



WEIGHT LOSS + BODY SHAPING SMOOTHIES

A NEW BEGINNING

When it comes to slimming down, it's important to look at it as a lifestyle, not a diet.

Most of us gain weight for three simple reasons: firstly, we eat too much; secondly, we eat the wrong kinds of foods for our activity level and lifestyle; and thirdly, we don't move enough.

Eating the right foods, getting regular exercise and making good lifestyle choices are the key ingredients for staying fit and healthy.

TO SHAKE OR TO BLEND ?

Healthy Chef Pure Protein can support weight loss and supplement your diet by ensuring you receive the optimum daily protein intake.

SHAKE:

For best results, Healthy Chef Pure Protein should be taken according to the instructions on the side panel of the pack. 2 tablespoons per serve in approximately 200mL - 250 mL water or your choice of milk (rice, almond, seed, dairy). Shake with ice and drink immediately. This is the quickest and most convenient way of enjoying your protein supplement. Great as an afternoon or mid morning protein rich and low calorie snack.

BLEND

For more of a meal replacement, add 2 tablespoons of Healthy Chef Pure Protein into any smoothie along with fresh or frozen fruits, vegetables and smoothie boosters such as omega 3. This will ensure you will receive adequate protein, antioxidants and fiber to supplement your healthy diet and help keep you fuller for longer.

When on a weight loss program, aim for approximately 1200 calories per day for women and 1800 calories per day for men. For optimum results, a daily sensible exercise program will help keep your metabolic rate elevated and enhance overall health.

Please consult your healthcare professional before undertaking any diet or exercise program.



HOW I LIKE TO ENJOY MY SMOOTHIE

In the mornings, I'm often pulling out my Vitamix and whipping up a healthy smoothie for breakfast. It's an easy way of getting a nutritious start to the day. I throw in berries, rice milk + a serve of Organic Pea Protein or WPI - it's that simple then blend and enjoy.

When traveling or busy with work I make it portable and keep one in my desk at work or in my suitcase when traveling. They are so quick and easy to prepare with water or your choice of milk then shaken. This helps me power through the day and keeps my energy levels on track.

MY TOP SMOOTHIE BOOSTERS

OMEGA 3

Essential in your diet and will support your health in every way such as reduce inflammation, nourish the brain, help with fat loss and protect the heart. Add 1 teaspoon flaxseed, chia, walnut or their oils into any smoothie. Krill or fish oil can also be added.

SPIRULINA

High in amino acids the building blocks of protein to help the body repair. Rich in iodine, which is needed for healthy thyroid for metabolism. Add one teaspoon into your next smoothie and feel energized.

PROBIOTICS

Good bacteria that help protect our immune and digestive system. Fermented foods such as natural yoghurt and kefir are a great addition to smoothies and you can also add a concentrated powder available from health food stores.

PROTEIN POWDER

Healthy Chef Pure Native Whey and Organic Pea Protein is a great addition to any smoothie. They contain all the essential amino acids needed to repair and support a healthy body. Add 2 tablespoons into any smoothie.

BERRIES

Low in calories and high in antioxidants. A study published in the British Journal of Nutrition found that adding strawberries to meals slowed the insulin responses by delaying the absorption of sugars in the digestive tract. Insulin is an anabolic hormone that increases storage of fat, protein and glucose. It's main effect in regard to fat is to block lipolysis (oxidation of fat). Throw frozen or fresh berries into any smoothie.





STRAWBERRIES + CREAM SMOOTHIE

150 g (1 cup) **strawberries** frozen
250 ml (1 cup) rice milk or your choice of almond milk or water
2 tablespoons Healthy Chef Pure Native WPI or
Organic Pea Protein

What it's good for:

high in protein +
antioxidants to support a
healthy metabolism.

COMBINE all the ingredients into a blender.

BLEND until smooth smooth + creamy.

ENJOY.

PER SERVING:

all smoothies are
calculated using water

Protein: 29.2 g
Total Fat: 0.3 g
Saturated: 0
Carbs: 4.1 g
Sodium: 37 mg
Fiber: 3.3 g
Calories: 133
kilojoules: 557

WEIGHT LOSS + BODY SHAPING



SUPERFOOD SMOOTHIE

150 g (1 cup) **mixed frozen berries**
1 whole orange, peeled
1 tablespoon goji berries
1 teaspoon chia seed
250 ml (1 cup) water, or coconut water or apple juice
2 tablespoons Healthy Chef Pure Native WPI or
Organic Pea Protein

What it's good for:

high in protein, fiber +
nutrients to help keep
you full + support
a healthy metabolism.

COMBINE all the ingredients into a blender.
BLEND until smooth smooth + creamy.
ENJOY.

PER SERVING:
all smoothies are
calculated using water:

Protein: 30.7 g
Total Fat: 1 g
Saturated: 0.1
Carbs: 12.2 g
Sodium: 40 mg
Fiber: 6.1 g
Calories: 181
kilojoules: 756

WEIGHT LOSS + BODY SHAPING



BLUEBERRY PIE SMOOTHIE

150 g (1 cup) **frozen blueberries**

1 whole peeled orange

1 cup water your choice of rice milk, almond milk, coconut water

2 tablespoons Healthy Chef Pure Native WPI or Organic Pea Protein

What it's good for:

high in protein +
antioxidants , folate,
minerals + fiber to
support a healthy
metabolism

COMBINE all the ingredients into a blender.

BLEND until smooth smooth + creamy.

ENJOY.

PER SERVING:

all smoothies are
calculated using water

Protein: 28.6 g

Total Fat: 0.4 g

Saturated: 0

Carbs: 24 g

Sodium: 30 mg

Fiber: 4.6 g

Calories: 214

kilojoules: 896

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NAKED CHOCOLATE SMOOTHIE

1 banana fresh or frozen
2 teaspoons cocoa powder
250 ml (1 cup) water or your choice (rice milk, almond milk, coconut water)
2 tablespoons Healthy Chef Pure Native WPI or Organic Pea Protein
1/2 cup ice

What it's good for:

high in protein +
minerals to support
a healthy metabolism.

COMBINE all the ingredients into a blender.

BLEND until smooth smooth + creamy.

ENJOY.

PER SERVING:

all smoothies are
calculated using water:

Protein: 28.4 g
Total Fat: 0.5 g
Saturated: 0.2 g
Carbs: 16.5 g
Sodium: 34 mg
Fiber: 1.9 g
Calories: 179
kilojoules: 748

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SUNSHINE BREAKFAST SMOOTHIE

1 whole peeled orange
1 cup (150 g) red papaya or pineapple
pinch of cinnamon
125 ml (1/2 cup) water or your choice (rice milk, almond milk,
yoghurt or coconut water)
2 tablespoons Healthy Chef Pure Native WPI or
Organic Pea Protein
1 tablespoon ground LSA
1/2 cup ice

COMBINE all the ingredients into a blender.

BLEND until smooth smooth + creamy. Add more water
if necessary.

ENJOY.

What it's good for:

high in protein +
antioxidants + fiber.
a healthy metabolism .
papaya + pineapple
help aid digestion.

PER SERVING:

all smoothies are
calculated using water:

Protein: 28.7 g
Total Fat: 1.3 g
Saturated: 0
Carbs: 19 g
Sodium: 41 mg
Fiber: 6 g

WEIGHT LOSS + BODY SHAPING

FINALLY A PROTEIN SUPPLEMENT THAT'S

ALL NATURAL + DELICIOUS

Teresa Cutter

Great as a healthy meal replacement or snack + supports weight loss, body shaping + recovery.

Benefits

Gluten free, low carb, high protein, no artificial sweeteners, fillers or gums, low fat, organic and purely delicious.

Available online at thehealthychef.com



**HEALTHY
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Purely delicious

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WHY I DIDN'T WANT THESE INGREDIENTS IN MY PROTEIN SUPPLEMENT:

SOY PROTEIN

Most come from GM sources with high pesticide use. Phyto-oestrogens may cause hormonal disturbances + suppressed thyroid function 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, nutrient depletion, fatigue, mood swings and headaches.

DEXTRINS / GLUCOSE / FRUCTOSE

Can raise glycemic load as well as cause gastrointestinal distress, malabsorption and mineral loss in some people.

ARTIFICIAL SWEETENERS

Common sweeteners used are sucralose, splenda (955), aspartame, equal, nutrasweet, (951) saccharin (954). Side effects may include headaches, migraines, gastric distress, depression and weight gain.

SKIM MILK POWDER / MILK SOLIDS

Often used as a cheap bulking agent in less quality powders to maximise profit for the manufacturer. They are high in lactose sugars that can cause bloating, gastrointestinal distress, constipation and loose stools.

WHEY PROTEIN CONCENTRATE (WPC) + CASEINATE

WPC's and casein proteins are both by-products of cheese making. These slower release proteins are added to supplements to add a creamy mouthfeel to the final drink. They are poorly absorbed, high in lactose and poorly digested that can often cause bloating, flatulence + gastrointestinal distress in some people. It's quite ironic that these powders actually started off as a weight gainer in medical institutions !

VEGETABLE OILS / FATS

These ingredients are often added to many weight loss and protein supplements to increase richness and mouth feel of the powder. These fats are often derived from hydrogenated sources that contain trans fats, which are thought to be more harmful than saturated fats. Trans fats raise levels of bad cholesterol and lower levels of good cholesterol. Additionally, studies also suggest that trans fats may worsen insulin resistance, weight gain and diabetes and have detrimental effects on brain health.

THICKENERS + GUMS

Including xanthan gum and guar gum which are used as thickening agents and to create a feeling of fullness in the gut. The common side effects are gas, bloating, gastrointestinal distress.