



EVERYDAY GREENS

Healthy Chef Everyday Greens is a natural, rich blend of organic nutritionally dense greens combined with probiotics + L-glutamine for good gut health. Good health starts from within, and we all need a helping hand from time to time. Mix Everyday Greens into water or add it to your favourite smoothie or juice and reap the benefits!

+ BENEFITS

- + ORGANIC GREENS
- + VEGAN
- + PROBIOTICS
- + LOW FODMAP
- + DIGESTIVE ENZYMES
- + GLUTEN-FREE

BOOST YOUR BODY'S NATURAL DEFENCES



IMMUNE+ ORAL SPRAY

Immune+ is your on-the-go daily oral spray to keep you well year-round! With a refreshing orange citrus taste and the power of Vitamin C, D and Zinc to support immune system function.

+ BENEFITS

- + VITAMIN C + D
- + ZINC FOR IMMUNE FUNCTION
- + ANTIOXIDANT-RICH
- + EASY TO USE ORAL SPRAY
- + ORANGE CITRUS TASTE
- + VEGAN



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

natural BEAUTY

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





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

Matcha and Everyday Greens are rich in chlorophyll to nourish 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



COLD PRESSED GOODNESS

NUT MILK BAG

Make your own healthy and delicious dairy-free milk. The Healthy Chef Nut Milk Bag is large, strong and durable with a fine mesh size for the smoothest creamiest milk that will take your smoothies to the next level.

+ BENEFITS

- + STRONG
- + EASY TO USE
- + EASY TO CLEAN
- + LARGE IN SIZE
- + FINE MESH
- + QUICK DRYING



THE COOK'S APRON

HAND CRAFTED

The Healthy Chef Apron is the ultimate in comfort and durability while remaining effortlessly chic. Inspired by timeless French design; the ultimate luxury accessory for the modern cook. The Healthy Chef Apron comes in two beautiful nature-inspired colours: Olive Green and French Vanilla.

+ BENEFITS

- + DURABLE
- + LONG WAIST STRAPS
- + EASY TO WASH
- + LUXURIOUS
- + SOFT FEEL

TISANE COLLECTION



BEAUTY

Feel the radiance with our unique blend of rosehip + hibiscus flowers infused with superfood berries & pomegranate. A nourishing tisane that will leave you glowing!



IMMUNE

A refreshing infusion of lemon aromatics with a hint of ginger; this invigorating blend has no caffeine and makes for the perfect sip when you're feeling run down.

DIGEST

A soothing caffeine-free herbal infusion of tried and tested digestive herbs, liquorice root, fennel and peppermint to aid digestion and keep your tummy happy.



RELAX

A restorative and grounding blend of lavender, peppermint, lemongrass, and lemon verbena. A pure, delicious tisane to help reduce the effects of stress on the body + mind.



ENERGY

A reinvigorating Genmaicha green tea blend rich in antioxidants, polyphenols, and nutrients to revitalise the body and mind and uplift and sharpen the senses.



SLEEP

A tranquil blend of chamomile, linden flower and lemon balm, which helps the body's nervous system rest and relax. Enjoy this tisane as part of your night-time routine to calm the mind and ease you into sleep.

COOKBOOKS

#1 ITUNES BEST SELLERS



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!

E-BOOKS



EARTH TO TABLE



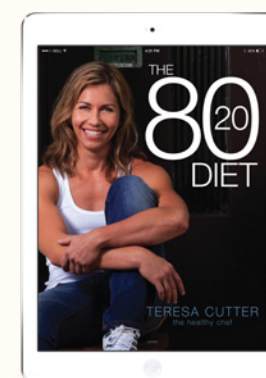
PURELY DELICIOUS



HEALTHY BAKING



PERFECT DIGESTIVE
HEALTH



THE 80/20 DIET



YOUR ULTIMATE
BODY SHAPING
GUIDE

VANILLA

HEALTH ACCESSORIES

Luxury health accessories to complement The Healthy Chef range.



HEALTHY CHEF APP

Explore 750 recipes, videos, customisable meal plans, 28-day programs, how-to cooking videos, a responsive shopping list, + more! Your chef, nutritionist, + wellness coach in one App!



BLENDER BOTTLE

Our Blender Bottle includes a blender ball wire whisk made of stainless steel – ensuring your drinks will be perfectly smooth every time. Leak proof and with a carry loop, the perfect companion on the go.



MATCHA TEA WHISK AND SCOOP

Our bamboo scoop and whisk will help measure and blend your delicate leaves of organic green tea into the perfect cup of goodness! Our 120 strand hand-made bamboo whisk (chasen) is uniquely suited for creating the perfect matcha tea beverage. The bamboo tea scoop (chashaku) makes measuring the powder and scooping tea out of the packet a pleasure.



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



